

GET INTO THE ACT.

OLDER AMERICANS MONTH
MAY 2015



National Older Americans Month

The Brea Senior Center is honoring Older Americans Month with a variety of informative sessions and fun events.

You are invited:

- **5/5 – 11 am**
Emergency Preparedness for Older Adults
- **5/7 – 10 am**
Caregiver Resource Center—St. Jude Medical
- **5/12 – 1 pm**
Home Safety Checklist
- **5/13 & 14 – 1 pm**
Safe Driver Class—OAP
- **5/14 – 11 am**
Healthy Heart—CareMore Medical
- **5/19 – 9 am**
Mini Health Fair—American Geriatric
- **5/20 – 10 am**
Dessert Social—Anthem Blue Cross
- **5/21 – 10 am**
Ice Cream Social—Kaiser Permanente
- **5/26 – 11 am**
Fall Prevention—Reverse Mortgage Educators
- **5/28 – 11 am**
Healthy Habits—Alzheimer's Association OC

FREE Mini Health Fair

Tuesday, May 19 / 9 am-12 pm

Enjoy refreshments and receive an array of resources designed to promote the health and well-being of seniors. Screenings include glucose, blood pressure, fall assessment, mental health, and oxygen saturation testing. Sponsored by American Geriatric



714-990-7750
BreaSeniorCenter.com

Fire Department & PUBLIC WORKS

Open House

Saturday, May 9
10 am - 2 pm

545 & 555 Berry Street
(between Lambert and Central)

Visit our place and learn how to make
a difference at
your place!
Get lots of
home safety
and environmental tips.



- **Equipment Displays**
- **Demonstrations**
- **Refreshments**
- **Giveaways**
- **Prize Drawing**
- **Live Band: *FlipOut***



CityofBrea.net • 714-990-7691

Classes & Activities at The Plunge

Lifeguard Training Course

Fee: \$190 (includes book, CPR mask and whistle)

August 14-16

Friday • 4-8 p.m.,

Saturday and Sunday • 8 a.m.-3 p.m.

Jr. Lifeguarding Program (ages: 11-14)

Fees: \$105 (includes shirt, booklet and folder)

Tuesdays and Thursdays,

July 14-August 13 • 7:30-9 p.m.

Adult Learn-to-Swim Class

Fee: \$60 per Session (5 Saturday classes)

SESSION 1, Level 1

June 27-July 25

11 a.m.-12 p.m.

SESSION 2, Level 1

August 1-29

11 a.m.-12 p.m.

Aqua Aerobics

Fee: \$5 drop-in

Tuesdays and Thursdays,

June 23-August 27 • 8-9 a.m.

Saturdays,

June 27-August 29 • 10-11 a.m.

Open Registration: June 15, 8 a.m.

Open registration for ALL sessions available until classes fill.

2 WAYS TO REGISTER

ONLINE: CityofBrea.net/thePlunge

IN PERSON: Brea Community Center,
695 E. Madison Way, Brea

For more information, call 714-529-6233



Swim Program 2015

The Brea Plunge

440 S. Walnut Ave

(off Brea Blvd in City Hall Park)

Children Swim Sessions

June 22-August 28

Session 1	Session 2	Session 3	Session 4	Session 5
6/22-7/3	7/6-7/17	7/20-7/31	8/3-8/14	8/17-8/28

Fee: \$60 each Session

REGISTRATION INFORMATION FOR ALL CLASSES

PRE-REGISTRATION FOR BREA RESIDENTS:

June 6 • 9 a.m.-12 p.m.

Brea Municipal Plunge, 440 S. Walnut Ave., Brea

Please bring proof of Brea residency. Line placement numbers distributed at 8 a.m. Only one registration form accepted per number. Only one registration form per household.

Registration for Adult Learn-to-Swim Class, Jr. Lifeguarding and Lifeguard Training will be separate from the Children Swim Sessions registration.

Recreational Swim: June 22-August 30

\$2 per person (all ages)

Monday-Friday 1:30-3:30 p.m.

Saturday & Sunday 12:30-3:30 p.m.

Wednesday Night Swim (\$2)

July 8-August 19 • 6:30-8:30 p.m.

(during Concerts in the Park)

Independence Day Swim (\$2)

Saturday, July 4 • 12-3 p.m.

Labor Day Swim (\$2)

Monday, September 7 • 12-3 p.m.

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