

Fallbrook Senior Organizations Unite to Become the Center for Senior Wellbeing

Merger creates a one-stop hub of services, activities, and connections for older adults and their families

FALLBROOK, CA., January 1, 2026 – Two longtime senior-serving organizations in Fallbrook have officially joined forces. The Foundation for Senior Care and the Fallbrook Senior Center have completed their merger and are now operating as a single, unified nonprofit: **Center for Senior Wellbeing**.

The newly formed organization brings together 90 years of combined experience serving older adults in the Fallbrook, Bonsall, Rainbow, and De Luz communities. By uniting programs, services, and expertise under one organization, the Center for Senior Wellbeing provides a clear, centralized point of access and communications for seniors and their families seeking a place to turn for assistance, support, and connections.

Operations officially transitioned into a unified organization on January 1, 2026. All programs and services are continuing without interruption, and both of the existing locations – 135 S. Mission Road and 399 Heald Lane – remain open while longer-term plans for a permanent home continue to take shape.

A Full Suite of Complementary Services

As one entity, the Center for Senior Wellbeing strengthens and expands the senior services that the community already relies on, and provides a comprehensive range of direct service programs, social engagement activities and outreach opportunities all designed to meet seniors' physical, emotional, and social needs, including:

- Transportation within and up to 60 miles outside of Fallbrook proper
- Referral and support advocacy across multiple issues and agencies
- Recreation, movement, and leisure activities from exercise and dance to art and language
- Daily senior lunch providing nutritious, low-cost meals
- Hospital-to-Home support for recovery and care coordination
- Workshops and seminars on topics of special interest to seniors
- Heart-to-Heart program offering one-on-one volunteer companionship and support
- Technology support through classes and drop-in help sessions
- Digital storytelling to capture and share local seniors' experiences
- Thrift shop that serves as both a volunteer hub and community resource
- Adult Day Center offering daytime care for older adults living with dementia and memory challenges

"This merger represents more than a structural change – it's a commitment to serving older adults more thoughtfully and holistically," said Perla Hurtado, CEO of the Center for Senior Wellbeing. "By coming together, we've created a single, trusted resource that is easier to navigate, more sustainable, and better equipped to meet the needs of our seniors – both today and in the future."

As the senior population continues to grow locally and nationwide, the formation of the Center for Senior Wellbeing reflects a proactive response to the increasing and evolving needs – not only supporting seniors, but also their families, caregivers, and the broader Fallbrook community.

About the Center for Senior Wellbeing

The Center for Senior Wellbeing is a 501(c)(3) non-profit, charitable organization dedicated to enriching the lives of older adults in the Fallbrook, Bonsall, Rainbow, and De Luz areas. Formed in 2026 through the merger of the Foundation for Senior Care and the Fallbrook Senior Center, the Center for Senior Wellbeing offers trusted and reliable services that promote wellbeing, connection and independence for older adults. Services include transportation, referral and support advocacy, senior lunches, recreational and leisure activities, hospital-to-home recovery assistance, technology support, senior education workshops, digital storytelling, volunteer companionship, a thrift store, and an Adult Day Center for adults with memory and dementia challenges. For more information, call 760-723-7570 or visit www.centerforseniorwellbeing.org.

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Perla Hurtado, CEO of the new Center for Senior Wellbeing, is pictured with members of the Center's team.