

THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER

1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084

760-643-5288 GMACVISTA.COM

PROGRAMS ABOUT US MARK YOUR CALENDAR

- Activities
- Clubs
- Education
- Events
- Nutrition
- Transportation
- Cultural Trips

We are open
Monday-Friday
from
8am-3:30pm
and closed on
holidays.

- **April 1** - April Fools & Magic Event with Cary Schaffner
- **April 3** - Holi Fest Celebration
- **April 10 & 24** - Free Blood Pressure Checks
- **April 11 & 25** - Live Music by Lou Rosgen
- **April 15** - Movie Monday Peanut Butter Falcon
- **April 18** - Live Music by Randy Renner
- **April 22** - Live Raptor Presentation by Agua Hedionda
- **April 22** - Lunch & Learn Earth Day Presentation
- **April 26** - *Guess Who's Coming to Lunch Reveal*
- **April 29** - Dance performance by The Toe Tappers



NEWS YOU CAN USE

- **It's Tax Season!** The AARP will be on-site here at the Vista Senior Center until April 15 to offer free help with tax preparation. AARP Volunteers are here on Mondays and Wednesdays to assist seniors with their taxes. **APPOINTMENTS ARE REQUIRED FOR THIS SERVICE.** If interested, call **760-643-5290** and leave a voice message with your name and telephone number. The AARP volunteers will call you back to schedule an appointment. The pre-appointment tax preparation forms are available here at the front desk. Please note our staff are not able to schedule tax appointments.
- **Another resource for tax help:** The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. Call 2-1-1 to make an appointment at one of their Vista sites.
- **The San Diego Food Bank** operates a Senior Citizen food distribution site in the upper parking lot on the 3rd Tuesday of each month from 11am-12pm. For info regarding program and eligibility: SanDiegoFoodBank.org or call 866-350-3663.
- **The Senior Citizens Affairs Commission** meets to make recommendations and advise the City Council of matters pertinent to Vista's Senior Citizens. The next meeting date is May 22 at 1pm at the Senior Center and is open to the public to attend. For more information on this and other Commissions, check out cityofvista.com.
- **Clean Energy Alliance (CEA) flipped the switch in the City of Vista on April 1!** From now on, CEA will be the default energy generation provider for the Vista community. You will continue to receive a single bill from SDG&E. CEA's energy generation charge on your bill is not an extra charge, it simply replaces SDG&E's previous charge for electricity generation. By managing energy generation for Vista, CEA can purchase and offer power with a higher percentage of renewable resources that are cleaner and less harmful to the environment. This month, Vista customers will receive the third of four mailers that explain our energy transition in greater depth. Learn more at **TheCleanEnergyAlliance.org** or call 833-232-3110.
- **Monday, April 22 - Join us for lunch to learn about Earth Day.** Every year on April 22nd, Earth Day marks the anniversary of the birth of the modern environmental movement to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally that help bring awareness and understanding to environmental matters and issues. The City of Vista has been moving forward with environmental programming within the city to support our local environment and encourage sustainability to our businesses and residents. Please join EDCO and the City of Vista's Climate Action Plan Program Administrator, Cassidy McCarthy, for a lunchtime presentation on the history and importance of Earth Day and current environmental programs in the city.

CULTURE CARAVAN

Culture Caravan provides roundtrip transportation, event tickets, and friendly tour guides to destinations throughout Southern California.

Register at **CityofVista.com/Culture Caravan** or call 760-643-5291.

Our featured trip for April is the **Ramona Pageant**

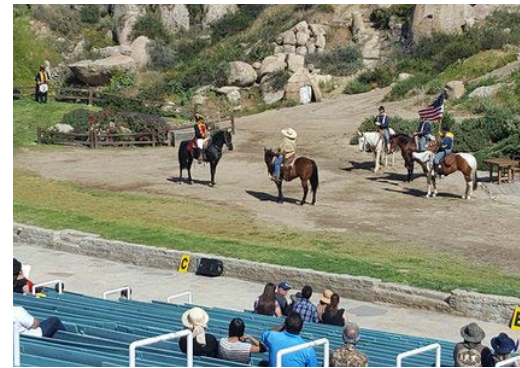
Each spring, among the splendor of California's natural beauty, a wonderful thing occurs. Hundreds of people; actors and extras, Spanish dancers and musicians, horses, cowboys, and those who represent the rich heritage of Southern California's Native Tribes, come together to create magic. That magic is "Ramona", California's Official Outdoor Play—America's longest continuously running drama.

