

# THE SENIOR VOICE

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

## PROGRAMS

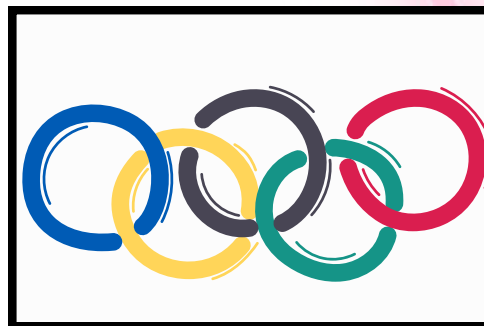
- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

## ABOUT US

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

## MARK YOUR CALENDAR

- February 4 - Mardi Gras Celebration
- February 11 - Mobile Medical Clinic  
Love Your Heart Blood Pressure Screening
- February 12 - Kids, Cookies and Valentine's
- February 13 - Valentine's Day Party
- **February 16 - SENIOR CENTER CLOSED**
- February 26 - Jewelry Making Class
- February 28 - Dementia Skills & Resource Fair



## NEWS YOU CAN USE

- **Blood Pressure and Carotid Artery Checks by Ambassador Dan** - Tuesdays and Fridays 9:30-11:30am, in the Azalea Building Lobby.
- **Trivia with Maria** - First Thursday of the month at 11am.
- **Senior Shenanigans!** hosted by Unscripted Learning in the Park Terrace Café - Thursdays at 1pm . A playful improv comedy class where quick thinking, creativity, and laughter take center stage. Through fun games and spontaneous silliness, you'll discover the joy of staying mentally playful at any age. No experience needed-just a sense of humor and a willingness to have fun with friends old and new. Laugh loud, think fast, and play like a kid again!
- **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, March 18th 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>.
- **The San Diego Food Bank** operates a senior citizen food distribution site in the upper parking lot on the 3rd Tuesday of each month from 11:00am-12:00pm. For info regarding program and eligibility: [SanDiegoFoodBank.org](http://SanDiegoFoodBank.org) or call 866-350-3663.
- **Join Corinna Contreras, District 2 councilmember**, at the Morris Vance Community Room on Tuesday, March 31<sup>st</sup>, 2026 at 6pm for a public workshop to discuss future needs in programing and facilities for the 55+ seniors of Vista. This is in preparation for Fiscal Year 2026/2027 budgetary planning.
- **Dementia Skills & Resource Fair** Saturday, February 28, 10-1pm (doors open at 9:30). Open to persons living with dementia, care partners, family members, professional caregivers, service providers, and anyone looking to enhance their skills in engaging, supporting and caring for persons living with dementia.  
**To register visit [www.bit.ly/dementiaskills26](http://www.bit.ly/dementiaskills26).**
- **Talent Show coming to the Senior Center in April** - Individual and group acts are welcome. Auditions will be held on March 18th 2-3:30pm. Rehearsal is on April 22, 2-3:30pm. The Talent Show is on April 24, 2-3:30pm. More details coming soon. For more information call 760-643-5281.
- **Cal State University San Marcos advanced French class students** will be here in March teaching a series of basic lessons on French language and culture. Call 760-643-5281 for more information.
- **Thank you Arcadia Place Sky Active Living** for sponsoring Birthday & Anniversary celebrations and Monday Movies for the year. Arcadia Place, a Sky Active Living community, is a premier senior independent living community that focuses on the unique needs of our residents. They strive to inspire vibrant lifestyles, accompanied by the comforts of home.
- **A Matter of Balance-Fall Prevention coming in March** on Tuesdays & Thursdays, March 3-March 31, from 2-4pm in the Azalea Room. Please note there is no class on March 12<sup>th</sup>. The cost for these 8 sessions is \$46.00/Vista resident, \$55.00/non resident, maximum 16 participants. Participants need to commit to attending 6 to 8 sessions to benefit fully from this class. Take control of your fear of falling and stay active with this prevention program designed to help older adults reduce fall risk and improve balance.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Movement Classes</b> In Azalea Room	(\$ indicates a fee-based class that requires registration			
<b>10:45-11:45</b> Beginning Tap Dance	<b>10:45-11:45</b> "Danzerercise"	<b>9:30-10:30</b> Chair Yoga (\$)	<b>10:45-11:45</b> "Danzerercise"	<b>9:30-10:30</b> Chair Yoga (\$)
<b>Free Activities, Classes, Services</b>				
<b>11:00-12:00</b> Start with Art Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	<b>11:00-12:00</b> Bingo Park Terrace Cafe	<b>10:30-11:30</b> Theatre Appreciation Class Jasmine Room	<b>9:00-12:00</b> "Ask An Attorney" Appointments Conference Room (3rd Thursday) <b>10:00-12:00</b> "Ask A Social Worker" Appointments Conference Room (2nd & 4th Thursday)	
