

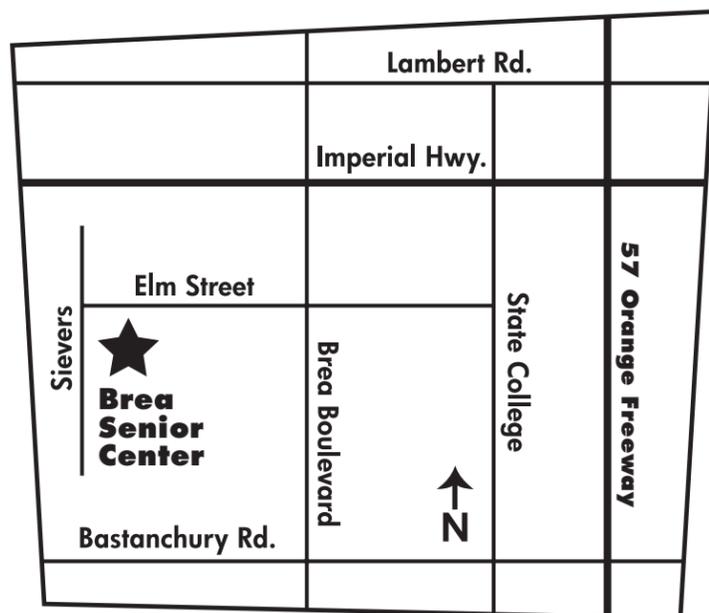
Answers for crossword puzzle

## Come by and learn...

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

- Hours:** Mon-Fri / 9 a.m.-2 p.m.
- Location:** 500 S. Sievers Avenue, Brea, California 92821
- Telephone:** 714-990-7750
- Website:** [www.BreaSeniorCenter.com](http://www.BreaSeniorCenter.com)
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)
- Instagram:** [instagram.com/breaseniorcenter/](https://www.instagram.com/breaseniorcenter/)

More details and information available online



# What's Doin' at the Brea Senior Center

## Happy July 4th!



## July 2021

After 15 long months of closure, the Brea Senior Center is happy to announce our soft reopening. We are using a phased approach to bring back your favorite fitness classes, bingo events, group activities and monthly holiday parties. Frozen meals and groceries will continue to be available for pickup, twice a week, on Tuesdays and Wednesdays. Stop by our front desk or check out our website and social media for updates as they become available. We hope to see you soon!

**Hours | Monday-Friday, 9 a.m.-2 p.m.**

### \*Friendly reminders for in-person programming:

- Check in at front desk
- Wear your mask if unvaccinated
- Respect others' spacing

*\* Please note that these protocols may change with or without prior notice as updates from the State are released.*

## Announcements

**Save the Date!**  
**Brea Flu & COVID-19 Vaccine Clinic**  
 Friday, September 10  
 9 a.m.-12:30 p.m.

Get your flu shot, COVID-19 vaccine, FREE wellness information, and a FREE year's supply of Omega-3 supplements provided by Spoonful Yogurt Café at our annual Brea Flu Clinic. We hope to see you there!



**Independence Day Party**  
 Friday, July 9

Meal will be served at 12 p.m. \$5/\$6 tickets available for purchase at the front desk.

**Summer BBQ Party**  
 Friday, July 30  
 10:30 a.m.-12:30 p.m.

Entertainment, raffle prizes, and lots of fun! \$5/\$6 tickets available for purchase at the front desk.

**Senior Van Service—Now Expanded!**

Now available Monday-Friday, 9 a.m.-12:30 p.m. For \$2 per one-way, go to essential errands or appointments within 5 miles of your home (within Orange County). Eligibility includes 60+ years of age and Brea residency. Application required, as well as submitting your ride request 3 business days in advance. Service days and hours of operation are subject to change. Please call 714-990-7750 for more information.



## Travel Group

**Reservations Required**  
For details and to register,  
call 714-990-7750.

**Britain, Scotland, & Wales**  
Sept 9-22, 2021

Explore London, Plymouth, Cardiff, Cornwall, York, Liverpool, Glasgow, Inverness, Edinburgh, Lock Ness, and Isles Skye. Airfare and Airport Transfers included. \$4,499 per person, based on double occupancy.

**Utah Canyon Royale**  
Sept 19-22, 2021

Three Parks of Valley of Fire State Park, Zion National Park, Cedar Break National Park, and a stop in Las Vegas. Three-night stay at Casablanca Hotel in Mesquite. \$669 per person, based on double occupancy.

**Monterey & Carmel**  
Oct 17-20, 2021

Discover Monterey & Carmel's picturesque sights of Pacific Grove, Cannery Row, Monterey Bay Aquarium, Carmel Mission, Steinbeck Center, and the 17 Mile Drive. \$889 per person, based on double occupancy.



