

THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084
760-643-5288 GMACVISTA.COM

PROGRAMS

ABOUT US

MARK YOUR CALENDAR

- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

We are open
Monday-Friday
8:00am-3:30pm
and closed on
holidays.

- **October 1** - Oktoberfest Party
- **October 8** - Cheers to 90+ Years Celebration!
- **October 16** - Diwali Celebration
- **October 23** - Birthday and Anniversary Celebration
- **October 27** - Movie - "The Thursday Murder Club"
- **October 29** - Drama Performance by the Seasoned Wabi Sabi Players
- **October 31** - Halloween Party



NEWS YOU CAN USE

- **Blood Pressure and Carotid Artery Checks by Ambassador Dan - Tuesdays and Fridays 9:30-11:30am** in the Azaela Building Lobby
- **Palomar College Nursing Students Blood Pressure Screening - Mondays October 1, 15, 22, and Thursday, October 23** in the Park Terrace Lobby.
- **Active Minds hosted by Unscripted Learning in the Park Terrace Café - October 2 and 9, 1pm** Keep sharp, be creative, have fun! This new activity is designed by the folks at the National Comedy Theatre. The classes are fun, hilarious, and engaging, and teach the same skills that the professional comics use. Sign up at the Front Desk.
- **Death Cafe** is a welcoming place where people gather over refreshments to openly discuss death and dying. Melissa (Mel) McClave is a Death Doula with Last Acts of Love, and she will host a Death Cafe here on Wednesday, October 8th from 1-2pm. RSVP to melissa@lastactsoflove.com.
- **Compassionate Conversations/Conversaciones Compasivas - October 10, 10am** English/Spanish discussion to explore- end- of life care. This interaction session empowers you to make informed decisions about your care and treatment. Please sign up with Melissa McClave, Death Doula with Last Acts of Love by calling 858-256-6216 or email to melissa@lastactsoflove.com.
- **Conversaciones Compasivas El Viernes 10 de Octubre De 10:00** Acompañanos en un taller interactivo en español e inglés, diseñado para romper el silencio en torno a decisiones difíciles de salud de fin de vida. Este espacio gratuito ofrece herramientas prácticas para tomar decisiones informadas, comunicar tus deseos con claridad y elegir quién puede abogar por ti en momentos críticos. Regístrate con Eva Navarrete, Consultora de Planificación Anticipada de Cuidados I Teléfono: 619-713-9739 I Correo electrónico: AdvanceCarePlanning4Us@gmail.com.
- **Diwali Celebration - October 16, 11:30am** Celebrate the spiritual victory of light over darkness, good over evil, and knowledge over ignorance at this year's Hindu festival of lights. Traditional Indian food will be served, and Raani's Indian Fusion Dance Group will provide entertainment.
- **Dia De Los Muertos Sugar Skull Making - Friday, October 17 & Wednesday, October 22, 2pm** This two-day event will start with making a sugar skull that symbolizes a deceased loved one's soul and on day two the skulls will be decorated in a sweet colorful way to honor their memory rather than mourn their passing. Space is limited to 30 participants. Please call 760-643-5288 or stop by the Front Desk to sign up.
- **The Senior Citizens Affairs Commission** meets to make recommendations and advise the City Council of matters pertinent to Vista's Senior Citizens. **The next meeting is on Wednesday, November 19 at 1:30pm at the Senior Center.** Meetings are open to the public to attend. For more information, including a link to the agenda, which is posted 72 hours in advance, please visit the city website at <https://www.vista.gov/city-hall/city-clerk/online-resources/boards-commissions/senior-citizens-affairs-commission>
- **Halloween - October 31, 11:30** BOOgie on down to the Park Terrace Café for some frightening fun. Bus driver **Frankenstein** will be playing his scary music, while **Eric's** team of ghost and goblins prepare some devilicious delights, and rocking **Robin's** raucous costume parade will strut their stuff at this year's spooktacular Halloween luncheon.

