

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 • OCTOBER 2026

a message from perla

This month's stories capture two different sides of the Center for Senior Wellbeing. Our Impact Gala gave us an opportunity to look at how much our organization has grown and the different ways we are able to respond to the needs of seniors and their families. That same impact can be found in something much simpler – even a roomful of people making music together. Whether helping someone through a difficult time or creating opportunities to learn, participate and connect, it all comes back to making sure seniors have the resources, support, and access they need to live well.

Warmly,

Perla Hurtado, CEO

2026 GALA

Celebrating our Impact!

More than 120 friends, partners and supporters came together on September 19

for our 2026 Impact Gala – celebrating the difference we have made and raising funds for programs and services that support older adults.

The evening also shared a bigger picture of the Center for Senior Wellbeing and how we help seniors remain active, independent, and connected. Today, the Center brings together activities and social connection with a broader network of services for changing needs, including transportation, support advocacy, senior lunches, workshops, support groups, adult daytime care, technology assistance, and our community thrift shop.

Guests saw that impact through our new Impact Video, featuring two local families whose stories showed how different senior needs can be met with the right support at the right time.

We also presented our first Community Impact Partner Awards to the Fallbrook Land Conservancy, Fallbrook Community Center and REINS Therapeutic Horsemanship Program – highlighting collaborations that have created meaningful, new programs for local seniors and their families.

As our senior population grows and needs change, so will we – expanding our reach, filling gaps, and working with community partners to build a strong, responsive network of care. Because at every stage of aging, every older adult deserves a place to turn and a place to belong.

To view our new Impact Video, visit the [Impact Page](#) on our website.



OCTOBER 2026 activities

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:30 Social Bridge		2 9:00 Exercise Class 10:00 Fallbrook Blanket Project 10:15 Beginner Ukelele 11:00 Ukelele 11:30 Bridge 1:00 Fix-It-Friday*
5 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	6 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	7 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Mah Jong 12:00 Pinochle	8 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:30 Social Bridge	9 9:00 Exercise Class 10:00 Fallbrook Blanket Project 10:15 Beginner Ukelele 11:00 Ukelele 11:30 Bridge 1:00 Fix-It-Friday*
12 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	13 9:00 Line Dancing 10:00 Senior Walk at Dinwiddie*** 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	14 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Mah Jong 12:00 Pinochle 12:30 SENIOR OF THE MONTH	15 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:30 Social Bridge	16 9:00 Exercise Class 10:00 Fallbrook Blanket Project 10:15 Beginner Ukelele 11:00 Ukelele 11:30 Bridge 1:00 Fix-It-Friday*
19 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	20 9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	21 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Mah Jong 12:00 Pinochle	22 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:00 Veterans Group 12:30 Social Bridge	23 9:00 Exercise Class 10:00 Fallbrook Blanket Project 10:15 Beginner Ukelele 11:00 Ukelele 11:30 Bridge 1:00 Fix-It-Friday*
26 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	27 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 Mah Jong 12:00 Pinochle	29 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Mah Jong 12:00 Pinochle	30 9:00 Exercise Class 10:00 Fallbrook Blanket Project 10:15 Beginner Ukelele 11:00 Ukelele 11:30 Bridge 1:00 Fix-It-Friday*

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.

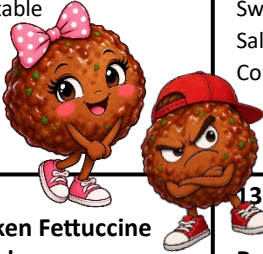
year-to-date ...

