

# What's Doin' at the Brea Senior Center



## Happy Easter!

**April 2022**

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

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

- Check in at front desk
- Respect others' spacing

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

## Announcements

**Brookdale Brings the Zoo!  
Friday, April 8, 1-3 p.m.**

Hedgehogs, and ferrets, and Iguanas, oh my! Join us for a fun and interactive show presented by Mobile Zoo of California with fun facts, trivia, hands-on and photo opportunities.

**By Brookdale Brea**

**Orange County Registrar of Voters Presentation  
Thursday, April 21 10-11 a.m.**

Held virtually in our Dining Room, this presentation will give important information about the upcoming Primary election, including voting options and how to register to vote.

**By Orange County Registrar of Voters**

**VOTE**

**Resuming In-Person Hot Lunch Program!  
Every Monday, Wednesday, and Thursday**

Enjoy a hot lunch served on select weekdays at 12 p.m. Menu found on page 6.  
**By Meals on Wheels Orange County**

**Virtual "It's Your Money & It's Your Estate" Workshops  
Thursdays and Fridays, April 7 -May 13, 10-11:30 a.m.**

These workshop series offer informative and interactive sessions with guest speakers on topics like: annuities, mutual funds, long-term care, investment rules, estate planning, directives, conservatorships, and more. No cost, no sales pitches, and no solicitations. Call 714-990-7750 for registration links.

**By Financial & Estate Literacy**

**Save the Date! Volunteer Recognition Party  
Fri, Apr 15, 10:30 a.m.-12:30 p.m.**

Help us recognize all our volunteers who work diligently to keep the Senior Center running behind the scenes. Volunteers are free, but registration is still required. \$5 for others over 60, \$6 under 60.  
**By Leadership Council**

**Mayor's Update  
Thu, April 28, 11-11:45 a.m.**

Hear updates on City developments and news from our current mayor, Cecilia Hupp.

**Resuming Shopping Trips!  
Mondays at 12:30 p.m., starting April 4**

The Brea Shuttle provides free transportation for Brea residents to Ralphs, Rite-Aid, Target, Walmart, Sprouts, Albertsons, Trader Joes, and the 99 Cent Store. Call 714-990-7754 to register.

## OCPL Mobile Library Wed, April 13 and 27, 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**

## Timely Topics! Tuesdays, 10-11 a.m.

Discussion on current events and memories of the past.

## Afternoons at the Movies Wed, April 20, 12:45 p.m.: "West Side Story" (2021) PG-13

Steven Spielberg's dazzling take on the classic musical about a forbidden love affair and rivalry between street gangs in 1957 New York.



## Get a Boost with Housing Rehab

Federal funds are available to qualifying Brea families for repair or refurbishment of an owner-occupied home. Funds are based on availability. Visit [www.cityofbrea.net/housingrehab](http://www.cityofbrea.net/housingrehab) or call 714-671-4461 for more information or an application.

## Senior Tax Preparation— Waitlist Only Available Tuesdays, now thru 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.

## Frozen Meal Pick-Up Tuesdays ONLY—Shortened Hours! 9 a.m.-12 p.m.

Once a week, pick up one 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 Tuesdays ONLY—Shortened Hours! 9 a.m.-12 p.m.

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

**By Second Harvest  
Food Bank**

## Travel Group

## Yosemite May 15-17

Highlights include: Yosemite National Park, Yosemite Valley floor tour, Amtrak train ride, 2-night stay at Chukchansi Gold Resort Casino/Hotel, deluxe motor coach travel. \$799 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**



## Yellowstone, Grand Tetons, and Mt. Rushmore July 7-15

Visit Mt. Rushmore, Crazy Horse Memorial, Yellowstone National Park, Old Faithful Geyser, Grand Teton National Park, and take a leisurely river float trip through the Grand Tetons. \$3,499 per person based on double occupancy.

