

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2020

In accordance to Governor Newsom's direction regarding COVID-19 and seniors over the age of 65, the City of Brea Senior Center has CLOSED and SUSPENDED all classes and activities out of concern for public health and safety, until further notice.

The following essential services related to nutrition and social services will continue on a limited basis:

Meals on Wheels Orange County Lunch Café Program

The congregate lunch program has been converted to frozen meals to take home. Meals can be picked up at the Senior Center Monday-Friday from 10:30 a.m.-12:30 p.m. *An application is required.*

Home Delivered Meals

Five days of meal support, including breakfast, lunch and dinner, delivered to the home of qualifying homebound older adults 60+ years of age. Call 714-990-7785 or 714-990-7781 to inquire about availability and the eligibility screening process.

Senior Grocery Program

In partnership with Second Harvest Food Bank of Orange County, one box of fresh produce is available per senior household, while supplies last. Boxes can be picked up at the Senior Center Monday-Friday from 10:30 a.m.-12:30 p.m. *An application is required.*

Case Management Services

For Brea seniors and caregivers. Achieve successful aging through advocacy, assessment, facilitation, and resource management. Eligibility to be a Case Management client: Brea resident, 60+ years of age, and client consent. Call 714-990-7750 for more information.

Senior Shuttle

Transportation for Brea seniors to be shuttled from their residence to the Center to pick up lunches and groceries will continue on a reservation basis by calling 714-990-7754. *An application is required.*

Senior Van Service

Enroll in the Van Service available for Brea residents, 60+ years of age. Currently, for a suggested donation of \$2 per one-way, this service is available to use for your essential errands or appointments. An application is required, and ride reservations must be submitted at least 3 business days in advance. Mileage limit: 10 miles (within Orange County). To get the most up to date information about service day and times, call 714-990-7750.

Senior Taxi Program

Discounted taxi rides are available for eligible Brea residents. Eligibility is income-based and includes being 60+ years of age and being unable to drive. Most ride destination types are covered, but must be located within Brea or neighboring cities. An application is required along with supporting documents. Call 714-990-7781 for more information.

Alzheimer's OC Virtual Support Groups

Looking for connection and support with other caregivers of individuals with memory loss? Join a virtual Zoom support group via video call or telephone put on by Alzheimer's OC! Various dates and times are available, call 844-435-7259 if you are interested.

HICAP

Medical and Health Insurance Counseling available over the phone brought to you by Council on Aging. Call 714-990-7750 to set up an appointment with a trained HICAP counselor.

Legal Aid

Appointments available over the phone with representatives from Legal Aid Society of Orange County for seniors 60 years and older, who reside in Orange County. Call 714-990-7750 to set up an appointment.

Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and instructors from the comfort of your own home! Call 714-990-7753 to get a link emailed to you to join the class from your computer, laptop, tablet, or mobile phone.

Longevity Stick Balance Class:

Mondays, Wednesdays, Fridays 9-10 a.m.

Tai Chi for Every Body:

Mondays and Fridays 10:15-11:45 a.m.

Better Balance:

Various days and times

Health & Wellness:

Various days and times

Fun Stuff

Crazy Sayings. . .

Driver carries no cash—he's married.

I'm not lazy. I'm just motivated to do nothing.

Where there's a will, there's a relative.

I'm not bossy. I simply know exactly what you should be doing.

What do you call a cow with two feet? Lean beef.

The first five days after the weekend are the toughest.

Television is a medium—anything well done is rare.

I wonder what DON'T TOUCH is in Braille.

What do you call a cow with no feet? Ground beef.

What makes a forum? A two-um plus a two-um.

I tried to join Kleptomaniacs Anonymous, but all the seats were taken.

Word Puzzles

For example:

somewhere
the rainbow

is: somewhere *over* the rainbow

1.

R + R

2.

TOGETUCH

3.

VICE + VICE

4.

1 2 3 4
safety
5 6 7 8

5.

U R
Y Y
4
ME

6.

A D N S T

Answers for Word Puzzles:
1. SUMMERS SUM RS 2. get in touch 3. advice 4. safety in numbers
5. you are too wise for me 6. stand in alphabetical order

Come by and learn...

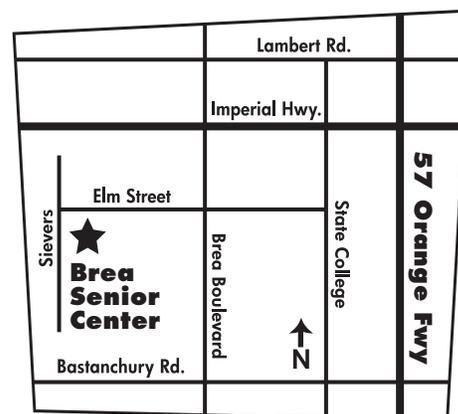
Hours: Mon-Fri / 10:30 a.m.-12:30 p.m.

Location: 500 Sievers Avenue
Brea, California 92821

Telephone: 714-990-7750

Website: www.BreaSeniorCenter.com

Facebook: [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details
and information
available online.