

**GLORIA
McCLELLAN**

**ADULT
ACTIVITY**

AND

**RESOURCE
CENTER**



**NOVEMBER
2016**



Vista Senior Voice

Promoting Physical • Emotional • Social Well-Being Since 1974

1400 Vale Terrace Drive • Vista, CA 92084 • 760.643.5288



CONTACT US
 Gloria
 McClellan
 Center

Hours: 8am-4pm
 760.643.5288

**Lunch
 Transportation
 Reservations**
 760.643.5288

**Lunch
 Reservations**
 By 1 pm day
 prior
 760.643.5288

Classes/Rentals
 Maia Hodge
 760.643.5281

**Home
 Delivered
 Meals**
 Walter Hartman
 760.643.5285

Senior Services
 Maureen Cooper
 760.643.5282

Day Trips
 Debbie Billips
 760.643.2828

Transportation
 Veronica
 Giancola
 760.639-6161

**Program
 Manager**
 Donna Meester
 760.643.5280

Lunchtime Events

Veterans Day Luncheon

Nov. 10 at noon

Featuring the Barbershop Harmonies Society at 11:15 a.m. Luncheon includes baked ziti with meat sauce and roast zucchini or chicken noodle soup and roasted veggies and cheese on whole wheat. Tropical fruit for dessert.

Thanksgiving Day Buffet

Nov. 23 at noon

Featuring Blues Pharaohs at 11:00 a.m. Buffet includes roast turkey with mashed potatoes and gravy, dressing, green beans, and cranberry sauce or chicken and rice soup and egg salad on mixed greens and roll. Pumpkin pie for dessert. And be sure to get your free raffle ticket to win Charlotte's Hand-Made Quilt!



Attention Veterans!

We would love to honor you at our Veterans Day Luncheon on Nov. 10!

Please bring in a picture of yourself (in uniform if you have one). Pictures will be posted on the bulletin boards in the dining room.



You can give your picture to Maia in the administration office.

It's that shopping time of year again! Sellers and buyers...mark your calendars for Dec. 8...**Sell Your Wares** is back! Sell your crafts and treasures for a nominal table rental fee or stop by to holiday shop. Rental proceeds benefit the Gloria McClellan Center.

Where: Park Terrace Café
When: Thursday, Dec. 8
Time: 10:00 a.m. to noon

\$5 for a card table, \$10 for a 60" round table.

For more information and to reserve your space, see Maia in the administration office or call (760) 643-5281.

What's Up.....?

We want to hear from you. Please share your thoughts in the suggestion box located at the Park Terrace front desk.

- Announcements of upcoming events/news takes place every Tuesday and Thursday in the Park Terrace Café.
- Center Wi-Fi upgrade – “Wireless Guest” now allows you to log in for free Wi-Fi without having a time limit.
- Walter Hartman has assumed the new role of meal contractor liaison and nutrition supervision in the dining room. He has relocated to the administration office.
- Maureen Cooper has assumed additional duties assisting the transportation and Culture Caravan departments. She has relocated in support of these programs to the lobby area of the Azalea Building. Be sure to stop by and visit!

And from the suggestion box:

- Milk is now being served in cartons.
- Butter is now being served with rolls.
- Crackers are being served with the soup.
- More lettuce is being used in the salads.

Thank you for sharing!

Please join Donna Meester, Program Manager, on Nov. 3 at 9:30 a.m. or 11:30 a.m. in the Palm Game Room for a small group discussion. Bring your suggestions and questions; center updates will also be discussed. Hope to see you there!

You may now sign up to receive the monthly newsletter from the Gloria McClellan Center as well as other news and events. Just copy this link to your browser <http://tinyurl.com/glgxy4> and complete the sign up information.



WOW Wednesday featuring The Cherries Jubilee Jazz Cabaret The Cherries Jubilee Jazz Cabaret pays tribute to the music and dance of the early jazz era, taking inspiration from Harlem Landmarks, The Cotton Club and the Apollo Theatre. Dinner is before the show and “on your own” at Cocina Del Charro. The Cherries Jubilee Jazz Cabaret blends choreographed dance numbers, improvisation, singing, audience engagement, and live music to transport audiences back to the early 1900s when jazz was new and entertainment was hot.

Wednesday, Dec. 7

Cost: \$23.00

Irish Christmas Concert Close your eyes and listen to traditional Irish songs or keep them wide open to see lovely ladies and their partners perform amazing Irish dances. This award winning cast will transport you directly to Ireland for a memorable night of music and charm found only in Ireland.

