

# What's Doin' at the Brea Senior Center

## Happy Halloween!



### October 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.**

### Senior Flu Clinic

Administered by the Southern California Albertsons Pharmacy, the Brea Senior Center will be hosting a **\*FREE FLU CLINIC** on Friday, October 9. To adhere to social distancing guidelines, *appointments are required*. Call 714-990-7750 for an appointment or email to [healthfair@cityofbrea.net](mailto:healthfair@cityofbrea.net). Please bring a copy of your insurance card and completed consent form to your appointment. *\*No co-payment unless required by your insurance plan.*

### Voting Center Schedule

The Brea Senior Center will be a Voting Center for this year's General Election. Days and hours are as follows:

**Friday, Oct 30-Monday, Nov 2 from 8 a.m. to 8 p.m., except Election Day (November 3) from 7 a.m. to 8 p.m.**

### Virtual BINGO!

Join us on Thursday, October 22 at 11 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 you via email. Prizes can be picked up at the Senior Center after October 26.

### It's Your Money/Estate Financial Workshop Series on 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 Tue from 1:30-3 p.m. starting Sept 22. "It's Your Estate" will run for 8 weeks on Wed from 1:30-3 p.m. starting on Sept 23. Call the front desk for the Zoom link to access the class.

### UCI Health Virtual Lectures

Join UCI physicians as they give lectures on timely topics in their specialties. Call 714-990-7750 to RSVP and for the Zoom link to access these lectures.

October 29 at 1 p.m.—"Healthy Sleep Habits"  
November 19 at 1 p.m.—"Brain Health and Memory"  
December 17 at 9 a.m.—"Living Pain Free in Your Golden Years"

### Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and instructors from the comfort of your 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.

**NEW! Zumba Gold Class with Terri:** Wednesdays at 10:30 a.m.

**NEW! Zumba Gold Class with Letty:** Thursdays at 9:30 a.m.

**Longevity Stick Balance Class with Kathe:** Mondays, Wednesdays, and Fridays at 9 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

## How to Use Zoom Class

**C**onfused how to use Zoom? Learn how to use this popular app on your cell phone, tablet, or desktop computer with help from Alpa Maniar on October 13 at 10:30 a.m. Stay in touch with your Senior Center friends and join different social gatherings/classes all with one app! Call for more information.

## Learn how to use your Smartphone online!

**I**n these challenging times, California Phones is continuing to keep people connected, by offering FREE Android and iPhone Webinar Trainings. Space is limited. Contact California Phones at 1-866-271-1540 or [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org) to register.

## Thanksgiving To-Go Meal

**O**ur Thanksgiving celebration is going to look a little different this year! Despite the closure, you can still enjoy a take-home Thanksgiving feast complete with turkey, gravy, potatoes, green beans, and pumpkin pie prepared by Chef Francesco! Reserve yours by calling the front desk today.

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

## Meals on Wheels Orange County Lunch Café Program

**T**he congregate lunch program has been converted to frozen meals

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

**More details and information available online**

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

**I**n partnership with Second Harvest Food Bank of Orange County, one box of dry, shelf-stable goods per week 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

**F**ive 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.

## Case Management Services

**F**or 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

**A**ppointments 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

**H**ICAP provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Call 714-990-7750 to set up an appointment.

## Senior Shuttle

**T**ransportation for Brea seniors to receive lunches and groceries delivered to their residence from the Center will continue on a reservation basis by calling 714-990-7754. *An application is required.*

## Senior Van Service

**E**nroll 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

**D**iscounted 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.