

What's Doin' at the Brea Senior Center

Happy Labor Day!



September 2021

Hours | Monday-Friday, 8 a.m.-3 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 health screenings, 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!

**Western Party
Friday, September 24
10:30 a.m.-12:30 p.m.**

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

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



The "It's Your Estate!" sessions cover all the legal documents you will need to set up an estate plan using a variety of local Orange County estate planning attorneys as instructors. No cost, no sales pitches, and no solicitations. Register by calling the front desk.

**By Financial & Estate
Literacy**

**New! Brookdale B-Fit
Exercise Class
Last Monday of each month
2:30-3:30 p.m., starting Sept 27**

Encompassing current research and guidelines for physical health, B-Fit is an exercise program that strives to help you feel stronger in no time.

By Brookdale Brea

**New! Walking Group
Wednesdays, 8-9 a.m.**

Join us for a one mile walk through Arovista Park, with options to walk longer if desired. Meet in front of the Senior Center at 8 a.m.

**New! Afternoons
at the Movies**
Wed, Sept 8 & 22, 11:30 a.m.



Join us for a movie with popcorn provided! Movie titles to be announced.

Travel Group

**Yosemite
October 3-5**

Enjoy Yosemite National Park for a full day of exploring. Take in Yosemite Valley Floor, El Capitan, and Yosemite Falls. \$699 per person, based on double occupancy.

By Friendly Excursions

Albuquerque Balloon & Santa Fe

October 8-13



Enjoy the 2021 Balloon Fiesta with the colorful mass ascension and twilight twinkle glow. Santa Fe highlights include the Georgia O'Keefe Museum, Anglo Chimayo, and Pueblo de Taos. \$2,999 per person, based on double occupancy. **By Friendly Excursions**

Monterey & Carmel

October 17-20
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. **By Friendly Excursions**

Hearst Castle at Christmas

December 14-16
Feel the spirit of Christmas as you tour the festive Hearst Castle in the evening. Visit the German Cambria Christmas Market, Santa Barbara, Cambria, and Solvang. \$669 per person, based on double occupancy. **By Friendly Excursions**

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

Presentations

Foods for Your Joints
Wednesday, September 15
11:30 a.m.-12:15 p.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.

Pet Therapy

Fridays, 10 a.m.-12 p.m.

Come meet Greeley, our new Pet Therapy dog!



Senior Services

Senior Van Service—Now Expanded!

Mon-Fri, 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.

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.

HICAP—Free, Unbiased Medicare Counseling

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.

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
Mondays, 10-11:50 a.m.
starting August 16

Designed to improve movement and balance control and help prevent falls, sustain independence, reduce joint and muscle pain, increase strength, flexibility and stamina.

By Older Adults Program

Health & Wellness with Eunice
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.

Using a variety of standing and sitting exercises with some modified aerobics.

By Older Adults Program

Line Dancing Class
Wednesdays, 12:30-3 p.m.
Introduction: 12:30-1 p.m.
Beginning: 1-2 p.m.
Intermediate: 2-3 p.m.



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
Every Tue & Thur, 12:30-3:30 p.m.
Resident Quarterly Fee: \$20
Non-Resident Quarterly Fee: \$30

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

This 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.

Yoga Class (Pioneer Hall)
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8:15-9:15 a.m.
(donation-based)



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

Zumba® Gold
Mondays, 12:30-1:30 p.m.
Wednesdays, 10:30-11:30 a.m.

Modified 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

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.

Snappy Tappers
1st and 3rd Tue of each month,
9:30-11 a.m.

Join this tap dancing group to learn the basics from this performance group!

Gatherings

Bingo! (Dining Room)
Mondays, Wednesdays, and
Fridays, 10:30-11:30 a.m.
Thursdays, 12:45-1:45 p.m.

Book Club (Outdoors)
4th Wednesday of each month

Join the Book Club in reading September's book selection: *The Talented Miss Farewell* by Emily Gray Tedrowe. 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
Every Tuesday & Friday
12:45-2:30 p.m.



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.

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

Veterans Club (Room B)
Mondays, 11-11:45 a.m.

September Activities

FAMOUS QUOTE

“Life starts all over again when it gets crisp in the fall.”

F. Scott Fitzgerald

SEPTEMBER IS NATIONAL CABLE TV MONTH

- 7 Acorn Squash Day
- 9 Weiner Schnitzel Day
- 13 Peanut Day
- 16 Guacamole Day
- 23 Checkers Day
- 25 Comic Book Day

VOLUNTEERS NEEDED!

Seeking 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.

Monday

- 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

6

Closed for Labor Day Holiday



- 13**
- 8:30 Tai Chi for Every Body (PH)
 - 9:00 Longevity Stick Balance (ZOOM)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:30 Zumba Gold (PH)

- 20**
- 8:30 Tai Chi for Every Body (PH)
 - 9:00 Longevity Stick Balance (ZOOM)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:30 Zumba Gold (PH)
 - 1:30 It's Your Estate (DR)

- 27**
- 8:30 Tai Chi for Every Body (PH)
 - 9:00 Longevity Stick Balance (ZOOM)
 - 10:00 Better Balance (PH)
 - 10:30 Bingo (DR)
 - 11:00 Veterans Club (B)
 - 12:30 Zumba Gold (PH)
 - 1:30 It's Your Estate (DR)
 - 2:30 Brookdale B-Fit (PH)

Tuesday

More programs and details to come.

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

- 7**
- 8:30 Yoga Class (PH)
 - 9:30 Snappy Tappers (CY)
 - 10:00 Health & Wellness (PH)
 - 10:00 Blood Pressure (WR)
 - 10:00 Timely Topics (B)
 - 12:30 Table Tennis (PH)
 - 12:45 Bunco (B)

- 14**
- 8:30 Yoga Class (PH)
 - 10:00 Health & Wellness (PH)
 - 10:00 Blood Pressure (WR)
 - 10:00 Timely Topics (B)
 - 12:30 Table Tennis (PH)
 - 12:45 Bunco (B)

- 21**
- 8:30 Yoga Class (PH)
 - 9:30 Snappy Tappers (CY)
 - 10:00 Health & Wellness (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)

- 28**
- 8:30 Yoga Class (PH)
 - 10:00 Health & Wellness (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)

Wednesday

- 1**
- 8:00 Walking Group (L)
 - 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:00 Quilting Group (B)
 - 10:30 Bingo (DR)
 - 10:30 Zumba Gold (PH)
 - 12:30 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

- 8**
- 8:00 Walking Group (L)
 - 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:30 HICAP (phone)
 - 10:30 Bingo (DR)
 - 10:30 Zumba Gold (PH)
 - 11:30 Afternoon Movie (DR)
 - 12:30 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

- 15**
- 8:00 Walking Group (L)
 - 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:00 Quilting Group (B)
 - 10:30 Bingo (DR)
 - 10:30 Zumba Gold (PH)
 - 11:30 Foods for Your Joints (DR)
 - 12:30 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

- 22**
- 8:00 Walking Group (L)
 - 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 9:30 HICAP (phone)
 - 10:30 Bingo (DR)
 - 10:30 Zumba Gold (PH)
 - 11:00 Book Club (Outdoors)
 - 11:30 Afternoon Movie (DR)
 - 12:30 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

- 29**
- 8:00 Walking Group (L)
 - 8:30 Tai Chi 42 (CY)
 - 9:00 Longevity Stick Balance (PH)
 - 10:30 Bingo (DR)
 - 10:30 Zumba Gold (PH)
 - 12:30 Intro to Line Dancing (PH)
 - 1:00 Beginning Line Dancing (PH)
 - 2:00 Intermediate Line Dancing (PH)

Thursday

- 2**
- 8:15 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:30 Table Tennis (PH)
 - 12:45 Bingo (DR)

- 9**
- 8:15 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:30 Table Tennis (PH)
 - 12:45 Bingo (DR)

- 16**
- 8:15 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:30 Table Tennis (PH)
 - 12:45 Bingo (DR)

- 23**
- 8:15 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:30 Legal Aid (WR)
 - 12:30 Table Tennis (PH)
 - 12:45 Bingo (DR)

- 30**
- 8:15 Yoga Class (PH)
 - 9:30 Health & Wellness (PH)
 - 12:30 Table Tennis (PH)
 - 12:45 Bingo (DR)

Friday

- 3**
- 9:00 Longevity Stick Balance (PH)
 - 10:30 Bingo (DR)
 - 10:00 Pet Therapy (L)
 - 10:15 Tai Chi for Every Body (ZOOM)
 - 10:30 Bingo (DR)
 - 12:00 Special Friday Lunch (DR)
 - 12:45 Sing-a-Long Group (C)
 - 12:45 Bunco (B)

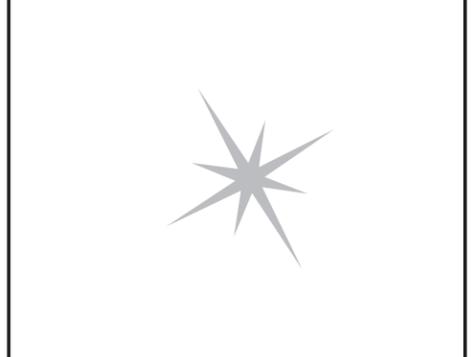
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- 9:00 Health Fair
- 12:00 Special Friday Lunch (DR)



- 17**
- 9:00 Longevity Stick Balance (PH)
 - 10:00 Pet Therapy (L)
 - 10:15 Tai Chi for Every Body (ZOOM)
 - 10:30 Bingo (DR)
 - 12:00 Special Friday Lunch (DR)
 - 12:45 Sing-a-Long Group (C)
 - 12:45 Bunco (B)

- 24**
- 9:00 Longevity Stick Balance (PH)
 - 10:00 Pet Therapy (L)
 - 10:15 Tai Chi for Every Body (ZOOM)
 - 10:30 Western Party (DR)
 - 12:45 Sing-a-Long Group (C)
 - 12:45 Bunco (B)



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

9/3

Pizza Hut

Pepperoni Pizza
Veggie Strips with Ranch
Garden Salad
Fruit Cocktail
Ice Cream

9/10

Health Fair Special Menu

Breakfast Menu:
Breakfast Bowl with eggs, potatoes,
sausage, cheese & salsa
Orange juice on the side

Lunch Menu:
Greek Chicken Wrap with feta
cheese, cucumber, and tomato
Sweet Potato Fries
Three-Bean Salad
Fruit Medley

9/17

Chef Francesco

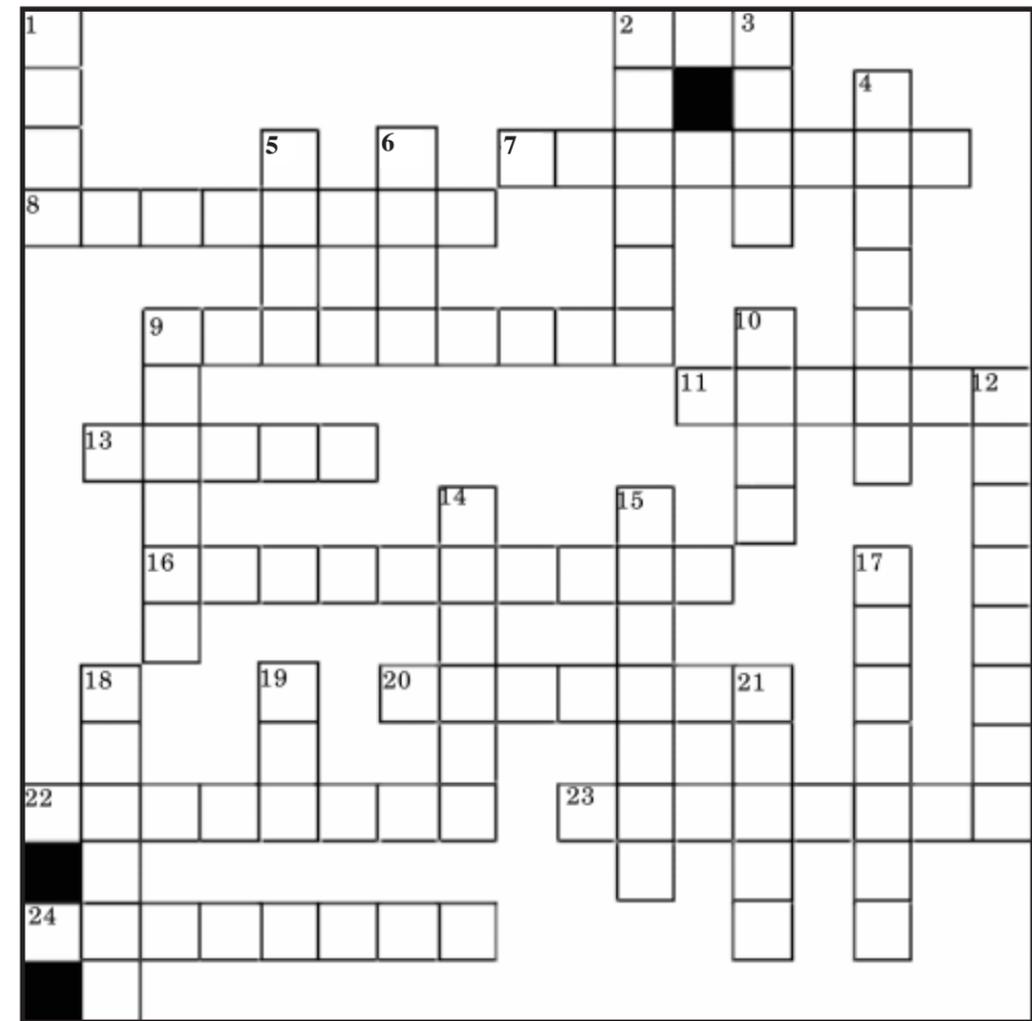
Orange Chicken
Chow Mein
Asian Green Salad
Mandarin Oranges
Fortune Cookies

