

What's Doin' at the Brea Senior Center

Happy Mother's Day!



May 2022

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

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

- Check in at front desk
- Respect others' spacing

Announcements

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

Mature Driver Improvement Class
Wednesday, May 11 & Thursday, May 12, 1-5 p.m.



A two-day improvement class for licensed drivers age 55+ who wish to qualify for a reduced insurance premium and brush up on traffic laws for a driver's license exam. A Certificate of Completion will be awarded as evidence to obtain up to three years of reduced car insurance rates. Call the front desk to register!
By NOCE Older Adults Program

Save the Date!
Mother's Day Party

Friday, May 6, 10:30 a.m.-12:30 p.m.



Get your tickets early for a delicious meal, live entertainment, and a chance to win valuable raffle prizes! \$5 for those over 60, \$6 under 60.

By Leadership Council

Hearing Aid Clean and Check

Monday, May 16, 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

Resuming Shopping Trips!
Mondays at 12:30 p.m.

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.

Mayor's Update & Older Americans Month Proclamation

Thur, May 26, 11-11:45 a.m.

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

OCPL Mobile Library
Wed, May 11 and 25, 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.

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 or call 714-671-4461 for more info or an application.

Afternoons at the Movies
Wed, May 4, 12:30 p.m.:
"Jungle Cruise" (2021) PG-13

Dr. Lily Houghton enlists the aid of wisecracking skipper Frank Wolff to take her down the Amazon in his ramshackle boat. Together, they search for an ancient tree that holds the power to heal—a discovery that will change the future of medicine.

Wed, May 18, 12:30 p.m.:
"tick, tick...BOOM!" (2021)
PG-13

On the brink of turning 30, a promising theater composer navigates love, friendship and the pressure to create something great before time runs out.

Virtual "It's Your Money & It's Your Estate" Workshops
Thursdays and Fridays, now
thru 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

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 to pick up a selection of fresh produce, dairy products, and shelf-stable dry goods.

By Second Harvest Food Bank



Travel Group

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

England, Scotland, & Wales
August 27-September 10

Highlights including: London city tour, Stonehenge Monument, Plymouth Sound Cruise, Cornwall, Bath, Liverpool, Edinburgh Castle, and more! 15 days and 14 nights, roundtrip airfare included. \$4,799 per person based on double occupancy.

By Friendly Excursions

Albuquerque Balloon Festival & Santa Fe
October 7-12

Enjoy the 2022 Balloon Fiesta with the colorful mass ascension & twilight twinkle glow. Santa Fe highlights include a walking tour, the Georgia O'Keeffe Museum, Anglo Chimayo, and Pueblo de Taos. \$2,999 per person based on double occupancy.

By Friendly Excursions

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—12-1 p.m.
Wednesdays—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

Bunco Group
Every Tue & Fri, 12:45-2:30 p.m.

Everyone has a chance to win some great free prizes!

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

Hooks and Needles—Knitting Group
3rd and 4th Tuesday of
each month, 1-3 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.

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.

May Activities

FAMOUS QUOTE

“Count your age by friends,
not years. Count your life by
smiles, not tears.”

JOHN LENNON

MAY IS OLDER AMERICANS MONTH

- 1 May Day
- 5 Cinco de Mayo
- 8 Iris Day
- 12 Limerick Day
- 25 Wine Day
- 30 “Water a Flower” 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

2
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)

9
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)

16
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 and Check (L)
12:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:30 Voter's Choice Shopping (L)

23
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)

30
Closed for Memorial Day



Tuesday

3
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)
12:30 Table Tennis (PH)
12:45 Bunco (B)

10
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)
12:30 Table Tennis (PH)
12:45 Bunco (B)

17
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)
12:30 Table Tennis (PH)
12:45 Bunco (B)
1:00 Knitting Group (C)

24
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)
12:30 Table Tennis (PH)
12:45 Bunco (B)
1:00 Knitting Group (C)

31
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)
12:30 Table Tennis (PH)
12:45 Bunco (B)