**By Friendly Excursions**

## Health Help

## Blood Pressure Checks Tuesdays, 10 a.m.-12 p.m.

## Senior Services

## Senior Van Service Tue-Fri, 9 a.m.-1 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.

## 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.



## Longevity Stick Balance Class Every Monday (ZOOM only), Wednesdays and Fridays, 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

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

A new challenging and fluid form of Tai Chi. Help your body's joints and muscles, develop your concentration, memory, and improve your balance and ability to relax.

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

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.

## 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, sending and receiving email, web searching, digital photos, and how to use flash drives. Call to make an appointment today!

## 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 3rd and 4th Tuesday of each month, 12-2 p.m.

Help create hand-made hats, booties, sweaters and blankets to be donated to newborn babies in over 1,200 hospitals nationwide.



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

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

# April Activities

## FAMOUS QUOTE

“The earth laughs in flowers.”

RALPH WALDO  
EMERSON

## APRIL IS NATIONAL POETRY MONTH

- 1 April Fool's Day
- 7 World Health Day
- 17 Easter Sunday
- 21 “Go Fly a Kite” Day
- 22 Earth Day
- 29 Arbor 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

**4**  
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)  
12:30 Voter's Choice Shopping (L)

**11**  
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)  
12:30 Voter's Choice Shopping (L)

**18**  
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)  
12:30 Voter's Choice Shopping (L)

**25**  
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)  
12:30 Voter's Choice Shopping (L)

## Tuesday

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

**5**  
8:30 Yoga Class (PH)  
9:00 Frozen Meal Pick-Up (L)  
9:00 Senior Grocery Program (L)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:00 Blood Pressure (WR)  
12:30 Table Tennis (PH)  
12:30 AARP Tax Prep (B & C)  
12:45 Bunco (DR)

**12**  
8:30 Yoga Class (PH)  
9:00 Frozen Meal Pick-Up (L)  
9:00 Senior Grocery Program (L)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:00 Blood Pressure (WR)  
12:30 Table Tennis (PH)  
12:30 AARP Tax Prep (B & C)  
12:45 Bunco (DR)

**19**  
8:30 Yoga Class (PH)  
9:00 Frozen Meal Pick-Up (L)  
9:00 Senior Grocery Program (L)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:00 Blood Pressure (WR)  
12:00 Knitting Group (DR)  
12:30 Table Tennis (PH)  
12:45 Bunco (DR)

**26**  
8:30 Yoga Class (PH)  
9:00 Frozen Meal Pick-Up (L)  
9:00 Senior Grocery Program (L)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:00 Blood Pressure (WR)  
12:00 Knitting Group (C)  
12:30 Table Tennis (PH)  
12:45 Bunco (B)

## Wednesday

**6**  
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 Lunch (DR)  
12:00 Intro to Line Dancing (PH)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)

**13**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
12:00 Lunch (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)

**20**  
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 Lunch (DR)  
12:00 Intro to Line Dancing (PH)  
12:45 Afternoon Movie (DR)  
1:00 Beginning Line Dancing (PH)  
2:00 Intermediate Line Dancing (PH)

**27**  
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)  
12:00 Lunch (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)

## Thursday

**7**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**14**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**21**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
10:00 Orange County Registrar of Voters Presentation (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:45 Bingo (DR)

**28**  
8:15 Yoga Class (PH)  
9:30 Health & Wellness (PH)  
11:00 Mayor's Update (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Legal Aid (B)  
12:45 Bingo (DR)

## Friday

**1**  
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)

**8**  
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)  
1:00 Brookdale Brings the Zoo (DR)

**15**  
9:00 Longevity Stick Balance (PH)  
10:30 Volunteer Recognition Party (DR)  
12:45 Sing-a-Long Group (C)  
12:45 Bunco (B)

**22**  
9:00 Longevity Stick Balance (PH)  
10:30 Bingo (DR)  
12:00 Special Friday Lunch (DR)  
12:45 Sing-a-Long Group (C)  
12:45 Bunco (B)