Thursday, Dec. 15

Cost: \$75.00

Out and About Vista
is proud to announce the launching of
SCENIC DRIVE OUTINGS.



NEW Scenic Drive Outings

FIRST TUESDAY OF EACH MONTH

Our 1st scenic drive outing will be to the

Oceanside Harbor 11/1/2016 - 9am-1pm.

Cost is \$3.00 round trip from your house. Feel free to bring a lunch or snack.



Seating is limited so make your reservation early

Out and About Office - 760-639-6161

Participants must be registered with Out & About

Enjoy the day with new & old friends.

New This Month.....

Out & About Vista Scenic Drive
Tuesday, Nov. 1st, 9:00 a.m. to 1:00 p.m.
Oceanside Harbor! Cost \$3.00 round
trip from your home. Participants
must be registered with Out & About.
Call 760.639.6161 to reserve.

Big Band You Tube Presentation
Tuesday, Nov. 1st at 11:00 a.m. in the
Park Terrace Café. Given by Randy
Crumpler and Hank Presutti.

Ballroom Extravaganza Classes
featuring the **Cha-Cha-Cha**. Every
Wednesday beginning Nov. 2nd, 7 - 8:00
p.m., Azalea Room. 5 Classes: Vista
residents \$44; non-residents \$53 or
drop in for \$11/\$13 per class. Register
in the administration office or online at
cityofvista.com.

And...join us on Nov. 2nd at 11:00 a.m.
for a **Cha-Cha-Cha Demonstration** in
the Park Terrace Café. Presented by
Ignacio Del Rio and Irina Friedhof.

**African Safari Adventure! You're
Invited!** Jean Wilson is showing
pictures and giving a talk on her
African Safari Adventure! Thursday,
Nov. 10th at 1:30 p.m., Park Terrace
Café.

*Thank you to the Vista Silver
Star Foundation for their
generous donation of \$493 from
the Paint N Pour Fundraiser to
support senior events!*

Vista Silver Star Foundation

VSSF Presents Official Logo!

With Marie Arlt on special assignment
putting the final touches on a fundraising
brochure, I am taking the liberty to unveil our
latest completed project: the *Vista Silver
Star Foundation* logo selected from designs
submitted by the CSUSM Senior Experience
Team!

We hope this will create recognition for the
Foundation.



Thank you all for your support and
encouragement, and we wish you and your
family a blessed Thanksgiving.

Nancy Kropf, Chair, VSSF

Senior Citizens Affairs Commission

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.

Members of the commission are:

Sharon Larimar	Brittany Tate
Margaret Coon	John Lundblad
Mimi Wong Titus	Perry Templeton
Lorraine Kratz	

Thank you for your support of seniors'
quality of life!

Mark Your Calendars

November 1 – Out and About Scenic Drive Outing to Oceanside Harbor from 9:00 a.m. to 1:00 p.m. Participants must be registered with the Out & About program. Cost is \$3.00 round trip. Call 760.639.6161.

November 1 – Big Band You Tube Presentation at 11:00 a.m. in the Park Terrace Café. Given by Randy Crumpler and Hank Presutti.

November 1 and 15 – Windows 10 Class “Surfing the Web” from 2:30 – 4:00 p.m. in the Jasmine Room. This free class is the third in a series of classes to be held the first and third Tuesday of each month through January. Instructor is Randy Crumpler. To register, call 760.643.5281.

November 2 – Cha-Cha-Cha Demonstration at 11:00 a.m. in the Park Terrace Café. Presented by Irina Friedhof and Ignacio Del Rio. Cha-Cha-Cha classes also begin today (see page 4 for more information).

November 3 – National Sandwich Day! Ham and cheese sandwich is on the menu today!

November 3 – Small Group Discussion with Donna at 9:30 a.m. and 11:30 a.m. in the Palm Game Room. Come with your suggestions and questions! Center updates will also be discussed. Hope to see you there!

November 8 – Trader Joe’s from 9:00 a.m. to 12 noon with Out & About. Sign up for a shopping trip! \$3 roundtrip. Call 760-639-6161.

November 8, 15, 22 - Bingo for Prizes from 11:15 a.m. to 12 noon in the Park Terrace Café. Free! Come early to play a fun game of bingo and enjoy lunch at noon – participants need to register for lunch if they want to play. Bring a friend!

