

## locations and staff

### CSW-WEST

135 S. Mission Rd.  
Fallbrook, CA 92028  
Mon - Fri 8:00am - 5:00pm

### CSW-EAST

399 Heald Ln.  
Fallbrook, CA 92028  
Mon - Fri 8:00am - 4:00pm

### ADULT DAY CENTER

320 Alvarado St.  
Fallbrook, CA 92028  
Mon - Fri 9:00am - 4:00pm

### CSW THRIFT SHOP

399 Heald Ln.  
Fallbrook, CA 92028  
Mon - Fri 9:00am - 3:00pm

**PERLA HURTADO**  
CEO

**CAROLLYNN HOLEMO**  
Administration

**JEFFREY DIONISIO**  
Activities and Senior Lunch

**JOANNA COSTELLO**  
Outreach and Development

**MELANIE BONENFANT**  
Referrals, Support, and Advocacy

**KYM HEISLER**  
Marketing and Communications

**MATT TOMPKINS**  
Grants

**DEANNA BADGLEY**  
Adult Day Center

**SAHLI RADDANI**  
Thrift Shop

## programs and services

CLASSES AND ACTIVITIES

SENIOR LUNCH

WORKSHOPS AND SUPPORT GROUPS

TRANSPORTATION

REFERRAL AND SUPPORT ADVOCACY

ADULT DAY CENTER

THRIFT SHOP



MONTHLY NEWSLETTER OF THE CENTER FOR SENIOR WELLBEING • JUNE 2026

## a message from perla

*As summer begins to take shape, this month's newsletter highlights the many ways connection, activity, and community support wellbeing at every stage of aging. From the energy and camaraderie found at our festive Cinco de Mayo event, to celebrating our members' special birthdays, to the people that support connection and belonging, each feature reflects the heart and soul of our mission.*

*We remain committed to creating opportunities for older adults to stay engaged, supported, and valued – and we are grateful to everyone who helps make that possible each day.*

Warmly,

Perla Hurtado, CEO

**Older adults are one of Fallbrook's fastest-growing populations, increasing by more than 20% in the last decade and expected to represent nearly one-third of all residents within four years**

## COMMUNITY OUTREACH

### An Afternoon Filled with Smiles and Celebration!

On May 14, the Center for Senior Wellbeing brought joy, laughter, and true community spirit to its Senior Lunch program with a vibrant Cinco de Mayo party. Following a delicious lunch featuring carne asada tacos, beans and Mexican rice, smiling seniors stayed to enjoy an afternoon filled with music, dancing, and friendship.

Local community partners helped create the festive atmosphere by sharing themed treats, beverages, and goodies, and raffle items, while Nancy Santillan and her team from the Fallbrook Community Center, transformed the space with colorful decorations and lively entertainment paid for by Regency Fallbrook and Oasis Senior Advisors.


Attendees were treated to the sounds of a fabulous band, Mariachi Fiesta Internacional, and the energy of salsa dancers who quickly inspired many seniors to join the fun. Before long, the room was filled with singing, dancing, smiles, and applause as participants embraced the celebration together.

Events like these are more than just parties – they create connection, spark joyful memories, and remind seniors that community and celebration have no age limit.



Check out all our classes at [www.centerforseniorwellbeing.org](http://www.centerforseniorwellbeing.org)

