

## Organization Information

### Legal Name

Fallbrook HealthCare Foundation Inc

### DBA (if Applicable)

The Center for Senior Wellbeing

## Program Name/Title

Nutrition Program 2025-2026

## Brief Program Description

The Fallbrook Senior Center (now The Center for Senior Wellbeing) provides a welcoming, restaurant-style lunch experience, promoting healthy aging through nutritious meals and social connection. We also offer engaging health workshops and lively events with music, creating opportunities for learning, laughter, and

community.

## Service Area

Bonsall

De Luz

Fallbrook

Rainbow

## Number of residents that directly benefit (participant/client) from this program.

339

## What language(s) does this program accommodate:

English

Spanish

## Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	13	42

	Percent of program participants	Number of participants
Seniors (60+)	87	298
We do not collect this data (indicate with 100%)*		

### Target Population not collected - Age

N/A

### Target Population - Gender

	Percent of program participants
Female	65
Male	35
Non-binary/other	
Unknown*	

### \*Target Population - Gender

N/A

### Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	0

### \*Target Population - Income Level

0

### What demographic group does this program predominately serve:

Older Adults

### Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

## Program Objectives & Measurable Outcomes

The Fallbrook Senior Center Nutrition Program continued to meet and exceed its objectives of reducing food insecurity and social isolation among older adults in Fallbrook, Bonsall, Rainbow, and De Luz during the second quarter (October through December 2025). Throughout the quarter, the program provided 2,865 nutritious, low-cost meals to 339 unduplicated seniors , reflecting both sustained daily participation and growing community demand for accessible, congregate meals.

In addition to consistent meal service, the program further strengthened social connection and community engagement through Lunch and Learn educational sessions, live entertainment, monthly birthday celebrations, and culturally themed events. The quarter also included several well-attended holiday gatherings , offering seniors meaningful opportunities for connection during a season when isolation often increases.

Partnerships with Cal State San Marcos nursing students continued to enhance program impact by providing free health screenings and health education , supporting seniors in managing chronic conditions and promoting overall wellness.

Overall, second-quarter outcomes demonstrate continued progress toward improving nutritional health, expanding social engagement, and supporting the physical and emotional well-being of older adults across the community.

## Please upload an Impact Story (Word doc or pdf preferred).

### Christmas Lunch Comments

"Everyone is here together enjoying the holiday and making new friends. You can really feel the warmth in the room."

— Kristine, volunteer

"I enjoy helping serve at this event and seeing the seniors happy and relaxed. It reminds me why volunteering here matters."

— Sylvia, volunteer

"It's as good as always. This event never fails us. We'd be sitting at home doing nothing if it weren't for this Christmas lunch, and that means everything."

— Shirley, Bronx

## FRHD Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

## FRHD Acknowledgment



THE CENTER FOR SENIOR WELLBEING				
JANUARY 2026 MENU				
Serving Lunch at the Fallbrook Community Center - 341 Heald Lane Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.	 	<b>Fix It Monday's</b> Help is available for phones, laptops, and tablets—or just come by to learn something new!	1 <b>CLOSED</b> 	2 <b>CLOSED</b> 
5 Baked Chicken Vegetable Rice Salad/Roll Fruit <i>Fix It Monday</i>	6 Tomato Basil Bisque Soup Grilled Cheese Sandwich Black Beans Salad/Roll Fruit	7 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	8 <b>Monday Lunch</b> Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Dessert	9 Baked Fish Vegetable Quinoa Salad/Roll Fruit
12 Spaghetti and Meatballs Vegetable Garlic Bread Sala Fruit <i>Fix It Monday</i>	13 Baked Fried Chicken Vegetable Baked Fries Salad/Roll Fruit	14 Vegetarian Chili with Beans Vegetable Sweet Potato Salad/Roll Fruit	15 Ground Turkey Stuffed Bell Pepper Vegetable Baked Potato Salad/Roll Fruit	16 Fish Taco Vegetable Rice Salad/Roll Fruit
19 Chicken Fettuccine Alfredo Vegetable Pasta Salad/Roll Fruit <i>Fix It Monday</i>	20 Rudy's Home made Bean and Cheese Burrito Vegetable Rice Salad/Roll Fruit	21 Shepards Pie with Mashed Potato Topping Spinach Salad/Roll Fruit	22 Pork Loin Vegetable Sweet Potato Salad/Roll Fruit	23 Crab Cake Vegetable Farro Salad/Roll Fruit
26 Herb Chicken Vegetable Rice Salad/Roll Fruit <i>Fix It Monday</i>	27 Beef Stroganoff Vegetable Pasta Salad/Roll Fruit	28 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	29 Black Forest Ham Vegetable Scalloped Potatoes Salad/Roll Fruit	30 Baked Fish Vegetable Farro Salad/Roll Fruit