November 10 – Free Coffee Day! Thank you Emiko Yamashita!

November 10 – Veterans Day Luncheon at noon in the Park Terrace Café. Featuring the Barbershop Harmonies Society at 11:15 a.m. Lunch will include baked ziti with meat sauce and roast zucchini, or chicken noodle soup and roasted veggies and cheese on whole wheat. Tropical fruit for dessert.

November 10 – National Vanilla Cupcake Day! Enjoy a vanilla cupcake for dessert today!

November 10 – Jean Wilson African Safari Adventure at 1:30 p.m. in the Park Terrace Café. Join us as Jean recounts her adventure in Africa! Must see pictures!

November 11 – Veterans Day! Center Closed.

November 15 – Costco from 9:00 a.m. to 12 noon with Out & About. Sign up for a shopping trip! \$3 roundtrip. Call 760-639-6161.

November 18 - Birthdays & Anniversaries Celebration at noon in the Park Terrace Café. Presents and cake! Sign up before the day of the event on the clipboard in the lobby.

November 18 – Matinee Movie at 1:00 p.m. in the Park Terrace Café. Featuring “The Meddler.” Starring Susan Sarandon. An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away. Free movie and refreshments! Closed captioned for the hearing impaired.

November 22 – 99 Cent Store from 9:00 a.m. to 12 noon with Out & About. Sign up for a shopping trip! \$3 roundtrip. Call 760-639-6161.

November 23 – National Eat a Cranberry Day! Yes! Cranberry sauce is on the menu today!

November 23 – Thanksgiving Buffet at 12 noon in the Park Terrace Café. Featuring “Blues Pharaohs” at 11:00 a.m. Buffet luncheon includes roast turkey with mashed potatoes and gravy, dressing, green beans, and cranberry sauce, or chicken and rice soup with egg salad on mixed greens and roll. Pumpkin pie for dessert! Free raffle drawing for Charlotte’s Quilt.

November 24 and 25 – Thanksgiving! Center Closed.