Classes, Activities, Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Movement Classes In Azalea Room	(\$ indicates a fee-based class that requires registration)			
9:30-10:30 Zumba Gold (\$)	10:45-11:45 "Danzerercise"	9:30-10:30 Chair Yoga (\$)	10:45-11:45 "Danzerercise" 1:00-2:00 Tai Chi (\$)	9:30-10:30 Chair Yoga (\$)
Free Activities, Classes, Services				
11:00-12:00 Start with Art In Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	11:00-12:00 Bingo In the Café	10:30-11:30 Theatre Appreciation Class In Jasmine Room 1:00-2:00 Death Café (2nd Wednesday) Jasmine Room	9:00-12:00 "Ask An Attorney" Appointments Conference Room (3rd Thursday) 10:00-12:00 "Ask A Social Worker" Appointments Conference Room (2nd & 4th Thursday)	
1:00-3:00 Movie Monday In the Azalea Room (3rd or 4th Monday)		1:00-2:30 Music Appreciation (2nd & 4th Wednesday) in Azalea Room	11:00-12:00 Trivia with Maria In the Café (1st Thursday) 1:00-2:30 Active Minds Improv In the Café	
Club Meetings				
	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) 1:30-3:00 Mischievous Makers (2nd & 4th Tuesday)	1:00-2:00 Joy Walkers meet in the Resource Room then walk the Vista Conservancy Walking Trail	12:00-3:00 Stash Busters (2nd & 4th Thursday) In Jasmine Room	9:00-12:00 Happy Stitchers In Jasmine Room
	1:00-3:00 Mahjong In Game Room	1:00-3:00 Let's Play a Game! Board Games In Game Room (1st Wednesday)	1:00-3:00 Mahjong In Game Room	

The Azalea Building Fitness Room is open for Seniors aged 50 and older, from 9:00am-3:00pm, Monday-Friday (closed holidays). Fitness Room users are required to check in and out at the Azalea Building Welcome Desk and adhere to Fitness Room Rules. Proper closed-toe footwear and exercise attire required.

NUTRITION PROGRAM

Congregate Lunch Service

Nutritious lunch is offered weekdays for older adults aged 60 and above. First time attendees must fill out a San Diego County intake form.

- **60+ Years:** \$4.00 Suggested Contribution
- **Guests 59 Years and Younger:** \$8.00 mandatory cost
- **Reservations are required at least one business day in advance by 1pm** for daily lunch and at least one week in advance for special events.
- Call **760-643-5288** or stop by the lunch desk to make or change lunch reservations.
- **Meals are served at 12pm and beverage service is available at 11am** for those who wish to arrive early and socialize. Lunch patrons are asked to check in by 12pm. The latest lunch check-in is 12:15pm, so please plan accordingly.
- Attendees may take their leftovers home in their own container. We do not provide disposable containers for leftovers or “to-go” meals.
- “To-go” meals are offered to guests dining at the Park Terrace Cafe only when available.

Transportation Service

- Transportation for Congregate lunch is available for eligible Vista residents aged 60 and above who cannot drive. Advanced registration and approval required. Participants must be ambulatory.
- Transportation to/from lunch is available Monday-Friday (closed holidays). There is a suggested contribution of \$1 for a roundtrip ride.
- Other transportation services are available with our Out & About Program. See page 8 for information on transportation for shopping and medical appointments.

Home Meal Delivery Service

- Qualifying Vista residents aged 60 and older may register to have a meal delivered to their home weekdays between 10am-2pm. There is a suggested contribution of \$4 per meal.
- To qualify, the participant must be homebound and incapable of doing two or more of the following on their own: eating, dressing, bathing, toileting, walking, or transferring in and out of bed.
- **The service is subject to availability.**
- An intake assessment is required to determine eligibility.

