

# THE SENIOR VOICE

**GLORIA MCCLELLAN ADULT ACTIVITY & RESOURCE CENTER**  
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084  
760-643-5288 [GMACVISTA.COM](http://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

- June 1 - Empowered Aging first class
- June 2 - B & G Club Senior Spring Fling
- June 4 - Let's Make Music Class
- June 10 - Ukulele Class
- June 15 - Youth Commission Tech Help
- June 17 - Boomers & Vision Presentation
- June 19 - Fathers & Freedom Luncheon
- June 18 - Walking Meditation



# PING PONG AT THE SENIOR CENTER

Come play ping pong in the Azalea Game Room

**MONDAYS & FRIDAYS FROM 9am to 3pm**



**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.



Welcome June.  
Palm trees, ocean breeze,  
endless summer.

Wishing you all a beautiful  
month!

Your Senior Center Staff

## 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, July 15<sup>th</sup> at 1:30pm **in 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 3<sup>rd</sup> Tuesday of each month from 11:00am-12:00pm. For info regarding program and eligibility: SanDiegoFoodBank.org or call 866-350-3663.
- **Self Care with Some "Ology"** Mythology July 20<sup>th</sup> in the Azalea Room 1-2pm. Interactive workshop with Darcy Mulholland and Susan Saito. Move your body, still your mind, and learn about Mythology July 20<sup>th</sup>. Workshop will include aspects of yoga, breathwork, and calming the mind. Seating is limited to 20. RSVP at the Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.
- **Empowered Aging Program** Coming every Monday in June, 1-2pm in the Azalea Room. It's Never Too Early Until It's Too Late - Plan now for end-of life peace of mind for you, your family, and loved ones. RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.
- **Ask an End of Life Doula** Friday June 5<sup>th</sup> 10:30-12pm in the Azalea Conference Room.
- **Ping Pong at the Senior Center** Come play ping pong on Mondays and Fridays 9-3pm in the Azalea Game Room.
- **Free 6-Week Guitar Class** Mondays starting June 22<sup>nd</sup> 1:30-3pm in the Jasmine Room. This class will focus on the beginner and intermediate guitarist by using a combination of "on-line" and "in-person" learning. The class is designed to utilize an on-line guitar class to allow students to progress at their own pace and then come to the classroom to receive 1-on-1 guidance on technique and clarification on confusing concepts. The class will cover chords, rhythm techniques, basic music theory and classroom jam sessions. Each student will need to bring a guitar, capo and tuner if possible. Electric guitars are permitted but amplification will be limited. Acoustic guitars are preferred.



# 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.
- **To allow more people the opportunity to enjoy our salad bar, we are taking reservations for the salad bar one week at a time. You can reserve for the salad bar when checking in each week starting on Wednesday or later.**
- **Meals are served at 12pm and beverage service is available at 11am** for those who wish to arrive early and socialize. 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 Congregate lunch is available for eligible Vista residents aged 60 and above who cannot drive. Advanced registration and approval required. Participants must be ambulatory.
- Transportation to/from lunch is available Monday-Friday (closed holidays). There is a suggested contribution of \$1 for a roundtrip ride.
- Other transportation services are available with our Out & About Program. See page 10 for information on transportation for shopping and medical appointments.