Wednesday

4
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)
12:30 Afternoon Movie (DR)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

11
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)
1:00 Mature Driver Class (B)
2:00 Intermediate Line Dancing (PH)
2:00 OCPL Mobile Library (L)

18
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)
12:30 Afternoon Movie (DR)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

25
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

5
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:45 Bingo (B)

12
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:45 Bingo (B)
1:00 Mature Driver Class (B)

19
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:45 Bingo (B)

26
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 (B)

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

Friday

6
9:00 Longevity Stick Balance (PH)
10:30 Mother's Day Party (DR)
12:00 Special Friday Lunch (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)

13
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)

20
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)

27
9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
12:00 Special Dollar 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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Chile Verde Spanish Rice Oregon Bean Medley Tortilla 6" Tropical Fruit Mix	3	4 Cream of Celery Soup w/ SF Crackers Winter Chicken Citrus w/ Celery Salad Quinoa, Corn, Mango Salad SF Fruited Gelatin	**5** **Cinco De Mayo** Carnitas Tacos w/ Pico De Gallo Spanish Rice Black Beans Tortillas 4.5" (2) Rice Pudding Diet: Fresh Fruit	6
9	10	11	12	Special Friday Lunches are Listed on the Next Page
Mother's Day Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/ Promise Assorted Cake Diet: Fresh Fruit		Red Pepper, Zucchini, Cheddar Cheese Frittata Roasted Potatoes Spinach WW Dinner Roll w/ Promise SF Apple Crisp	Cream of Pumpkin Soup w/ SF Crackers Healthy Veggie Salad w/ Shredded Chicken WW Dinner Roll w/ Promise Mandarin Orange	
16 Greek Quinoa w/ Diced Chicken Salad Beets & Mango Salad WW Dinner Roll w/ Promise SF Pear Crisp	17	18 Grilled Veggie Burger on WW Bun Shredded Lettuce Sliced Tomato - Red Onion California Salad Baked Chips Mayonnaise, Mustard, Ketchup Tropical Fruit Mix	19 Cream of Carrot Soup w/ SF Crackers Salisbury Steak Mushroom Gravy Winter Vegetable Blend Mandarin Orange	
23 Beef Stew w/ Stew Vegetables Baby Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	24	25 Moroccan Lentil Vegetable Soup w/ SF Crackers Baked Fish w/ Tartar Sauce Sweet Potatoes California Vegetables Salad SF Pudding	**26** **Memorial Day Celebration** BBQ McRib Mashed Potatoes Carrot Coins WW Dinner Roll w/ Promise Apple Pie Diet: Fresh Fruit	
30	31			
				

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

Special Friday Lunches

Chef Francesco

FABULOUS FRESH FOOD

Friday, May 6

Mother's Day Party



Ham with Honey Mustard, Scalloped Potatoes, Zucchini and Carrots, Salad with Raspberry Dressing, Strawberries Cheesecake

Friday, May 13

Cinco de Mayo



Chicken Enchiladas, Beef Taquito, Pinto Beans, Peach Slices, Catalina Salad, Flan

Friday, May 20

Chicken Katsu Strips, Chow Mein, Egg Roll, Asian Salad, Mandarin Oranges, Fortune Cookies

Friday, May 27

\$1 Lunch Sponsored by Dwight Manley

Italian Antipasto Salad with Salami and Cheese, Garlic Breadstick with Marinara Sauce, Fresh Fruit, Ice Cream

**\$1.00
LUNCH**

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

MEMORIAL DAY

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

BAND	LIBERTY
BRAVERY	LIFE
COMBAT	LOYALTY
DEATH	PARADE
DIGNITY	PATRIOT
DUTY	PEACE
ENDURE	POMP
FAMILY	PRIDE
FLAG	RESPECT
FLOWERS	RITUALS
FREEDOM	SALUTE
GLORY	SERVICE
GRAVE	SOLDIER
HERO	SOLEMN
HOPE	TAPS
HUMBLE	VALOR
IMAGERY	VETERAN
LEGACY	WAR

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

