

THE SENIOR VOICE

GLORIA MCCLELLAN ADULT ACTIVITY & RESOURCE CENTER
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084
760-643-5288 GMACVISTA.COM

PROGRAMS

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

ABOUT US

We are open
Monday-Friday
8:00am-3:30pm.
Closed on holidays.

MARK YOUR CALENDAR

- October 1 - Oktoberfest
- October 1 - Live 2 B Healthy Class
- October 3 - Free Community Resource Fair
- October 8 - Elder Law Presentation
- October 15- Senior Tech Connect
- October 16- Medicare Options for 2027
- October 26 - Monday Movie - Coco
- October 30 - Halloween Play & Costume Contest



SDGE FINANCIAL ASSISTANCE PROGRAMS

There are many SDGE, federal, state and local assistance programs to help with your monthly utility bills. Go to SDGE.com, click on Customer Service tab, then, under Payment and Bill Assistance, click on Financial Assistance Programs. There are links to all the programs listed below.

Please contact **SDGE Customer Care at 1-800-411-7343** to ask questions and see which programs you may qualify for.

CARE - save 30% or more

Neighbor-to-Neighbor Fund

Debt Forgiveness

Medical Allowance

Phone Bill Discount

Low Income Water Assistance Program

FERA - save 18% on your electric bill

LIHEAP Federal Utility Assistance

More Time to Pay Your Bill

Energy-Saving Home Improvements

Home Internet Service Discount



ARCADIA PLACE

SKY ACTIVE LIVING



LIVE YOUR WAY

Independent Living with supportive services*

Enjoy distinctive amenities and the comfort of home.

- Charming walking path and gazebo
- Butterfly garden
- Shuffleboard court
- Library for relaxation
- Salon and barbershop
- Three chef-prepared meals daily
- Pet friendly – including a dog park!

**CALL 442.240.0023 TO
SCHEDULE A TOUR TODAY.**

Arcadia Place – A Sky Active Living Community
1080 Arcadia Avenue | Vista, CA 92804
760.945.5555 | ArcadiaPlaceSL.com



*A choice of third-party providers is available onsite for convenience, but residents are under no obligation to use any particular one. ©2026 Provincial Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or without notice. Void where prohibited by law. Managed and Operated by Provincial Senior Living.

Is your Medicare Coverage still right for you?

For more information, you can meet with me or attend one of my Kaiser Permanente Medicare Health Plans seminars. Please call:



Melissa Salcedo
Kaiser Permanente
Medicare specialist
619-952-7518 (TTY 711)
Mykpagent.org/MelissaS

Learn more at kp.org/medicare

You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs at meetings call TTY 711. Kaiser Foundation Health Plan, Inc. 393 E. Walnut St. Pasadena, CA 91188-8514

Please recycle. 446781680 CA February 2020

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KAISER PERMANENTE.

NEWS YOU CAN USE

Blood Pressure and Carotid Artery Checks by Ambassador Dan - Tuesdays and Fridays 9:30-11:30am in the Azalea Building Lobby.

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 is on Wednesday, November 18th at 1:30pm **in the Council Chambers at the Vista Civic Center**. Meetings are open to the public to attend. For more information, including a link to the agenda, which is posted 72 hours in advance, please visit the city website at <https://www.vista.gov/city-hall/city-clerk/online-resources/boards-commissions/senior-citizens-affairs-commission>.

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 11:00am-12:00pm. For info regarding program and eligibility: SanDiegoFoodBank.org or call 866-350-3663.

Thank you Arcadia Place and Hallmark Homecare for sponsoring our Birthday & Anniversary Celebration .

Medicare 101 & Understanding your 2027 Medicare Options Friday, October 16th at 11am in the Park Terrace Cafe. This presentation is designed for Medicare beneficiaries, individuals approaching Medicare eligibility, caregivers, and family members. It provides a clear, easy-to-understand overview of how Medicare works, the coverage options available, and the factors beneficiaries should consider when reviewing their healthcare coverage.

Caregiver Networks Club, in partnership with McClellan Senior Center, is hosting a free Community Resource Fair Saturday October 3 10am-12pm in the Azalea Room. The event will provide a welcoming opportunity for caregivers, seniors, families, and community members to connect with local organizations, discover helpful resources, and gain support. Opportunity drawings, refreshments and so much more. Kindly email onelovingcaregiver@gmail.com for more information. RSVP at the Azalea front desk. Coffee and light refreshments will be served.