## Health Help

**Blood Pressure Monitoring (Wellness Room)**  
Tuesdays, 9-11 a.m.

## Senior Services

### Case Management Services

Are you a senior living in Brea? Are you a caregiver for a loved one? 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 info.

**Legal Aid (Wellness Room)**  
4th Thursday of each month, 12:30-2 p.m.



Appointments are available over the phone with representatives from Legal Aid Society of Orange County for seniors 60 years and older, who reside in Orange County.

**Senior Center Gift Shop**  
Monday-Friday, 9-11:30 a.m.

The gift shop has a large assortment of quality items available at bargain prices including: jewelry, home decorations, wicker baskets, and assorted handcrafted items. Donated items gratefully accepted during business hours.

## Fitness

**Longevity Stick Balance Class (Pioneer Hall)**  
Mondays, 9-10 a.m. (ZOOM ONLY); Wednesdays, 9-10 a.m.; Fridays, 9-10 a.m.

The "Longevity Stick" regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

**Tai Chi for Every Body (Pioneer Hall)**  
Mondays, 8:30-10 a.m.



This ancient Chinese exercise will help your body's joints and muscles, develop your concentration, memory, and improve your balance and ability to relax.

**Tai Chi 42 (Courtyard)**  
Wednesdays, 8:30-10 a.m.

Discover a new challenging and fluid form of Tai Chi.

**Yoga Class (Pioneer Hall)**  
Tuesdays, 8:30-9:30 a.m.  
Thursdays, 8:30-9:30 a.m.

Join us for a Yoga class for any level of experience. Bring your own mat.

**Zumba® Gold (ZOOM ONLY)**  
Wed & Thur, 10:30-11:30 am

Call for the Zoom link to access this class! Zumba Gold modifies the Zumba formula to suit the needs of the active older participant by bringing exhilarating, easy-to-follow moves in an invigorating, party-like atmosphere.

## Classes

### FREE Tech Tutoring

Whether you're brand new to technology or an expert, we have volunteers ready to answer your questions. Receive one-on-one assistance on our new computers in our computer lab or bring in your own laptop, tablet, or cell phone to receive help. Examples of topics we can assist with include Facebook, Twitter, sending and receiving email, web searching, digital photos, and how to use flash drives. Call to make an appointment today!

## Fun Stuff

J.E. Sims

## FIREWORKS

I Q U R V U C U J E H C B Y S X D B A M Y R P D V V N G P J T T  
C C T L A J H Y F J O E F T B Z W Y Y T H G I L O D W G T I F E  
O G V G K X B Q M T T Y V U F F Y H H Q D H G Y L I U I H X M K  
H Z Y G Z A H A J B S P Q X J C F S Z B H U Y R A U U N J O H C  
M W J U F S D T Z U Y D H K Y B W A Y A F N B U E B Z B S M N O  
B D S I V L W B I G K S O E U Z A L A F N R U C K G U A Q U I R  
N L X M M Y R B R J T E J E D W M F D N F T K W J O N C R M B Y  
F U I U Z F X B S C K G P X F P G C E B N B H A E Z D A D U R H  
U F Q F E N I O A G U D L E K H I T A M I U C E K V F G D L C X  
N Y J D B U Z Z T O F L V H L H J N H T A R Q R M V R L E E V H  
I O Q D K T L F Z N U V A P I K G T O V T Y U I E S A V T P O N  
F J F W R Z E P J L N E X B U S R M Q I R C H A N A E A N O L Z  
U J T G N D W K W N E C D F F S K A J L S E J L G R L X Z T V X  
H P Y A S H Z L R B C R A C K L E P P P C I T I T K E P A R Q G  
Z A W D G D C U U E M Y L T Q J F D G S V O V T Y D N O O E B H  
V Q E N Y S D J X G F P W M X Y R V D B P F K D I P C N Z O R G  
B K F O K K Y P V X J A B T W R F S X S H O W S G L X O C V H B  
G V U G S T L T K C A Y G A U E H Y U E X V T E X L G J L A M L  
N T S D U O A B Y S D Y X O S G F T Z J F U L X U G C T C O T S  
X T E F D I G N I T E P R T O J B E V T O F F W X V I R K N R K  
W I Z E N E W Z S I E H I W R L D F I A V V E H T X D M O Y P X  
P F Y H F M Q S A R N V P R A E B A J I V O S C X R H P S W K J  
K Y X I V P B T M C E X W S T S O S O F H X K Y T Z R N F Z D H  
F S R P P F D H Q Z R S T I F I O J Y W U Y J W U J B K B Y Q S  
O J B D X K H H B I G N O C P O M P Z X M X H E O S K U E Z A J  
A F E W G M G X J T Y C H T P N M W L O J E W L I M G H R T Z V