▲ Denotes meal that is > 1,000 mg of sodium.

HOME ABOUT NEWSLETTER ACTIVITIES LUNCH THRIFT SHOP MEMBERSHIP

OUR SUPPORTERS ARE  
MAKING A  
**BOLD IMPACT**  
IN OUR COMMUNITY.



# Program Budget

FRHD CHC GRANT BUDGET REPORTING FORM							
Agency Name:	Fallbrook Senior Citizens Service Club	PROGRAM NAME:	Nutrition Program 2025-2026				
The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.							
1) A	<b>INDIRECT EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL INDIRECT EXPENSE	\$49,500.00	\$0.00				
B	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL PERSONNEL EXPENSE	\$67,750.00	\$10,000.00	\$2,500.00	\$2,500.00		
C	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$93,800.00	\$35,000.00	\$8,750.00	\$8,750.00		
D	<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
		\$231,050.00	\$0.19	\$11,250.00	\$11,250.00	\$0.00	\$0.00
	Total funds expended to date:	\$22,500.00					

**Please type the name of the person submitting this report.**

Matt Tompkins



# YOU'RE NOT ALONE!

Supportive space for family members, friends, caregivers, anyone else navigating the challenges of dementia

## DO NOT EXPECT

...ing, confidential space to share and be heard  
...ols and strategies for daily challenges  
...on emotional, physical, and psychological impacts  
...on the importance of respite and self-care  
...kers and dementia-care experts

## WHEN AND WHERE

Last Thursday of Every Month

10:00 am to 11:00 am

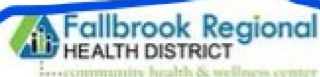
1636 E. Mission Road, Fallbrook, CA 92028

...SE CARING FOR SOMEONE WITH DEMENTIA  
...MEANS ALSO CARING FOR YOURSELF!

# CALL 760-723-7570

TO REGISTER IN ADVANCE

Center for Senior Wellbeing • Facilitated by: Silverado Dementia Care Group  
Space provided by: FRHD Community Health & Wellness Center



fallbrookseniors

Fallbrook Regional Health District



fallbrookseniors Has dementia touched your li  
for a loved one and feeling overwhelmed, unce

You don't have to navigate this journey by your

Join us this Thursday for our February Dementi  
Support Group — a welcoming, confidential sp  
members, friends, and caregivers to connect, sh

You'll gain:

- Practical tools and strategies for daily challen
- Guidance on the emotional and physical impa
- Education on the importance of respite and s
- Support from others who truly understand

📅 Last Thursday of every month

🕒 10:00–11:00 AM

📍 1636 E. Mission Road, Fallbrook

Call 760-723-7570 to register.

Because caring for someone with dementia als  
yourself.

6w



Liked by bradbury\_ins and 6 others

February 23



Add a comment...

Thank you for being an essential part of our mission.

Community, organizations, businesses, partners, and individuals whose support makes our work possible. Their commitment to the well-being of the seniors and families we serve. Through shared purpose, financial support, and coordinated effort, they make our work possible.