Yarn 'n Yak Club and newly formed McClellan Book Club are partnering with Vista Gardens Memory Care to support their Traveling Grandparents reading hour. This interactive intergenerational experience promotes reading and cultivates compassion between seniors and students. We hope you will consider supporting this program by donating gently used or new children's books for the amazing students attending Monte Vista Elementary. The clubs are collecting books for ages 8-12 years old, now through December 24th. With your support every student will get to take home a book of their choice. Books can be dropped off at club meetings or at the Azalea or Park Terrace front desks.



NUTRITION PROGRAM

Congregate Lunch Service

Nutritious lunch is offered weekdays for older adults aged 60 and above. First time attendees must fill out a San Diego County intake form.

- **60+ Years:** \$4.00 Suggested Contribution
- **Guests 59 Years and Younger:** \$8.00 mandatory cost
- **Reservations are required at least one business day in advance by 1pm** for daily lunch and **at least one week in advance for special events.**
- Call **760-643-5288** or stop by the lunch desk to make or change lunch reservations.
- **SALAD BAR:** To allow more people the opportunity to enjoy our salad bar, we are only accepting reservations **one week at a time.** You can reserve your spot one week ahead by telephone or in person each Wednesday. Salad bar orders are taken starting at 11:15am.
- **Meals are served at 12pm and beverage service is available at 11am** for those who wish to arrive early and socialize. Doors open at 10:30am on special event days. Lunch patrons are asked to check in by 12pm. The latest lunch check-in is 12:15pm, so please plan accordingly.
- Attendees may take their leftovers home in their own container. We do not provide disposable containers for leftovers or “to-go” meals.
- “To-go” meals are offered to guests dining at the Park Terrace Cafe only when available.

Transportation Service

- Transportation for lunch is available for eligible Vista residents, aged 60 and above, who cannot drive. Advanced registration and approval is required. Participants must be ambulatory. There is a suggested contribution of \$1 for a roundtrip ride.
- Transportation for special events or activities, shopping and medical appointments is available through our Out & About Program. See page 8 for information.

Home Meal Delivery Service

- Qualifying Vista residents aged 60 and older may register to have a meal delivered to their home weekdays between 10am-2pm. There is a suggested contribution of \$4 per meal.
- To qualify, the participant must be homebound and incapable of doing two or more of the following on their own: eating, dressing, bathing, toileting, walking, or transferring in and out of bed.
- **The service is subject to availability.**
- An intake assessment is required to determine eligibility.