		<b>1:00-2:30</b> Music Appreciation (2nd & 4th Wednesday) Azalea Room	<b>11:00-12:00</b> Trivia with Maria (1st Thursday) <b>1:00-2:30</b> Senior Shenanigans Improv <b>1:00-2:30</b> Cyber Seniors Computer Lab (1st and 3rd Thursday)	
<b>Club Meetings</b>				
	<b>9:00-10:30</b> Bocce Ball Bregle Terrace Park	<b>1:00-2:00</b> Joy Walkers meet in the Resource Room then walk the Vista Conservancy Walking Trail	<b>12:00-3:00</b> Stash Busters (2nd & 4th Thursday) Jasmine Room	<b>9:00-12:00</b> Happy Stitchers Jasmine Room
	<b>1:00-3:00</b> Mahjong Game Room		<b>1:00-3:00</b> Mahjong 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.
- **To allow more people the opportunity to enjoy our salad bar, we are taking reservations for the salad bar one week at a time. You can reserve for the salad bar when checking in each week starting on Wednesday or later.**
- **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 – FEBRUARY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;">Butter Chicken Herb Rice Stir Fry Mix Pineapple</p> <p style="color: red;">Nutrition Council Meeting 10:15am</p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;">Chicken Enchilada's w/ Corn Tortilla Black Beans &amp; Zucchini &amp; Red Bell Peppers Mexican Rice Apple <b>Bingo!</b></p>	<p style="text-align: center;"><b>4</b></p> <p style="text-align: center; color: purple;">MARDI GRAS</p> <p style="text-align: center;">Chicken Gumbo Potatoes Normandy Blend Whole Wheat Bread Applesauce</p> <p style="color: green;">NO SALAD BAR*</p>	<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;">Grilled Ham &amp; Cheese Sandwich Tomato Bisque Soup Spinach Whole Wheat Bread Mandarin</p>	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;">Roast Beef Brown Gravy Mixed Rice Spinach &amp; Red Bell Peppers Banana</p>
<p style="text-align: center;"><b>9</b></p> <p style="text-align: center;">Chicken Alfredo Mixed Vegetables Butter Pasta Mixed Green Salad Honey Mustard Dressing Orange</p>	<p style="text-align: center;"><b>10</b></p> <p style="text-align: center;">Shepherd's Pie w/ Mushrooms Mashed Potato Topping Peas &amp; Carrots Whole Wheat Bread Mandarin <b>Bingo!</b></p>	<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;">Meat &amp; Cheese Lasagna Spinach Spring Mix Vinaigrette Honey Wheat Roll Apple <b>OR Soup &amp; Salad*</b></p>	<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;">Fish Croquettes Macaroni Salad Zucchini w/ Tomatoes, Garlic &amp; Basil Banana</p>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center; color: red;">VALENTINE'S DAY</p> <p style="text-align: center;">Chicken Cordon Bleu w/ Bearnaise Sauce Mashed Potatoes Peas &amp; Carrots Whole Wheat Roll Pineapple</p>
 <p style="font-size: small;">16 CLOSED PRESIDENTS' DAY HOLIDAY PRESIDENT'S DAY</p>	<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;">Salisbury Steak Mushroom Gravy Herb Roast Potatoes Italian Blend Whole Wheat Bread Apple <b>Bingo!</b></p>	<p style="text-align: center;"><b>18</b></p> <p style="text-align: center;">Chicken Primavera Mixed Pasta tossed w/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes Cucumber Salad Banana <b>OR Soup &amp; Salad*</b></p>	<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;">Braised Pulled Pork BBQ Beans Herb Roasted Potatoes Whole Wheat Bread Mandarin</p>	<p style="text-align: center;"><b>20</b></p> <p style="text-align: center;">Minestrone Soup w/ Chicken Pasta Spring Mix salad Dinner Roll Orange</p>
<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;">Cheese Ravioli Meat Sauce Lentil Stew Marinated Carrot Salad Whole Wheat Bread Peaches</p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;">Hamburger White Wheat Roll Ranch Beans Sweet Potatoes Apple <b>Bingo!</b></p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;">Pasta Putinesca Tomato sauce w/ Peppers, Olives Whole Grain Pasta Spinach Chickpea Salad Banana <b>OR Soup &amp; Salad*</b></p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;">Meatloaf (Beef &amp; Pork) Gravy Mashed Sweet Potatoes Corn Whole Wheat Bread Orange <b>Anniversary &amp; Bday Celebration 12:30p</b></p>	<p style="text-align: center;"><b>27</b></p> <p style="text-align: center; color: green;">Vegetarian</p> <p style="text-align: center;">Italian Lentil Soup Manhattan Blend Dill Cucumber Salad Whole Wheat Bread Mandarin</p>
<p style="color: red;">\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</p>	<p style="color: red;">No eligible person shall be denied a meal for choosing not to contribute.</p>	<p style="color: green;">MENU LEGEND: *Denotes meal ≥ 1000 mg Sodium **Subject to Change</p> <p style="color: red;">1% Milk served daily</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.