Prior to this magical and endearing performance, lunch at the "Rockin' K" will be provided—a bountiful collection of American favorites—including pot roast.

Date: Saturday, April 20

Time: 11:00am-8pm

Cost: \$98



NEWS FOR OUR CLUBS

With spring just around the corner, we would like to inform you about some changes to the registration process for our clubs. Starting next month we will be using **Activenet**, a registration software program provided by the City of Vista, for all our clubs and classes. This will streamline our registration process and make it easier for you to sign up for the classes and clubs you want to participate in. As we bring in classes, this system will serve as the primary registration tool.

Beginning in May, when you attend a club, you will receive a registration form to fill out and return to Ashley or the front desk. We will use this form to enroll you in our system as a member of your respective club. This new system will allow us to notify you in case of any changes such as club cancellations, postponements, or room changes. You will no longer need to sign in on paper, as we will have a roster for the Club Leaders and Class Instructors.

Activenet registration system will make it easier for you to sign up for the clubs and classes that you are interested in. It will allow us to keep better track of all attendees. If you have questions or concerns, contact Ashley at 760.643.5289.

NUTRITION PROGRAM

What's Cooking in the Kitchen with Catherine?

I am as excited about spring as much as I am about some new events happening in April at the Park Terrace Café, including bringing back the tradition of observing wedding anniversaries along with birthday celebrations.

Robin and I would like to say **THANK YOU** to all our kitchen nutrition volunteers and we look forward to celebrating YOU at the Volunteer Recognition event.

Nutrition Council Committee Meeting

Monday, April 1 at 10am

Join us and other lunch guests to share ideas and provide input on the menu, nutrition education programs and lunchtime events.

Holi Fest

Wednesday, April 3 at 11am

Enjoy live music by Tommy Kind and the Rogus Yogis, a dance performance by Indian-Fusion Dance group and an India-inspired luncheon.

Ice Cream Social Pop-up at 12pm

One day during the week of April 8

The day is a surprise and so is the treat!

Vegan Voyage

Friday, April 12 at 11am

Journey along with us on our Vegan Voyage as we explore new recipes and sample vegan foods.

Earth Day

Monday, April 22 at 12pm

Join us for an informative lunchtime presentation on the history and importance of Earth Day and current environmental programs in the City of Vista.

Birthday & Wedding Anniversary Celebrations

Wednesday, April 24 at 12pm

A complimentary lunch ticket for a future meal is offered to all guests 60+ celebrating milestones in March. Cupcakes and ice cream served to everyone.

Guess Who's Coming to Lunch Reveal

Friday, April 26 at 12pm

Join us for a little bit of madness as we reveal our April guest.

Please remember to make your lunch reservation at least one business day in advance by 2pm, and at least one week in advance for special events. Just as important as making a reservation is letting us know when you can't make it. Reservations and cancellations can be made 24/7 by calling 760-643-5288.

