

# What's Doin' at the Brea Senior Center

## Happy Thanksgiving!



### November 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

**Veterans Day Party**  
**Thursday, November 11**  
**10:30 a.m.-12:30 p.m.**

The Brea Senior Center proudly recognizes all the men and women who have served our country. We will honor their service by offering veterans a FREE lunch on Veterans Day along with live entertainment.

**By Senior Leadership Council**

**Thanksgiving Party**  
**Friday, November 19**  
**10:30 a.m.-12:30 p.m.**



Get your tickets early for a delicious meal, live entertainment, and valuable raffle prizes!

**"It's Your Estate" — 8 Week Financial Planning Series**  
**Mondays, now thru 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 every month,**  
**November 29, 2:30-3:30 p.m.**

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.

**Angel Wish Tree/  
Adopt-a-Senior**  
**December 10-19**



Looking to give back this holiday season? Support a fellow senior by purchasing select gifts from a Wish Tree located in the Brea Mall. Call 714-990-7785 for more sponsorship opportunities.

**OCPL Mobile Library**  
**Wed, Nov 3 & 17, 2-3 p.m.**

In front of the Senior Center, visit the Mobile Library to get a library card, check out books, use free internet, and more!  
**By Orange County Public Libraries**

## New! Afternoons at the Movies



Join us for a movie at 11:30 a.m. with popcorn provided!  
**Wed, Nov 3: The Blind Side (PG-13)**

In this sports drama based on a true story, an affluent couple takes in a homeless teenager and nurtures his growth into a football powerhouse.

**Wed, Nov 17: Little Women (PG)**

Jo March reflects back and forth on her life, telling the beloved story of the March sisters—four young women, each determined to live life on her own terms as they come of age in America during the aftermath of the Civil War.

## Save the Date!

**Christmas Party on Friday  
December 17**

**New Year's Party on Friday  
January 14**

## Travel Group

**Veterans Day War  
Memorial Ceremony  
Thursday, Nov 11, 9:30-11 a.m.**

Free round-trip transportation and reserved seats for the Brea Civic Center Veterans Memorial Ceremony. Sign up at the front desk, space is limited!

## Presentations

**Council on Aging Southern  
California Presentation  
Thursday, November 18  
11:30 a.m.-12:30 p.m.**

You don't have to go it alone. Whether you have questions

about Medicare, believe a loved one has been the victim of a scam, have questions about caregiving, or in need of any resource connected to the aging journey and how to navigate it for yourself or a loved one, the Council on Aging Southern California is here to help.

**By Council on Aging**

## Health Help

**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.**

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, 12-3 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. Come energize your mind and feet!

**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**

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

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

**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)**

**Zumba® Gold  
Mondays with Terri—12-1 p.m.  
Wednesdays with Letty—  
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.

## Gatherings

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

**Birthday Party  
Friday, Nov 12, 11:30 a.m.  
By The Cause Church**

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

Join the Book Club in reading November's book selection: *Prairie Fires* by Caroline Fraser. Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 am, in the Senior Center courtyard.  
**By the Brea Public Library**

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



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.**

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

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

Come and join in on the conversation with your fellow Vets. Spouses are welcome.

# November Activities

## FAMOUS QUOTE

“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”

*Charmaine J. Forde*

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

- 1 & 2 Day of the Dead
- 3 National Sandwich Day
- 7 Book Lovers Day
- 13 World Kindness Day
- 21 National Adoption Day
- 23 National Espresso 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

**1**  
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)  
12:00 Zumba Gold (PH)  
1:30 It's Your Estate (DR)

**8**  
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)  
12:00 Zumba Gold (PH)  
1:30 It's Your Estate (DR)

**15**  
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)  
12:00 Zumba Gold (PH)

**22**  
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)  
12:00 Zumba Gold (PH)

**29**  
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)  
12:00 Zumba Gold (PH)  
2:30 Brookdale B-Fit (PH)

## Tuesday

**2**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)

**9**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)

**16**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)

**23**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)  
1:00 Knitting Group (C)

**30**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)

## Wednesday

**3**  
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 Afternoon Movie (DR)  
12:00 Intro to Line Dancing (PH)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)  
2:00 OCPL Mobile Library (L)

**10**  
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)  
12:00 Intro to Line Dancing (PH)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)

**17**  
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 Afternoon Movie (DR)  
12:00 Intro to Line Dancing (PH)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)  
2:00 OCPL Mobile Library (L)

**24**  
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)  
12:00 Intro to Line Dancing (PH)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)



## Thursday

**4**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**11**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
9:30 Veterans Day Ceremony (Civic Center)  
10:30 Veterans Day Party (DR)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**18**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
11:30 Council on Aging Presentation (DR)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**25**  
**Closed for Thanksgiving Holiday**  


