

What's Doin' at the Brea Senior Center

Merry
Christmas!



December 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

Happy Holidays!

The Brea Senior Center will be closed Thursday, December 23 through Friday, December 31. We will reopen on Monday, January 3, 2022.

Gift Shop Christmas Boutique

Daily through December, 9-11:30 a.m.



Shop for great deals on holiday merchandise for others or for yourself!

Annual Senior Center Christmas Party at the Brea Community Center

Friday, Dec 17, 10 a.m.-1 p.m.

Get your tickets early for our annual Christmas party

with a traditional turkey dinner, live entertainment, and valuable raffle prizes! Doors open to the Community Center at 9 a.m. Tickets will be available to in-person participants on 12/10 at 9 a.m. in the Senior Center lobby. One per person.

See's Candy Sale

Our annual See's Candy Sale is here! The retail price is \$25.50, but you can purchase them at our front desk for only \$23.50. 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.

New! Brookdale B-Fit Exercise Class

Last Monday of every month, December 20, 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

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



Looking to give back this holiday season? Support a fellow senior in need by purchasing select gifts from an Angel Wish Tree located in the Brea Mall. Call 714-990-7781 for more sponsorship opportunities.

OCPL Mobile Library Wednesday, December 1 & 15, 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

Senior Tax Preparation
Tuesdays, February 1-April 12,
12:30-3 p.m.

Priority registration for Brea residents! AARP Volunteer Tax-Aides help taxpayers with low and moderate incomes file their basic tax returns. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register.

Afternoons at the Movies
Wed, Dec 8: Viewer's Choice!

Join us for a movie at 11:30 a.m. Stop by the front desk to vote on which holiday movie you want to see:

- The Holiday (PG-13)
- Home Alone (PG)
- Miracle on 34th Street (NR)



Save the Date!
New Year's Party—Fri, Jan 14

Travel Group

Washington D.C.
April 28-May 2, 2022

Highlights include: Washington D.C. City Tour, Arlington National Cemetery, Smithsonian Institute Museums, White House Visitor's Center, Library of Congress, Georgetown, and a dinner cruise on the Potomac River. \$2,499 per person based on double occupancy.
By Friendly Excursions

Best of Chicago
June 15-21, 2022

Highlights include: Chicago City Tour, Architectural Boat Tour along Chicago River, Navy Pier Food Tour, Millennium Park, Tommy Gun Dinner Show, Willis Tower Skydeck, Museum of Science and Industry.

\$2,799 per person based on double occupancy.

By Friendly Excursions

Health Help

Blood Pressure Checks
Mondays, 10 a.m.-12 p.m.

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
December 8

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)
December 6, 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
(Class canceled on Dec 22 and 29, resuming on Jan 5)

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 & Thu, 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.

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.



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, 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.

Book Club (Courtyard)
4th Wednesday of each month

Join the Book Club in reading December's book selection: *The White Darkness* by David Grann. 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 Tue & Fri, 12:45-2:30 p.m.

Everyone has a chance to win some great free prizes!

Hooks and Needles—Knitting Group (Room C)
(Meeting canceled in December, resuming in January)
3rd and 4th Tue of each month, 12-2 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)
(Meeting canceled in December, resuming in January)
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.

December Activities

FAMOUS QUOTE

“Always be a little kinder than necessary.”

J.M. Barrie

DECEMBER IS NATIONAL PEAR MONTH

- 1 Giving Tuesday
- 7 Pearl Harbor Remembrance Day
- 13 St. Lucia's Day
- 18 Ugly Christmas Sweater Day
- 21 Winter Solstice

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
 8:30 Tai Chi for Every Body (PH)
 9:00 Longevity Stick Balance (ZOOM)
 10:00 Better Balance (PH)
 10:00 Blood Pressure (C)
 10:30 Bingo (DR)
 11:00 Veterans Club (B)
 12:00 Zumba Gold (PH)
 12:30 Legal Aid (WR)

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

20
 8:30 Tai Chi for Every Body (PH)
 9:00 Longevity Stick Balance (ZOOM)
 10:00 Blood Pressure (C)
 10:30 Bingo (DR)
 11:00 Veterans Club (B)
 12:00 Zumba Gold (PH)
 2:30 Brookdale B-Fit (PH)

27
 Closed for Christmas Holidays
 (Reopen on January 3)

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

14
 8:30 Yoga Class (PH)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)