Thank you for making the Park Terrace Café a part of your day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Posole w/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini & Corn, Mixed Rice, Mandarin Oranges Fools & Magic Event	2 Texas BBQ Beef Sweet Potatoes Cabbage Salad Whole Wheat Bread Apple Bingo!	3 Curry Chicken Mixed Rice Pilaf Broccoli Normandy Cucumber Salad Pineapple Holi Fest Celebration	4 Meat & Cheese Lasagna Marinara Sauce Chickpea Tomato Stew Spinach, Peaches Whole Wheat Garlic Breadsticks	5 Tilapia Provençal w/ Tomatoes, Red Peppers, Olives Quinoa Pilaf Broccoli Applesauce
8 Chicken Marsala Mixed Rice Collard Greens w/ Bacon Fruit Cocktail	9 Beef Stew w/ Carrots, Celery & Onion Parsley Potatoes Peas & Carrots Whole Wheat Bread Apple Bingo!	10 Chicken Cordon Bleu  Potatoes Gratin Manhattan Blend Whole Grain Bread Mixed Bean Salad Banana OR Soup & Salad*	11 Pork Zurichoise Mushroom Cream Sauce Whole Grain Noodles Sauteed Cabbage Pineapple Live Music by Lou Rosgen	12 Vegetarian Vegetarian Chili w/Cheese Mixed Rice Broccoli Peaches Vegan Food Demo
15 Pasta Primavera w/ Lemon Chicken Mixed Pasta tossed w/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Chickpea Salad, Apple Movie Monday	16 Pork Loin w/ Apple Chutney Sweet Potatoes Italian Vegetables Whole Wheat Bread Applesauce Bingo!	17 Turkish Spiced Meatballs Tzatziki, Ratatouille Eggplant, Zucchini & Tomato, Tomato Cucumber Salad, Whole Wheat Pita, Orange OR Soup & Salad*	18 Thai Chicken Salad w/ Red Peppers, Carrots, Scallions, Cucumbers, Chopped Romaine Sesame Whole Grain Noodles Pineapple Live Music by Randy Renner	19 French Dip Au Jus  Garlic & Herb Roasted Potatoes Broccoli Salad Whole Wheat Roll Banana
22 Korean Beef W/ Ginger, Scallions, Carrots, Bean Sprouts, Cabbage, Mixed Rice Stir Fry Blend, Mandarins Raptor Presentation and Earth Day Lunch & Learn	23 BBQ Pork Sandwich White Wheat Roll Potatoes Gratin Mixed Vegetables Apple Bingo!	24 Seafood Newburg Surimi Crab & Bay Shrimp Whole Grain Pasta Spinach, Spring Mix Salad Peaches OR Soup & Salad* Birthday & Anniversary Celebration	25 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Banana Live Music by Lou Rosgen	26 Margarita Chicken Mixed Mexican Rice Corn & Black Beans Orange Guess Who's Coming to Lunch Reveal
29 Chicken w/ Brandied Tomato Cream Sauce Whole Grain Pasta Green Beans Mandarins Toe Tappers Dance Performance	30 Italian Lentil Stew w/ Turkey Mixed Vegetables Mixed Rice Cantaloupe Bingo!	\$4 suggested contribution for guests aged 60 and over. \$8 cost for 59 and younger.	No eligible person shall be denied a meal for choosing not to contribute.	 Denotes meal ≥ 1000 mg Sodium 1% Milk served daily Menu subject to change

Lunch is served Monday-Friday at 12pm in the Park Terrace Café.

Lunch reservations are required at least 1 business day in advance by 2pm.

NOTE: RSVP one week in advance for special events, seating is limited.

Call 760-643-5288 to make or cancel lunch reservation.

***For Wednesdays - indicate Main Meal or Soup & Salad when you RSVP.**

April Schedule

	Monday	Tuesday
Full menu content available on page 5.	1 LUNCH: Pork Posole 10am Nutrition & Special Events Committee Meeting in the Café 11-12 Start with Art - <i>Cancelled</i> 11-12 Fools & Magic April Fools Day Event with professional magician Cary Schaffner	2 LUNCH: Texas BBQ Beef 11-12 Bingo! 1-3 Mahjong Club 1-3 Craft Club
	8 LUNCH: Chicken Marsala 11-12 Start with Art <i>Painting wooden cutouts with Jim Krumenacker</i>	9 LUNCH: Beef Stew 11-12 Bingo! 1-3 Mahjong Club
Ice Cream Social Pop-up this week. The day is a surprise and so is the treat!	15 LUNCH: Pasta Primavera with Lemon Chicken 11-12 Start with Art <i>Painting with Marcos Solorio</i> 11-1 PACE Program table in lobby 1-3pm Movie Monday - <i>The Peanut Butter Falcon</i>	16 LUNCH: Pork Loin w/Apple Chutney Wear Your Pajamas to Work Day 11-12 Bingo! Prizes for best (appropriate for Senior Center) pajamas; Sponsored by Whole Life Home Care 11-12 Whole Life Home Care table in lobby 1-3 Mahjong Club 1-3 Craft Club
	22 LUNCH: Korean Beef 11-12 Start with Art <i>Painting with Marcos Solorio</i> 11-12 Raptor Presentation by the Agua Hedionda Lagoon Foundation 12pm Lunch & Learn Earth Day Talk	23 LUNCH: BBQ Pork Sandwich 11-12 Bingo! 1-3 Mahjong Club 1-3 NEW CLUB STARTS TODAY! The Mischief Makers Club - card making 1-3 Car Fit Event in the Parking Lot
	29 LUNCH: Chicken w/ Brandied Tomato Cream Sauce 11-12 Start with Art <i>Coloring Mandalas</i> 11am International Dance Day Event with performance by The Toe Tappers	30 LUNCH: Italian Lentil Stew w/Turkey 11-12 Bingo! 1-3 Mahjong Club
	Monday Activity Location: Nutrition & Special Events Committee Mtg., Fools & Magic Event, Start with Art, Movie Monday, Raptor Presentation, Toe Tappers Performance - Park Terrace Café	Tuesday Activity Location: Bingo, Mahjong, Craft Club- Park Terrace Café Car Fit Event - Parking Lot (see back page of newsletter for details)

Activities, Events, Clubs and Stuff

Wednesday	Thursday	Friday
3 LUNCH: Curry Chicken (no Soup & Salad option today) 11-12 Holi Fest Celebration <i>with live music by Tommy Kind and the Rogus Yogis & dance performance by Indian-Fusion dance group</i> 11-12 Social Bridge Club- <u>cancelled</u>	4 LUNCH: Meat & Cheese Lasagna 11-12 Thinking Thursday <i>Trivia with Maria</i> 1-3 Mahjong Club	5 LUNCH: Tilapia Provencal 9-12 Knitting Club
10 LUNCH: Chicken Cordon Bleu OR Soup & Salad (choose one) 9AM Joy Walkers Club Meeting 10-12 Free Blood Pressure Check 11-12 Social Bridge Club 1-2:30 Music Appreciation	11 LUNCH: Pork Zurichoise 11-12 Live Music by Lou Rosgen 11-1 CalFresh Table in Lobby with info regarding free grocery programs 1-3 Mahjong Club 1-3 Stash Busters Quilting Club	12 LUNCH: Vegetarian Chili 9-12 Knitting Club 11am Vegan Food Demo
17 LUNCH: Turkish Spiced Meatballs OR Soup & Salad (choose one) 11-12 Social Bridge Club	18 LUNCH: Thai Chicken Salad 11-12 Live Music by Randy Renner 1-3 Mahjong Club	19 LUNCH: French Dip Au Jus 9-12 Knitting Club
24 LUNCH: Seafood Newburg OR Soup & Salad (choose one) 9AM Joy Walkers Club Meeting 10-12 Free Blood Pressure Check 11-12 Social Bridge Club 12:30 Birthday & Anniversary Celebration 1-2:30 Music Appreciation	25 LUNCH: Beef & Pork Meatloaf Volunteer Appreciation Day! 11-12 Live Music by Lou Rosgen 11-12 Thinking Thursday <i>Word Search</i> 1-3 Mahjong Club 1-3 Stash Busters Quilting Club	26 LUNCH: Margarita Chicken 9-12 Knitting Club 12:30 <i>Guess Who's Coming To Lunch Reveal</i>
Wednesday Activity Location: Holi Fest Event, Social Bridge, Music Appreciation, Birthdays - Park Terrace Café Joy Walkers Club - Meet in the Front Lobby, walk from there Free Blood Pressure Check -Lobby	Thursday Activity Location: Thinking Thursday, Mahjong, Live Music by Lou Rosgen and Randy Renner, Stash Busters, Quilting Club - Park Terrace Café Cal Fresh Table - Lobby	Friday Activity Location: Knitting Club, <i>Guess Who's Coming To Lunch Reveal</i> - Park Terrace Café

TRANSPORTATION PROGRAMS

Transportation to the center for lunch is available to Vista residents age 60+. Suggested contribution: \$1. Call 760-643-5288 to schedule a ride. Reserve 2 business days prior to the lunch day and one week ahead of special events.



Our **OUT AND ABOUT** program provides ADA transportation for grocery shopping shuttles on Mondays & Wednesdays (see schedule below for dates and locations).