Gloria McClellan Center Activity Calendar November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1		2	3
	9:00 Out & About Trip to Oceanside Harbor 9:30 Positively Fit AZAL 10:00 Spanish Club PALM 10:30 Positively Fit AZAL 11:00 Big Band You Tube Presentation 12:30 Pinochle PT 1:00 Tri City Computer Club JAS 1:00 Geri-Fit Class AZAL 2:30 Windows 10 Class JAS	9:00 Painting Club JAS 9:15 Health Insurance Counseling CONF 10:00 Knitting Circle ALOB 11:00 Cha-Cha-Cha Demonstration PT 12:30 Duplicate Bridge AZAL 12:30 Meditation and Breathing for Yoga PALM 1:00 Chair Yoga PALM 1:00 Scrabble Club PT 1:00 Quilting Group PT 1:00 Music Appreciation JAS 7:00 Ballroom Dance AZAL	8:00 Sunset Strummers JAS 9:30 Positively Fit AZAL 9:30 Small Group Discussion with Donna PALM 10:30 Positively Fit AZAL 11:30 Small Group Discussion with Donna PALM 12:30 Contract Bridge JAS 1:00 Geri-Fit Class AZAL	10:00 Popcorn ALOB 10:00 Knitting Circle ALOB 10:00 Sewing Class PALM
	7	8	9	10
8:00 Sunset Strummers JAS 9:00 Soul Line Dance AZAL 10:30 Meditation and Breathing for Yoga PALM 11:00 Chair Yoga PALM	9:00 Trader Joe's 9:30 Positively Fit AZAL 10:00 Spanish Club PALM 10:30 Positively Fit AZAL 11:15 Bingo for Prizes PT 12:30 Pinochle PT 1:00 Tri City Computer Club JAS 1:00 Geri-Fit Class AZAL	9:00 Painting Club PALM 10:00 Parkinson's Group AZAL 10:00 Knitting Circle ALOB 12:30 Duplicate Bridge AZAL 12:30 Meditation and Breathing for Yoga PALM 1:00 Chair Yoga PALM 1:00 Quilting Group PT 1:00 Sewing Group PT 1:00 Scrabble Club PT 7:00 Ballroom Dance AZAL	FREE COFFEE DAY! 8:00 Sunset Strummers JAS 9:30 Positively Fit AZAL 10:00 Legal Assistance CONF 10:30 Positively Fit AZAL 11:15 Barbershop Harmonies Society PT 12:00 Veterans Day Luncheon PT 12:30 Contract Bridge JAS 1:00 Geri-Fit Class AZAL 1:30 Jean Wilson's Safari Pictures PT	VETERANS DAY CENTER CLOSED
	14	15	16	17
8:00 Sunset Strummers JAS 9:00 Soul Line Dance AZAL 10:30 Meditation and Breathing for Yoga PALM 11:00 Chair Yoga PALM	9:00 Costco 9:30 Positively Fit AZAL 10:00 Spanish Club PALM 10:30 Positively Fit AZAL 11:15 Bingo for Prizes PT 12:30 Pinochle PT 1:00 Tri City Computer Club JAS 1:00 Geri-Fit Class AZAL 2:30 Windows 10 Class JAS	9:00 Painting Club JAS 9:15 Health Insurance Counseling CONF 10:00 Knitting Circle ALOB 12:30 Meditation and Breathing for Yoga PALM 1:00 Chair Yoga PALM 12:30 Duplicate Bridge AZAL 1:00 Quilting Group PT 1:00 Scrabble Club PT 1:00 Music Appreciation JAS 7:00 Ballroom Dance AZAL	8:00 Sunset Strummers JAS 9:30 Positively Fit AZAL 9:30 Nutrition/Dietary Planning CONF 10:30 Positively Fit AZAL 12:30 Contract Bridge JAS 1:00 Geri-Fit Class AZAL	10:00 Popcorn ALOB 10:00 Knitting Circle ALOB 10:00 Sewing Class PALM 12:00 Birthdays and Anniversaries Celebration PT 1:00 Monthly Movie "The Meddler" PT
	21	22	23	24
8:00 Sunset Strummers JAS 9:00 Soul Line Dance AZAL 10:30 Meditation and Breathing for Yoga PALM 11:00 Chair Yoga PALM	9:00 99 Cents Store 9:30 Positively Fit AZAL 10:00 Spanish Club PALM 10:30 Positively Fit AZAL 11:15 Bingo for Prizes PT 12:30 Pinochle PT 1:00 Geri-Fit Class AZAL	9:00 Painting Club JAS 10:00 Knitting Circle ALOB 10:45 Nutrition Committee Meeting PT 11:00 Blues Pharaohs PT 12:00 Thanksgiving Buffet PT 12:30 Duplicate Bridge AZAL 12:30 Meditation and Breathing for Yoga PALM 1:00 Quilting Group PT 1:00 Chair Yoga PALM 1:00 Scrabble Club PT 1:00 Sewing Group PT 7:00 Ballroom Dance AZAL	THANKSGIVING CENTER CLOSED	THANKSGIVING HOLIDAY CENTER CLOSED
	28	29	30	LOCATION LEGEND: AZAL Azalea Room CONF Conference Room JAS Jasmine Room PALM Palm Game Room LAB Computer Lab ORCH Orchid Room AZOF Azalea Office LOB Main Lobby Area PT Park Terrace Café ALOB Azalea Lobby Area LOT Back Parking Lot