## 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Chicken Coq au Vin Mixed Rice Italian Blend Lentil Stew Pineapple <b>Nutrition Council</b> <b>10:15am</b></p>	<p><b>2</b> Beef Casserole Broccoli Normandy Chickpeas Whole Grain Pasta Apple  <b>Bingo!</b></p>	<p><b>3</b> Beef Burgundy Parsley Potatoes Carrots Whole Wheat Bread Mandarin  <b>OR Soup &amp; Salad*</b></p>	<p><b>4</b> Chicken Florentine Manhattan Blend Penne Pasta Pineapple</p>	<p><b>5</b> Vegetarian Chili (w/ Beans, Zucchini &amp; Peppers) Mixed Rice Broccoli Salad Banana</p>
<p><b>8</b> Curry Chicken (w/ Peppers, Tomatoes) Herbed Potatoes Chickpea Stew Whole Wheat Bread Apple</p>	<p><b>9</b> Cheese Ravioli Bolognese Sauce Lentil Stew Carrot Salad Whole Wheat Bread Mandarin  <b>Bingo!</b></p>	<p><b>10</b> Chicken Adobo Whole Grain Pasta Curry Chickpeas Broccoli Banana  <b>OR Soup &amp; Salad*</b></p>	<p><b>11</b> Open-Faced Cubano Sandwich Whole Wheat Roll Thinly Sliced Roast Pork w/ Swiss Cheese Herb Roasted Potatoes Coleslaw Apple</p>	<p><b>12</b> Thai Fish Curry Mixed Rice Normandy Blend Pineapple</p>
<p><b>15</b> Beef Stroganoff Whole Grain Pasta Italian Blend Orange</p>	<p><b>16</b> Meatloaf (Beef/Pork) Roast Potatoes Mixed Vegetables Whole Wheat Bread Orange  <b>Bingo!</b></p>	<p><b>17</b> Swedish Meatballs (Beef/Chicken) Sweet Potatoes Whole Grain Pasta Lentils Pineapple  <b>OR Soup &amp; Salad*</b></p>	<p><b>18</b> Caribbean Jerk Chicken Slider Whole Wheat Roll (w/ Coleslaw Garnish) Corn w/ Red Pepper Mixed Rice Orange</p>	<p><b>19</b> <b>FATHERS DAY -</b> <b>JUNETEENTH</b> <b>Hamburger</b> White Wheat Burger Bun Sautéed Onions Potato Salad Spring Mix w/ Vinaigrette Watermelon</p>
<p><b>22</b> Chicken Fricassee (w/ Red Pepper) Mixed Rice Stir Fried Blend Pineapple</p>	<p><b>23</b> Salisbury Steak (Beef/Pork) Mashed Potatoes Brown Gravy Peas &amp; Carrots Whole Wheat Bread Banana  <b>Bingo!</b></p>	<p><b>24</b> Chicken Romesco Red Pepper Tomato Sauce Whole Grain Pasta Black Beans Manhattan Blend Orange  <b>OR Soup &amp; Salad*</b></p>	<p><b>25</b> Pasta Puttanesca Whole Grain Pasta Spinach w/ Garlic Chickpea Tomato Stew Mandarin  <b>B-day &amp; Anniversary</b> <b>Celebration</b></p>	<p><b>26</b> <b>Southwest</b> <b>Chicken Salad</b> Spring Mix, Black Beans, Corn, Red Peppers, Cucumbers, Tomatoes, Cilantro Ranch Dressing Whole Wheat Bread Watermelon</p>
<p><b>29</b> Pork Pozole (w/ Shredded Cabbage, Cilantro, Radish) Black Beans Mixed Rice Marinated Carrot Salad Pineapple</p>	<p><b>30</b> Meat &amp; Cheese Lasagna Spinach Spring Mix Vinaigrette Honey Wheat Roll Fruit Cocktail <b>Bingo!</b></p>	<p><b>\$4 suggested</b> <b>contribution for guests</b> <b>ages 60 and over.</b> <b>\$8 cost for 59 and</b> <b>younger.</b></p>	<p> <b>No eligible person shall</b> <b>be denied a meal for</b> <b>choosing not to</b> <b>contribute.</b></p>	<p><b>MENU LEGEND:</b> <b>Denotes Meal ≥ 1000</b> <b>mg Sodium</b>  <b>Menu Subject to</b> <b>Change</b>  <b>1% Milk Served Daily</b></p>

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\*\***



**Join the Boys & Girls Club of Vista  
in partnership with  
The Service Learning Department at CSUSM  
Third Annual Senior Spring Fling  
Tuesday June 2<sup>nd</sup>, 11-12:00pm in the Azalea Game Room**

Faculty from CSUSM will be delivering flowers and cards decorated by Club kids at the Boys & Girls Club of Vista as well as playing board games, ping pong and bridge. Everyone is welcome and encouraged to join to bring the community together one flower and card at a time.

**We hope you'll join us!**

## **BEGINNING UKULELE CLASS**

**Wednesdays starting June 10<sup>th</sup> 1pm  
in the Jasmine Room**



Come join our free "beginning Ukulele class" every Wednesday starting June 10<sup>th</sup>.

10 Ukuleles on hand to borrow.

First come first served.

**Please sign up at Park Terrace front desk or call 760-643-5288. Transportation home contingent on driver availability. See page 10 for more information.**

# VISTA YOUTH ADVISORY COMMISSION TECH HELP AT THE SENIOR CENTER

**June 15<sup>th</sup>, July 14<sup>th</sup> and August 5<sup>th</sup> at 1:30pm in the  
Park Terrace Cafe**

Please sign up at Park Terrace front desk or call 760-643-5288. Transportation home contingent on driver availability. See page 10 for more information.