\*\* Salad Bar Reservations can be made only one week in advance\*\*

## WHAT'S HAPPENING THIS MONTH

**Dance for Wellness Bachata Class, Friday, February 13<sup>th</sup> and Friday, February 27<sup>th</sup>**  
**11-12pm** in the Azalea Room. AARP & Tranqui Foundation, invites participants of all skill levels to explore movement as a pathway to connection and brain healthy habits.

**Empowered Aging Program** five-part series led by industry professionals. Should I stay in my home, or move to senior housing? Explore your options - financially, legally, and personally. Sign up at the Azalea front desk. Program takes place in the Azalea Room.

**Mon 2/2 1-2pm** Alzheimer's & Memory Loss      **Mon 2/9 1-2pm** Home Equity Strategies  
**Mon 2/23 1-2pm** Understanding In-Home Care      **Mon 3/2 1-2pm** Smart Financial Planning  
**Mon 3/9 1-2pm** Legal Readiness

**Free Tax Preparation Appointments through AARP** begin February 9<sup>th</sup> and continue every Monday and Wednesday through April 15 in the Jasmine Room. **Please call AARP at 760-643-5290 to make your appointment.**

**Mardi Gras** February 4<sup>th</sup> 11:30am in the Park Terrace Cafe. Come one, come all, toss some beads, listen to live music, enjoy your meal, and bring your Mardi Gras vibes! RSVP to 760-643-5288.

**Vista Community Clinic is holding a mobile medical clinic** on February 11<sup>th</sup> in the McClellan Senior Center parking lot. Hours are 9-11:30am, break, 12:30-3pm. Flu vaccinations, blood sugar checks, and blood pressure checks are available at no cost, and no insurance card is required.

**Love Your Heart blood pressure screenings** February 11<sup>th</sup> 9-1pm in the Park Terrace lobby.

**Origami Heart Making** February 11<sup>th</sup> 11am in the Park Terrace Cafe.

**Kids, Cookies and Valentines** cookie decorating with preschoolers, February 12<sup>th</sup> at 12:30pm in the Park Terrace Cafe.

**It's a Love Thing Valentine's Day** February 13<sup>th</sup> at 11:30am in the Park Terrace Cafe. Enjoy food, drinks and fun. Play our "Couples" game to win prizes. Any combination of two people are welcome to play. Contestants must sign up at the Park Terrace front desk by February 9<sup>th</sup>. RSVP to 760-643-5288.

