

What's Doin' at the Brea Senior Center

Happy Father's Day!



June 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

Save the Date!

Father's Day Party

Fri, June 17, 10 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. Plus, enjoy a special orchestra group performance by "Quarantet," a group of high school students who have a passion for serving their community.

By Leadership Council



Mayor's Update

Thur, June 30, 11-11:45 a.m.

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



Resuming Shopping Trips! Mondays, 12:30 p.m.—Voter's Choice Shopping Destination

The Brea Shuttle provides free transportation for Brea residents to Walmart on Mondays and to Ralphs on Wednesdays. Call 714-990-7754 to register.

OCPL Mobile Library

Wed, June 8, 10 a.m.-12 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.

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



Afternoons at the Movies

Wed, June 8, 12:30 p.m.:

"King Richard" (2021) PG-13

Based on the true story, King Richard follows the journey of an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time: Venus and Serena Williams.

Wed, June 22, 12:30 p.m.:

"Death on the Nile" (2022) PG-13

Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short.

UCI Health Lecture

Thur, June 9, 10:30-11:30 a.m.

Come learn from a UCI Health Physician on the topic of "Health Maintenance in the Senior Population, Including Diet & Supplements."

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.

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.

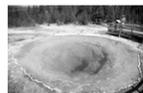
Once a week, individuals are able to pick up a selection of fresh produce, dairy products, and shelf-stable dry goods.

**By Second Harvest
Food Bank**



Travel Group

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

Angels Baseball Game vs. Seattle Mariners Wednesday, August 17 11:45 a.m.-5 p.m.

Includes ticket and trolley transportation from the Senior Center. \$25 per person.

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

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.

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.

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.

The gift shop has a large assortment of quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. 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 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

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 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)

Join us for a Yoga class for any level of experience. 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 by bringing exhilarating, easy-to-follow moves in an invigorating, party-like atmosphere.

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, 12:30-1:30 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, 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.

All are welcome to participate!

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!

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

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

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

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

June Activities

FAMOUS QUOTE

“Only those who dare to fail greatly can ever achieve greatly.”

JOHN F. KENNEDY

JUNE IS NATIONAL CAMPING MONTH

- 5 National Donut Day
- 8 Best Friends Day
- 14 Flag Day
- 19 Father's Day
- 20 First Day of Summer
- 27 Great American Picnic Day
- 30 National Meteor Watch 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

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

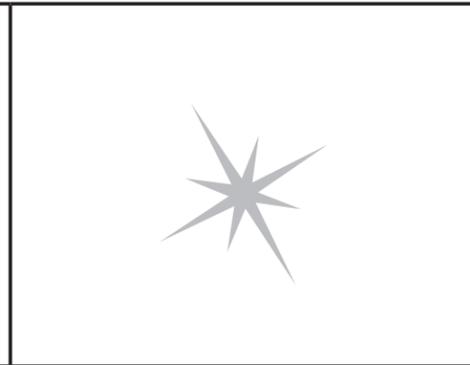
6
9:00 Longevity Stick Balance (ZOOM)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Zumba Gold (PH)
12:30 Voter's Choice Shopping (L)

13
9:00 Longevity Stick Balance (ZOOM)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Zumba Gold (PH)
12:30 Voter's Choice Shopping (L)

20
9:00 Longevity Stick Balance (ZOOM)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Zumba Gold (PH)
12:30 Voter's Choice Shopping (L)

27
9:00 Longevity Stick Balance (ZOOM)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Zumba Gold (PH)
12:30 Voter's Choice Shopping (L)

Tuesday



7
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)

14
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)

21
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)

28
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)

Wednesday

1
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)

8
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
10:00 OCPL Mobile Library (L)
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)

15
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)

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)
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)

29
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)

Thursday

2
8:15 Yoga Class (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

9
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:30 UCI Health Lecture (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

16
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

23
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Legal Aid (B)
12:30 Bingo (DR)

30
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 Bingo (DR)

Friday

3
9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
11:45 Special Friday Lunch (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)

10
9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
11:45 Special Friday Lunch (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)

17
9:00 Longevity Stick Balance (PH)
10:00 Father's Day Party (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)



24
9:00 Longevity Stick Balance (PH)
10:30 Bingo—sponsored by Alpa Maniar (DR)
11:45 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	
		1 Black Bean Soup w/ SF Crackers Tuna & Chickpea Salad Lemon Orzo Salad WW Dinner Roll w/ Promise SF Cookies Orange Pineapple Juice	2 Turkey Pot Roast w/ Turkey Gravy Sweet Potatoes Broccoli Mandarin Orange	3	
6 Swedish Meatballs Mashed Potatoes California Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp	7	8 Egg Drop Soup w/ SF Crackers Pecan Chicken Salad On Spinach Asian Marinated Cucumber Pineapple Chunks	9 Macaroni & Cheese Stewed Tomatoes Broccoli Breadsticks Banana	<div style="background-color: #ccc; padding: 10px; border-radius: 10px; width: 100px; margin: auto;"> <p style="font-size: 24px; font-weight: bold; text-align: center;">Special Friday Lunches are Listed on the Next Page</p> </div>	
13 Pork Chile Verde Spanish Rice Oregon Bean Medley Tortilla 6" Tropical Fruit Mix	14	15 Cream of Celery Soup w/ SF Crackers Winter Chicken Citrus w/ Celery Salad Quinoa, Corn, Mango Salad SF Fruited Gelatin	16 Roast Beef w/ Brown Gravy Baked Potatoes w/ Sour cream Chef's Cut Vegetables Parker House Dinner Roll w/ Promise Diet: Fresh Fruit Assorted Frozen Dessert		
20 Diced Chicken w/ A la King Sauce Brown Rice Broccoli Ambrosia	21	22 Red Pepper, Zucchini, Cheddar Cheese Frittata Roasted Potatoes Spinach WW Dinner Roll w/ Promise SF Apple Crisp	23 Cream of Pumpkin Soup w/ SF Crackers Healthy Veggie Salad w/ Shredded Chicken WW Dinner Roll w/ Promise Mandarin Orange		
27 Greek Quinoa w/ Diced Chicken Salad Beets & Mango Salad WW Dinner Roll w/ Promise SF Pear Crisp	28	29 Grilled Veggie Burger on WW Bun Shredded Lettuce Sliced Tomato - Red Onion California Salad Baked Chips Mayonnaise, Mustard, Ketchup Tropical Fruit Mix	30 Cream of Carrot Soup w/ SF Crackers Salisbury Steak Mushroom Gravy Winter Vegetable Blend Mandarin Orange		
<p>Voluntary Contribution - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p>					
<p>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.</p> <p style="text-align: center;">www.MealsOnWheelsOC.org</p>					

Special Friday Lunches

- Friday, June 3**

Teriyaki Chicken, California Roll, White Rice, Asian Salad, Mandarin Oranges, Fortune Cookies

\$4.00 LUNCH
- Friday, June 10**

Italian Sub Sandwich, Caesar Salad, Chips, Pears & Berries, Ice Cream

\$4.00 LUNCH
- Friday, June 17**
Father's Day Party

BBQ Pork Ribs, Coleslaw, Baked Beans, Corn, Cream, Root Beer

\$5.00 LUNCH
- Friday, June 24**
\$1 Lunch Sponsored by Dwight Manley

Beef Hot Dog, Potato Salad, Watermelon, Green Salad, Birthday Cake

\$1.00 LUNCH

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

Lunch service starts at **11:45 am**. 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. Anyone under 60 will have an added charge of \$1.00.** Vegetarian options are available with advanced notice.



Sudoku Number Puzzle

Fill in the grid so that every row, every column, and every 2x3 box contains the digits 1 through 6. There is only 1 solution.

1		4		2	
				4	
			3		
	2				
3					5
6		2			4

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