**HAPPY  
FATHER'S  
DAY**

**HAPPY  
JUNE  
TEENTH**

**Fathers and Freedom Luncheon  
Celebrate Father's Day and Juneteenth  
Friday June 19<sup>th</sup> 11:30am  
in the Park Terrace Cafe**

**Entertainment by the Boogie Woogie Duo**

RSVP to the Park Terrace front desk or call 760-643-5288

# WHAT'S HAPPENING THIS MONTH

**Empowered Aging Program** Monday June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> 1pm Azalea Room. It's Never Too Early Until It's Too Late. Plan now for end-of-life peace of mind for you, your family, and loved ones. Please see the back page of this newsletter for more details. Must RSVP at the Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.

**Boys & Girls Club of Vista in Partnership with The Service Learning Department at CSUSM Third Annual Senior Spring Fling** Tuesday June 2<sup>nd</sup> 11-12pm Azalea Game Room. Faculty from CSUSM will be delivering flowers and cards decorated by Club kids at the Boys & Girls Club of Vista as well as playing board games, ping pong and bridge. RSVP at Park Terrace front desk or 760-643-5288.

**Guitar Class Demo** Wednesday June 3<sup>rd</sup> during lunch Park Terrace Cafe. Come meet guitar instructor Randy and learn about the upcoming free guitar lessons.

**Let's Make Music** Every Thursday starting June 4<sup>th</sup> 1:30pm Azalea room. Small handheld instruments provided. No experience needed. RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.

**Trivia with Maria** Thursday June 4<sup>th</sup> at 11am Park Terrace Cafe.

**Beginning Ukulele Class** Wednesdays June 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> 1-2pm Jasmine Room. Ten Ukuleles on hand to borrow. First come, first serve. RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.

**Elder Help Information Table** Thursday June 11<sup>th</sup> 10:30am Park Terrace Lobby.

**Sound Bowl Healing** Friday June 12<sup>th</sup> 1pm Azalea Room. A one time complimentary restorative sound experience designed to help cleanse and balance your inner energy, release non-productive vibrations and allow a renewal of life flow. RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.

**Youth Commission Tech Help** Monday June 15<sup>th</sup> 1:30pm Park Terrace Cafe. Please sign up at Park Terrace front desk or 760-643-5288. Transportation home contingent on driver availability. See page 10 for more information.

**Boomers & their Vision presentation** Wednesday June 17<sup>th</sup> 1:30pm Azalea Computer Room. Boomers are the largest aging population in our country today, and for many it means vision issues, and possible blindness as people age. Presentation by Liz Conejo, who has been living with complete blindness for more than 50 years. Liz will share her experience with vision, loss and life. You'll leave with resources and a greater understanding of vision related impairments and tips on how to enjoy life to the fullest as we age. RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.

**Walking Meditation** Thursday June 18<sup>th</sup> 11:15am Park Terrace Cafe. Walking meditation combines mindful awareness with gentle physical activity offering benefits for mental clarity, stress reduction, and overall physical health. Meet before lunch in Park Terrace Cafe.

**Fathers & Freedom Luncheon** Friday June 19<sup>th</sup> 11:30am in the Park Terrace Cafe. Entertainment by the Boogie Woogie Duo. RSVP to the Park Terrace front desk or 760-643-5288.

