

What's Doin' at the Brea Senior Center

Happy Thanksgiving!



November 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 in-person classes and activities out of concern for public health and safety, until further notice.

****City offices, including the Senior Center, will be closed on Thursday, November 26 and Friday, November 27 in observance of the Thanksgiving holidays.****

Thanksgiving Take-Home Meal

Our 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, stuffing, yams, green bean casserole, salad, cranberry sauce, roll, and pumpkin pie prepared by Chef Francesco! Reserve yours today by calling the front desk. Meal will cost \$5 for those over 60, and \$6 for those under 60 and can be picked up at the Senior Center on Nov 24 or 25.

Putting Your Best Foot Forward in 2020

Dr. Audris Tien, D.P.M. will discuss common issues that arise with our feet and ankles as we age on Thursday, November 12 at 3 p.m. over Zoom. She will provide useful tips for taking care of your feet and how to prevent foot problems so that you can put your best foot forward in the year 2020 and beyond. Dr. Tien is the leading foot and ankle specialist in Orange County and has offices in Orange, Irvine, Huntington Beach,

and Newport Beach. Call the front desk for the Zoom link to access this presentation.

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.

November 19 at 1 p.m.—“Brain Health and Memory”

December 17 at 9 a.m.—“Living Pain Free in Your Golden Years”

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.

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.

Yoga Class with Caitlin: Tuesdays at 8:30 a.m.

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

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

Confused how to use Zoom? Learn how to operate this popular app on your cell phone, tablet, or desktop computer with help from Alpa Maniar on November 12 at 11 am. Stay in touch with your Senior Center friends and join virtual classes all with one app! Call the front desk for the Zoom link to join the class.

Learn how to use your Smartphone online!

In 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 to register.

Christmas To-Go Dinner

Celebrate the Christmas holiday with us by reserving a Chef Francesco Christmas to-go dinner. Meal will include honey-glazed ham, mashed potatoes, green beans, fruit salad, roll, and pie. Call the front desk to reserve your festive meal before the holiday rush!

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

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

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 dry, shelf-stable goods per week is available per senior household, while supplies last. Boxes can be picked up at the Senior Center Mon-Fri 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.

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

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

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 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

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.