**CALL 760-643-5288 FOR MORE INFORMATION
REGARDING NUTRITION SERVICES.**

PARK TERRACE CAFÉ - OCTOBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger. No eligible person shall be denied a meal for choosing not to contribute.</p>	<p>MENU LEGEND: *Denotes meal ≥ 1000 mg Sodium ** Subject to Change 1% Milk served daily Menu subject to change</p> 	<p style="text-align: center;">1 Oktoberfest Bratwurst Sauerkraut German Potato Salad Cucumber Salad Whole Wheat Bread Orange No Salad Bar</p>	<p style="text-align: center;">2 Asian Chicken Salad (Mixed Greens & Cabbage, Carrots, Tomatoes, Cucumbers) Sesame Ginger Pasta Mandarin</p>	<p style="text-align: center;">3 Vegetarian Indian Stew (Red Pepper, Tomato, Chickpeas) Spinach Whole Grain Pasta Orange</p>
<p style="text-align: center;">6 Chicken & Rice Casserole Collard Greens Mixed Rice Mandarin</p>	<p style="text-align: center;">7 Shepherd's Pie Mashed Potato Topping Peas & Carrots Whole Wheat Bread Apple Bingo!</p>	<p style="text-align: center;">8 Over 90 Celebration! Meatloaf with Gravy Beef & Pork Roasted Potatoes Peas & Carrots Whole Wheat Bread Orange No Salad Bar</p>	<p style="text-align: center;">9 Savory Pork Loin with Gravy Sweet Potatoes Curried Lentils Whole Wheat Bread Banana</p>	<p style="text-align: center;">10 Turkey & Black Bean Chili Cornbread Mixed Vegetables Orange</p>
<p style="text-align: center;">13 Chicken Noodle Soup Zucchini with (Tomato, Red Pepper, Corn) Whole Grain Pasta Banana</p>	<p style="text-align: center;">14 Hamburger (Sauteed Mushrooms & Onions) White Wheat Burger Roll Potato Salad Mixed Corn (Red Pepper) BBQ Beans Apple Bingo!</p>	<p style="text-align: center;">15 Greek Chicken Tabbouleh Salad Normandy Blend Mixed Rice Mandarin OR Soup & Salad*</p>	<p style="text-align: center;">16 Diwali Celebration Butter Chicken Cumin Rice Stir Fry Vegetables Whole Grain Bread Orange</p>	<p style="text-align: center;">17 Baked White Fish with Lemon Sauce Sweet Potato Spinach Whole Grain Bread Pineapple</p>
<p style="text-align: center;">20 Beef Stew Parsley Potatoes Carrots Whole Wheat Bread Apple</p>	<p style="text-align: center;">21 Bean & Cheese Burrito Cucumber Salad Mexican Rice Orange Bingo!</p>	<p style="text-align: center;">22 Pasta Bolognese Hearty Meat Sauce Broccoli Normandy Chickpea Tomato Stew Whole Grain Pasta Mandarin OR Soup & Salad*</p>	<p style="text-align: center;">23 Swedish Meatballs (Beef & Pork) Savory Herb Sauce Parsley Potatoes Spinach Whole Wheat Bread Pineapple BIRTHDAY/ANNIVERSARY CELEBRATION</p>	<p style="text-align: center;">24 Open-Faced Cuban Sandwich Coleslaw Black beans Whole Wheat Roll Orange</p>
<p style="text-align: center;">27 Chicken Alfredo Cucumber Salad Spinach Whole Grain Pasta Mandarin</p>	<p style="text-align: center;">28 Basque Chicken Basque Potatoes Green Beans Whole Wheat Bread Apple Bingo!</p>	<p style="text-align: center;">29 Hamburger Potato Salad Zucchini Roasted White Wheat Burger Roll Orange OR Soup & Salad*</p>	<p style="text-align: center;">30 "Goulash" (Beef/ Pork) Cabbage Sauté Whole Grain Pasta Apple HALLOWEEN SPECIAL</p>	<p style="text-align: center;">31 Meatball Soup (Beef/Pork) Mixed Veg. Pinto Beans Mexican Rice Whole Wheat Bread Orange</p>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