**June 2026 Calendar of Events and Activities**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Mexican Train 10:45-11:45 Intermediate Tap Dance cancelled 11-12 Start with Art – Ann Force 1:00 Empowered Aging	<b>2</b> 10:45-11:45 Free “Danzerercise” Class 11-12 Bingo 11-12 Spring Fling 1-3 Mahjong	<b>3</b> 9:30-10:30 Chair Yoga Fee-Based Class cancelled 10:30-11:30 Theatre Appreciation Class 1-2 Tai Chi 1:30-2:30 Joy Walkers Club	<b>4</b> 10:45-11:45 Free “Danzerercise” Class 11-12 Trivia with Maria 1-3 Mahjong 1:00-2:30 Cyber Seniors Computer Lab 1:30 Let’s Make Music	<b>5</b> 9-12 Yarn ‘n Yak 9:30-10:30 Chair Yoga Fee-Based cancelled 1-2 Sew & Sew Club
<b>8</b> 10:00 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Ann Force 1:00 Empowered Aging	<b>9</b> 10:45-11:45 Free “Danzerercise” Class 11-12 Bingo 1-3 Mahjong	<b>10</b> 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Tai Chi 1:00 Ukulele class 1:30-2:30 Joy Walkers Club	<b>11</b> 10-12 “Ask a Social Worker” Appointments 10:45-11:45 Free “Danzerercise” Class 1-3 Mahjong 1-3 Stash Busters Club 1:30 Let’s Make Music	<b>12</b> 9-12 Yarn ‘n Yak 9:30-10:30 Chair Yoga Fee-Based Class 1-2 Sew & Sew Club 1:00 Sound Bowl Healing class
<b>15</b> 10:00 Mexican Train 10:45-11:45 Intermediate Tap Dance 11-12 Start with Art – Marcos Solorio 1:00 Empowered Aging 1:30 Youth Commission Tech Help	<b>16</b> 10:45-11:45 Free “Danzerercise” Class 11-12 Bingo 1-3 Mahjong	<b>17</b> 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Tai Chi 1:00 Ukulele class 1:30 Boomers & Vision Presentation Computer Lab 1:30-2:30 Joy Walkers Club	<b>18</b> 9-12 “Ask an Attorney” Appointments 10:45-11:45 Free “Danzerercise” cancelled 11:15 Walking Meditation 1-3 Mahjong 1:00-2:30 Cyber Seniors Computer Lab 1:30 Let’s Make Music	<b>19</b> 9-12 Yarn ‘n Yak 9:30-10:30 Chair Yoga Fee-Based Class 11:30 Fathers & Freedom Luncheon 1-2 Sew & Sew Club
<b>22</b> 10:00 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	<b>23</b> 10:45-11:45 Free “Danzerercise” Class cancelled 11-12 Bingo 1-3 Mahjong	<b>24</b> 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 12:30 Theater Presentation “A Weekend Mystery” 1-2 Tai Chi 1:00 Ukulele class 1:30-2:30 Joy Walkers Club	<b>25</b> 10-12 “Ask a Social Worker” Appointments 10:45-11:45 Free “Danzerercise” Class 12:30 Birthday & Anniversary Celebration 1-3 Mahjong 1-3 Stash Busters Club 1:30 Let’s Make Music	<b>26</b> 9-12 Yarn ‘n Yak 9:30-10:30 Chair Yoga Fee-Based Class 1-2 Sew & Sew Club
<b>29</b> 10:00 Mexican Train 10:45-11:45 Intermediate Tap Dance 1:00 Empowered Aging 1:30-3 Guitar Class	<b>30</b> 10:45-11:45 Free “Danzerercise” Class 11-12 Bingo 1-3 Mahjong		<b>11-12 Live Music by Lou Rosgen – 2<sup>nd</sup> and 4<sup>th</sup> Thursday each month</b>	

Red – Park Terrace Café

Black – Park Terrace Café

Brown – Azalea Game Room

Purple – Azalea Room

Orange – Azalea Resource Room

Blue - Jasmine Room

Green – Azalea Conference Room

## OUT & ABOUT TRANSPORTATION PROGRAMS

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

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

We also provide transportation to eligible Vista residents for in-town medical appointments on Tuesdays, Thursdays & Fridays from 9am-1:30pm.

Transportation to and/or from the Senior Center for special events or activities is now also available contingent on driver availability. Must be booked 3 working days prior to the event.

Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way.

**Call 760-643-5284 at least 3 working days in advance to schedule.**

**NOTE:** Lunch transportation to the Senior Center is offered through our Nutrition Program. See page 4 for information.



### Shopping Shuttle Schedule:

First Monday (**June 1**): Albertsons

First Wednesday (**June 3**): **No Shopping**

Second Monday (**June 8**): Walmart

Second Wednesday (**June 10**): Food 4 Less

Third Monday (**June 15**): Trader Joe's

Third Wednesday (**June 17**): Costco

Fourth Monday (**June 22**): Winco

Fourth Wednesday (**June 24**): Target

# CULTURE CARAVAN

**We're ready for the Summer/ Fall 2026 Trips Are you?**

Join us for a Presentation of upcoming Culture Caravan trips at the City of Vista's Gloria McClellan Senior Center on **Monday, June 15 at 3pm.**

**Registration opens In-Person and Online the following day, Tuesday, June 16 at 3pm.**

**Registration will open to both those who attend the session and to those who self-register online at the same time.**

Both the presentation and open registration will be located in the Azalea Room located inside the Azalea Building.

**Phone registration assistance for upcoming trips available Wednesday, June 17 at 9am.  
Call 760-643-5291 for help registering.**



## Summer/ Fall 2026



## 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 third Thursday of the month**.

### Ask a Social Worker

Aging is a journey that requires planning. Not sure how to plan for this 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**.

### Vista Death Cafe

Wednesday June 3<sup>rd</sup> 1pm in the Jasmine Room. A Death Cafe is a FREE, group-directed discussion on the physical, emotional, mental, and spiritual aspects of dying and death.