# JUNE 2026 activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>9:00</b> Exercise Class <b>9:00</b> Pickle Ball <b>10:30</b> Mah Jong <b>11:15</b> Fit, Fab and Fun <b>12:00</b> Pinochle <b>00:00</b> Tai Chi ***	<b>2</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>12:00</b> Bridge (Full)	<b>3</b> <b>9:00</b> Exercise Class <b>10:00</b> Conversational Spanish <b>12:00</b> Pinochle <b>12:00</b> Mah Jong	<b>4</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>11:15</b> ACBL Bridge – Set Free <b>12:30</b> Social Bridge	<b>5</b> <b>9:00</b> Exercise Class <b>10:00</b> Ukelele Lessons <b>11:00</b> Ukelele Practice <b>11:30</b> Bridge <b>12:00</b> Camera Club <b>1:00</b> Fix-It-Friday* <b>00:00</b> Tai Chi ***
<b>8</b> <b>9:00</b> Exercise Class <b>9:00</b> Pickle Ball <b>10:00</b> Just Breath <b>10:30</b> Mah Jong <b>11:15</b> Fit, Fab and Fun <b>12:00</b> Pinochle <b>00:00</b> Tai Chi ***	<b>9</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>12:00</b> Bridge (Full) <b>12:30</b> Chair Yoga	<b>10</b> <b>9:00</b> Exercise Class <b>10:00</b> Conversational Spanish <b>12:00</b> Pinochle <b>12:00</b> Mah Jong <b>12:30</b> SENIOR OF THE MONTH	<b>11</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>11:15</b> ACBL Bridge – Set Free <b>12:30</b> Social Bridge	<b>12</b> <b>9:00</b> Exercise Class <b>10:00</b> Ukelele Lessons <b>11:00</b> Ukelele Practice <b>11:30</b> Bridge <b>1:00</b> Fix-It-Friday* <b>00:00</b> Tai Chi ***
<b>15</b> <b>9:00</b> Exercise Class <b>9:00</b> Pickle Ball <b>10:00</b> Just Breath <b>10:30</b> Mah Jong <b>11:15</b> Fit, Fab and Fun <b>12:00</b> Pinochle <b>00:00</b> Tai Chi ***	<b>16</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>12:00</b> Bridge (Full) <b>12:30</b> Chair Yoga	<b>17</b> <b>9:00</b> Exercise Class <b>10:00</b> Conversational Spanish <b>12:00</b> Pinochle <b>12:00</b> Mah Jong	<b>18</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>11:15</b> ACBL Bridge – Set Free <b>12:30</b> Social Bridge	<b>19</b> <b>CLOSED FOR ALL STAFF MEETING</b>
<b>22</b> <b>9:00</b> Exercise Class <b>9:00</b> Pickle Ball <b>10:00</b> Just Breath <b>10:30</b> Mah Jong <b>11:15</b> Fit, Fab and Fun <b>12:00</b> Pinochle <b>00:00</b> Tai Chi ***	<b>23</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>12:00</b> Bridge (Full) <b>12:30</b> Chair Yoga	<b>24</b> <b>9:00</b> Exercise Class <b>10:00</b> Conversational Spanish <b>12:00</b> Pinochle <b>12:00</b> Mah Jong	<b>25</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>11:15</b> ACBL Bridge – Set Free <b>12:00</b> Veterans Group <b>12:30</b> Social Bridge	<b>26</b> <b>9:00</b> Exercise Class <b>10:00</b> Ukelele Lessons <b>11:00</b> Ukelele Practice <b>11:30</b> Bridge <b>1:00</b> Fix-It-Friday* <b>00:00</b> Tai Chi ***
<b>29</b> <b>9:00</b> Exercise Class <b>9:00</b> Pickle Ball <b>10:00</b> Just Breath <b>10:30</b> Mah Jong <b>11:15</b> Fit, Fab and Fun <b>12:00</b> Pinochle <b>00:00</b> Tai Chi ***	<b>30</b> <b>9:00</b> Line Dancing <b>10:00</b> Beginning Line Dancing <b>12:00</b> Bridge (Full) <b>12:30</b> Chair Yoga			

ALL ACTIVITIES HELD AT 399 HEALD LN., FALLBROOK, CA 92028 UNLESS OTHERWISE INDICATED • \*Held at the FRHD Community Health & Wellness Center at 1636 E. Mission Rd., Fallbrook, CA 92028 • \*\*Held at the Fallbrook Community Center at 341 Heald Ln., Fallbrook, CA 92028 • \*\*\*Membership not required.








year-to-date ...