**CALL 760-643-5288 FOR MORE INFORMATION
REGARDING NUTRITION SERVICES.**

PARK TERRACE CAFÉ – OCTOBER 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.	No eligible person shall be denied a meal for choosing not to contribute	 MENU LEGEND: Denotes Meal ≥ 1000 mg Sodium Menu Subject to Change 1% Milk Served Daily	1 OKTOBERFEST Bratwurst w/ Sauerkraut German Potato Salad Cucumber Salad Whole Wheat Bread Orange	2 Baked Fish w/ Lemon-Herb Sauce Whole Wheat Roll Roasted Sweet Potatoes Broccoli Fresh Pineapple
5 Rosemary Roast Chicken Whole Grain Rice Cauliflower & Carrots Mandarin 10:15am Nutrition Council	6 Hamburger w/ Sauteed Onion Whole Wheat Bun Potato Salad Carrot Salad Apple Bingo!	7 Turkey Meatballs on a Whole Wheat Sub Roll Seasoned Pinto Beans Bell Pepper & Onion Fresh Pineapple OR Soup & Salad*	8 Roast Pork Loin w/ Apples Whole Wheat Bread Garlic Kale Green Peas Orange	9 Beef Picadillo Whole Wheat Bread Carrots & Cabbage Banana
12 Lemon-Herb Baked Chicken Whole Grain Rice Spinach & Green Peas Orange	13 Chicken Enchilada w/ Corn Tortillas & Red Sauce Whole Grain Rice Black Beans Apple Bingo!	14 Swedish-Style Meatballs Whole Grain Pasta Seasoned Pinto Beans Green Bell Peppers Fresh Pineapple OR Soup & Salad*	15 Herb Pork Chop w/ Brown Gravy Whole Wheat Bread Cauliflower & Corn Banana	16 Vegetarian Italian Lentil Soup Whole Grain Rice Cucumber & Tomato Salad Manhattan Blend Orange
19 Pasta Puttanesca Whole Grain Pasta Chickpea Salad Spinach Applesauce	20 Ground Beef Casserole Whole Grain Pasta Pinto Beans Broccoli Normandy Orange Bingo!	21 Chicken Primavera (Broccoli-Carrot-Red Pepper-Tomato) Whole Grain Pasta Cucumber Salad Banana OR Soup & Salad*	22 Basque Chicken Whole Wheat Bread Basque Potatoes Green Beans Fresh Pineapple Bday/Anniversary Celebration	23 Honey-Mustard Baked Chicken Whole Grain Rice Cauliflower & Stewed Tomatoes Mandarin
26 Margarita Chicken Whole Grain Rice Fiesta Corn & Black Beans Fresh Pineapple	27 Shepherd's Pie Whole Wheat Bread Carrots Orange Bingo!	28 Goulash (Beef & Pork) Whole Grain Pasta Sauteed Cabbage Apple OR Soup & Salad*	29 Cheese Manicotti w/ Bolognese Whole Wheat Bread Chickpea & Tomato Stew Spinach Mandarin	30 HALLOWEEN PARTY "Eyeball Pasta & Meatballs" Whole Wheat Breadstick Garlic-Butter Green Beans Orange

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

Lunch is served Monday-Friday at 12:00pm

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

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

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

**** Salad Bar Reservations can be made only one week in advance****

EVENTS THIS MONTH

Oktoberfest sponsored by Kaiser Thursday October 1st 11:30am in the Park Terrace Cafe.

Join us for German fare, good friends and live music by the Octoberists. RSVP at the Park Terrace front desk or 760-643-5288.

Free Community Resource Fair Saturday October 3 10am-12pm in the Azalea Room. Connect with local organizations, discover helpful resources, and gain support. Opportunity drawings and light refreshments. RSVP at the Azalea front desk.

Empowered Aging Every Monday October 5th through October 19th 1-2pm in the Azalea Room. How do our changing bodies and senses impact the way we live and connect as we age? Let's talk about it. This upcoming series offers a supportive, interactive space to tackle some vital topics that affect our health, safety, and happiness.

Elder Law Presentation-Know Your Rights Under the Mobile Home Residency Law Thursday October 8th at 10:00am in the Park Terrace Cafe. Join us in the Park Terrace Cafe for coffee, conversation and light refreshments. RSVP at the Park Terrace front desk or call 760-643-5288.

Palomar College Nursing Students Blood Pressure Checks Thursday October 8th Wednesday October 14th and Wednesday October 21st 10:30am in the Park Terrace Lobby.

Finding Your Center: Balance & Alignment All Around Presentation by Foot Solutions.

Wednesday October 14th 9-10am in the Park Terrace Cafe. Coffee and light refreshments.

Kaiser Permanente Information Table Wednesday October 14th 10:30am Park Terrace Lobby.

Senior Tech Connect Thursdays starting October 15th 10:30am Azalea Computer Lab.

Smartphone essentials for both iPhone and Android offered by Heidi Hanson with Senior Tech Connect. This class will cover some of the most common issues people face with their phones in everyday life with settings, sounds and wifi. RSVP at Park Terrace front desk or call 760-643-5288.

Trivia with Maria Thursday October 15th 11am Park Terrace Cafe.

MEDICARE 101 & UNDERSTANDING YOUR 2027 MEDICARE OPTIONS Friday October 16th 11:00am in the Park Terrace Cafe. Join us for coffee, conversation and light refreshments.

Vista Sew & Sew Club Meeting Friday October 16th at 1:00pm in Jasmine Room. What are we doing for the Holidays? What projects do you make? We have 3 individuals interested in giving demonstrations or classes. Are you interested? Come to the meeting to discuss! RSVP at Park Terrace front desk at 760-643-5288 to sign up.

Hallmark Homecare Information Table Thursday October 22nd in the Park Terrace Lobby.

