

What's Doin' at the Brea Senior Center

Merry
Christmas!



December 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.

Happy Holidays!

The Brea Senior Center will be closed Thursday, December 24 through Friday, January 1, in observance of the Christmas and New Year's holidays. We will reopen on Monday, January 4.

Christmas Take-Home Meal

Celebrate the Christmas holiday with us by reserving a Chef Francesco Christmas take-home meal. Meal will include ham, mashed potatoes, green bean casserole, fruit salad, roll, and pie. Meal can be picked up at the Senior Center on Dec 22 or 23. Call the front desk to reserve your festive meal before the holiday rush! Limit one per person.

Virtual BINGO!

Join us on Thursday, Dec 10 at 11 a.m. for a Virtual Bingo game over Zoom! Prizes and event 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.

Virtual Health Lectures

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

December 8 at 11 a.m.—“Stroke Prevention: How to Identify the Signs of Stroke and Treat Them” presented by Kaiser Permanente Senior Advantage Medicare Plan

December 17 at 9 a.m.—“Living Pain Free in Your Golden Years” presented by Dr. Aaron J. Przybysz, MD, PhD of UCI Health

Gift Shop Christmas Boutique December 14-18

One week only! Visit the Senior Center lobby during our limited hours, 10:30 a.m.-12:30 p.m., and browse the gift shop's holiday merchandise. Look for a gift for others or for yourself!

See's Candy Sale

Our annual See's Candy Sale is here! The retail price is \$23.50, but you can purchase them at our front desk for only \$21.50. The best part? All proceeds go

toward supporting the Brea Senior Center's programs and activities. The one-pound candy boxes come gift wrapped and in either Assorted or Nuts & Chews varieties.

Angel Wish Tree/ Adopt-A-Senior December 4-13

Looking to give back this holiday season? Support a fellow senior in need by purchasing select gifts from a Wish Tree located in the Brea Mall. Call 714-990-7781 for more sponsorship opportunities.

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

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.

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,

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

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.

Medicare & Health Insurance Counseling

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.

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.

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.