OVER  
**4,641**  
 LUNCHES SERVED

HELPING MORE THAN  
**900**  
 THROUGH ADVOCACY

PROVIDING  
**2,587 RIDES**  
 TO SENIORS

# JUNE 2026 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Chicken Cordon Bleu</b> Vegetable Brown Rice Salad / Roll Fruit 	<b>2</b> <b>Pollo Asado Tacos (Chicken Tacos)</b> Beans Mexican Rice Salad / Roll Fruit	<b>3</b> <b>Turkey Stuffed Bell Pepper</b> Vegetable Sweet Potato Salad / Roll Fruit	<b>4</b> <b>Black Forest Ham</b> Vegetable Baked Potato Salad / Roll Fruit	<b>5</b> <b>Fish Veracruz</b> Vegetable Barley Salad / Roll Fruit
<b>8</b> <b>Roasted Chicken</b> Vegetable Brown Rice Salad / Roll Fruit	<b>9</b> <b>Fish Taco</b> Vegetable Rice Salad / Roll Fruit	<b>10</b> <b>Chili Beans</b> Vegetable Sweet Potato Salad / Corn Bread Fruit	<b>11</b> <b>Beef Spareribs</b> Vegetable Baked Beans Coleslaw Cornbread Dessert <b>BIRTHDAY LUNCH!</b> 	<b>12</b> <b>Baked Cod with Garlic and Lemon</b> Vegetable Farro Salad / Roll Fruit
<b>15</b> <b>Chicken Fettuccine Alfredo</b> Vegetable Sweet Potato Salad / Roll Fruit	<b>16</b> <b>Potato Crunchy Taco</b> Mexican Rice Salad / Roll Fruit	<b>17</b> <b>Pork Loin</b> Vegetable Mashed Potatoes Salad / Roll Fruit 	<b>18</b> <b>Meat Loaf with Gravy</b> Vegetable Mashed Potatoes Salad / Roll Fruit	<b>19</b> <b>CLOSED FOR ALL STAFF MEETING</b>
<b>22</b> <b>Vegetable Lasagna</b> Vegetable Salad Garlic Bread Fruit <b>TECH CONNECT!</b> 	<b>23</b> <b>Beef Fajita on Rice</b> Vegetable Salad / Roll Fruit	<b>24</b> <b>Beef Tips with Gravy</b> Vegetable Mashed Potatoes Salad / Roll Fruit	<b>25</b> <b>Mexican Style Scrambled Eggs</b> Potatoes Sausage Salad / Roll Fruit	<b>26</b> <b>Tilapia</b> Vegetable Farro Salad / Roll Fruit 
<b>29</b> <b>Baked Chicken</b> Vegetable Baked Potato Salad / Roll Fruit	<b>30</b> <b>Chicken Rolled Tacos</b> Vegetable Mexican Rice Salad / Roll Fruit	<b>TECH CONNECT</b> On the fourth Monday of every month, our Tech Support group is onsite to provide help with smartphones, tablets, and laptops	<b>NEED HELP?</b> Every Thursday we have a Referral and Support Advocate available at lunch to provide info, answer questions and help with issues important to older adults	 

**DOORS OPEN AT 10:30 AM • SERVICE STARTS PROMPTLY AT 11:15AM** • Lunch is \$5.00 for anyone 50-years and older ... and \$12.00 for anyone under 50 years who is accompanying a senior.

OVER  
**350 MEMBERS**  
 ENROLLED

Call or visit our website to become a member, make a donation, volunteer your time, or learn more about our programs and services



# May birthdays

**HAPPY BIRTHDAY TO OUR MEMBERS!**

**JOSE**  
May 3

**LUCRETIA**  
May 5

**CHRISTINA**  
May 12

**CRUZ**  
May 17

**BRENDA**  
May 19

**EVA**  
May 24

**WINNIE**  
May 26

**HINDELISA**  
May 30

Congratulations and best wishes to our members born in the month of May ... According to everyone who really knows ... you are loyal, always-cheerful, very creative, and love nature! Thank you for letting us share your special day with you! ... and as usual, a big thank you to **Carmen Sanchez** and **Right at Home** for generously providing delicious goodies at our Birthday Lunches ... we appreciate you helping us make these days special and memorable for everyone.

