

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

LINDA KOHLER
Transportation

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 • JULY 2026

a message from perla

This month's newsletter highlights two important stories about wellbeing and connection. From the launch of our "Stay Hydrated" membership drive that encourages participation in activities and social connection, to a heartfelt story from our Adult Day Center about the generous gift of time, each feature reflects the different ways older adults can be supported and cared for – wherever they are in the aging experience. Together, they show that senior wellbeing is strengthened through both opportunities to stay active and everyday acts of kindness.

Warmly,

Perla Hurtado, CEO

Regular physical activity and social interaction helps older adults stay healthy and connected by improving brain health, strengthening balance, boosting mood, maintaining independence, and reducing the risk of falls, chronic disease, and depression

MEMBERSHIP DRIVE

Stay Hydrated. Stay Connected!

This summer, the Center for Senior Wellbeing is encouraging older adults to stay hydrated, stay active, and stay connected. Staying well hydrated is especially important as we age, helping to support energy, balance, muscles and joints, brain health, and overall wellbeing.

As part of our commitment to supporting healthy aging, we're excited to announce the upcoming installation of a new water bottle filling station, generously funded by the Bonsall Woman's Club. The station will provide an easy and convenient way for members and visitors to refill their water bottles while participating in activities, classes, lunches, and events at the Center.

To celebrate, we'll be hosting our "Stay Hydrated" Membership Drive beginning in mid-July. During the drive, anyone who joins or renews their annual membership will receive a complimentary Center for Senior Wellbeing water bottle, while supplies last.

Membership offers free access to activities and classes, a 10% discount at our Thrift Shop, and opportunities to connect with friends, discover new interests, and engage in programs that support wellbeing at every stage of aging.

Watch for more details in the coming weeks as we unveil our new hydration station and kick off this special campaign. We look forward to helping you stay hydrated, stay connected, and make the most of all the Center has to offer.



JULY 2026 activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	 YOUR PERSONAL PHARMACY PREVENTION IS THE BEST MEDICINE (760) 645-3880	1 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	2 9:00 Line Dancing 10:00 Beginning Line Dancing 10:45 ACBL Bridge – Set Fee 12:30 Social Bridge	3 Closed in observance of Independence Day
6 9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle	7 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	8 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 SENIOR OF THE MONTH	9 9:00 Line Dancing 10:00 Beginning Line Dancing 10:45 ACBL Bridge – Set Fee 12:30 Social Bridge	10 9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday*
13 9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle 12:30 Tai Chi ***	14 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	15 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	16 9:00 Line Dancing 10:00 Beginning Line Dancing 10:45 ACBL Bridge – Set Fee 12:00 Veterans Group 12:30 Social Bridge	17 9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday* 1:00 Tai Chi ***
20 9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle 12:30 Tai Chi ***	21 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	22 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	23 9:00 Line Dancing 10:00 Beginning Line Dancing 10:45 ACBL Bridge – Set Fee 12:30 Social Bridge	24 9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday* 1:00 Tai Chi ***
27 9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle 12:30 Tai Chi ***	28 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	28 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	28 9:00 Line Dancing 10:00 Beginning Line Dancing 10:45 ACBL Bridge – Set Fee 12:30 Social Bridge	24 9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday* 1:00 Tai Chi ***

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.

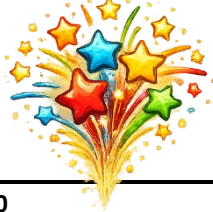
year-to-date ...

OVER
5,310
LUNCHES SERVED

HELPING MORE THAN
925
THROUGH ADVOCACY

PROVIDING
3,013 RIDES
TO SENIORS

JULY 2026 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEED HELP? TECH SUPPORT Fourth Monday of every month ONSITE ADVOCATE Every Thursday	THANK YOU! A very grateful thank you to the Rotary Club of Fallbrook for their recent gift of \$4,046 to support our Senior Lunch program 	1 Meat Loaf w/ gravy Vegetable Mashed Potatoes Salad / Roll Fruit	2 Beef Lasagna Vegetable Salad / Garlic Bread Fruit	3 Closed in observance of Independence Day 
6 Honey Mustard Chicken Vegetable Barley Salad / Roll Fruit	7 Turkey Stuffed Bell Pepper Vegetable Farro Salad / Roll Fruit	8 Pesto Bruschetta Alfredo Vegetable Baked Potatoes Salad / Garlic Bread Fruit	9 Black Forest Ham Vegetable Baked Potato Salad / Roll Dessert  BIRTHDAY LUNCH!	10 Baked Cod with Garlic and Lemon Vegetable Farro Salad / Roll Fruit
13 Chicken Cordon Bleu Vegetable Barley Salad / Roll Fruit 	14 Beef Fajita on Rice Vegetables Salad / Roll Fruit	15 Chicken Fettuccine Alfredo Vegetable Sweet Potatoes Salad / Garlic Bread Fruit	16 Pork Loin Vegetable Mashed Potatoes Salad / Roll Fruit	17 Fish Veracruz Vegetable Barley Salad / Roll Fruit
20 Vegetable Lasagna Vegetable Salad / Garlic Bread Fruit	21 Beef Stew Vegetable Baked Potato Salad / Roll Fruit	22 Beef Tips w/ Gravy Vegetable Mashed Potatoes Salad / Roll Fruit	23 Chicken Salad in Pita Vegetables Potato Chips Salad Roll Fruit	24 Tilapia Vegetable Farro Salad / Roll Fruit
27 Baked Chicken Vegetable Baked Potato Salad / Roll Fruit  TECH CONNECT!	28 Potato Crunchy Taco w/ Pico De Gallo Black Beans Mexican Rice Salad / Roll Fruit	29 Beef Teriyaki Vegetable Rice Salad / Roll Fruit	30 Mexican Style Scrambled Eggs Potatoes Sausage Salad / Roll Fruit 	31 Crab Cake Vegetable Farro Salad / Roll / Fruit