OVER
8,500
LUNCHES SERVED

HELPING MORE THAN
1,400
SENIORS WITH ADVOCACY

PROVIDING
4,500
RIDES TO SENIORS

OCTOBER 2026 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEED HELP? TECH SUPPORT Fourth Monday of every month - help with smartphones, tablets, and laptops ONSITE ADVOCATE Every Thursday			1 Chicken Noodle Soup Grilled Cheese Sandwich Salad / Roll Fruit	2 Crab Cake Vegetable Farro Salad / Roll Dessert 
5 Sweet & Sour Meatballs Vegetable Rice Salad Roll Fruit 	6 Vegetarian Chili Brussel Sprouts Sweet Potato Salad Corn Bread / Fruit	7 Scrambled Eggs Hash Browns Sausage Salad / Roll / Fruit	8 Pork Loin Vegetable Mashed Potato Salad / Roll Dessert BIRTHDAY LUNCH! 	9 Tilapia Vegetable Barley Salad / Roll Fruit
12 Chicken Fettuccine Alfredo Vegetable Salad / Garlic Bread Fruit	13 BBQ Pulled Pork on Bun Vegetables Macaroni Salad Salad / Roll Fruit	14 Roasted Chicken Vegetable Baked Potato Salad / Roll Fruit	15 Turkey Stuffed Bell Pepper Vegetable Sweet Potato Salad / Roll Fruit	16 Fish Taco Vegetable Mexican Rice Coleslaw / Roll Dessert
19 Vegetable Lasagna Spinach Salad Garlic Bread Fruit	20 Turkey Burger Vegetable Baked Fries Salad / Roll Fruit	21 Orange Chicken Vegetable Rice Salad RoLL Fruit 	22 Salisbury Steak Vegetables Baked Potato Salad / Roll Fruit	23 Curried Shrimp Pasta Vegetable Salad / Roll Dessert
26 Herb Chicken Vegetable Farro Salad Garlic Bread Fruit TECH CONNECT! 	27 Swedish Meatballs Vegetable Pasta Salad / Roll Fruit	28 Bean & Cheese Burrito Vegetable Mexican Rice Salad / Roll Fruit	29 BBQ Chicken Vegetable Baked Fries Salad / Roll Fruit	30 Fish Veracruz Vegetable Salad / Roll Dessert

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
475 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 • <https://centerforseniorwellbeing.org>



last month's BIRTHDAYS

HAPPY BIRTHDAY TO OUR SENIORS !

William September 10 **Glenn** September 16 **Dennis** September 22 **Charlene** September 26

Congratulations and best wishes to our Sapphire Seniors who were born in the month of September. You have a natural green thumb, and are often associated with a love of nature, creativity and an eye for beauty. And like always ... thank you so very much 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.

MEMBER ACTIVITIES

Come, Strum, and Have Fun!

After a summer break, the sound of ukuleles is returning to the Center for Senior Wellbeing – with opportunities for those who are just learning to play and those who simply enjoy making music together.



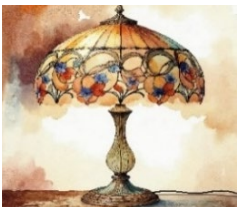
Beginning Ukulele lessons resume Fridays at our Heald Lane location from 10:15am to 10:45am, led by Kathleen Bates, who has been involved with the ukulele group at the Center for more than a decade. This is a true teaching class, designed to help participants develop their skills and become more comfortable with the instrument. Beginners are especially welcome, but the class is open to all levels and is also a great place for anyone who has played before and would like a few refresher tips.

Then at 11:00am the lessons may be over, but the strumming is just getting started ... as the Fallbrook Ukulele Strummers, led by Barbara Rowe, gather for an hour of playing together just for the fun of it! Often accompanied by piano, guitar and bass, the Strummers create a lively ensemble and a welcoming place to share songs, make music and enjoy one another's company. And the Strummers don't just keep their talents to themselves – they also perform at area churches, local service and social organizations, business grand openings, and other community gatherings throughout the Fallbrook area.

Both the lessons and the Strummers are part of the Center's Classes and Activities program and reflect what the program is all about – engagement and connection. Learning something new is important, but so is getting out, meeting people, expressing yourself and finding something you enjoy doing with others.

Music has a wonderful way of bringing people together. For some, it may begin with learning a few simple chords on a Friday morning. Before long, those chords can turn into a song – and a roomful of people to play it with.

To learn more about our classes and activities, visit the [Activities Calendar](#) on our website.



VISIT OUR THRIFT SHOP MON - FRI • 9:00AM - 3:00PM

To donate or volunteer, call
760-723-7570 EXT. 116

our board of directors

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

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