8:00 Sunset Strummers JAS 9:00 Soul Line Dance AZAL 10:30 Meditation and Breathing for Yoga PALM 11:00 Chair Yoga PALM	9:00 San Diego Food Bank LOT 9:30 Positively Fit AZAL 10:00 Spanish Club PALM 10:30 Positively Fit AZAL 12:30 Pinochle PT 1:00 Geri-Fit Class AZAL	9:00 Painting Club JAS 9:00 Financial Planning CONF 10:00 Knitting Circle ALOB 12:30 Duplicate Bridge AZAL 12:30 Meditation and Breathing for Yoga PALM 1:00 Quilting Group PT 1:00 Chair Yoga PALM 1:00 Scrabble Club PT 7:00 Ballroom Dance AZAL		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Chili with Pinto Beans Chuck Wagon Corn, Roll Alternate Option Chicken Soup Pasta Salad with Feta on Romaine, Roll Dessert: Banana <i>Big Band You Tube Presentation</i>	2 Baked Chicken Roasted Potatoes Zucchini, Roll Alternate Option Vegetable Soup Egg Salad on Romaine, Roll Dessert: Orange <i>Cha-Cha-Cha Demonstration</i>	3 Tuna & Macaroni Casserole Steamed Peas and Carrots Alternate Option Mushroom Soup Ham and Cheese on Whole Wheat Dessert: Diced Fruit	4 Pork Tacos topped with Cole Slaw Spanish Brown Rice Alternate Option Tomato and Rice Soup Tuna Salad on Romaine Dessert: Apple
7 Oven Fried Chicken Sweet Potatoes Mixed Vegetables Alternate Option Lentil Soup Egg Salad on Romaine Roll Dessert: Banana	8 Roasted Salmon Brown Rice Peas Alternate Option Cream of Mushroom Soup Chicken Salad on Romaine Roll Dessert: Navel Orange <i>Bingo for Prizes</i>	9 Meatloaf Baked Potato California Blend Vegetables Roll Alternate Option Cream of Broccoli Soup Turkey Sandwich on Whole Wheat Dessert: Apple <i>Ignacio del Rio on Piano</i>	10 Veterans Day Luncheon Baked Ziti with Meat Sauce Roast Zucchini Alternate Option Chicken Noodle Soup Roast Veggies and Cheese on Whole Wheat Dessert: Tropical Fruit <i>Barbershop Harmonies Society</i>	11 VETERANS DAY CENTER CLOSED
14 Beef Soft Taco Refried Beans Roasted Squash Alternate Option Split Pea Soup Ham and Cheese Sandwich on Whole Wheat Dessert: Orange	15 Shredded Pork Roasted Potatoes Steamed Corn Roll Alternate Option Barley Soup Chicken Salad on Romaine Dessert: Apple <i>Bingo for Prizes</i>	16 Teriyaki Chicken Brown Rice Roasted Broccoli Alternate Option Roasted Vegetable Soup Tuna Salad on Romaine Roll Dessert: Pineapple Chunks <i>Ignacio del Rio on Piano</i>	17 Ham Steak Sweet Potatoes Green Beans Roll Alternate Option Lentil Soup Egg Salad on Romaine Dessert: Navel Orange	18 Pesto Baked Chicken Pasta Tossed Salad Alternate Option Minestrone Soup Turkey Sandwich on Whole Wheat Dessert: Diced Fruit Birthday Cake
21 Baked Tilapia Brown Rice Roasted Vegetable Blend Alternate Option Beef Barley Soup Strawberry Salad with Cottage Cheese on Romaine Dessert: Banana	22 Chicken Cacciatore Pasta Tossed Salad Alternate Option Mushroom Soup Turkey Sandwich on Whole Wheat Dessert: Orange <i>Bingo for Prizes</i>	23 Thanksgiving Buffet Roast Turkey Mashed Potatoes and Gravy Dressing, Green Beans Cranberry Sauce Alternate Option Chicken and Rice Soup, Roll Egg Salad on Mixed Greens Dessert: Pumpkin Pie <i>Blues Pharaohs</i>	24 THANKSGIVING CENTER CLOSED	25 THANKSGIVING HOLIDAY CENTER CLOSED
28 Sweet and Sour Pork Brown Rice Roast Zucchini Alternate Option Tomato Soup Roast Beef Sandwich on Whole Wheat Dessert: Diced Fruit	29 Spinach Quiche Steamed Corn Roll Alternate Option Beef and Veggie Soup Grilled Vegetable Wrap on Whole Wheat Tortilla Dessert: Navel Orange	30 Beef Tips Brown Rice Steamed Broccoli Alternate Option Carrot Soup Chicken Salad on Romaine <i>Ignacio del Rio on Piano</i>	Lunch served at noon. Senior 60+: \$4 donation. Under 60 years of age: \$6 fee.	Reservations are required. Please call 760.643.5288 by 1pm the previous day. No eligible person shall be denied a meal because of failure or inability to contribute.