**29**  
9:00 Longevity Stick Balance (PH)  
10:30 Bingo (DR)  
12:00 Special Friday Lunch (DR)  
12:45 Sing-a-Long Group (C)  
12:45 Bunco (B)

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Voluntary Contribution - \$3.00</b> <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>	1
<b>4</b> Greek Quinoa w/ Diced Chicken Salad Beets & Mango Salad WW Dinner Roll w/ Promise SF Pear Crisp	<b>5</b>	<b>**Spring Celebration**</b> Baked Ham w/ Fruit Glaze Yams w/ Marshmallows Chef Cut Vegetables WW Dinner Roll w/ Promise Spring Dessert	<b>7</b> Cream of Carrot Soup w/ SF Crackers Salisbury Steak Mushroom Gravy Winter Vegetable Blend Mandarin Orange	<b>Special Friday Lunches are Listed on the Next Page</b>
<b>11</b> Beef Stew w/ Stew Vegetables Baby Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	<b>12</b>	<b>13</b> Moroccan Lentil Vegetable Soup w/ SF Crackers Breaded Cod w/ Tartar Sauce Sweet Potatoes California Vegetables Salad SF Pudding	<b>14</b> Mexican Tuna w/ Corn & Tomato Salad Pepper & Cucumber Salad WW Dinner Roll w/ Promise Ambrosia	
<b>18</b> Chicken Strips w/ Creole Sauce Rice Pilaf Scandinavian Vegetable Blend Orange Juice SF Custard	<b>19</b>	<b>20</b> Black Bean Soup w/ SF Crackers Tuna & Chickpea Salad Lemon Orzo Salad WW Dinner Roll w/ Promise SF Cookies Orange Pineapple Juice	<b>21</b> Turkey Pot Roast w/ Turkey Gravy Sweet Potatoes Broccoli Mandarin Orange	
<b>25</b> Swedish Meatballs Mashed Potatoes California Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp	<b>26</b>	<b>27</b> Egg Drop Soup w/ SF Crackers Pecan Chicken Salad On Spinach Asian Marinated Cucumber Pineapple Chunks	<b>28</b> Macaroni & Cheese Stewed Tomatoes Broccoli Breadsticks Banana	

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. \* indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.  
[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

# Special Friday Lunches



- Friday, April 1**  
Fish Sandwich, Waffle Fries, Coleslaw, Seasonal Fruit, Brownie
- Friday, April 8**  
Orange Chicken, White Rice, Vegetable Medley, Asian Salad, Spring Roll w/Dip, Cookie
- Friday, April 15**  
*Volunteer Recognition Party*  
Cranberry Chicken Salad Sandwich, Sweet Potato Fries, Salad, Grapes, Carrot Cake
- Friday, April 22**  
Tri-Color Tortellini & Meatballs, Caprese Salad, Garlic Breadstick, Sliced Fruit, Cream Puffs
- Friday, April 29**  
*\$1 Lunch Sponsored by Dwight Manley*  
Cobb Salad (with Ham, Bacon, Cucumbers, Egg, Tomatoes, Cheese, and Ranch Dressing on the Side), Minestrone Soup, Roll, Fruit, Cookies



Join us every Friday at the Brea Senior Center for a **Special Friday Lunch Menu!** 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 preferred 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

## SIGN OF ARIES

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

ALGREN	HOLIDAY
AMIS	IRVING
ANGELOU	JAMES
BRANDO	JONG
CHAPLIN	JUDD
CLAY	LUCE
COPPOLA	MAJOR
CULLEN	MILL
DARROW	OCASEY
DAVIS	PAGLIA
DION	POWELL
FOWLES	ROSS
FRANCE	SHARIF
FROST	STEINEM
GORE	TAYLOR
GUEST	TYLER
HARRIS	WEBER
HEFNER	WILDER

### 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

