

What's Doin' at the Brea Senior Center

Happy
New Year!



January 2022

Hours | Monday-Friday, 8 a.m.-3 p.m.

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

- Check in at front desk
- Mask required indoors until January 15
- Respect others' spacing

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

Announcements

Resuming In-Person Hot Lunch Program!
Every Mon, Wed, and Thu
starting Wednesday, Jan 19

Join us for a hot lunch on select weekdays served at 12 p.m. Menu to be announced. Call for more details.



**By Meals on Wheels
Orange County**

Hearing Aid Clean & Check
Mon, Jan 24, 11 a.m.-1 p.m.

Stop by to get your hearing aids cleaned and checked by a local Hearing Instrument Specialist. No appointments needed.

By Hearing Life

**New! Brookdale B-Fit
Exercise Class**

Last Monday of every month,
January 31, 1:30-2:30 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

Timely Topics!

Tuesdays, 10-11 a.m.

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



OCPL Mobile Library
Wed, Jan 5 & 19, 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.

ARP 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, Jan 26, 1 p.m.

Mary Poppins Returns (PG)

A few decades after her original visit, Mary Poppins, the magical nanny, returns to help the Banks siblings and Michael's children through a difficult time in their lives.

Save the Date!
Valentine's Day Party
Friday, February 12

Happy
Valentines
Day

Frozen Meal Pick-Up
Moving to Tuesdays ONLY,
starting Jan 4, 9 a.m.-2 p.m.

Pick up a set of frozen meals from the Senior Center to take home and enjoy. *An application is required.*
By Meals on Wheels Orange County

Senior Grocery Program
Moving to Tuesdays ONLY,
starting Jan 4, 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

Travel Group

Bowers Museum—The Crown Jewels of the Disney Archives
March 2022 (Date and time TBA)

The entirely new exhibition *All That Glitters: The Crown Jewels of the Walt Disney Archives* lets visitors see the jewelry and accessories from *Titanic*, *The Princess Diaries* and some of their favorite Disney and 20th Century Studios films. In addition, Bowers Museum offers 8 other permanent galleries featuring art and artifacts from around the globe. More details to be announced.

Washington D.C.
April 28-May 2

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

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
Tuesdays, 10 a.m.-12 p.m.,
except for January 4



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 (Room B)
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.

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 & 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)

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

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.

Join us for a chance to win cash prizes!

Book Club (Courtyard)
4th Wednesday of each month

Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., 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)
3rd and 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.

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!

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



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

January Activities

FAMOUS QUOTE

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.”

Benjamin Franklin

JANUARY IS NATIONAL SOUP MONTH

- 4 National Trivia Day
- 15 “Use Your Gift Cards” Day
- 19 National Popcorn Day
- 21 National Hugging Day
- 23 National Pie Day
- 25 Opposite 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

3
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)

10
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)

17
**Closed for
Martin Luther King Jr. Day**



24
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)
11:00 Hearing Aid Clean & Check
12:00 Zumba Gold (PH)
12:00 Lunch (DR)

31
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)
12:00 Lunch (DR)
1:30 Brookdale B-Fit (PH)

Tuesday

4
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
12:30 Table Tennis (PH)
12:45 Bunco (B)

11
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:00 Blood Pressure (C)
12:30 Table Tennis (PH)
12:45 Bunco (B)

18
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:00 Blood Pressure (C)
12:30 Table Tennis (PH)
12:45 Bunco (B)
1:00 Knitting Group (C)

25
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:00 Blood Pressure (C)
12:30 Table Tennis (PH)
12:45 Bunco (B)
1:00 Knitting Group (C)

Wednesday

5
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)
12:00 Intro to Line Dancing (PH)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)
2:00 OCPL Mobile Library (L)

12
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)

19
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)
12:00 Intro to Line Dancing (PH)
12:00 Lunch (DR)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)
2:00 OCPL Mobile Library (L)

26
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 (CY)
12:00 Intro to Line Dancing (PH)
12:00 Lunch (DR)
1:00 Beginning Line Dancing (PH)
1:00 Afternoon Movie (DR)
2:00 Intermediate Line Dancing (PH)



Thursday

6
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:30 Table Tennis (PH)
12:45 Bingo (DR)

13
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:30 Table Tennis (PH)
12:45 Bingo (DR)

20
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:45 Bingo (DR)