## GET TO KNOW ... OUR BOARD MEMBERS

### Multiple Languages ... One Purpose ... Serving Others

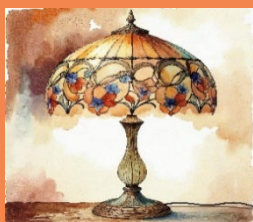
From teaching languages in the classroom to welcoming older adults through the doors of the Center for Senior Wellbeing, Jan Ohno has spent a lifetime helping people feel seen and heard.

A member of the Center since before the January 2026 merger, Jan is now the Center's newest board member. Her journey with the organization began by looking for something meaningful to do after retirement ... and what started with simply taking classes, quickly grew into volunteering, community involvement, and ultimately board service.

Today, Jan volunteers twice a week at our Senior Lunch, greeting attendees and helping with check-in, while also assisting with special events and celebrations throughout the year. She also participates as a member herself by taking Chair Yoga classes, and as a board member, by helping to guide strategy and vision for the future of the Center.

Jan taught English and Social Studies to high school and university students for 40 years and has a lifelong passion for language and culture. She lived in Japan for 14 years and has taught Japanese and ESL, while also studying Chinese, Spanish, French, and Farsi. With a degree in Oriental Studies, along with a master's degree in Historic Preservation, Jan has dedicated her life to helping people from all backgrounds feel welcomed, safe, and confident – a perfect skillset for supporting older adults.

For Jan, service has always been about connection – no translation needed.



**VISIT OUR THRIFT SHOP**  
**MON - FRI • 9:00AM - 3:00PM**  
For information about donating or  
volunteering, call  
**760-723-7570 EXT. 116**

### our mission

To enrich the lives of older adults by providing trusted services that promote health, foster connections, improve wellbeing, and support independence at every stage of the aging experience

### our board of directors

**NICKIE WILLIAMS** (President) • **CANDY SCHOENHEIT** (V. President) •  
**HOWARD SALMON** (Treasurer) • **JENNI STRUTZ** (Secretary) • **LIZ CERRUTI** •  
**GAIL JONES** • **JAN OHNO** • **JACK SCHIRNER** • **MARK WEAVER**



# UPCOMING EVENTS

**JUNE 1**

**SENIOR BOOK CLUB**

12:00pm • CSW-East

**JUNE 4**

**CAREGIVER SUPPORT GROUP**

9:30am • FRHD Community Health & Wellness Center

**PURPLE PARTY**

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 9**

**SENIOR WALK & CONNECT GROUP**

10:00am • Dinwiddie Preserve

**JUNE 10**

**SENIOR OF THE MONTH CELEBRATION**

12:30pm • CSW-East

**JUNE 13**

**HEALTHY LIVING FAIRE**

9:00am to 1:00pm • Main Ave, Downtown Fallbrook

**JUNE 16**

**AMADA HOME CARE INFO TABLE**

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 17**

**BINGO**

12:00pm after Senior Lunch • Fallbrook Community Center

For more information on our upcoming events, please visit [www.centerforseniorwellbeing.org](http://www.centerforseniorwellbeing.org) or contact Joanna Costello at 760-723-7570



# UPCOMING EVENTS

**JUNE 18**

## HOME INSTEAD INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 19**

## BRIGHTSTAR HOME CARE INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 20**

## REINS CARES: CAREGIVER WELLNESS GROUP

11:00am • REINS Therapeutic Horsemanship Program

**JUNE 22**

## SENIOR TECH CONNECT

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 23**

## RIGHT AT HOME INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 25**

## DEMENTIA INFO & SUPPORT GROUP

10:00am • FRHD Community Health & Wellness Center

## HOSPICE OF THE VALLEYS & KEYS TO WELLNESS INFO TABLES

11:00am at Senior Lunch • Fallbrook Community Center

**JUNE 29**

## LIGHTBRIDGE HOSPICE INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

For more information on our upcoming events, please visit [www.centerforseniorwellbeing.org](http://www.centerforseniorwellbeing.org) or contact Joanna Costello at 760-723-7570