(*) High Sodium Menu 300-500mg (**) More than 500mg Sodium

This program is supported by the older Americans Act funds, awarded through the San Diego County Aging and Independence Services and the City of Vista.

“Be a Santa to a Senior” Gifts to seniors alone during the holidays!

When you see “Be a Santa to a Senior” in a store (most WalMarts) or senior center, remove the ornament and purchase the gift. Return the ornament and gift to the participating organization.

It's that easy! Volunteers collect, wrap, and deliver the gifts to the seniors. Volunteers deliver gifts prior to Christmas. Find a tree today and brighten the life of a senior!



Many thanks to Dave Alspach and Ed Alspach for calling Bingo for us each week!
Very much appreciated!

In Loving Memory

Townsend Korn
Robert Vidaurri
Raymond Voskamp

We wish to extend our sympathy, support and heartfelt condolences.



Tri City Computer Club

Tuesdays 1-3:00 p.m. Free!

- Nov. 1** Question and Answer
- Nov. 8** "Think Before You Click" Surfing the Internet Using Useful Safety Extensions
- Nov. 15** Computer Current Event News Links
- Nov. 22 & 29** No Meeting

Happy Thanksgiving to All!

For additional information, contact Jacqueline Marazzi at 760.650.9290 or Randy Crumpler at 760.940.4253 or email at tricitycomputerclub@gmail.com or visit our websites at vistacomputerservice.com or securedpc.org.

Thank you to our November Sponsors!

Emiko Yamashita

United Health Care
Mike and Barb Cohn

Humana
Jaqueline Reisner

The City of Vista extends its appreciation to our sponsors for their support of the McClellan Center’s programs and activities.

*There is always
something to be
thankful for.*



activities

Bingo for Prizes

Location: Park Terrace Café
 Time: 11:15am - 12:00pm
 Days: 2nd, 3rd, 4th Tuesday of each month
 Contact: 760.643.5281
 Cost: Free to lunch participants

Birthday & Anniversary Celebration

Sign up on the clipboards in the lobby! Cake and gifts!
 Location: Park Terrace Café
 Time: 11:45am
 Days: Last Friday of the month

Bridge (Duplicate)

Duplicate bridge group.
 Location: Azalea Room
 Time: 12:30-4:00pm
 Days: Wednesdays
 Provider: Maia Hodge – 760.643.5281
 Cost: \$11 Punch Card/Resident
 \$13 Punch Card/Non Resident

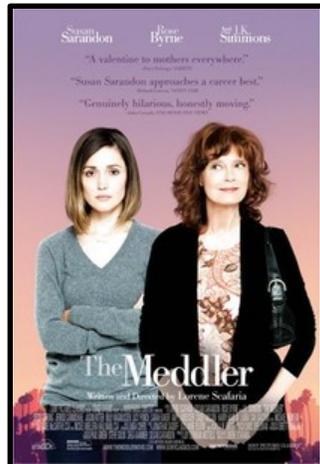
Computer Lab

Location: Computer Lab
 Time: 10:00am to 3:30pm
 Days: Weekdays
 Coordinator: Maureen Cooper
 Cost: Free

Monthly Movie

Free drinks and snacks.
 Location: Park Terrace Café
 Time: 1:00-3:45pm
 Days: Third Friday
 Cost: Free

Featuring “The Meddler.” With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others - as well as her own - and find a new purpose in life. **Closed captioned for the hearing impaired.**



Popcorn!

Location: Azalea Room
 Time: 10:00am – 11:00am
 Days: Fridays
 Cost: Free

classes

AARP Smart Driver Initial Course

Mature refresher driving course qualifies seniors for discounts on their auto insurance.
 Location: Jasmine Room
 Time: 12:30 – 5:00pm
 Days: To be determined
 Provider: AARP-sign up in the office or call 760.643.5288. Reserve during the month of the class.
 Cost: \$15–AARP Members; \$20–Non-AARP Members

AARP Smart Driver Renewal Course

Mature refresher driving course qualifies seniors for discounts on their auto insurance. **Must have taken either the initial or renewal course in the past 48 months.**
 Location: Jasmine Room
 Time: 12:30 – 5:30pm
 Days: Dec. 7
 Provider: AARP-sign up in the office or call 760.643.5288. Reserve during the month of the class.
 Cost: \$15–AARP Members; \$20–Non-AARP Members

Contract Bridge

Prizes!
 Location: Jasmine Room
 Time: 12:30-4:00pm
 Days: Thursdays
 Coordinator: Ken Gilbert (760) 936-1386
 Cost: Free
 Skill Level: Intermediate to Advanced

Extravaganza Ballroom Dance

Location: Azalea Room
 Time: 7-8:00pm
 Days: Wednesdays
 Instructor: Irina Friedhof
 Cost: Resident/\$44, Non-Resident/\$53 for 5 classes
 One Punch Pass – Resident/\$11 or Non-Resident/\$13

Knitting Circle

Beginning to advanced.
 Location: Lobby Area/Jasmine Room
 Time: 10:00am to 12 noon
 Days: Wednesday and Friday
 Cost: No charge, free yarn and needles (if available) or bring your own projects.