9/24

Western Party

Pulled Pork Sandwich
Potato Salad
Baked Beans
Coleslaw
Watermelon
Ice Cream

Fun Stuff

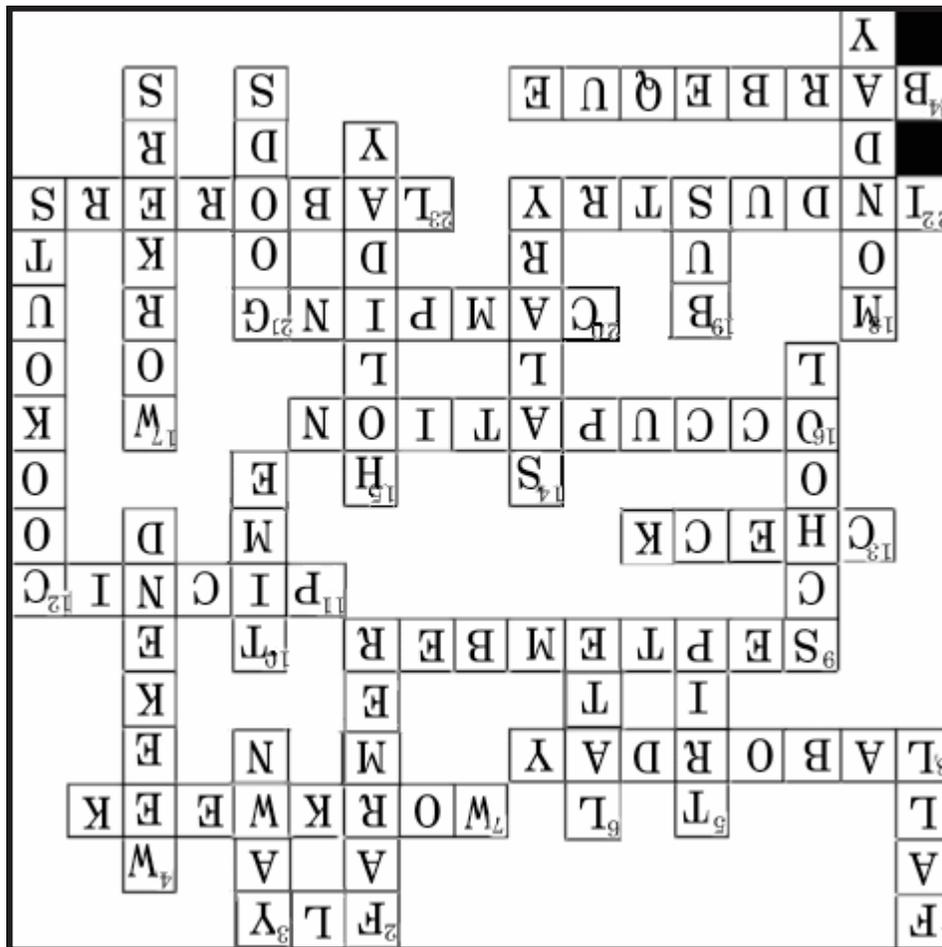


ACROSS

- 2 Take a plane
- 7 Monday through Friday
- 8 Day honoring worker
- 9 Holiday month
- 11 Lunching outside
- 13 Earnings paid by
- 16 Profession
- 20 Tenting
- 22 Production sector
- 23 Workers
- 24 Cookout

DOWN

- 1 Autumn
- 2 Old MacDonald was one
- 3 Sign of sleepiness
- 4 Saturday and Sunday
- 5 Excursion
- 6 Not on time
- 9 Kids return to after Labor Day
- 10 Card punched at work
- 12 Outside grilling
- 14 Annual pay
- 15 Day of celebration
- 17 Laborers
- 18 Day of week for holiday
- 19 Travel on to school
- 21 Products



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 / 8 a.m.-3 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