AERIAL  
ANTHEM  
BANGS  
BLAST  
BOOM  
COLOR  
CRACKLE  
CROWDS

DANGER  
EFFECT  
ENERGY  
EXPLODE  
FESTIVE  
FIZZLE  
FLASH  
FUN

FUSE  
GLITTER  
HOOPLA  
IGNITE  
JOYFUL  
LIGHT  
NOISE  
OUTSIDE

POP  
REVELRY  
ROCKET  
SAFETY  
SHOWS  
SKY  
SPARKLE  
VISION

# July Activities

## Monday

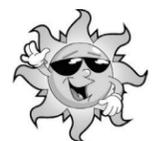
## Tuesday

## Wednesday

## Thursday

## Friday

<b>A</b> - Room A <b>B</b> - Room B <b>C</b> - Room C <b>CFR</b> - Conference Room <b>CR</b> - Computer Room <b>CY</b> - Courtyard <b>DR</b> - Dining Room <b>L</b> - Lobby Area <b>LIB</b> - Library <b>P</b> - Plunge Pool <b>PH</b> - Pioneer Hall <b>PHCR</b> - PH Conference Room <b>WR</b> - Wellness Room	<p>More programs and details to come.</p> <p>All programs and activities subject to change and cancellation without prior notice.</p>
<b>5</b> <b>Observed for 4th of July</b> 	<b>6</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR)
<b>12</b> 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR)	<b>13</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR)
<b>19</b> 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR)	<b>20</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR)
<b>26</b> 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR)	<b>27</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR)

	<b>1</b> 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM)	<b>2</b> 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR)
<b>7</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Bingo (DR) 10:30 Zumba Gold (ZOOM)	<b>8</b> 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM)	<b>9</b> 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 12:00 Independence Day Party (DR) 
<b>14</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:30 Zumba Gold (ZOOM)	<b>15</b> 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM)	<b>16</b> 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 12:45 Sing-a-Long Group (C)
<b>21</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Bingo (DR) 10:30 Zumba Gold (ZOOM)	<b>22</b> 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM) 12:30 Legal Aid (WR)	<b>23</b> 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 12:45 Sing-a-Long Group (C)
<b>28</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:30 Zumba Gold (ZOOM) 11:00 Book Club (Outdoors)	<b>29</b> 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM)	<b>30</b> 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:30 Summer BBQ Party (DR) 12:45 Sing-a-Long Group (C) 

**FAMOUS QUOTE**

A life without love is like a year without summer.

*Swedish Proverb*

**JULY IS NATIONAL GRILLING MONTH**

2 I Forgot Day  
 6 World Kiss Day  
 13 Bald Is In Day  
 20 Moon Day  
 24 Drive-Thru Day  
 30 Father-In-Law Day

**VOLUNTEERS NEEDED!**

Seeking a regular Thursday Office Coordinator and Substitute Drivers to deliver meals to homebound seniors on an as-needed basis for the Brea Home Delivered Meals program.

**For more information, call 714-990-7750.**

# Special Friday Lunches

Join us every Friday at the Brea Senior Center for a Special Friday Lunch Menu! We cater out to local restaurants or have our very own Chef Francesco whip up a delicious meal. Seniors 60 and older may purchase a Friday Lunch for \$4.00. Anyone under the age of 60 may purchase a meal for \$5.00. Pre-registration and pre-payment are required at least one day in advance. Friday meals can be eaten in-person at the Senior Center or taken to-go for an added charge of \$1.00. Friday Lunches served on party days will cost \$1.00 extra.



\*Vegetarian options are available

**7/2**  
**Chef Francesco**  
Kung Pao Chicken  
White Rice  
Spring Roll with Sweet & Sour Sauce  
Asian Salad  
Fortune Cookie

**7/9**  
**Chef Francesco**  
**Independence Day Party**  
Polish Sausage  
Potato Salad  
BBQ Baked Beans  
Fruit Salad  
Garden Salad  
Popsicle

**7/16**  
**Chef Francesco**  
Chicken Enchilada  
Pinto Beans  
Spanish Rice  
Chips & Salsa  
Garden Salad  
Mexican Pudding

**7/23**  
**Chef Francesco**  
Antipasto Salad with Ham & Salami  
Fried Zucchini with Ranch  
Fresh Fruit  
Cream Puffs

**7/30**  
**Chef Francesco**  
**Summer Party**  
Cheeseburger with Toppings  
French Fries  
Coleslaw  
Corn on the Cob  
Watermelon  
Ice Cream

**Mature Driver Improvement Class**  
**Wednesday, August 18 & Thursday, August 19, 1-5 p.m.**

A two-day improvement class for licensed drivers age 55+. Pre-registration and pre-payment of \$2 required.