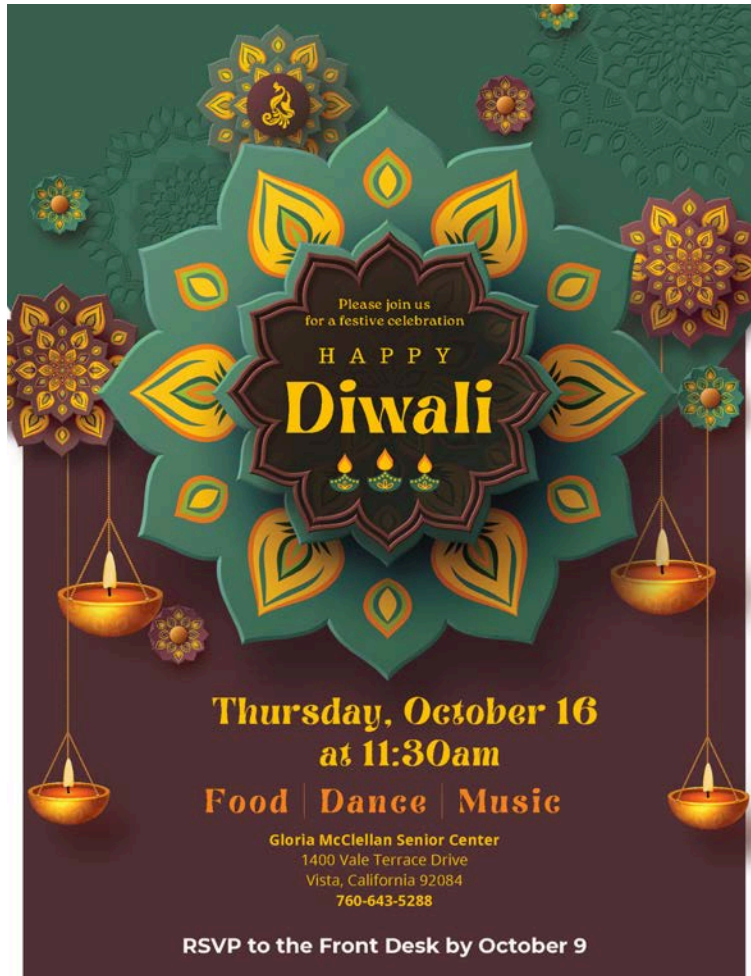
Lunch served Monday-Friday at 12:00pm

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

Call 760-643-5288 to make or cancel lunch reservation.

***For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**

WHAT'S HAPPENING THIS MONTH



October 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>11:30-12:30 Oktoberfest</p> <p>1-2 Joy Walkers</p> <p>1-3 "Let's Play a Game" Board Games</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Trivia with Maria</p> <p>1-3 Mahjong</p> <p>1-2:30 Cyber Seniors</p> <p>1-2:30 Active Minds</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p>
6	7	8	9	10
<p>9:30-10:30 Zumba Gold Fee-Based Class</p> <p>11-12 Start with Art – Ann Force</p> <p>1-2 Empowered Aging</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Craft Club with Zia</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>11:30-12:30 Cheers to 90+ Celebration</p> <p>1-2:00 Death Café</p> <p>1-2 Joy Walkers</p> <p>1-2:30 Music Appreciation</p>	<p>10-12 "Ask a Social Worker"</p> <p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Music by Lou Rosgen</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p> <p>1-2 Tai Chi Fee-Based Class</p> <p>1-2:30 Active Minds</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-12 Compassionate Conversations/ Conversaciones Compasivas</p>
13	14	15	16	17
<p>9:30-10:30 Zumba Gold Fee-Based Class</p> <p>11-12 Start with Art – Marcos Solorio</p> <p>1-2 Empowered Aging</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Mischief Makers</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-11 Medicare 101</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>1-2 Joy Walkers</p>	<p>10-12 "Ask an Attorney"</p> <p>10:45-11:45 Free "Danzerercise" Class</p> <p>11:30-12:30 Diwali</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p> <p>1-2:30 Cyber Seniors</p> <p>1-2 Tai Chi Fee-Based Class</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>12-2 Attorney Consultations</p> <p>2-3 Sugar Skulls Making</p>
20	21	22	23	24
<p>9:30-10:30 Zumba Gold Fee-Based Class</p> <p>11-12 Start with Art – Marcos Solorio</p> <p>1-2 Empowered Aging</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Craft Club with Zia</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10:30-12 Writing a Life</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>1-2 Joy Walkers</p> <p>1-2:30 Music Appreciation</p> <p>2-3 Sugar Skulls Making</p>	<p>10-12 "Ask a Social Worker"</p> <p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Music by Lou Rosgen</p> <p>12:30 Birthday & Anniversary Celebration</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p> <p>1-2 Tai Chi Fee-Based Class</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p>
27	28	29	30	31
<p>9:30-10:30 Zumba Gold Fee-Based Class</p> <p>1-3 Movie Monday</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Mischief Makers</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10:30-12 Writing a Life</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>1-2 Joy Walkers</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p> <p>1-2 Tai Chi Fee-Based Class</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>12:30 Halloween Bash</p>

Red – Events in the Park Terrace Café

Black – Meetings, Clubs, Activities in the Park Terrace Café

Blue - Activities and Classes in the Jasmine Room Green – Appointments in the Azalea Conference Room

Purple – Activities in the Azalea Room (NOTE: Cyber Seniors program in Computer Room behind Azalea Room)

Brown – Club Meetings in the Azalea Game Room

OUT & ABOUT TRANSPORTATION PROGRAMS

Our **OUT & ABOUT** program provides ADA transportation for grocery shopping shuttles on Mondays & Wednesdays (see schedule below for dates and locations).