**Sewing Marchine Class** with Lou. Bring your machine and learn how to clean and maintain it in this hands-on sewing machine class. Friday February 20<sup>th</sup> at 1pm in the Jasmine Room.

**Palomar College Nursing Students Blood Pressure Screenings** in the Park Terrace lobby, February 25<sup>th</sup> and 26<sup>th</sup> 10am.

**Jewelery Making with FirstLight** Thursday February 26<sup>th</sup> at 1pm in the Park Terrace Cafe.  
**Ask a Death Doula** ( see page 10 for details) February 27<sup>th</sup>, 10-12pm in Azalea building Conference Room.

**Dementia Skills & Resource Fair** February 28<sup>th</sup> from 10-1pm in the Azalea Room.

**February 2026 Calendar of Events and Activities**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>10:45-11:45</b> Beginning Tap Dance  <b>11-12</b> Start with Art – Ann Force-making Mardi Gras masks</p>	<p><b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mahjong</p>	<p><b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Joy Walkers Club  <b>11:30</b> Mardi Gras Celebration</p>	<p><b>10:45-11:45</b> Free “Danzerercise” Class  <b>11:00</b> Trivia with Maria  <b>11-12</b> Live Music by Lou Rosgen  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1:00-2:30</b> Cyber Seniors Computer Lab</p>	<p><b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga cancelled today</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>10:45-11:45</b> Beginning Tap Dance  <b>9:00</b> Silver Star Foundation  <b>11-12</b> Start with Art – Ann Force</p>	<p><b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mahjong</p>	<p><b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Joy Walkers Club  <b>1-2:30</b> Music Appreciation            9-3 Mobile medical Clinic in back parking lot  <b>11:00</b> Origami Heart Making  <b>9-1</b> Blood Pressure Screening in lobby</p>	<p><b>10-12</b> “Ask a Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>1-3</b> Mahjong  <b>12:00</b> Cookie Decorating with preschool kids</p>	<p><b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga            Fee-Based Class  <b>11-12</b> Bachata Dance Class  <b>12:00</b> It’s a Love Thing Valentine’s Day</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>CENTER CLOSED</b>	<p><b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mahjong</p>	<p><b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10:30-11:30</b> Theatre Appreciation Class  <b>12:30</b> Theatre Class presents Lone Ranger  <b>1-2</b> Joy Walkers Club</p>	<p><b>9-12</b> “Ask an Attorney” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Live Music by Lou Rosgen  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1:00-2:30</b> Cyber Seniors Computer Lab</p>	<p><b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga            Fee-Based Class  <b>1:00</b> Sewing Machine Maintenance Class</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>10:45-11:45</b> Beginning Tap Dance  <b>11-12</b> Start with Art – Marcos Solorio</p>	<p><b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mahjong</p>	<p><b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Joy Walkers Club  <b>1-2:30</b> Music Appreciation</p>	<p><b>10-12</b> “Ask a Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>1-3</b> Mahjong  <b>12:30</b> Birthday &amp; Anniversary Celebration  <b>1:00</b> FirstLight jewelry making class</p>	<p><b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga            Fee-Based Class  <b>10-12</b> Ask a Death Doula  <b>11-12</b> Bachata Dance Class</p>

**Red** – Events in the Park Terrace Café

**Blue** - Activities and Classes in the Jasmine Room

**Purple** – Activities in the Azalea Room

**Brown** – Club Meetings in the Azalea Game Room

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

**Green** – Appointments in the Azalea Conference Room

**Orange** – Activity meets in Azalea Resource 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).

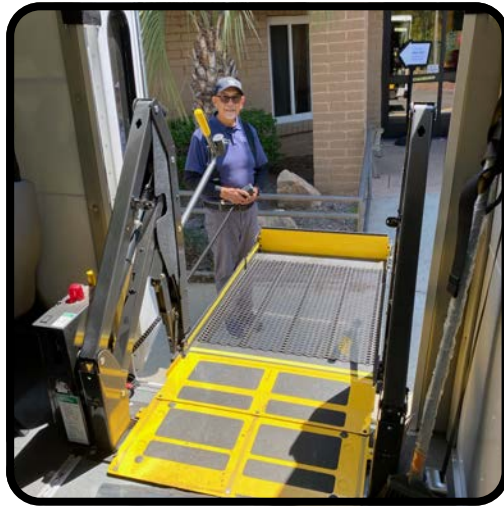
Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