Music Appreciation

Location: Jasmine Room
 Time: 1:00 – 3:00pm
 Days: 1st and 3rd Wednesday
 Instructor: Hank Presutti 760.758.1123 or luigibeethoven@cox.net
 Cost: Free

Sewing Class

Beginners.
 Location: Palm Game Room
 Time: 10:00am to 12noon
 Days: Fridays
 Instructor: Barbara Baggett
 Cost: Free

Smartphone Class

Ongoing smartphone classes. Smartphone 101 (beginning), Smartphone 102 (intermediate), and Connected Health will be held throughout the year.

Location: Jasmine Room
 Time: 10:00am – 12:00pm
 Days: Third Friday (Feb, Apr, Jun, Aug, Oct, Dec)
 Instructor: Allen Farberov
 Cost: Free – Call 760.643.5288 to register.

Sunset Strummers

Location: Jasmine Room
 Time: 8:00-8:30: Beginning Recorder, Tin Whistle, Kazoo or Autoharp Class. 8:30–10:00am: Beginning Ukulele Class
 10:00am-Noon (Intermediate/Performing)
 Days: Mondays and Thursdays
 Contact: Eleanor Nedjar: 760.458.9322

Tri City Computer Club

Personal computer user group meeting and presentations.

Location: Jasmine Room
 Time: 1:00 – 2:30pm
 Days: Tuesday (except 5th Tuesday)
 Contact: President Randy Crumpler 760.940.4253

NO CLASS NOV. 22 – HAPPY THANKSGIVING**Windows 10 Computer Class**

Location: Jasmine Room
 Time: 2:30 – 4:00pm
 Days: First and Third Tuesday of the Month
 Contact: Randy Crumpler 760.940.4253
 Cost: Free

clubs**Painting Club**

Ages, 50+

Location: Jasmine Room
 Days: Wednesdays (2nd Wednesday – Palm Game Room)
 Time: 9:00am – 12:00pm
 Cost: Free
 Contact: 760.643.5288

Note: For this club, you must provide your own materials. A list will be given to you upon registration.

Pinochle

Location: Park Terrace Café
 Time: 12:30-3:30pm
 Days: Tuesdays
 Cost: No charge
 Contact: Betty at 760.712.8176

Quilting Group

Location: Park Terrace Café
 Time: 1:00-4:00pm
 Days: Every Wednesday
 Contact: Donna Gilger 760.598.6957

Scrabble Club

Location: Park Terrace Café
 Time: 1:00pm
 Days: Wednesdays
 Contact: Grace Clarke-Ravines – 619.536.7683

Sewing Group

Location: Park Terrace Café
 Time: 1:00-4:00pm
 Days: 2nd and 4th Wednesday
 Contact: arlinekal@hotmail.com or call 760.643.5281

Spanish Club

Practice conversational Spanish. Intermediate to advanced skill only.

Location: Palm Game Room
 Time: 10:00am – 12:00pm
 Days: Tuesdays
 Instructor: Carol Fiero 760.942.2304

exercises**Geri-Fit Class**

Location: Azalea Room
 Instructor: Evan Gaines
 Times: 1:00pm
 Days: Tuesdays and Thursdays
 Cost: Resident: \$35 per month
 Non-Resident: \$42 per month
 Punch Card (one time)
 Resident/\$9, Non-Resident/\$11

Positively Fit Class

Focus on balance and flexibility; helps participants prevent falls.

Location: Azalea Room
 Instructor: Carol Hydrusko
 Days: Tuesdays and Thursdays
 Cost: Resident: \$33/month
 Non Resident: \$39/month

Intermediate Class 9:30 – 10:20 a.m.

Beginning Class 10:30 – 11:20 a.m.

Soul Line Dance

Location: Azalea Room
 Time: 9-10:30am
 Days: Mondays
 Instructor: Pam Jackson
 Cost: Session 10/24 THRU 11/28
 Residents/\$61, Non-Residents/\$73
 Punch Card (one time) –
 Resident/\$15, Non-Resident/\$18

Yoga

Location: Palm Game Room
 Days:
Mondays: 10:30am to 11:00am – Meditation and Breathing for Yoga
 11:00am – 11:30am – Chair Yoga
Wednesdays: 12:30pm – 1:00pm – Meditation and Breathing for Yoga
 1:00am- 1:30am – Chair Yoga
 Instructor: Helen Rigby
 Cost: Punch Card (1 class)
 Resident/\$6, Non-Resident/\$7
 Punch Card (5 classes)
 Resident/\$18, Non-Resident/\$21

services

Financial Planning Consultation

Complete important work required to put your financial plan into place.