## Grantors and Foundations



# THE CENTER FOR SENIOR WELLBEING

## JANUARY 2026 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane  
 Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p>Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.</p>	 	<p><b>Fix It Monday's</b>                  Help is available for phones, laptops, and tablets—or just come by to learn something new!</p>	<p><b>1 CLOSED</b></p> 	<p><b>2 CLOSED</b></p> 
<p><b>5</b>                  Baked Chicken                  Vegetable                  Rice                  Salad/Roll                  Fruit  <i>Fix It Monday</i></p>	<p><b>6</b>                  Tomato Basil Bisque Soup                  Grilled Cheese Sandwich                  Black Beans                  Salad/Roll                  Fruit ▲</p>	<p><b>7</b>                  Sloppy Joe on Bun                  Vegetable                  Potato Salad                  Salad/Roll                  Fruit</p>	<p><b>8 Birthday Lunch</b>                  Pesto Bruschetta                  Chicken                  Vegetable                  Baked Potato                  Salad/Roll                  Dessert</p> 	<p><b>9</b>                  Baked Fish                  Vegetable                  Quinoa                  Salad/Roll                  Fruit</p>
<p><b>12</b>                  Spaghetti and Meatballs                  Vegetable                  Garlic Bread                  Sala                  Fruit  <i>Fix It Monday</i></p>	<p><b>13</b>                  Baked Fried Chicken                  Vegetable                  Baked Fries                  Salad/Roll                  Fruit</p> 	<p><b>14</b>                  Vegetarian Chili with Beans                  Vegetable                  Sweet Potato                  Salad/Roll                  Fruit ▲</p>	<p><b>15</b>                  Ground Turkey                  Stuffed Bell Pepper                  Vegetable                  Baked Potato                  Salad/Roll                  Fruit</p>	<p><b>16</b>                  Fish Taco                  Vegetable                  Rice                  Salad/Roll                  Fruit</p> 
<p><b>19</b>                  Chicken                  Fettuccine Alfredo                  Vegetable                  Pasta                  Salad/Roll                  Fruit  <i>Fix It Monday</i></p>	<p><b>20</b>                  Rudy's Home made Bean and Cheese Burrito                  Vegetable                  Rice                  Salad/Roll                  Fruit</p>	<p><b>21</b>                  Shepards Pie with with Mashed Potato Topping                  Spinach                  Salad/Roll                  Fruit</p>	<p><b>22</b>                  Pork Loin                  Vegetable                  Sweet Potato                  Salad/Roll                  Fruit</p> 	<p><b>23</b>                  Crab Cake                  Vegetable                  Farro                  Salad/Roll                  Fruit</p>
<p><b>26</b>                  Herb Chicken                  Vegetable                  Rice                  Salad/Roll                  Fruit  <i>Fix It Monday</i></p> 	<p><b>27</b>                  Beef Stroganoff                  Vegetable                  Pasta                  Salad/Roll                  Fruit</p>	<p><b>28</b>                  Cheese Ravioli                  Garlic Parmesan                  White Beans                  Sweet Potato                  Salad/Roll                  Fruit ▲</p>	<p><b>29</b>                  Black Forest Ham                  Vegetable                  Scalloped Potatoes                  Salad/Roll                  Fruit</p>	<p><b>30</b>                  Baked Fish                  Vegetable                  Farro                  Salad/Roll                  Fruit</p> 

▲ Denotes meal that is > 1,000 mg of sodium.

## FRHD CHC GRANT BUDGET REPORTING FORM

<b>Brook Senior Citizens Service Club</b>	PROGRAM NAME:	<b>Nutrition Program 2025-2026</b>
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Categories align with the budget submitted with your application. Aggregate totals are all that should be reported including.

DIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL INDIRECT EXPENSE	<b>\$49,500.00</b>	<b>\$0.00</b>				
PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL PERSONNEL EXPENSE	<b>\$87,750.00</b>	<b>\$10,000.00</b>	<b>\$2,500.00</b>	<b>\$2,500.00</b>		
DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
TOTAL OTHER EXPENSES	<b>\$93,800.00</b>	<b>\$35,000.00</b>	<b>\$8,750.00</b>	<b>\$8,750.00</b>		
<b>TOTALS</b>	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
	<b>\$231,050.00</b>	<b>\$0.19</b>	<b>\$11,250.00</b>	<b>\$11,250.00</b>	<b>\$0.00</b>	
<b>Total funds expended to date:</b>	<b>\$22,500.00</b>					