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 (**February 2**): Albertson's

First Wednesday (**February 4**): *Stater Brothers*

Second Monday (**February 9**): Walmart Supercenter

Second Wednesday (**February 11**): **Special Trip- Smart & Final**

Third Monday (**February 16**): **President's Day Holiday**

Third Wednesday (**February 18**): Costco

Fourth Monday (**February 23**): Winco

Fourth Wednesday (**February 25**): Super Target

**Bonus Friday: (February 20): Trader Joe's**

# 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](http://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](http://CityofVista.com/Culture Caravan) or [GMACvista.com](http://GMACvista.com).



**Featured Trip- Going Fast!!**

## Hortense Miller House & Gardens- Laguna Beach

**DATE: THURSDAY, MARCH 12**

**TIME: 8:30 A.M.- 3:00 P.M.**

**COST-ONLY \$89-MEAL INCLUDED**

ENJOY A GUIDED TOUR OF THE HORTENSE MILLER GARDEN ESTABLISHED IN 1959 ON 2 ½ ACRES OF BOAT CANYON SLOPE IN THE LAGUNA HILLS, WITH AN EXTENSIVE ART AND STATUARY COLLECTION IN AND AROUND THE PRIVATE RESIDENCE. LUNCH AT THE ICONIC, LOCAL LUMBERYARD RESTAURANT AFTWARDS.



## PROFESSIONAL SERVICES

These complimentary consultations 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.

**Ask an Attorney.** 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.** 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.

### February 27, 10am -12pm

#### Ask an End-of-Life Doula

We invite you to participate in an information session where you will receive free, personalized guidance on advance healthcare planning, your rights and responsibilities in decision-making, and how to consciously prepare yourself—along with your loved ones—for unexpected situations.

Facilitated by Eva Navarrete and Melissa McClave, professional End-of-Life Doulas, who will offer a free space to answer questions about palliative care, end-of-life support, and processes related to death.

#### Pregúntale a una Doula de Fin de Vida

Te invitamos a participar en una sesión informativa donde recibirás orientación gratuita y personalizada sobre la planificación anticipada de cuidados de salud, tus derechos y responsabilidades en la toma de decisiones, y cómo prepararte —junto a tus seres queridos— de manera consciente ante situaciones inesperadas.

Facilitado por Eva Navarrete y Melissa McClave, Doulas De Fin De Vida profesionales, quienes ofrecerán un espacio gratuito para responder inquietudes sobre cuidados paliativos, acompañamiento al final de la vida y procesos relacionados con la muerte.

## I DIDN'T KNOW THAT!

### Tidbits from Maria McSweeney

Polar bears aren't actually white. Surprisingly, underneath all their white fur, polar bears actually have jet black skin.

Tigers have stripes not only on their fur, but if a tiger's fur is shaved, its skin looks stripey too. That's because the hair follicles that sit just beneath the surface of the skin are pigmented. These striped patterns are unique for each tiger, just like fingerprints.

- **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.
- **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. **760-659-3833**
- **Alzheimer's San Diego** focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. **858-492-4400**.

## 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

# Dementia Skills & Resource Fair



Open to persons living with dementia, care partners, family members, professional caregivers, service providers, and anyone looking to enhance their skills in engaging, supporting, and caring for persons living with dementia.



**Saturday,  
February 28, 2026  
10:00 AM - 1:00 PM**

\*Doors open at 9:30 AM



McClellan Senior Center  
1400 Vale Terrace Drive  
Vista CA 92084



- Resource Tables
- Presentations
- Workshops
- Opportunity Drawings
- Refreshments

**To Register**, scan the QR code or visit [www.bit.ly/dementiaskills26](http://www.bit.ly/dementiaskills26)

For more information or to register by phone or email, please call (858) 495-5500 or email [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov).