

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2021

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!

**Luau Party (Dining Room)
Friday, August 27
10:30 a.m.-12:30 p.m.**

Entertainment, a Hula performance, raffle prizes, and lots of fun! Photo booth provided by WellCare by HealthNet. \$5/\$6 tickets available for purchase at the front desk.

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

A two-day improvement class for licensed drivers age 55+ who wish to qualify for a reduced insurance premium and brush up on traffic laws for a driver's license exam. A Certificate of Completion will be awarded as evidence to obtain up to three years of reduced car insurance rates from participating insurance companies.

**Pre-registration and \$2
Pre-payment Required
By NOCE Older Adults
Program**

**"It's Your Estate"—8 Week
Financial Planning Series
Mondays, Sept 20-Nov 8
1:30-3 p.m.**

Community education on annuities, mutual funds,

medical care planning, investments and related financial topics. No cost, no sales pitches, and no solicitations.

**Registration Required
By Financial & Estate
Literacy**



**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
September 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.
By Friendly Excursions

Presentations

**COVID-19, A Nutritional
Approach (Dining Room)
Wed, August 25, 11-11:45 a.m.**

Presented by a Registered Dietician from Placentia-Linda Hospital, learn how we can enhance our immunity during this recent Coronavirus outbreak.

**Foods for Your Joints
Wednesday, September 15
11-11:45 a.m.**

Presented by a Registered Dietician from Placentia-Linda Hospital. Learn about key ingredients for joint health and pain reduction and which foods to incorporate to reduce joint inflammation.



Health Help

**Blood Pressure Monitoring
(Wellness Room)
Tuesdays, 10 a.m.-12 p.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.

**Health Insurance
Counseling and Advocacy
Program (HICAP)—Free,
Unbiased Medicare
Counseling (Wellness Room)
2nd and 4th Wed of each month
Phone appointments available
between 9:30 a.m.-12:30 p.m.**

This service benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance.



**Appointment Required
By Health Insurance
Counseling and Advocacy
Program**

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

Appointments are available with representatives from Legal Aid Society of Orange County for seniors 60+, who reside in Orange County.

**Lunch Café Program
Every Tue & Wed, 9 a.m.-2 p.m.**

Our congregate hot-lunch program has been converted to a pack of frozen meals to be picked up from the Senior Center and taken home. An application is required.

**By Meals on Wheels
Orange County**

**Senior Grocery Program
Every Tue & Wed, 9 a.m.-2 p.m.**

Once a week, individuals are able to pick up a selection of fresh produce, dairy products, and shelf-stable dry goods. An application is required.

**By Second Harvest
Food Bank**



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

Large assortment of quality items available at bargain prices. Donated items gratefully accepted during business hours.

Fitness

**Better Balance with Dan
(Pioneer Hall)
Mondays, 10-11:50 a.m.
starting August 16**

Better Balance is specifically designed to improve movement and balance control and help prevent falls, sustain independence, reduce joint and muscle pain, increase strength, flexibility and stamina. Participants of any level are welcome.
By Older Adults Program

**Health & Wellness with Eunice
(Pioneer Hall)
Tuesdays, 10-11:50 a.m.
starting August 17
Thursdays, 9:30-11:30 a.m.
starting August 19**

Using a variety of standing and sitting exercises with some modified aerobics. Each class has a variety of exercises with music.

By Older Adults Program

**Zumba® Gold (Pioneer Hall)
Mondays, 12:30-1:30 p.m.
Wednesdays, 10:30-11:30 a.m.**

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.

**Line Dancing Class (Pioneer Hall)
Wednesdays (date TBA), 12-3 p.m.
Introduction: 12-1 p.m.
Beginning: 1-2 p.m.
Intermediate: 2-3 p.m.**



Join us to learn the basics of line dancing.

**Longevity Stick Balance
Class (Pioneer Hall)
Every Monday (ZOOM only),
Wednesday & Friday, 9-10 a.m.**

Incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality.

**Table Tennis (Pioneer Hall)
Every Tue & Thur, 12:30-3:30 p.m.
Resident Quarterly Fee: \$20
Non-Resident Quarterly Fee: \$30**

The club is dedicated to health through exercise and improved flexibility in a welcoming and friendly environment. Players of all levels are welcome.



**Yoga Class (Pioneer Hall)
Every Tue & Thur, 8:30-9:30 a.m.**
Join us for a Yoga class for any level of experience. Bring your own mat.

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

**Tai Chi for Every Body
(Pioneer Hall)
Mondays, 8:30-10 a.m.
Fridays (ZOOM only), 10:15 a.m.-
12 p.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.

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!



Gatherings

**Bingo! (Dining Room)
Every Mon, Wed & Fri, 10-11 a.m.**

Join us for a chance to win cash prizes with special gift cards.
**Sponsored by WellCare
by HealthNet**

**Book Club (Outdoors)
4th Wednesday of each month**

Join the Book Club in reading August's book selection: *The Only Woman in the Room* by Marie Benedict. Discuss the book and pick up next month's book selection on the 4th Wednesday of every month

from 11-11:30 a.m., outside the Senior Center at the shuttle stop.
By the Brea Public Library

**Bunco Group (Room B)
Every Tuesday & Friday
12:45-2:30 p.m.**

Join us for a fun filled game of Bunco where everyone has a chance to win some great free prizes!

**Hooks and Needles—
Knitting Group (Room C)
4th Tue of each month, 1-3 p.m.**

Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches from the Heart" to newborn babies in over 1,200 hospitals nationwide.

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



**Sing-a-Long Group (Room C)
Fridays, 12:45-2 p.m.**

Join us each week as we sing our hearts out! Beginner vocalists are welcome. This is a casual singing group focused on having fun!

**Timely Topics (Room B)
Tuesdays, 10-11 a.m.**

Join this lively discussion group on current events as well as memories of the past.

**Veterans Club (Room B)
Mondays, 11-11:45 a.m.
starting August 16**

Come and join in on the conversation with your fellow Vets. Spouses are also welcome to share their memories.

August Activities

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR) 12:30 Zumba Gold (PH)</p>	<p>3 8:30 Yoga Class (PH) 10:00 Blood Pressure (WR) 10:00 Timely Topics (B) 12:30 Table Tennis (PH) 12:45 Bunco (B)</p>
<p>9 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR) 12:30 Zumba Gold (PH)</p>	<p>10 8:30 Yoga Class (PH) 10:00 Blood Pressure (WR) 10:00 Timely Topics (B) 12:30 Table Tennis (PH) 12:45 Bunco (B)</p>
<p>16 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR) 10:00 Better Balance (PH) 11:00 Veterans Club (B) 12:30 Zumba Gold (PH)</p>	<p>17 8:30 Yoga Class (PH) 10:00 Blood Pressure (WR) 10:00 Timely Topics (B) 10:00 Health & Wellness (PH) 12:30 Table Tennis (PH) 12:45 Bunco (B)</p>
<p>23 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR) 10:00 Better Balance (PH) 11:00 Veterans Club (B) 12:30 Zumba Gold (PH)</p>	<p>24 8:30 Yoga Class (PH) 10:00 Blood Pressure (WR) 10:00 Timely Topics (B) 10:00 Health & Wellness (PH) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Knitting Group (C)</p>
<p>30 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Bingo (DR) 10:00 Better Balance (PH) 11:00 Veterans Club (B) 12:30 Zumba Gold (PH)</p>	<p>31 8:30 Yoga Class (PH) 10:00 Blood Pressure (WR) 10:00 Timely Topics (B) 10:00 Health & Wellness (PH) 12:30 Table Tennis (PH) 12:45 Bunco (B)</p>

<p>4 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 (PH)</p>	<p>5 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM) 12:30 Table Tennis (PH)</p>	<p>6 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:15 Tai Chi for Every Body (ZOOM) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)</p>
<p>11 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (WR) 10:00 Bingo (DR) 10:30 Zumba Gold (PH)</p>	<p>12 8:30 Yoga Class (PH) 10:30 Zumba Gold (ZOOM) 12:30 Table Tennis (PH)</p>	<p>13 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:15 Tai Chi for Every Body (ZOOM) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)</p>
<p>18 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 (PH) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 1:00 Mature Driver Improvement (DR) 2:00 Intermediate Line Dancing (PH)</p>	<p>19 8:30 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:30 Zumba Gold (ZOOM) 12:30 Table Tennis (PH) 1:00 Mature Driver Improvement (DR)</p>	<p>20 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:15 Tai Chi for Every Body (ZOOM) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)</p>
<p>25 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (WR) 10:00 Bingo (DR) 10:30 Zumba Gold (PH) 11:00 Book Club (Outdoors) 11:00 COVID-19, A Nutritional Approach (DR) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)</p>	<p>26 8:30 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:30 Zumba Gold (ZOOM) 12:30 Legal Aid (WR) 12:30 Table Tennis (PH)</p>	<p>27 9:00 Longevity Stick Balance (PH) 10:00 Bingo (DR) 10:15 Tai Chi for Every Body (ZOOM) 10:30 Luau Party (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)</p>
		<p>A - Room A B - Room B C - Room C CFR - Conference Room CR - Computer Room CY - Courtyard DR - Dining Room L - Lobby Area LIB - Library P - Plunge Pool PH - Pioneer Hall PHCR - PH Conference Room WR - Wellness Room</p>

FAMOUS QUOTE

“There shall be eternal summer in the grateful heart.”

Celia Thaxter

AUGUST IS NATIONAL FAMILY FUN MONTH

- 4 Coast Guard Day
- 10 S'mores Day
- 12 Vinyl Record Day
- 13 Filet Mignon Day
- 15 Relaxation Day
- 30 Grief Awareness 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.



More programs and details to come.
All programs and activities subject to change and cancellation without prior notice.

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

8/6

Chef Francesco

Chicken Parmigiana
Cheese Tortellini with Marinara Sauce
Garlic Bread
Italian Salad
Fruit

8/13

Chef Francesco

Cobb Salad with Ham, Bacon,
Cucumbers, Egg, Tomatoes & Cheese
Side of Ranch Dressing
Pita Bread
Fruit
Ice Cream

8/20

Chef Francesco

Turkey Croissant Sandwich
Sun Chips
Caesar Salad
Seasonal Fruit
Jell-O

8/27

Luau Party

Hawaiian Pineapple Chicken
White Rice
Tropical Fruit
Macaroni Salad
Green Salad
Tropical Popsicle
Hawaiian Punch

Fun Stuff

SUMMER OLYMPICS

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

BALANCE
 COACH
 ENERGY
 HAMMER
 JUDGE
 MEDAL
 QUEST
 SQUAD

BEST
 CYCLING
 EVENT
 HEALTH
 JUDO
 NURSE
 RUNNING
 STAMINA

BOXING
 DIET
 FLEX
 HURDLE
 JUMP
 PERFORM
 SCORES
 VAULT

BRONZE
 DRIVE
 GOLD
 INJURY
 MASSEUR
 POINTS
 SILVER
 VENUE

SUMMER

SMCFDI SZSTWCPYKFNAI PGABZFT XANRDLH
 EUVLXWNSDJ YBEQUYBWOZNLJYAVYFXNFEV
 ZLQCXFMSDQL LFWCKEMGURDTF MKLRTNAMI
 SFPQWKJ ICDANRF EYMUTENTXWYETEATOKE
 FVBPFEDCWL PGGZXZVBJTPEJNWFLBVWVGR
 ZTHBXLWI ISDESGUZBFUXUVE ECCDMFJJZ
 HAXRLYUDXLXDYDTZAXMFNJACYZBLRUNPV
 ERHYQYPFZCWAMXRPRBZEBORCVVRDSL MMP
 SXKZLWKS LCCHCBAYBAFFY TICCEFI BSNZ
 URWTIEVHLSKSLMVDQNI IMBHS NMGUPJDXL
 NXDILNESVCOSKCEUUCFLDECENOLFCHNTI
 BPDTRHYOQXUYGULEEQVKDYXXNLJXXCEEI
 UUHFOVLCPI PLSFTHUJLJDAOBVENYHAIFC
 RJJXVRUEMI DULMDVLUAJUPUUVDEZEERBD
 NQHKYIJACI XLLOOPXI IETHLZI HDIGBFAQ
 QRQCWYNNUSOZNSLXUGONKSEKBXZJHZRFY
 CLLIRGI WGXDDSDXGYBJRLAFIJMMCKWSRS
 ZWTHPCLAUGUSTI AXZSTPIPHGI QOZSYMAC
 CUCYZZUJXMI VAGGDGTZEYGVJ DUCJNHZKV
 CWQRQMLJXNTAHJDNONGPAMTE LNSLDL VRS
 FCNCRMGYZQMJNIUMASMRSTDNQAI ZBOBH
 JIABI DCZKUWHUHTCDJ EQSWTZAYVTRXBFD
 EOIYMKQOCAXLSIJFYSKVTDQWNXNHNNHVA
 AAFJTAQRTOEINI ONZYILA OOUTS IDEUHAI
 VCQPVHEENQFGDHQMHS HQQQJAWCUI HWSAT
 GJQOIFRMEWSIDRHHZZSJQFRRTWSANDALS

ANTS	IMAN
BARBQUE	PICNIC
BEACH	SANDALS
BICYCLE	SUNBURN
BREEZE	SUNTAN
FISHING	SWIM
SHADE	FRIENDS
HAT	OUTSIDE
HIKES	OCEAN
HEAT	TRAVEL
GAMES	WATER
OUTINGS	SUNNY
GRILL	JULY
SUNHAT	JUNE
POOL	AUGUST

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
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)
- Instagram:** [instagram.com/breaseniorcenter/](https://www.instagram.com/breaseniorcenter/)

More details and information available online