21
 8:30 Yoga Class (PH)
 10:00 Timely Topics (C)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)

28
 Closed for Christmas Holidays
 (Reopen on January 3)

Wednesday

1
 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)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)
 2:00 OCPL Mobile Library (L)

8
 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)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

15
 8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 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)
 2:00 OCPL Mobile Library (L)

22
 8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 10:30 Bingo (DR)
 10:30 Zumba Gold (PH)
 11:00 Book Club (CY)

29
 Closed for Christmas Holidays
 (Reopen on January 3)

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
 Closed for Christmas Holidays
 (Reopen on January 3)

30
 Closed for Christmas Holidays
 (Reopen on January 3)

Friday

3
 9:00 Longevity Stick Balance (PH)
 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)

10
 9:00 Longevity Stick Balance (PH)
 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)

17
 Closed for Annual Christmas Party Held at Brea Community Center (695 Madison Way) 10 a.m. - 1 p.m.


24
 Closed for Christmas Holidays
 (Reopen on January 3)

31
 Closed for Christmas Holidays
 (Reopen on January 3)

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

12/3 Chef Francesco

Chicken Tamale
Pinto Beans
Corn Medley
Mexican Salad
Rice Pudding

12/10 Chef Francesco

Penne Alfredo with Meatballs
Caesar Salad
Garlic Bread
Fruit
Cannoli

12/17 Christmas Party

Roasted Turkey
Cranberry Sauce
Stuffing
Green Bean Casserole
Mashed Potatoes with Gravy
Roll with Butter
Winter Salad
Apple Pie



Fun Stuff

NIGHT BEFORE CHRISTMAS

WNJKPACYYCQBNEEFCZXEXFPRHMI P SBJ
VFMANTLELVESPGMZJUWHWZPSORNMDZHQ
QQDJEWNI ZPRPAXJPVXIOAHJCOXSHOOL
POLRXMUXPBKGRUDNXPBAUADI PCDTMYHO
JCF S I T J XAVONGWEEIQOMVALPRVNW F QFD
SWXHNVFFKIFOFZLVRFGBBYXMATUUI LI
ECCOGDETZWOETOCARADWOPFNLOODYUGJ
ZJQUYFPRMGXISSMRI TAWQVANXYBEARDY
GZMPNAEWMJLJNDEEI JNWURFESVDTZASR
HIUSPBDMVBXIMHXICICJRBTXZUGWQZNR
ZGTREEDZLAPJSVVOBKESL LINWALLGOE
AHGYJFLZCVZAE DREZMRBUTTVYCFGLBIM
TSOGCXEJXQDISJGGASF GMADMOTEMOCSH
FAJUGBRDQTMZODGXIIQMWOIYFPHHPIZ
DSXJLYHLUZMVUCCTZOSRSYAYPYOYKCVV
IWQPVFUXAJWRSSNOWORLEJGQZUAOFBPS
EQMQUALTGYOXVWHWBAENSNJYSACKRRAE
ZFFDACEMQJBTYCSVFI PCUVQZBIYVBNEM
CCYCSPSJOQNKKUWJGRL OOHLYLLOJTKQO
MHTJIODXVOVYSJGHZAEUMQETUFWASXDR
YEXPTZUOCR RMVKVBUAHCBZSKRQJZVXFN
JLZOSUITYEKEXHOSDQRENNODTYULUOBU
BKYFGGITBT OGXKHERNBGWATKGQXRDFCU
HSEIOVQUPTLBNLJRNCHJIKRMDVEEVHUZ
MZR PQGGVZE OOLISTKH YCQZWP GHHP PPM T
IGGNDBVPI LRNEDWPDEDTKWDYSTMZKXQO

BEARD	DASHER	LIST	SACK
BLITZEN	DONNER	MANTLE	SANTA
BOOTS	DRIVER	MERRY	SASH
BOUND	ELVES	MOORE	SLEIGH
CHIMNEY	GIFTS	MOUSE	SUIT
CLAUS	HELPERS	PEDDLER	TOYS
COMET	JOLLY	PIPE	TREE
CUPID	LETTER	PRANCER	VISIONS
DANCER	LAWN	ROOF	VIXEN