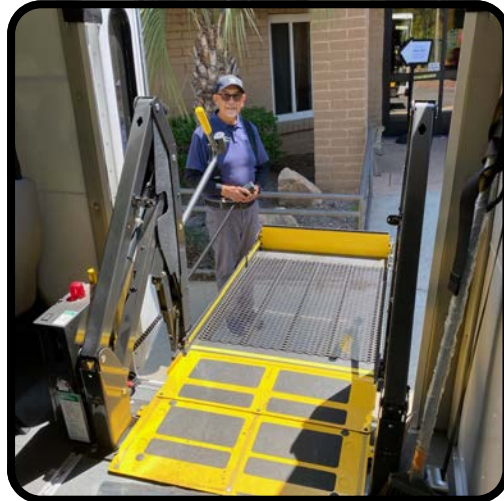
Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

We also provide transportation to eligible Vista residents for in-town medical appointments on Tuesdays, Thursdays & Fridays from 9am-1:30pm.

Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way.

Call 760-643-5284 at least 3 working days in advance to schedule.

NOTE: Lunch transportation to the Senior Center is offered through our Nutrition Program. See page 4 for information.



Shopping Shuttle Schedule:

First Monday (**October 6**): Albertson's

First Wednesday (**October 1**): Stater Brothers

Second Monday (**October 13**): Walmart Supercenter

Second Wednesday (**October 8**): **No Rides**

Third Monday (**October 20**): Trader Joe's

Third Wednesday (**October 15**): Costco

Fourth Monday (**October 27**): Winco

Fourth Wednesday (**October 22**): Super Target

CULTURE CARAVAN

Culture Caravan provides roundtrip transportation, event tickets, and friendly tour guides to destinations throughout Southern California.

All trips depart and return at the Gloria McClellan Center located at 1400 Vale Terrace Dr, Vista, CA 92084.

Register at CityofVista.com/Culture Caravan or call 760-643-5291.

For full descriptions of our trips, refer to the current Culture Caravan Destination Guide. A copy of the current Destination Guide is available at the Senior Center and can be viewed online at CityofVista.com/Culture Caravan or GMACvista.com.

WELBURN GOURD FARM

DATE: THURSDAY, OCTOBER 23

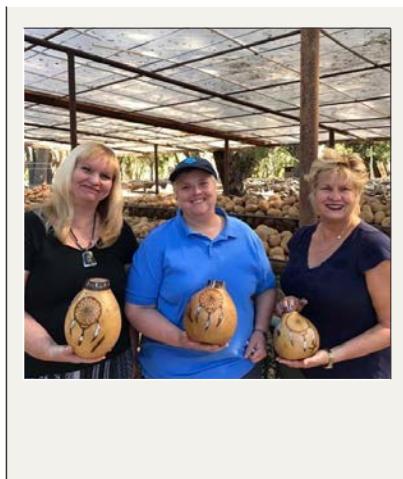
TIME: 9:00 A.M.- 3:00 P.M.

COST: \$129



Welcome to the Welburn Gourd farm!

Located in the majestic De Luz Highway, travel through ancient oak Riparian Forests in beautiful Fallbrook!



Unleash your Inner Gourd with this Beginner's Vase Tutorial. All materials provided along with a freshly prepared breakfast.



Afterwards, tour the beautiful property and enjoy a delicious Farm to Table lunch. Finally, leave with your own special gourd vase as a souvenir- what a fun filled day!

FREE PROFESSIONAL SERVICES

Free meetings with professionals are available by appointment and are hosted in the Azalea Building Conference Room. Call 760-643-5288 to schedule an appointment.

Walk-ins are worked in around the scheduled appointments when possible.

- **Money Tools and Tips from Susan Sager, Senior Representative, Primerica.** Susan Sager staffs the Azalea Building Welcome Desk on Wednesday mornings from 9am-12pm. if you would like to meet with her, stop by with your financial questions.
- **Ask an Attorney Appointments.** Bring a list of your legal questions and meet with local attorney Mark Caruana for a 15-minute meeting between 9am-12pm on the third Thursday of the month.
- **Ask a Social Worker Appointments.** Aging is a journey that requires planning. Not sure how to plan for this for yourself, your spouse/partner, or parents? Schedule an appointment with Darcy Mulholland, Licensed Clinical Social Worker with over 20 years of experience working with seniors and their families. She will offer guidance, support, information, and referrals. 30-minute appointments are scheduled on the 2nd and 4th Thursdays from 10am-12pm.