Royal Benefits Insurance Information Table Friday October 23rd 10:30am Park Terrace Lobby.

McClellan Book Club Friday October 23rd 1:00pm in the Jasmine Room.

Monday Movie: Coco Monday October 26^h 1:00pm Azalea Room. Susan Saito will share Day of the Dead traditions before the movie. RSVP at the Park Terrace front desk or 760-643-5288.

Halloween Costume Contest and Theater Class Drama Play La Llorona Friday October 30th 11:15am in the Park Terrace Cafe. Join us for the Wabi Sabi Players Drama Play. It's a famous ghost story from Mexican and Latin American folklore about a grieving mother who wanders the rivers at night. After the play, it's our Annual Halloween Costume Contest. RSVP at the Park Terrace front desk or 760-643-5288.

Sound Bowl Healing Friday October 30th 1:00pm in the Azalea Room. RSVP at the Park Terrace front desk or 760-643-5288.



October 2026 Calendar of Monthly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
October 8th and 22nd 11:00 Live Music with Lou Rosgen** \$\$ Fee based Class	All special event dates are on page 6, the Events This Month page.		1 10-12 Advanced Mahjong 10:45-11:45 “Danzercise” Class 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels 1-2:30 Cyber Seniors	2 9-12 Yarn ‘n Yak 1-2 Gym Training Class
5 9:30 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Ann Force 1:00 Empowered Aging 1:30-3 Guitar Class	6 10-12 Advanced Mahjong 10:45-11:45 Free Danzercise Class 11-12 Bingo 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels	7 9:30 Mexican Train 10:30-11:30 Theatre Class 1-2 Tai Chi 1:00 Beginning Ukulele class	8 10-12 “Ask a Social Worker” Appointments 10-12 Advanced Mahjong 10:45-11:45 Free “Danzercise” Class 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels 1-3 Stash Busters Club	9 9-12 Yarn ‘n Yak 1-2 Gym Training Class
12 9:30 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Ann Force 1:00 Empowered Aging 1:30-3 Guitar Class	13 10-12 Advanced Mahjong 10:45-11:45 Free Danzercise Class 11-12 Bingo 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels	14 9:30 Mexican Train 10:30-11:30 Theatre Class 1-2 Tai Chi 1:00 Beginning Ukulele class	15 9-12 “Ask an Attorney” Appointments 10-12 Advanced Mahjong 10:30-11:30 Senior Tech 10:45-11:45 “Danzercise” Class 11-12 Trivia with Maria 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels 1-2:30 Cyber Seniors	16 9-12 Yarn ‘n Yak 1-2 Gym Training Class 1pm Sew & Sew Club Meeting
19 9:30 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Marcos Solorio 1:00 Empowered Aging 1:30-3 Guitar Class	20 10-12 Advanced Mahjong 10:45-11:45 Free Danzercise Class 11-12 Bingo 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels	21 9:30 Mexican Train 10:30-11:30 Theatre Class 1-2 Tai Chi 1:00 Beginning Ukulele class	22 10-12 “Ask a Social Worker” Appointments 10-12 Advanced Mahjong 10:30-11:30 Senior Tech 10:45-11:45 “Danzercise” Class 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels 1-3 Stash Busters Club	23 9-12 Yarn ‘n Yak 1-2 Gym Training Class 1:00 Book Club
26 9:30 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Marcos Solorio 1:00 Monday Movie-Coco 1:30-3 Guitar Class	27 10-12 Advanced Mahjong 10:45-11:45 Free Danzercise Class 11-12 Bingo 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong All levels	28 9:30 Mexican Train 10:30-11:30 Theatre Class 1-2 Tai Chi 1:00 Beginning Ukulele class	29 10-12 Advanced Mahjong 10:30-11:30 Senior Tech 10:45-11:45 “Danzercise” Class 1:00 Live 2 B Healthy \$\$ 1-3 Mahjong	30 9-12 Yarn ‘n Yak 1-2 Gym Training Class 1:00 Sound Bowl Healing

OUT & ABOUT TRANSPORTATION PROGRAMS

Out & About provides ADA transportation for grocery shopping and in-town medical appointments. Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way.

Call 760-643-5284 at least 7 business days in advance to schedule a ride. For medical appointments, please call as soon as your appointment is scheduled. Seating is limited.

