

What's Doin' at the Brea Senior Center

Happy Labor Day!



September 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.

Annual Flu Clinic

It's time for your annual flu shot! Administered by the Southern California Albertsons Pharmacy, the Brea Senior Center will be hosting a *FREE FLU CLINIC on Friday, October 9, 2020. To adhere to social distancing guidelines, appointments are required. Registration opens on Tuesday, September 1, and appointments can be made by calling 714-990-7750 or emailing healthfair@cityofbrea.net. A consent form and copy of your insurance card must be completed prior to coming to your appointment. *No co-payment unless required by your insurance plan.

Virtual BINGO!

Join us on Thursday, September 3 at 10 a.m. for a Virtual Bingo game over Zoom! Sponsored by Kaiser Permanente Senior Advantage Medicare Plan. Call the front desk for the Zoom link to access the game. Bingo cards can be picked up at the Senior Center or sent to interested participants via email. Prizes can be picked up at the Senior Center after September 11.

It's Your Money/Estate Financial Workshop Series on Zoom

Our biannual series is back—this time over Zoom! Brought to you by Financial & Estate Literacy, these series are pure education in a safe environment to avoid the predatory sales practices of the financial service industry. "It's Your Money" will run for 8 weeks on Tuesdays from 1:30-3 p.m. starting September 22. "It's Your Estate" will run for 8 weeks on Wednesdays from 1:30-3 p.m. starting on September 23. Call the front desk for the Zoom link to access the class.

UCI Health Virtual Lecture—"The Current Pandemic"

Join Dr. Cesario from UCI on Thursday, September 24 at 2 p.m. as he discusses the most recent epidemiology of the COVID-19 virus. He will provide answers to the following questions: Is the virus mutating? Do masks and social distancing really work? Where are we with vaccines? How close are we to controlling this? Call the front desk to RSVP and for the Zoom link to access this lecture.

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.

NEW! Yoga Class with Caitlin:

Tuesdays at 8:30 a.m., starting on Tuesday, September 8

NEW! Zumba Gold Class with Terri:

Wednesdays at 10:30 a.m., starting on Wednesday, September 9

NEW! Zumba Gold Class with Letty:

Thursdays at 9:30 a.m., starting on Thursday, September 10

Longevity Stick Balance Class:

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

Tai Chi for Every Body:

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

Better Balance:

Wednesdays at 10 a.m.

Health & Wellness:

Various days and times

Learn how to use your Smartphone online!

In these challenging times, California Phones is continuing to keep people connected, by offering FREE Smartphone Training Webinars. We are offering Android and iPhone Webinar Trainings. Space is limited. Contact California Phones at 1-866-271-1540 or smartphonetraining@ddtp.org to register.

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.

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.

Home Delivered Meals

Five days of meal support, including breakfast, lunch and dinner, delivered to the home of qualifying homebound older adults

Come by and learn...

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

Location: 500 S. Sievers Ave., Brea, CA 92821 | **Telephone:** 714-990-7750

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

More details and information available online

60+ years of age. Call 714-990-7785 or 714-990-7781 to inquire about availability and the eligibility screening process.

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.

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.

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.

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.

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.