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
380 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
 760-723-7570 • www.centerforseniorwellbeing.org



June birthdays

HAPPY BIRTHDAY TO OUR MEMBERS!

JOE
June 1

STEVE
June 1

Indalecio
June 8

Margaret
June 8

Congratulations and best wishes to our members born in the month of June ... Based on everything we've read ... you are flexible, very curious, a good cook, and always optimistic! 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.

HIGHLIGHT ON THE ADULT DAY CENTER

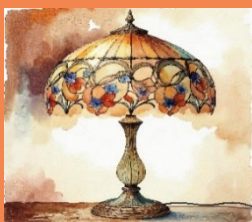
A Little Time, A Lot of Heart

At the Center for Senior Wellbeing's Adult Day Center, support comes in many forms. Sometimes it comes from our compassionate staff. Sometimes it comes from devoted family caregivers. And sometimes it comes from people who go above and beyond – people like Gary.

For nearly a year, Gary has been bringing his wife, Linda, to the Adult Day Center, and what began as two days a week has grown to four because Linda enjoys her time at "the Club" so much. Always smiling, engaged, and eager to join in, Linda has become a beloved member of our Adult Day Center family.

Gary is just as cherished. Each day, he walks Linda inside, helps her find her seat, and makes sure she is comfortable before heading off to his own activities. But recently, after getting Linda settled, Gary decided to stay and volunteer some of his own precious time. He joined in activities, helped with art projects, shared stories, and brought smiles and laughter to the faces of each and every guest. His kindness and genuine interest in others brightened the day for everyone around him.

The Adult Day Center provides Linda with friendship, purpose, and connection, while giving Gary valuable respite and time to tend to his other interests and responsibilities. But on this particular day, he chose to spend that time giving back. Gary and Linda's story is a wonderful reminder that support can take many forms, that the rewards can be immediate, and that even a simple gift of time can make a lasting impact.



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) • **JACK SCHIRNER** (Secretary) • **LIZ CERRUTI** •
GAIL JONES • **JAN OHNO** • **JENNI STRUTZ** • **MARK WEAVER**



UPCOMING EVENTS

JULY 1

RED, WHITE & BLUE DAY

11:00am at Senior Lunch • Fallbrook Community Center

JULY 1

AMADA SENIOR CARE VETERANS INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

JULY 2

CAREGIVER SUPPORT GROUP

9:30am • FRHD Community Health & Wellness Center

JULY 3

CSW CLOSED FOR 4TH OF JULY

ALL DAY • BOTH CAMPUSES

JULY 14

SENIOR WALK & CONNECT GROUP

10:00am • Dinwiddie Preserve

JULY 14

RIGHT AT HOME INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

JULY 15

“STAY HYDRATED” MEMBERSHIP DRIVE BEGINS

ALL DAY • BOTH CAMPUSES

For more information on our upcoming events, please visit
www.centerforseniorwellbeing.org or contact Joanna Costello
at 760-723-7570



UPCOMING EVENTS

JULY 18

REINS CARES: CAREGIVER WELLNESS GROUP

11:00am • REINS Therapeutic Horsemanship Program

JULY 20

SENIOR BOOK CLUB

12:00pm • CSW-East

JULY 22

SENIOR OF THE MONTH CELEBRATION

12:30pm • CSW-East

JULY 27

SENIOR TECH CONNECT

11:00am at Senior Lunch • Fallbrook Community Center

JULY 28

AMADA SENIOR CARE LTCi INFO TABLE

11:00am at Senior Lunch • Fallbrook Community Center

JULY 30

DEMENTIA INFO & SUPPORT GROUP

10:00am • FRHD Community Health & Wellness Center

AUG 27

SAVE THE DATE - END OF SUMMER LUAU

12:00 to 3:00pm • Fallbrook Community Center

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at 760-723-7570