### 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. **June 5<sup>th</sup> 10:30-12pm Azalea 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

It's impossible for pigs to look up to the sky. Due to the anatomy of their necks and spines, pigs are incapable of looking directly above them. However, they can tilt their heads and see the sky to some degree, especially if they sit or lie down, but their short, strong neck muscles and vertebrae are built for rooting, not vertical sky-gazing, making it hard to look straight up like humans.

- 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

# Senior Citizens Affairs Commission

## Changing Meeting Location

At the regular meeting of the Senior Citizens Affairs Commission held on May 20, 2026, the Commission unanimously approved changing the meeting location from the Gloria McClellan Adult Activities & Resource Center to **Council Chambers at the Vista Civic Center, located at 200 Civic Center Way**. The meeting day and time will remain unchanged, and is scheduled to meet the 3<sup>rd</sup> Wednesday of every other month at 1:30pm beginning on July 15, 2026.

Meetings are open to the public to attend.

Other topics discussed at the May meeting included the NCTD+ Transportation Program and future agenda items and/or presenters. The Commission hopes to have the San Diego Sheriff's Department present at a future meeting to discuss their YANA (You Are Not Alone) program.

The purpose of the Senior Citizens Affairs Commission is to make recommendations to and advise the City Council with respect to all matters pertinent to senior citizens in the City of Vista.

# SOUND BOWL HEALING

**Friday, June 12<sup>th</sup> 1pm in the Azalea Room**

A complimentary restorative sound experience designed to help cleanse and balance your inner energy. Gentle healing frequencies support regenerative muscle relaxation, improved blood flow, and emotional uplift. Release non-productive vibrations and allow a renewal of life flow inviting more openness to joy, clarity of mind, and a more peaceful existence.

Wear comfortable clothes and bring a cushion or a yoga mat to sit on. Chairs will be available if you don't want to sit on the floor. **RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.**



## FREE 6-WEEK GUITAR CLASS

**Starting Monday, June 22<sup>nd</sup> 1:30-3pm in the Jasmine Room**

This class will focus on the beginner and intermediate guitarist by using a combination of “on-line” and “in-person” learning. The class is designed to utilize an on-line guitar class to allow students to progress at their own pace and then come to the classroom to receive 1-on-1 guidance on technique and clarification on confusing concepts. The class will cover chords, rhythm techniques, basic music theory and classroom jam sessions. Each student will need to bring a guitar, capo and tuner if possible. Electric guitars are permitted but amplification will be limited. Acoustic guitars are preferred. The instructor has been playing guitar for over 50 years and has played semi-professionally most of his life.

**RSVP to Park Terrace front desk. Transportation home contingent on driver availability. See page 10 for more information.**



# Empowered Aging Program

**"It's Never Too Early Until It's Too Late"**. A five-week program to plan ahead for the inevitable, so you can feel more at ease and enjoy life more fully. This supportive and informative series is designed to help you navigate important end-of-life decisions before a crisis happens, so you - and your loved ones - can feel prepared, not overwhelmed. Industry leaders will offer practical guidance in a welcoming environment, helping you reduce stress, feel more confident in your choices, and focus on empowered aging and living life to the fullest today.

**Join us for lunch at the Park Terrace Cafe (optional) at noon, followed by dessert and discussion at 1 pm. A celebration will be held on June 29 after class, with an opportunity (prize) drawing for participants who attend all sessions.**

**JUNE 1**

**Advance Health Care Directives** - Advance Care Planning, Advance Care Planning for Dementia, POLST, MAiD, and VSED. **Mitsuo Tomito** and **Katie Powers**.

**JUNE 8**

**End of Life Doula** - Cultural values in the Hispanic and non-Hispanic community. **Mel McClave** (English) and **Eva Navarrete** (Spanish).

**JUNE 15**

**Chaplaincy** - Rabbi **Ralph Dalin**. **Alma Davis MTh** We Hope Missional Consortium.

**JUNE 22**

**Body Disposition Options** - Corporate/Conventional and Alternatives. **Kahla Flores**, White Rose Aqua Cremation and **Lorraine Brogan**, Alhiser-Comer Mortuary and Allen Brothers Mortuary.

**JUNE 29**

**Hospice** - Corporate and non-profit models. **Veva Arroyo**, Business Development Specialist, Sharp Hospice and Independently Owned Hospice TBD.

**Sign up at the PTC Front Desk or call 760-643-5288. Space is limited to 20 participants and pre-registration is required. Transportation home contingent on driver availability. See page 10 for more information.**

**Gloria McClellan Senior Center**

1400 ValeTerraceDrive  
Vista, California92084

**760-643-5288**