We also provide transportation to eligible Vista residents for in-town medical appointments on Tuesdays, Thursdays & Fridays from 9am-1:30pm. Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way. **Call 760-643-5284 at least two business days in advance to schedule.**

Shopping Shuttle Schedule:

First Monday (April 1): Albertsons

First Wednesday (April 3): *No Trips*

Second Monday (April 8): Walmart

Second Wednesday (April 10): *No Trips*

Third Monday (April 15): Trader Joes

Third Wednesday (April 17): Costco

Fourth Monday (April 22): Food 4 Less

Fourth Wednesday (April 24): Target

Meetings, Music, Gatherings

- **April 1, 10-11am** Nutrition & Events Council Meeting
- **April 1, 11am-12pm** *Fools & Magic* event with a magician
- **April 3, 11am-12pm** - *Holi Fest* Event
- **April 11 & 25, 11am-12pm** Live Music by Lou Rosgen
- **April 12, 11am** Vegan Food Demo
- **April 15, 1-3pm** Movie Monday: *Peanut Butter Falcon*
- **April 18, 11am-12pm** Live Music by Randy Renner
- **April 22, 11am-12pm** - Raptor Presentation
- **April 22, 12pm** Lunch & Learn Earth Day Presentation
- **April 24, 12:30pm** Birthday & Anniversary Celebration
- **April 25, 9:30am** - Volunteer Appreciation Event (by invitation)
- **April 26, 12:30pm** *Guess Who's Coming to Lunch* Reveal
- **April 29, 11am** Dance Performance by the Toe Tappers

This Month's Movie: *The Peanut Butter Falcon*

Zak, a man with down syndrome, runs away from a residential nursing home to pursue his dream of becoming a wrestler. Later, he meets with an outlaw who becomes his friend and coach.

I DIDN'T KNOW THAT...

(Interesting tidbits from Maria McSweeney)

Hedy Lamarr is best known as a beautiful actress from the 1930's & 40's, but she was also a longtime inventor. During World War II she and a partner developed "frequency hopping" technology to guide missiles which paved the way for wireless communication technology like Wi-Fi, GPS, and Bluetooth. Other inventions by women include windshield wipers (Mary Anderson), Kevlar (Stephanie Kwolek), automatic dishwashers (Josephine Cochrane), and coffee filters (Melitta Bentz).

Club Corner:

In March, after invigorating walks through nature, the Joy walkers have returned to the Park Terrace Café to continue their conversations and play table games. Other participants who arrive early have begun to join in. There has been a lot of fun, conversation, and laughter while just enjoying the games in a non-competitive atmosphere. The March newsletter put out a call for a volunteer leader. The hope is that someone will step forward to keep this Table Game Playing - Social Group going.

Submitted by Sid Rothenberg

Club & Class Schedule

- **Start with Art** - Monday, 11am-12pm
- **Craft Club** - 1st & 3rd Tuesday, 1-3pm
- **Mischief Makers** - 2nd & 4th Tuesday, 1-3pm
- **Mahjong Club** - Tuesday & Thursday, 1-3pm
- **Social Bridge** - Wednesday, 11am-12pm
- **Joy Walkers** - 2nd & 4th Wednesday of each month at 9am - meet in Senior Center lobby
- **Music Appreciation Class** - 2nd & 4th Wednesday, 1-2:30 pm
- **Stash Busters** - 2nd & 4th Thursday, 1-3pm
- **Knitting** - Friday, 9am-12pm

Looking for Fitness & Enrichment Instructors!

Call 760-643-5288 if interested.

April 22 - 11am-12pm Raptor Presentation by the Agua Hedionda Lagoon Foundation

This presentation includes a live owl and falcon. Join us as we learn about these magnificent raptors and their behavior, habitat, and their personal impairments that render them at home at the Discovery Center.

Weekday Activities

11am-12pm

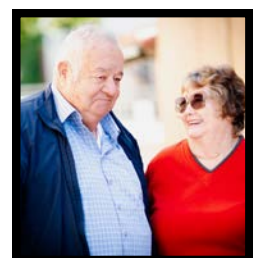
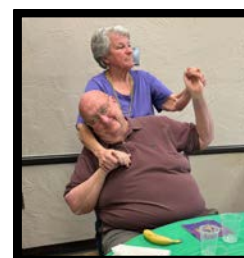
in the Park Terrace Cafe

Mondays - Start with Art
painting or other artsy fun stuff

Tuesdays - Bingo!
play for prizes

Wednesdays - Game Time Cart!
play games or cards

Thursdays - Thinking Thursday
trivia or brain games



HOORAY FOR VOLUNTEERS!

