

Organization Information

Legal Name

Fallbrook Senior Citizens Service Club, Inc

DBA (if Applicable)

Fallbrook Senior Center

Program Name/Title

Congregate Meal Program

Brief Program Description

The Fallbrook Senior Center offers congregate meals to foster the well-being of seniors by supporting healthy aging, ensuring proper nutrition, and encouraging social interaction. Additionally, we organize health-focused trainings and entertaining events with music to promote socialization and enjoyment.

Funding Amount Awarded

47000.00

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	3	4
Seniors (60+)	97	142
We do not collect this data (indicate with 100%)*		

Target Population - Gender

	Percent of program participants
Female	60
Male	40
Non-binary	
Unknown*	

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	

	Percent of program participants
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

***Target Population - Income Level**

We do ask the question, however there is a decline to state box on the form. Everyone has selected the decline to state box.

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

146

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 Goal & Objectives

Through the Congregate Meal Program, the Fallbrook Senior Center strives to reach as many adults as possible aged 60 and over to help alleviate food insecurity and isolation. The goal of the Senior Center is to provide meals with high nutritional value in a social setting at no cost for seniors 60+ residing in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Initiatives are being developed to create greater awareness of the program and thereby attract more seniors who could benefit from participation in the program. The benefits include healthy aging, improved quality of life through good nutrition, and the ability to remain in their homes as long as is safely possible.

Program Outcomes & Measurables

In line with our objectives, The Fallbrook Senior Center has been providing around 39 daily meals, five days a week, free of charge, to seniors aged 60 and above, creating a communal environment that encourages social interaction. During the second quarter, we distributed a total of 2,579 meals to seniors, and 142 residents of the Health District derived direct benefits from our Congregate Meal Program. Furthermore, we conducted multiple educational sessions, facilitated by nursing students from Cal State San Marcos, covering important subjects like Eye Health for Diabetes, Foods that Lower Cancer Risk and Healthy Habits to protect your Heart. They also provide blood pressure and glucose checks. Additionally, we organized several special Holiday lunches for Thanksgiving, Christmas and New Years all with entertainment and lots of give aways.

Anticipated Acknowledgment

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature



Contact Information

Contact Name

Susie Gonsalves

Title

Executive Director

Primary Contact Phone

7607284498

Email Address

fallbrookscdirector@gmail.com

Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Acknowledgment of District Support

FALLBROOK SENIOR CENTER DECEMBER 2023 MENU				
Serving Lunch at the Fallbrook Community Center - 341 Heald Lane				
Monday - Friday Doors open at 10:30 760-728-4498				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested contribution: \$3.00 per meal for seniors 65 and older. There is a \$10.00 charge for non-seniors. Meals include soup, salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal + 1.000 mg of sodium.</p> <p>4 Chicken Ruffed Tacos Black Beans Mixed Green Salad w/garbanzo Brown Rice Orange</p>	<p>5 Swiss Steak Baby Carrots Baked Potato Mixed Green Salad Whole Wheat Roll Yogurt with Blueberries</p>	<p>6 Chicken Pot Pie Spinach Mixed Green Salad Whole Wheat Roll Cantaloupe</p>	<p>7 Turkey Meatballs with Whole Wheat Spaghetti Corn w/red pepper Mixed Green Salad w/red pepper Apple</p>	<p>1 Tomato Basil Bisque Soup Tuna Sandwich on Whole Wheat California Blend Mixed Green Salad Ambrosia</p>
<p>11 Bean and Cheese Burrito Florida Blend Quinoa Mixed Green Salad w/garbanzo Tropical Fruit</p>	<p>12 Beef Stuffed Bell Pepper Spinach Brown Rice Mixed Green Salad Tangerine</p>	<p>13 Honey Mustard Chicken Broccoli Spinach Baked Potato Mixed Green Salad w/garbanzo Whole Wheat Roll Grapes</p>	<p>14 Birthdays/Holiday Lunch Roast Beef w/gravy Glazed Carrots Mashed Potatoes Broccoli Salad Whole Wheat Roll Jello with Strawberries ▲</p>	<p>15 Cilantro & Lime Tilapia Green Beans Mixed Green Salad Fennel Cantaloupe</p>
<p>18 Minestrone Soup Black Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Canned Peas ▲</p>	<p>19 Orange Chicken Asian Blend Fennel Mixed Green Salad w/garbanzo Tangerine</p>	<p>20 Beef Fajitas Mixed Vegetables Whole Wheat Tortilla Mixed Green Salad Yogurt w/ Strawberries</p>	<p>21 BBQ Chicken Butternut Squash Baked Potato Mixed Green Salad w/beans Whole Wheat Roll Apple</p>	<p>22 Baked Pollock Broccoli Brown Rice Mixed Green Salad w/garbanzo Canned Peaches</p>
<p>25 CLOSED</p>	<p>26 Baked Chicken Tuscan Blend Baked Potato Mixed Green Salad w/garbanzo Whole Wheat Roll Green Grapes</p>	<p>27 Teriyaki Beef Peas and Carrots Fennel Mixed Green Salad Orange</p>	<p>28 Park Lein Butternut Squash Brown Rice Mixed Green Salad Strawberries</p>	<p>29 New Year's Eve Celebration BBQ Ribs California Blend Sweet Potato Fries Mixed Green Salad Whole Wheat Roll Apple</p>



Newsletter Support Page.pdf

Impact Story



Story.docx

Program Budget



Cong 23_24 FRHD CHC Prog....xlsx