Fun Stuff

Across

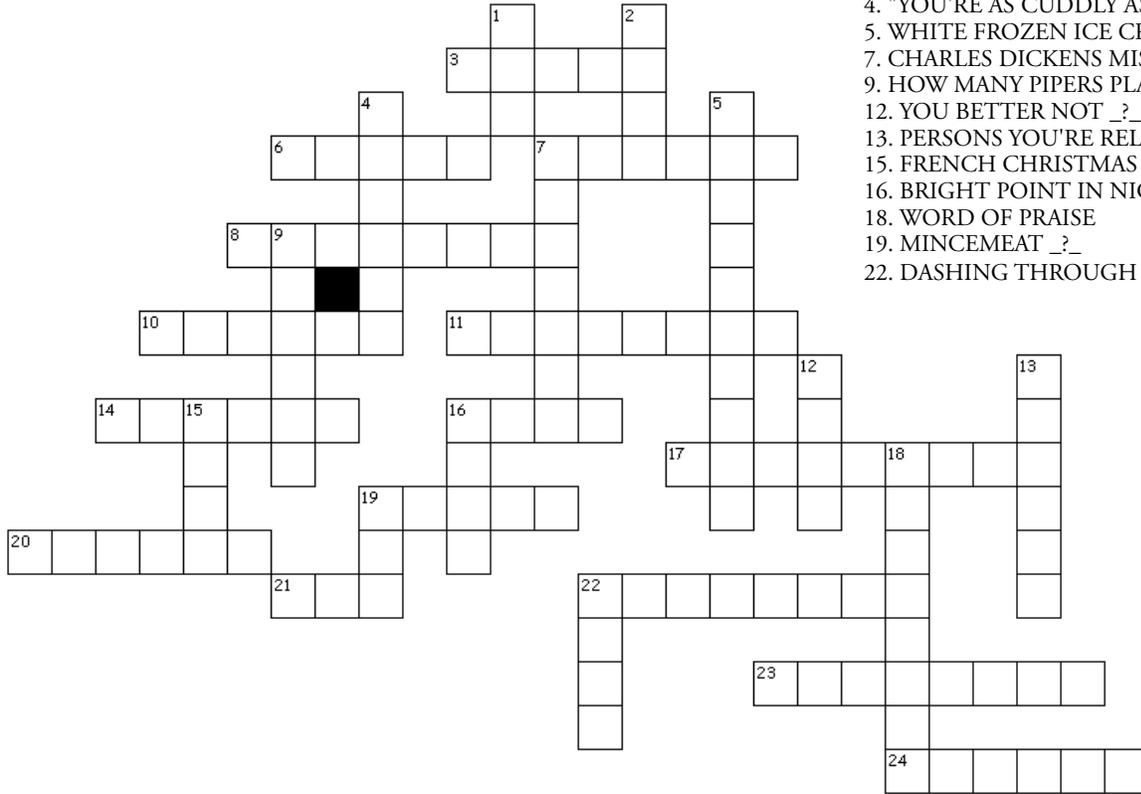
- 3. WARM CHOCOLATE DRINK
- 6. CELEBRATION
- 7. DOWNHILL OR CROSS-COUNTRY SPORT
- 8. DASHER AND PRANCER, TO NAME TWO
- 10. HUSBAND OF MARY
- 11. WINTER PROJECTILE YOU THROW

- 14. FINAL SEASON OF THE YEAR
- 16. SNOW GLIDER
- 17. WHERE HOLY TEMPLE LOCATED
- 19. OPPOSITE OF WAR
- 20. SUNG DURING HOLIDAYS
- 21. FROZEN WATER

- 22. SHORTEST DAY OF YEAR, WINTER _?_
- 23. FESTIVAL OF LIGHTS
- 24. CALENDAR

Down

- 1. TWISTED RIBBON DECORATION
- 2. "GIFT OF THE _?_"
- 4. "YOU'RE AS CUDDLY AS CACTUS"
- 5. WHITE FROZEN ICE CRYSTALS
- 7. CHARLES DICKENS MISER
- 9. HOW MANY PIPERS PLAYED?
- 12. YOU BETTER NOT _?_ I'M TELLING YOU
- 13. PERSONS YOU'RE RELATED TO
- 15. FRENCH CHRISTMAS
- 16. BRIGHT POINT IN NIGHT SKY
- 18. WORD OF PRAISE
- 19. MINCEMEAT _?_
- 22. DASHING THROUGH THE _?_



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

