

## 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 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.

252

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

English

Spanish

## Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	2	6
Seniors (60+)	98	246

	Percent of program participants	Number of participants
We do not collect this data (indicate with 100%)*		

### Target Population not collected - Age

NA

### Target Population - Gender

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

### \*Target Population - Gender

NA

### 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

The question is asked on our form they do not have to answer it.

### 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 continues to meet its objectives of reducing food insecurity and social isolation among older adults in

Fallbrook, Bonsall, Rainbow, and DeLuz. In the first quarter, the program provided 2,776 nutritious, low-cost meals to 252 unique seniors, exceeding the quarterly participation goal of 200 individuals and maintaining an average of over 40 meals served per day. These outcomes reflect the program's consistent delivery of accessible, high-quality nutrition in a welcoming, communal setting. In addition to daily meals, the program strengthened social connections through "Lunch and Learn" sessions, live entertainment, monthly celebrations, and themed cultural events. Partnerships with Cal State San Marcos nursing students enhanced program impact by offering free health screenings and education on chronic disease management. Overall, first-quarter results demonstrate meaningful progress toward improving nutritional health, promoting social engagement, and supporting the overall well-being of older adults in the community.

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





Story.docx

## FRHD Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

## FRHD Acknowledgment



**FALLBROOK SENIOR CENTER**  
**SEPTEMBER 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
1 <b>CLOSED</b> 	2 Chicken Fajita on Rice Vegetable Salad/Roll Fruit	3 Meatballs & Spaghetti Vegetable Salad/Garlic Bread Fruit	4 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	5 Tomato Basil Soup Tuna Sandwich Vegetable Salad/Roll Fruit ▲
8 Orange Chicken Vegetable Brown Rice Salad/Roll Fruit	9 Beef Stew Vegetable Baked Potato Salad/Cornbread Fruit	10 Cheese Ravioli Garlic Parmesan White Beans Vegetable Salad/Roll Fruit ▲	11 <b>Birthday Luncheon</b>  Pork Loin Vegetable Mashed Potatoes Salad/Roll Dessert	12 Baked Cod Vegetable Barley Salad/Roll Fruit
15 Beef Cabbage Rolls Vegetable Yam Salad/Roll Fruit	16 <del>Lasagna</del> <del>Lasagna</del> Chicken Tamale Beans Rice Salad/Roll Fruit <i>Live Mariachi Band</i>	17 Black Forest Ham Vegetable Scalloped Potatoes Salad/Roll Fruit	18 BBQ Chicken Vegetable Baked Fries Salad/Roll Fruit	19 Curried Shrimp Vegetable Pasta Salad/Roll Fruit
22 Chicken Cordon Bleu Vegetable Pasta Salad/Roll Fruit ▲	23 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	24 Chicken Soft Taco Vegetable Rice Salad/Roll Fruit	25 Turkey Stuffed Bell Pepper Vegetable Yam Salad/Roll Fruit	26 Fish and Fries Vegetable Salad/Roll Fruit
29 Beef Lasagna Vegetable Salad/Garlic Bread Fruit ▲	30 Roasted Chicken Vegetable Barley Salad/Roll Fruit	 		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.

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

**Program Budget**

website 25\_26 FRHD CHC Program B... .xlsx

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

Susie Gonsalves

Every day I come to the Senior Center for lunch, and it means so much to me. It's not just about the meal—it's about the friends I've made and the conversations we have. We laugh, we tell stories, and I always leave feeling happier than when I came in.

I also appreciate the nurses who stop by to check blood pressure and sugar levels. It gives me peace of mind knowing someone is looking out for my health. Some days there's live music, and I really enjoy those days. The parties are always fun, and I especially look forward to the monthly birthday lunch—it makes everyone feel special.

The Senior Center has become more than a place where I come to eat lunch; it is where I feel cared for.

DR





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

 Total funds expended to date: **\$11,250.00**