Location: Conference Room
 Time: 9:00am to 11:00am (by appointment)
 Days: Last Wednesday of the month
 Call 760.643.5281
 Coordinator: John O'Reilly
 Cost: Free

Health Insurance Counseling Advocacy Program (HICAP)

Ages 60+, trained counselors help with medical bills, insurance questions, and HMO assistance.

Location: Conference Room
 Time: 9:15am to 12:15pm
 Days: 1st and 3rd Wednesday
 (call 1.800.434.0222 for appointment)
 Cost: Free

Hearing Screenings/Hearing Aid Cleanings

Location: Azalea Office
 Days: 2nd Friday
 Time: 10:30 a.m. to noon
 Audiologist: Michael Ambrose
 Contact: 760.643.5287 for appointment
 Cost: Free

NO SCREENINGS/CLEANINGS IN NOVEMBER.

Home-Delivered Meals

Ages 60+, Vista residents, nutritious meals delivered to qualified home-bound seniors.

Days: Weekdays
 Contact: 760.643.5285
 Cost: Suggested contribution - \$4.50/meal

Interfaith Senior Services

Programs include Postal Alert, Gatekeeper, "How Are You?", Vial of Life, Minor Home Repairs, Home Safety Checks, Safe Return, and You Are Not Alone.

Location: Interfaith Senior Services Office
 Contact: 760.941.0140

Legal Assistance

Ages 60+, in need of legal advice.

Location: Conference Room
 Time: 10:00am to 3:00pm
 Days: Second Thursday
 Contact: 760.439.2535 for appointment
 Cost: No charge

Lunch Program

Ages 60+, nutritious meals and entertainment

Location: Park Terrace Café
 Time: Noon
 Days: Weekdays
 Contact: 760.643.5287. Reserve by 1:00pm one day prior.
 Cost: Suggested contribution \$4.00/meal
 (\$6.00 charge for less than 60 years old.)

Lunch Program Transportation

Ages 60+ Vista residents, roundtrip transportation to The Center.

Location: Door-to-door service
 Days: Weekdays
 Contact: 760.643.5288; call one day prior
 Cost: Suggested contribution is \$1.00

Nutrition Education/Individual Dietary Planning

Ages 60+, individual nutrition planning.

Location: Conference Room
 Days: 3rd Thursday
 Time: 9:30-11:30am
 Contact: Courtney Staruch, Tri-City Dietician
 Call 760.643.5281 for appointment.
 Cost: Free

Out & About Transportation

Ages 60+ Vista residents, provides daily bus shuttle service for errands and medical appointments.

Location: Door-to-door service
 Days: Weekdays; Saturday special events
 Contact: 760.639-6161. Call 24 hours prior
 Cost: \$3/shuttle bus; \$5/volunteer driver for out of town trips (\$10.00 for trips greater than 50 miles).

San Diego Food Bank – Senior Food Program

Ages 60+ who meet income requirements receive food boxes.

Location: Azalea Café
 Time: 9:00 am-Noon
 Days: 3rd Tuesday of the month

NOTE: The Food Bank will be here on Nov. 29 in November.

Contact: 1.866.350.3663
 Fee: Free to those who qualify

Tax Assistance

Office open only February thru April

Taxi Vouchers

Location: Out and About Office
 Contact: Veronica: 760.639.6161
 Fee: Purchase \$20 of taxi fare for \$8. Four books per month maximum.

support groups

Parkinson's Support Group

Location: Azalea Room
 Time: 10:00am-12:00pm
 Days: 2nd Wednesday
 Held by: North County Parkinson Group
 Contact: For info call Paul Dawson at 760.497.1200

meetings

Nutrition Committee Meeting

All are welcome!

Location: Park Terrace Cafe
 Time: 10:45am
 Days: 4th Wednesday



Gloria McClellan Adult Activity and Resource Center

The Center, located within the City of Vista's Brengle Terrace Park, is your one stop shop for programs and activities for adults age 50 and over. Our multipurpose facility is the "main entrance" to a wonderful array of services.

The mission of The Center is to promote the physical, emotional and social well-being of older adults and to involve them in all aspects of community life. The gift of longer life creates more time to travel, learn, try out new careers and give something back to the community.

"It is never too late to be what you might have been."

Gloria McClellan Center
1400 Vale Terrace Drive
Vista, CA 92084