27
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Legal Aid (B)
12:45 Bingo (DR)

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

Friday

7
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)

14
9:00 Longevity Stick Balance (PH)
10:15 Tai Chi for Every Body (ZOOM)
12:00 New Years Day Party (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)

21
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)

28
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)

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

1/7

Chef Francesco

Meatballs with Marinara Sauce
Deluxe Mac & Cheese
Vegetable Medley
Roll
Fruit Cocktail with Whipped Cream

1/21

Chef Francesco

Ham, Swiss, & Spinach Panini
Roasted Pepper & Tomato Soup
Ranch Green Salad
Apple Slices
Brownie

1/14

New Year's Day Party

Chicken Parmesan
Cheese Ravioli with Marinara Sauce
Italian Salad
Garlic Bread
Pears
Tiramisu

1/28

Chef Francesco (\$1 Lunch Sponsored by Dwight Manley)

Chili with Cheese
Beef Hotdog
Potato Chips
Coleslaw
Jell-O

Fun Stuff

PARTY TIME

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

AFFAIR	DINNER	JOYOUS	REVEL
BALL	FEAST	JUBLIEE	RIOT
BANQUET	FESTIVE	LIVELY	SHINDIG
BASH	FROLIC	MERRY	SOCIAL
CAROUSE	FUN	ORGY	SOIREE
CHEERY	GALA	PARTY	SPLURGE
COOKOUT	HEARTY	PLAYFUL	SPREE
CROWD	HOOPLA	REJOICE	UPBEAT

FROSTY THE SNOWMAN

YUNVXCBKASIPKLANABOCEVAVICPKERVXH
 IIBHBXVRWZGPVBMNJHRESSFTEROUTTBMR
 XTEELYROJQFCQFOCVDYEWQIXPAVGNRBTU
 AWPQKWBRQCDDQNOMFERTSTSKEEUOYKICR
 ZIHQPBAUCCJQVISOSETXYGYRPQFTCUBQK
 PBNLVDPZMAMFZJNHTYOWMSOFNIMEFITAI
 QOWSYKKDZMMAJWMNZXBSADDP EERYTVOEZ
 CMLAZPYKAGRKYTIJQJMLTVLIUCUUYKWEJ
 WPBZWI PQENZDQWZHGVICQGLLMFZUIWXRY
 ODZAUARATDCGGRTNPVMOJTWNDOTSYSLMW
 IZQOKPOMHLFEYAYIEBRAIFUTZJSTCFRSK
 DNJDWAHCBCCCHGCGQLESLGOWHMOORBSCVS
 ISUGOQSPOWOPSTYRRUHEYISRDATPDOSXB
 QBVSKHUZCYHPDCLVKWYWFJCTLQMAZVQMF
 ZZMBUELQNYFMGYCLVNNRZESEZINKRSZEE
 GQQQXQLIRRDJZWFKROPJRKIUYEBMXWLIU
 TEFTCCSNOGCWCQATRDASHJXZLRCTWKIAH
 UMASLBMSCUOVQBMDKQAUJRJVFRWSVDNFQR
 RLTYWETPENQXXTARVTACAKJEKNOAXFHM
 EUFFVIMJSHPIKLQQXCXOVJOLLYFJUBXEA
 HFOWWIQFQRYGCYREOIPMLVJNLQGLBWRGI
 ABKHJWXLVCQRISSPILADWBALOMVCOGHEQ
 TVJPWPYPDVLZTHUMPDQSOMOIHTRTLHUAR
 OXAWELNFCYXASCAUCJNXKVJWNTTHWQCDS
 GMMXHASFROZQSTVXIUIWENLIXIUI NOQQ
 PRPJYIYQOLOGMCSTRPGYDCNOQGXCNPHE
 YTLQCFZTBQAZOWIBVXWOZPLEHGUALBJZC
 VXF XMWKDKLISBSMCXHOLJNOSEMZHHSFI

ALIVE	BUTTON
COAL	DANCE
HAPPY	JOLLY
MAGIC	SILK
SUN	UNIQUE
BROOM	NOSE
CORNCOB	EYES
HOLLER	LAUGH
MELT	HAT
TALE	WAVE
STICK	CLASSIC
PIPE	FROST
HURRY	LOVE
PLAY	SNOW
THUMP	WINTER

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