**By NOCE Older Adults Program**

## Gatherings

**Book Club (Outdoors)**  
**4th Wednesday of each month**  
**11-11:30 a.m.**

Join the Book Club in reading this month's book selection: *Lady Clementine* by Marie Benedict. Discuss the book and pick up next month's book selection on the 4th Wednesday of every month, outside the Senior Center at the shuttle stop.

**By the Brea Public Library**

**Bingo! (Dining Room)**  
**Mondays, 10-11 a.m.**  
**Wednesdays, 10-11 a.m.**  
**Fridays, 10-11- a.m.**



Join us for a chance to win cash prizes and much, much more!

**Sponsored by Dwight Manley**

**Loose Threads—Quilting Group (Room B)**  
**1st & 3rd Wednesday of each month, 9 a.m.-12 p.m.**

All are welcome to participate!

**Sing-a-Long Group (Room C)**  
**Starting from 7/16, Fridays**  
**12:45-2 p.m.**

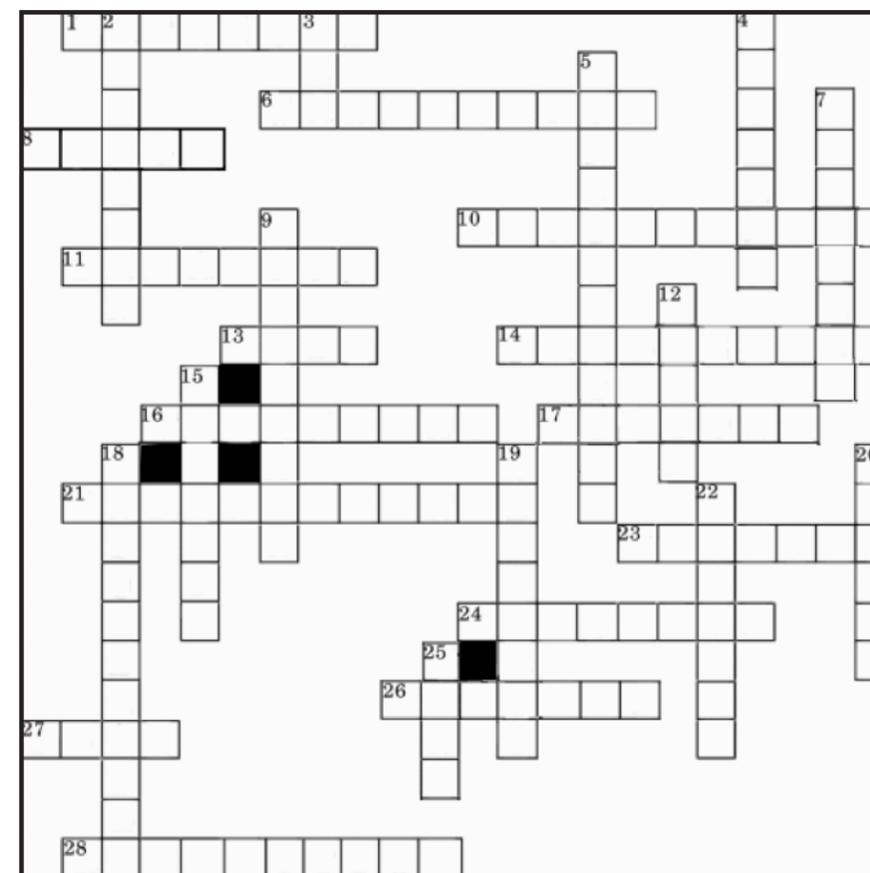
Do you love to sing? Well, this group is just for you! Join us each week as we sing our hearts out! Beginner vocalists are welcome. This is a casual singing group focused on having fun!



## Fun Stuff

### Crossword Puzzle

Answers available on last page



#### ACROSS

- 1 Loyal to their country
- 6 Colonial army leader
- 8 Valley fort
- 10 First American Congress
- 11 Payment to government
- 13 Nation's birthday month
- 14 Made midnight ride
- 16 Bursts in the air
- 17 A big win
- 21 Freedom of choice
- 23 Bands march in
- 24 Original states
- 26 Record of events
- 27 Betsy Ross made one
- 28 British colonial war

#### DOWN

- 2 Citizen of USA
- 3 Colonist threw in harbor
- 4 Part of Great Britain
- 5 "We the People" document
- 7 Washington crossed it
- 9 60 second fighters
- 12 Not lies
- 15 No tyranny
- 18 \_\_\_ ACTS
- 19 British soldiers
- 20 Tea Harbor
- 22 Right of choice
- 25 George's title