- **Grocery Shopping Shuttles - Mondays & Wednesdays (9:00 am):**

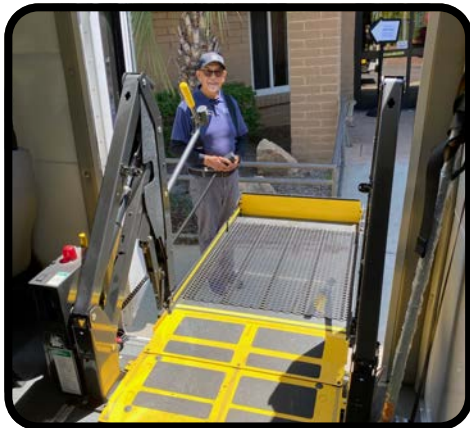
Seniors are picked up at their homes starting at 9:00 am and have approximately an hour to shop before they are returned home.

- **Medical Appointments - Tuesdays, Thursdays & Fridays (9:00 am-1:30 pm):**

Seniors are picked up at their homes starting at 9:00 am. Transportation for In-town medical appointments is available for eligible Vista residents.

- **Special Events & Activities – Monday through Friday:**

Reservation requests must be made 7 business days in advance.



Shopping Shuttle Schedule:

First Monday (October 5): Albertsons

First Wednesday (October 7): Stater Brothers

Second Monday (October 12): Walmart

Second Wednesday (October 14): Food4Less

Third Monday (October 19): Trader Joe's

Third Wednesday (October 21): Costco

Fourth Monday (October 26): Winco

Fourth Wednesday (October 28) Target

CULTURE CARAVAN

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

All trips depart from and return to the Gloria McClellan Center located at 1400 Vale Terrace Dr, Vista, CA 92084.

Register at [CityofVista.com/Culture Caravan](https://CityofVista.com/Culture%20Caravan) or call 760-643-5291.

For full descriptions of our trips, refer to the current Culture Caravan Destination Guide. A copy of the current Destination Guide is available at the Senior Center and can be viewed online at [CityofVista.com/Culture Caravan](https://CityofVista.com/Culture%20Caravan) or GMACvista.com.



Fall/ Winter 2026 Trips still available!

Beauty & the Beast

Date: Wednesday, October 7
Time: 5:00pm- 11:00pm
Cost: \$119



OCTOBER

Cabrillo National Monument

Date: Wednesday, November 18
Time: 9:00am-3:00pm
Cost: \$85



NOVEMBER



PROFESSIONAL SERVICES

These complimentary consultations with professionals are available by appointment and are hosted in the **Azalea Building Conference Room**. Call 760-643-5288 to schedule an appointment. Walk-ins are worked in around the scheduled appointments when possible.

Ask an Attorney

Bring a list of your legal questions and meet with local attorney Mark Caruana for a 15-minute meeting between **9am-12pm on the 3rd Thursday of the month in the Azalea Building Conference Room**.

Ask a Social Worker

Aging is a journey that requires planning. Not sure how to plan for aging for yourself, your spouse/partner, or parents? Schedule an appointment with Darcy Mulholland, Licensed Clinical Social Worker with over 20 years of experience working with seniors and their families. She will offer guidance, support, information, and referrals. 30-minute appointments are scheduled on the **2nd and 4th Thursdays from 10am-12pm in the Azalea Building Conference Room**.

Vista Death Cafe

The Death Cafe is a FREE, group-directed discussion on the physical, emotional, mental, and spiritual aspects of dying and death. **Wednesday October 7th 1pm-2pm in the Azalea Building Conference Room**.

Ask An End-of-Life Doula

We invite you to participate in an information session where you will receive FREE personalized guidance on advance healthcare planning, your rights and responsibilities in decision-making, and how to consciously prepare yourself - along with your loved ones - for unexpected health situations. **Friday October 9th 10am-12pm Azalea Building Conference Room**.

Preguntale a una Doula de fin de vida

Te invitamos a participar en una sesion informativa donde recibiras orientacion gratuita y personalizada sobre la planificacion anticipada de cuidados de salud, tus derechos y responsabilidades en la toma de decisiones, y como prepararte - junto a tus seres queridos - de manera consciente ante situaciones inesperadas

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

The human brain is often more active during certain stages of sleep than when a person is passively watching TV. Many regions of the brain - especially those involved in learning, processing information, and emotion - are actually more active during sleep than when an individual is awake. These regions are working together during sleep, helping process and sort information taken in during the course of the day.