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

## Friday

**5**  
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)

**12**  
9:00 Longevity Stick Balance (PH)  
10:00 Pet Therapy (L)  
10:15 Tai Chi for Every Body (ZOOM)  
10:30 Bingo (DR)  
11:30 Birthday Party (DR)  
12:00 Special Friday Lunch (DR)  
12:45 Sing-a-Long Group (C)  
12:45 Bunco (B)

**19**  
9:00 Longevity Stick Balance (PH)  
10:00 Pet Therapy (L)  
10:15 Tai Chi for Every Body (ZOOM)  
10:30 Bingo (DR)  
10:30 Thanksgiving Party (DR)  
12:45 Sing-a-Long Group (C)  
12:45 Bunco (B)

**26**  
**Closed for Thanksgiving Holiday**  


**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

# 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

## 10/5 Chef Francesco

Teriyaki Chicken  
Chow Mein  
Spring Roll  
Asian Salad  
Fortune Cookie

## 10/12 Chef Francesco

Vegetable Lasagna  
Chicken Caesar Salad  
Garlic Roll  
Fruit  
Fudge Dipped Cookies

## 10/11 Veterans Day Party

Crispy Chicken Sandwich  
w/ Monterey Jack, Lettuce and  
Tomatoes  
Waffle Fries  
Tomato Soup  
Fruit Parfait

## 10/19 Thanksgiving Party

Honey Glazed Ham  
Yam Casserole  
String Beans & Julian Carrots  
Dinner Roll  
Honey Mustard Salad  
Pumpkin Pie

# Fun Stuff

## AUTUMN

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

ACORN  
CRISP  
HAYRIDE  
RIPE  
APPLE  
FALL  
LEAVES  
SCARF

AUTUMN  
FEAST  
MAIZE  
SCENIC  
BONFIRE  
FIELDS  
MIGRATE  
SEASON

BRIAR  
FOLIAGE  
PUMPKIN  
SQUASH  
BROWN  
FROST  
OCTOBER  
SWEATER

CHANGE  
GOURD  
ORANGE  
VERDURE  
CIDER  
HARVEST  
RAKE  
YELLOW

## BLACK FRIDAY

HNF MVFEJNOI UBI FPXEEEDZAUEFGNSGHKH  
 SBWNNKNGWLWFVTPDTJANCMIGWNFBVSPD  
 KQHYCWZNTZVCJFTXFSYUJEAQBODCLEEDT  
 ZAI CIMXENEOZTCNGWIZBDBSLAXSRARCZC  
 CHXXPXIEOPTIONSZQJZRJNIHLWFNSLIYM  
 GLQNKKIUXROQGDGCQMJQCXZUWKLKDHRSD  
 IYHAFYQNZGPOVKBKMCVEBVXMQTEVHPJD  
 OHDNPZSENPOXPJXABZHRMXQLUBRRPZWCY  
 EUURKKBGVFSHMERLQLBWKOXPOGITAAVVKZ  
 MDUCJHPEJOSLUPEPTBZZWBETAPLRFMDV  
 ESQKIFVRAJZDKYLEKKINFVDLNKJSMIFIK  
 UAASSHCABBQAVQLKCKOPKPZWSBKLVBIE  
 DMYJWIKBLHJSHPQRHBFICBCKYIEBPCOXC  
 HMSDESMFPIJQYWWJARPEAFKNAZEIQEWIF  
 CSXXGKWPBADTCZWFREGZFYADILOHCKSYL  
 TTJYRWLOATPQUVNAGAHHFJWBWLYDVUCVA  
 VPEUKFFUSCWKTQOEEALUGWIZUSEASONFI  
 PMGURGXVKJTAZCNSRQQCRIFOHBF GJDWNN  
 AHNSEGLLHCQLCHGKLF SBJDFAIDNFBJEMG  
 TCIJLUHFQWDKEHRFEIVERFOTLMGMTZNRB  
 ZYYENVQHVGKNI RKYLOAOPI NZSNGCBEAIJ  
 RIUKIVKZLIMLZWLNPICTPZYEYODXEBGHR  
 FHBLAJCRGLNNOVPVGEXGENTWXRWIFDENL  
 FTCOGYIXAYOKOLXRRTIDERCUTT NUNDL PN  
 RQNERRNGIFGKNDDGHZSRTSPSABAI AIGQ  
 TLGHALFMIACQKVP RHCQBKZKHPPCJ EIKDS  
 RYCEBWGANJORVEAGZKAXNTIMEGHDOGJFQ  
 WQGVEQSI EOYBGZL FJFKHHTDDI XHQBKZJOE

BARGAIN    OPTIONS  
 BUYING    PATRON  
 CHARGE    PRICES  
 CREDIT    QUEUE  
 CROWD    RECORD  
 DEAL    RETAIL  
 DEBIT    REVENUE  
 EARLY    SALES  
 EXPENSE    SEASON  
 FREQUENCY    SHOP  
 GIFTS    SPREE  
 GRAB    TIME  
 HOLIDAY    TIRED  
 IMPACT    TRAFFIC  
 MALL    USURP

### 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](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