April is Volunteer Appreciation Month!

We will be celebrating our volunteers with a special invitation breakfast just for them. Our staff will serve and honor our volunteers at this event, where we will formally recognize and thank them.

Our volunteers give over 100 hours each week, doing the work of more than 2 full time staff members. Please join us in saying THANK YOU to our wonderful VOLUNTEERS this month.

Thanks to the addition of new volunteers, we now have a new club called the "Mischief Makers" starting on April 23. They will meet on the second Tuesday and Thursday of each month from 1-3pm for crocheting (on the second Tuesday) and card making (on the fourth Tuesday). We also have a Book Club and Writing Club in the planning phase. If you are interested in being a Club Lead Volunteer, please contact Susan or Ashley at 760-643-5288 to learn how to become a volunteer.

GUESS WHO'S COMING TO LUNCH?

Each month we have lots of fun with our actors and actual lunch guest. **The next reveal will take place on Friday, April 26 during lunch in the Park Terrace Cafe.** We will have sweet treats and a drawing prize for attendees.

April Clue #1:

"My childhood was horrible. We were so poor that the utilities were turned off at one point and we didn't have any heat any electricity and we only had oatmeal to eat but we couldn't cook it because we didn't have any utilities."

Holi Fest

A nationally recognized holiday in India, also known as the **Festival of Colors**. This celebration welcomes the arrival of spring harvest, the blossoming of love and is celebrated throughout the world by people of all nationalities, religions, and backgrounds because of its vibrant, joyous mood and many colors.

Join us for our celebration of Holi Fest on Wednesday, April 3 at 11am. Wear something colorful!



- 2-1-1 is a free and confidential service that helps people find the local resources they need. Available 24 hours a day, 7 days a week.
- Free copies of the **Eldercare** directory are available at the Senior Center. This directory contains info on transportation, housing, legal help and more.
- BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. **800-794-6559**
- The Low Income Home Energy Assistance Program (LIHEAP) provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs. **866-675-6623**
- Call the San Diego Food Bank at **866-350-3663** to speak with a staff member who can assess if you qualify for the program and provide information about your nearest food distribution site.
- Meals on Wheels provides home delivered meals for seniors for low cost. Call **619-260-6110**
- **ElderHelp** provides housing services, information and referral, caregiver support, and check in calls for those that are interested. **619-284-9281**
- **YANA** (You Are Not Alone) program is a free service from the San Diego Sheriff's Department, providing telephone contact (Monday-Friday) to independently living seniors who have no friends or family to check on them regularly. Call the Vista Substation to enroll: **760-940-4551**
- The FACT program provides transportation services. They pride themselves on providing safe, reliable transportation and excellent service. **760-754-1252**
- Elder Law & Advocacy offers free assistance with legal, Medicare, caregiver, long-term care and many other issues. **858-565-1392**
- The 988 Suicide & Crisis Lifeline (offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or other emotional distress. People can also dial **988** if concerned for a loved one needing crisis support.
- For Their Thoughts offers caregiver support for families impacted by dementia. **760-659-3883**
- The Alzheimer's Project focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. **619-531-5522**

AGING & INDEPENDENCE SERVICES

Serves all older adults and persons with disabilities, from those who are completely independent to those requiring more assistance. Programs support healthy aging, safety, and independence.

AIS is here for you and your loved ones!

Start with AIS Call Center (1-800-339-4661) for:

• Information and assistance • Referrals to community services • 24-hour reporting line for abuse

CARFit

Is Headed Your Way!

CarFit is a free, interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers and their vehicles.



Where:

McClellan Adult Activity & Resource Center
1400 Vale Terrace Dr.
Vista, Ca 92084

When:

1pm-3pm
Tuesday April 23, 2024

Contact:

Marilyn Quindo
Phone: (760) 299-4500 ext 30116
Email: mquindo@pmi.edu



Helping Mature Drivers Find Their Safest Fit



For more information, visit

Car-Fit.org