- **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.
- **Eldercare Directory** free copies 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
- **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
- **San Diego Food Bank** call 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. 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
- **FACT** (Facilitating Access to Coordinated Transportation) 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
- **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. 760-659-3833
- **Alzheimer's San Diego** focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. 858-492-4400.

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.

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

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

Vista STABLE Program



The new Vista STABLE (Senior Tenant Assistance for Balanced Living Expenses) program provides partial rental assistance to **eligible low-income Vista seniors**.

The 1st application period for this rental assistance program closes October 26. Ten seniors will be chosen to participate in this first round of applications.

You may qualify if you: 1) Are 65 years of age or older and have a disability, 2) Live in a rental unit within city limits, 3) Are the leaseholder or have legal tenancy, and 4) Do not currently receive rental assistance from another program.

For income and financial requirements, visit Interfaith's website:

www.interfaithservices.org

Questions?

Contact Interfaith at
(760) 489-6380, or by email at
getservices@interfaithservices.org



VISTA STABLE

Rental assistance for low-income seniors in the City of Vista

Vista STABLE (Vista Senior Tenant Assistance for Balanced Living & Expenses) provides partial rental assistance to eligible low-income seniors. Ten spots are available in each of the four cohorts. Apply using the QR code below.



Who may qualify?

- Be age 65 or older and have a disability
- Live in a rental unit within Vista city limits
- Be the leaseholder or have legal tenancy
- Not currently receive rental assistance from another program

Income and financial requirements

- Household income is at or below 30% of Area Median Income (AMI)
- More than 60% of gross household income is spent on housing costs
- After the subsidy is applied, housing costs must not exceed 60% of household income
- Household assets do not exceed \$2,000

Funding for this Program
Provided by



SCAN HERE

For more information, visit:
www.interfaithservices.org

Contact us:
(760) 489-6380
getservices@interfaithservices.org

VISTA STABLE

Asistencia con el alquiler para personas mayores de bajos ingresos en la Ciudad de Vista

Vista STABLE (Ayuda para la Renta para Personas Mayores de Vista) ofrece apoyo parcial para pagar la renta a personas mayores de bajos ingresos que califiquen para el programa. Hay 10 espacios disponibles en cada uno de los cuatro grupos. Para solicitar, escanee el código QR que está abajo de esta página



¿Quiénes pueden calificar?

- Tener 65 años o más y contar con una discapacidad.
- Vivir en una vivienda de renta dentro de la ciudad de Vista.
- Ser el titular del contrato de renta o tener un subarrendamiento legal.
- No estar recibiendo ayuda continua para pagar la renta de otro programa.



Requisitos de ingresos y situación financiera

- Los ingresos de su hogar deben ser iguales o menores al 30% del ingreso promedio del área (AMI).
- Más del 60% de los ingresos totales de su hogar debe destinarse al pago de vivienda.
- Después de recibir el apoyo, los gastos de vivienda no deben ser mayores al 60% de los ingresos de su hogar.
- Los bienes y ahorros de su hogar no deben exceder los \$2,000 dólares.

Este programa es financiado por



ESCANEE AQUÍ

Para obtener más información, visite:

www.interfaithservices.org

Contáctenos

(760) 489-6380

getservices@interfaithservices.org

New

Strength & Balance Class

Helping older adults stay active, strong, and independent.



Join us for a fun and supportive fitness class designed to help improve:



Strength



Balance



STARTING

October 1, 2026



Mobility



Confidence



Every Tuesday &
Thursday at 1 p.m.

\$11 per
class*



Gloria McClellan Senior
Center, 1400 Vale Terrace
Drive, Vista, CA 92084
(Azaela Room)

*Credit card and non-resident fees may apply.

Ready to Join?

Scan the QR code to sign
up for classes or visit the
front desk for registration
and more information.



SCAN TO SIGN UP

Who Can Join?

All ability levels are
welcome wear comfortable
clothes & shoes to
participate

PROUD PARTNER OF:

