

What's Doin' at the Brea Senior Center

Happy
New Year!



January 2021

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.

New Year's Day To-Go Meal

Celebrate the start of 2021 with us by reserving a holiday to-go meal prepared by Chef Francesco! Meal will include pork ribs, baked beans, corn, potato salad, roll with butter, fruit salad, and cookies. Meal can be picked up at the Senior Center on Friday, January 15. \$5 for people over 60 and \$6 for people under 60. Reserve yours today by calling the front desk!

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.

Gift Shop Sale: Jackets & Coats

Visit the Senior Center lobby during the month of January and browse our gift shop's selection of gently-used winter coats, jackets, and blazers. Each month will feature

a new selection of products from our gift shop, so get your favorites while they last!

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 10:30 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

Virtual Health Lecture

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. February 25 at 11 a.m.—“Stroke Prevention: How to Identify the Signs of Stroke and Treat Them” presented by Kaiser Permanente Senior Advantage Medicare Plan.

Are You Starting 2021 with a New Smartphone?

Let the expert trainers at California Phones help you make the most of your Smartphone. Android and iPhone Webinar trainings are offered FREE from the comfort of your home. Space is limited. Call 1-866-871-1540 or email smartphonetraining@ddtp.org now 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 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.

Community Resources

Osher Lifelong Learning Institute (OLLI)

The Osher Lifelong Learning Institute (OLLI) at Cal State Fullerton is offering over 90 enrichment classes through Zoom to retired and semi-retired adults for the Fall 2020 season. Many of these classes are free and open to

the public, and will continue to be offered virtually until in-person classes return. Call 657-278-2446 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.

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

