

## 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 older adults 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

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	1	6
Seniors (60+)	99	141
We do not collect this data (indicate with 100%)*		

## Target Population - Gender

	Percent of program participants
Female	62
Male	38
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	

	Percent of program participants
Low (80%) Income Limits, ceiling of \$85,600	
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.

147

### 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 older adults as possible aged 50 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 with a minimal cost of \$5.00 for those 50 and above residing in the communities of Fallbrook, Bonsall, Rainbow and De Luz. Through social media, flyers, newsletters, and special events we continue to create greater awareness of the program and thereby attract more older adults 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 accordance with our goals, Fallbrook Senior Center has been providing an average of 40 meals per day, five days a week, at a minimal cost of \$5.00 to individuals aged 50 and above, fostering a sense of community that encourages social engagement. Throughout the third quarter, we distributed a total of 2,519 meals to older adults, benefiting 147 residents of the Health District through our Congregate Meal Program. Additionally, we hosted numerous educational sessions led by nursing students from Cal State San Marcos, covering topics such as the importance of nutrition and selecting low-sodium foods. These sessions also included blood pressure and glucose screenings. Moreover, we invited a doctor to discuss heart health in February. Our commitment to enhancing older adults' experiences includes live music every Friday, as well as holiday-themed entertainment and decorations, such as those for Valentine's Day.

### Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

### Terms and Conditions

Accepted

**Authorized Signature**

*SwissKasler*

## 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





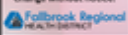
## Acknowledgment of District Support

FALLBROOK SENIOR CENTER FEBRUARY 2024 MENU				
Serving Lunch at the Fallbrook Community Center - 541 Heald Lane Monday - Friday Doors open at 10:30 760-728-4498				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
There is a \$5.00 charge per meal for individuals ages 50 and above, and a \$12.00 charge for those under the age of 50.				
			1 Split Pea Soup w/ham Cheese Quesadilla Mixed Vegetables Salad/Roll Fruit	2 Bake Pollock Broccoli Barley Salad/Roll Dessert
5 Crunchy Beef Taco Black Beans Rice Salad/Roll Fruit	6 Baked Chicken Spinach Baked Potato Salad/Roll Yogurt with blueberries	7 Fresh Scrambled Eggs Pancakes Bacon Mixed Fruit Muffin	8 <b>BirthDay Lunch</b> Sweet and Sour Turkey Meatballs Asian Vegetables Brown Rice Salad/Roll/ Fruit	9 Baked Shrimp Vegetables Barley Salad/Roll Fruit
12 BBQ Chicken Broccoli Brown Rice Salad/Roll Fruit	13 Applewood Smoked Chicken Sausage w/beanfruit Brussels Sprouts Sweet Potato Salad/Roll and Fruit	14 <b>Valentines Lunch</b> Pesto Bruschetta Chicken California Blend Baked Potato Salad/Roll Dessert	15 Meat Leaf w/gravy Green Beans Mashed Potatoes Salad/Roll Fruit	16 Cilantro & Lime Tilapia Peas and Carrots Barley Salad/Roll Fruit
19 <b>CLOSED</b> 	20 Beef Lasagna Zucchini Salad/Garlic Bread Yogurt with blueberries	21 Homemade Chicken Noodle Soup Cheese Quesadilla Vegetables Salad/Roll Fruit	22 Homemade Chicken Enchiladas Rice and Beans Salad/Roll Dessert	23 Fish and Chips Mixed Vegetables Baked French Fries Salad/Roll Ambrosia
26 Honey Mustard Chicken Spinach Pasta Salad/Roll Fruit	27 Beef Chili Carrots Corn Bread Salad/Roll Fruit	28 Turkey Burger on whole wheat Bun Mixed Vegetables Sweet Potato Fries Salad/Roll Fruit	29 Beef Tips w/gravy Pasta Salad/Roll Dessert	▲ Denotes meal that is > 1,000 mg of sodium. Menus are subject to change without notice. 



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## Acknowledgment of District Support

FALLBROOK SENIOR CENTER FEBRUARY 2024 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>There is a \$5.00 charge per meal for individuals ages 50 and above, and a \$12.00 charge for those under the age of 50.</p> 				
<p>5 Crunchy Beef Taco Black Beans Rice Salad/Roll Fruit</p>	<p>6 Baked Chicken Spinach Baked Potato Salad/Roll Yogurt with blueberries</p>	<p>7 Fresh Scrambled Eggs Pancakes Bacon Mixed Fruit Muffin</p>	<p>1 Split Pea Soup w/ham Cheese Quesadilla Mixed Vegetables Salad/Roll Fruit</p>	<p>2 Bake Pollock Broccoli Barley Salad/Roll Dessert</p>
<p>12 BBQ Chicken Broccoli Brown Rice Salad/Roll Fruit</p>	<p>13 Applewood Smoked Chicken Sausage w/Spinach Brussels Sprouts Sweet Potato Salad/Roll and Fruit</p>	<p>14 Valentines Lunch Pesto Bruschetta Chicken California Blend Baked Potato Salad/Roll Dessert</p> 	<p>8 Birthday Lunch Sweet and Sour Turkey Meatballs Asian Vegetables Brown Rice Salad/Roll/ Fruit</p> 	<p>9 Baked Shrimp Vegetables Barley Salad/Roll Fruit</p>
<p>19 CLOSED </p>	<p>20 Beef Lasagna Zucchini Salad/Garlic Bread Yogurt with blueberries</p>	<p>21 Homemade Chicken Noodle Soup Cheese Quesadilla Vegetables Salad/Roll Fruit</p>	<p>15 Meat Loaf w/gravy Green Beans Mashed Potatoes Salad/Roll Fruit</p>	<p>16 Cilantro &amp; Lime Tilapia Peas and Carrots Barley Salad/Roll Fruit</p>
<p>26 Honey Mustard Chicken Spinach Pasta Salad/Roll Fruit</p>	<p>27 Beef Chili Carrots Corn Bread Salad/Roll Fruit</p>	<p>28 Turkey Burger on Whole Wheat Bun Mixed Vegetables Sweet Potato Fries Salad/Roll Fruit</p>	<p>22 Homemade Chicken Enchiladas Rice and Beans Salad/Roll Dessert</p>	<p>23 Fish and Chips Mixed Vegetables Baked French Fries Salad/Roll Ambrosia</p>
<p>▲ Denotes meal that is &gt; 1,000 mg of sodium. Menus are subject to change without notice.</p> 				

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### Impact Story





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### Impact Story







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### Program Budget



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