

## 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 a restaurant style lunch 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

50000.00

## Target Population - Age

	Percent of program participants for the full grant cycle	Total number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	2	6
Seniors (60+)	98	234
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

N/A

## Target Population - Gender

	Final percent of program participants
Female	64
Male	36
Non-binary	
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

We ask the question, no one has completed it

## 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

The goal of the food program is to improve the nutritional well-being and social engagement of seniors in Fallbrook, Bonsall, Rainbow, and Deluz by providing consistent, restaurant-style meals in a welcoming community setting, Monday through Friday. The program aims to serve sit-down, restaurant-style meals that offer seniors balanced nutrition and opportunities for social interaction each weekday. It targets serving 45-50 seniors daily, with an overall goal of roughly 2,800 meals by the end of each quarter. With current resources, staffing, and volunteers, the program is well-equipped to achieve this target. Additionally, the program features classes that include specialists such as Pharmacists, Home Health Nurses, along with discussions on managing high blood pressure and diabetes, further addressing the health needs of participants. This objective directly responds to the need for improved nutrition and social support among Fallbrook's senior population, enhancing their quality of life and fostering independence. Over the next three months, the program will track progress daily and monthly to ensure the goal of 2,800 meals is met while adjusting as needed to maximize impact.

## Program Outcomes & Measurables

The program has several key objectives aimed at enhancing the well-being of seniors in the Fallbrook area. The first objective is to provide nutritious, weekday meals to seniors, offering sit-down, restaurant-style meals Monday through Friday. Each meal is designed to meet at least 550 calories of the Recommended Dietary Allowance (RDA) for seniors, nutrition guidelines. The goal is to serve 225 meals weekly, and success will be measured by tracking the number of meals served and collecting feedback through satisfaction surveys. The second objective is to improve social engagement among seniors by fostering a communal dining experience that encourages interaction and community-building. In addition to meals, "Lunch and Learn" sessions will be offered, covering topics such as health screenings, preventive care, and managing chronic conditions. Attendance will be tracked, surveys will measure the perceived improvement in social connectedness, with a target of 60% of attendees reporting positive social engagement by the end of the quarter. The program's measurable outcomes include the number of meals served, with a goal of serving 945 meals monthly. Social engagement will be measured by the number of

attendees at each meal service, aiming for a 60% improvement in social well-being based on quarterly survey data.

### Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

### Terms and Conditions

Accepted

### Authorized Signature

A handwritten signature in black ink, appearing to be a stylized name with a long horizontal stroke at the end.

## Contact Information

Contact Name

Susie Gonsalves

Title

Executive Director

Primary Contact Phone

17607284498

Email Address

fallbrookscdirector@gmail.com

## Writing Instructions:

What language(s) did this program accommodate:

English

Spanish

## Acknowledgment of District Support

FALLBROOK SENIOR CENTER				
MAY 2025 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>1 Baked Chicken Vegetable Scalloped Potatoes Salad/Roll Fruit</p>	<p>2 Crab Cake Vegetable Brown Rice Salad/Roll Fruit</p>
<p>5 Chicken Fajitas on Rice Vegetable Salad/Roll Dessert</p>	<p>6 Vegetarian Chili with beans Vegetable Baked Potato Salad/Roll Fruit</p>	<p>7 Turkey Stuffed Bell Pepper Vegetable Sweet Potato Salad/Roll Fruit</p>	<p>8 <b>BirthDay Lunch</b> Beef Straganoff Vegetable Pasta Salad/Roll Dessert</p>	<p>9 Baked Cod w/Garlic and Lemon Vegetable Farro Salad/Roll Fruit</p>
<p>12 Chicken Fettuccine Alfredo Vegetable Sweet Potato Salad/Roll Fruit</p>	<p>13 Tomato Basil Bisque Soup Black Beans Grill Cheese Sandwich Salad/Roll/Fruit</p>	<p>14 Orange Chicken Vegetable Farro Salad/Roll Fruit</p>	<p>15 Pork Chop w/salsa verde Vegetable Roasted Potato Salad/Roll Fruit</p>	<p>16 Fish Taco Vegetable Rice Salad/Roll Fruit</p>
<p>19 Vegetable Lasagna Vegetable Salad/Garlic Bread Fruit</p>	<p>20 Beef Tips w/gravy Vegetable Mashed Potatoes Salad/Roll Fruit</p>	<p>21 BBQ Chicken Vegetable Sweet Potato Fries Salad/Roll Fruit</p>	<p>22 Honey Mustard Chicken Vegetable Baked Potato Salad/Roll Fruit</p>	<p>23 Baked Cod Vegetable Quinoa Salad/Roll Fruit</p>
<p>26 <b>CLOSED</b> <b>MEMORIAL DAY</b></p>	<p>27 Rudy's Homemade Bean &amp; Cheese Burrito Vegetable Rice Salad/Roll Fruit</p>	<p>28 Spaghetti and Turkey Meatballs Vegetable Salad/Garlic Bread</p>	<p>29 BBQ Pulled Pork on bun Vegetable Potato Salad Salad/Roll Fruit</p>	<p>30 Baked Breaded Shrimp Vegetable Barley Salad/Roll Fruit</p>

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



Impact Story





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## Impact Story





Story\_3691.docx

## Program Budget



24\_25 FRHD-Nutrition Program Budget.xlsx

Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.

240



Coming to the Senior Center each day has truly been a gift. I'm so thankful for the healthy, delicious lunches, it's not just a meal, it's a chance to reconnect with old friends and meet new ones in such a welcoming space.

I also attend the exercise classes, and I've noticed a huge improvement in my strength and stamina. Daily activities that used to be difficult are now much easier. I truly believe the combination of nutritious meals and regular fitness classes has made a big difference in my overall well-being.

I'm also grateful for the nursing students from Cal State San Marcos who come by each week to check our blood pressure and blood sugar. It's reassuring to have that kind of support right here at lunch—it helps keep me on track with my health goals.

Thank you to everyone who makes this possible. It's made such a positive impact on my life.

Vicki



# FALLBROOK SENIOR CENTER

## MAY 2025 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

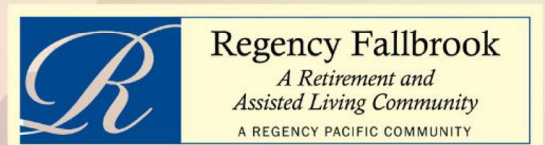
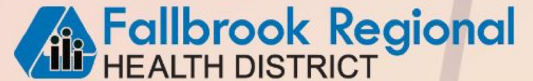
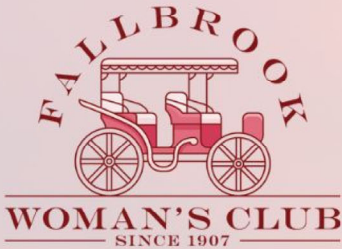
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# SUPPORTERS



Bonsall Woman's Club



Bringing independence to living and quality to life



**FRHD CHC GRANT BUDGET REPORTING FORM**

 Agency Name: **Fallbrook Senior Citizens Service Club** PROGRAM NAME: **Nutrition Program 2024-2025**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$48,900.00	\$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	\$87,750.00	\$23,000.00	\$5,750.00	\$5,750.00	\$5,750.00	\$5,750.00	
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL OTHER EXPENSES	\$76,000.00	\$27,000.00	\$6,750.00	\$6,750.00	\$6,750.00	\$6,750.00	
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4	
		\$212,650.00	\$0.24	\$12,500.00	\$12,500.00	\$12,500.00	\$12,500.00	

 Total funds expended to date: **\$50,000.00**