FREE TECH CLASSES

Cyber-Seniors is here!



Cyber-Seniors offers FREE tech training classes to help you learn how to use your smartphone, discover useful local apps, and stay safe online with cybersecurity tips and practices. Classes will be on the 1st and 3rd Thursday and run about 60-90 minutes. Class meets at 1:00pm in the Computer Room located in the Azalea Building.

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

Apples float because they are 25% air. This is why they're often used in the game "apple bobbing" during Halloween and other festivities. Lemons also float in water but limes sink. Lemons have tiny air pockets within their flesh, which adds buoyancy, while limes are denser with thinner peels. Citric acid also affects buoyancy, with lemons being more acidic than limes.

- 2-1-1 is a free and confidential service that helps people find the local resources they need. Available 24 hours a day, 7 days a week.
- Free copies of the **Eldercare** directory are available at the Senior Center. This directory contains info on transportation, housing, legal help and more.
- BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. **800-794-6559**
- The Low Income Home Energy Assistance Program (LIHEAP) provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs. **866-675-6623**
- Call the San Diego Food Bank at **866-350-3663** to speak with a staff member who can assess if you qualify for the program and provide information about your nearest food distribution site. **GMAC Location occurs third Tuesday of each month at 11am**
- Meals on Wheels provides home delivered meals for seniors for low cost. **619-260-6110**
- ElderHelp provides housing services, information and referral, caregiver support, and check in calls for those that are interested. **619-284-9281**
- YANA (You Are Not Alone) program is a free service from the San Diego Sheriff's Department, providing telephone contact (Monday-Friday) to independently living seniors who have no friends or family to check on them regularly. Call the Vista Substation to enroll: **760-940-4551**
- The FACT (Facilitating Access to Coordinated Transportation) program provides transportation services. They pride themselves on providing safe, reliable transportation and excellent service. **760-754-1252**
- Elder Law & Advocacy offers free assistance with legal, Medicare, caregiver, long-term care and many other issues. **858-565-1392**
- The 988 Suicide & Crisis Lifeline offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or other emotional distress. People can also dial **988** if concerned for a loved one needing crisis support.
- For Their Thoughts offers caregiver support for families impacted by dementia. **760-659-3883**
- The Alzheimer's Project focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. **619-531-5522**

AGING & INDEPENDENCE SERVICES

Serves all older adults and persons with disabilities, from those who are completely independent to those requiring more assistance. Programs support healthy aging, safety, and independence.

Start with AIS Call Center (1-800-339-4661) for:

- Information and assistance
- Referrals to community services
- 24-hour reporting line for abuse

Thank you to our sponsors!



THANK YOU, REGAL MEDICAL GROUP, FOR SPONSORING OUR BIRTHDAY CELEBRATION!

FOR DECADES, REGAL MEDICAL GROUP, LAKESIDE COMMUNITY HEALTHCARE, AND ADOC MEDICAL GROUP HAVE PROVIDED TRUSTED, HIGH-QUALITY CARE THAT'S ALWAYS CLOSE TO HOME. WE BELIEVE GREAT HEALTHCARE SHOULD BE PERSONAL—IT'S ABOUT REAL RELATIONSHIPS, EXPERT CARE, AND A COMMITMENT TO KEEPING PEOPLE HEALTHY, NOT JUST TREATING ILLNESS. OUR MEMBERS AREN'T JUST NUMBERS; THEY'RE OUR NEIGHBORS, FAMILIES, AND EVEN OUR OWN DOCTORS AND EMPLOYEES. WE CARE FOR OUR COMMUNITIES BECAUSE WE ARE PART OF THEM.

Save the Date!

November 17 – Holiday Craft Fair 1-3pm

Crafts, décor, and gifts to check-off your holiday wish list. Interested vendors, please contact us at 760.643.5281 or via email at cmanis@vista.gov by November 1.

Medicare 101 English/Spanish

October 15 10am / November 13 1:30pm / December 3 6pm