

Center for Senior Wellbeing Continues to Grow Services That Strengthen Older Adults and the Community

A comprehensive network of activities, support services, outreach events, and compassionate care helps older adults thrive at every stage of aging

FALLBROOK, CA., May 28, 2026 – Now in the second quarter of the year and fully underway, the Center for Senior Wellbeing is delivering on its commitment to provide older adults throughout Fallbrook, Bonsall, Rainbow, and De Luz with easy access to resources that help them stay informed, feel confident, and get the support they need.

With a wide variety of complementary programs and services, the Center for Senior Wellbeing serves as a one-stop, go-to resource offering older adults opportunities for wellness, engagement, education, independence, and hands-on care. While continuing to provide the trusted services already relied upon by local seniors and families, the Center is also expanding its network of programs, services, and outreach efforts through new initiatives – many offered in partnership with local organizations and community groups – that broaden and strengthen support for older adults in practical and accessible ways. Together, these efforts are helping create a more connected and holistic approach to serving seniors and the greater community. Current offerings include:

- **Wellness and Recreational Activities** – Monday through Friday, seniors participate in a wide variety of membership-based activities including chair yoga, Tai Chi, music lessons, Mah Jong, organized Bridge, conversational Spanish, line dancing, a growing book club, and the Center’s newest exercise program, “Fit, Fab, and Fun.” Together, these programs encourage movement, creativity, friendship, and active living
- **NEW: Senior Walk and Connect Program** – Held in partnership with the Fallbrook Land Conservancy, this guided walking program at the Dinwiddie Nature Preserve encourages older adults to stay active, enjoy the outdoors, and build meaningful social connections while learning about the history, ecology, and natural beauty of the preserve
- **Senior Lunch Program** – Weekday lunches provide older adults with nutritious meals while also creating important opportunities for social connection and community engagement
- **Transportation Services** – Dependable transportation helps seniors maintain independence by ensuring access to medical appointments, grocery stores, pharmacies, errands, senior lunches, and other essential destinations
- **Referral and Advocacy Support** – Experienced staff help older adults and families navigate healthcare, housing, food insecurity, caregiving resources, benefits programs, and other aging-related challenges

“We believe older adults deserve a community where they feel supported, valued, connected, and empowered at every stage of aging,” said Perla Hurtado, CEO of the Center for Senior Wellbeing. “Whether someone is looking for an exercise class, needs transportation to a medical appointment, wants help navigating complex systems, or is simply looking to connect with others, we want the Center to be the place where seniors can turn for guidance, support, and assistance.”

- **Educational Workshops and Support Groups** – Practical workshops and peer support programs provide guidance on topics including fall prevention, emergency preparedness, Alzheimer’s education, caregiver support, and memory-related resources
- **NEW: REINS CARES Equine Therapy Support Program** – One of the Center’s newest support groups, offered in partnership with the REINS Therapeutic Horsemanship Program, provides therapeutic equine experiences, emotional connection, and valuable support for caregivers and individuals affected by Alzheimer’s, dementia, and other neurocognitive challenges
- **Senior of the Month Program** – This recently launched initiative honors exceptional older adults whose leadership, volunteerism, compassion, and lifelong contributions have helped shape and strengthen the community. The program reflects the Center’s belief that seniors are not only an important part of the community’s history, but also an active and essential part of its future.
- **NEW: Seasonal Celebrations and Outreach Events** – In partnership with the Fallbrook Community Center, these community gatherings, holiday celebrations, and themed events – including Valentine’s festivities, a recent Cinco de

Mayo luncheon, and an upcoming Hawaiian-themed senior lunch celebration in August – help reinforce the Center’s commitment to ensuring older adults feel included, valued, and connected.

- **Adult Day Center** (“The Club”) – The Adult Day Center provides individualized daytime support and structured engagement for older adults living with memory or cognitive challenges, while also offering respite and peace of mind for caregivers and families

Supporting each of these efforts is the Center’s community thrift shop – a point of connection and opportunity for volunteering – where every donation, purchase, and gift of time helps fund programs and services benefiting local seniors.

As the senior population throughout the region continues to grow, the Center for Senior Wellbeing remains focused on building a stronger, healthier, and more connected support network for older adults and their families. For more information about programs, classes, upcoming events, volunteer opportunities, or senior support services, please call 760-723-7570 or visit www.centerforseniorwellbeing.org.

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. The Center for Senior Wellbeing offers a comprehensive suite of essential services that promote wellbeing, connection and independence for older adults. Services include classes and activities, senior lunches, workshops and support groups, transportation, referral and support advocacy, adult daytime caregiving, volunteer opportunities, and a community thrift shop. For more information, call 760-723-7570 or visit www.centerforseniorwellbeing.org.

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Media Contact

Kym Heisler

760-723-7570

kheisler@foundationforseniorcare.org



Mariachi Fiesta Internacional entertains the attendees at the Center’s Cinco de Mayo lunchtime celebration at the Fallbrook Community Center.



Andrea Plasencia poses with Mariachi Festiva Internacional at the Center’s Cinco de Mayo lunchtime celebration at the Fallbrook Community Center.



Community members gather at the Center's Senior of the Month event to honor local seniors whose service and contributions have inspired all of us in the Fallbrook, Bonsall, Rainbow, and De Luz communities.



Ken Munson, with his family and NCFPD firefighters, at the Center's May Senior of the Month celebration where he was recognized for his public service and dedication to our community.



Participants in the Center's new Senior Walk and Connect program, offered in partnership with the Fallbrook Land Conservancy at the Dinwiddie Nature Preserve, enjoy learning about the history and ecology of the local Preserve.



The Center's community thrift shop offers a welcoming place to discover unique finds while supporting programs and services that benefit local older adults.

