

# What's Doin' at the Brea Senior Center



## Happy July 4th!

## July 2022

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

### Announcements

**Save the Date!**  
**Brea Health Fair & Flu Clinic**  
Friday, September 23  
9 a.m.-12:30 p.m.



Discover new ways to stay on top of your health while getting a flu shot, FREE health screenings, FREE wellness information, and FREE Omega-3 supplements.

### Two Parties in One Month:

Get both of your July party tickets for a delicious meal, live entertainment, and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

**Independence Day Party**  
Fri, Jul 8, 10:30 a.m.-12:30 p.m.

Live Entertainment by "Matt Grey"  
**By Leadership Council**

**Summer Party**  
Fri, Jul 29, 10:30 a.m.-12:30 p.m.

Live Entertainment by "Elias with Love"  
**By Leadership Council**

### At-Home COVID Test Kit Clinic

Thu, July 28, 10 a.m.-12 p.m.

Did you know most insurances cover up to 8 at-home COVID tests per person per month? Stop by with your insurance card, Medicare card, and ID to check with a pharmacist if your insurance qualifies.

**By Albertsons Pharmacy**

### Hearing Aid Clean & Check

Mon, July 18, 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 HearingLife**



### New! Brookdale B-Fit Exercise Class

Mon, July 25, 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**

### Mayor's Update

Thu, July 28, 11-11:45 a.m.

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



### Free BBQ To-Go Lunch

Tuesday, July 5, 11 a.m.-1 p.m.

Pick up a free BBQ to-go lunch sponsored by Brookdale Brea! No sign-ups required; first come first served.

**By Brookdale Brea**

### "It's Your Estate" 6-week Financial Literacy

#### Workshop Series

Mondays, Sept 19-Oct 24

1:30-3 p.m.

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. Lessons in this series include estate planning, living trusts, tax planning, retirement account planning, and more. NO sales pitches or solicitations will take place.

**By Financial & Estate Literacy**

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

The Brea Shuttle provides free transportation for Brea residents to local shopping destinations. Call 714-990-7754 to register.



## OCPL Mobile Library Wed, July 6, 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

## Afternoons at the Movies Wed, July 13, 12:30 p.m.: "Father of the Bride" (2022) PG-13

You are invited to the love, the food, the music and the fun of "Father of the Bride," a modern rom-com updated from the timeless classic that shows the surprising ways the heart can adapt in the name of love.

## Wed, July 27, 12:30 p.m.: "The Adam Project" (2022) PG-13

After accidentally crash-landing in 2022, time-traveling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future.

## Lunchtime Performances by Mike & Thom Thursday, July 28, 12-12:45 p.m.

Enjoy the acoustic guitar and singing of old classic songs during lunch!

## Travel Group

### Angels Baseball Game vs. Seattle Mariners Wed, Aug 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

### St. Louis, Branson, Memphis, & Nashville September 18-25

Highlights include: St. Louis Gateway Arch & Museum, 3 Branson dinner shows, Memphis city tour, Graceland—Elvis Presley Home, Nashville city tour, Johnny Cash Museum, County Music Hall of Fame, and a visit to the Grand Ole Opry. \$3,299 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.

### Senior Grocery Program

Tuesdays, 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. No delivery on 7/5 due to the Independence Day closure.

### By Second Harvest Food Bank

### 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.

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.

### 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 for Every Body Mon, 10-11:30 a.m. (ZOOM only) Fri, 1-2:30 p.m. (ZOOM only)

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

A new challenging and fluid form of Tai Chi.

### 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 formula to suit the needs of the active older adults.

## Classes

### FREE Tech Tutoring

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. 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

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

### 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.

### 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.

# July Activities

## FAMOUS QUOTE

"America is a tune. It must be sung together."

GERALD STANLEY LEE

## JULY IS SARCOMA AWARENESS MONTH

- 1 Canada Day
- 4 Independence Day
- 6 Fried Chicken Day
- 7 World Chocolate Day
- 14 Bastille Day
- 30 Int'l. Day of Friendship

## 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**

**Closed for Independence Day**



- 11**
- 9:00 Longevity Stick Balance (ZOOM)
  - 10:00 Better Balance (PH)
  - 10:00 Tai Chi for Every Body (ZOOM)
  - 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)

- 18**
- 9:00 Longevity Stick Balance (ZOOM)
  - 10:00 Better Balance (PH)
  - 10:00 Tai Chi for Every Body (ZOOM)
  - 10:30 Bingo (DR)
  - 11:00 Veterans Club (B)
  - 11:00 Hearing Aid Clean & Check (L)
  - 12:00 Lunch (DR)
  - 12:00 Zumba Gold (PH)
  - 12:30 Voter's Choice Shopping (L)

- 25**
- 9:00 Longevity Stick Balance (ZOOM)
  - 10:00 Better Balance (PH)
  - 10:00 Tai Chi for Every Body (ZOOM)
  - 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)
  - 1:30 Brookdale B-Fit (PH)

## Tuesday

More programs and details to come.

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

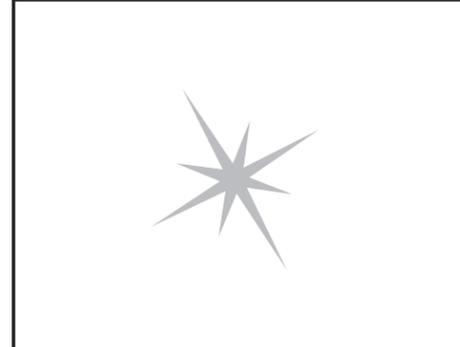
- 5**
- 8:30 Yoga Class (PH)
  - 9:00 Frozen Meal Pick-Up (L)
  - 10:00 Health & Wellness (PH)
  - 10:00 Timely Topics (C)
  - 11:00 Pick-Up BBQ To-Go Lunch (L)
  - 12:30 Table Tennis (PH)
  - 12:45 Bunco (B)

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

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

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

## Wednesday



- 6**
- 8:30 Tai Chi 42 (CY)
  - 9:00 Longevity Stick Balance (PH)
  - 9:00 Quilting Group (B)
  - 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)
  - 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)
  - 12:30 Afternoon Movie (DR)
  - 1:00 Beginning Line Dancing (PH)
  - 2:00 Intermediate Line Dancing (PH)

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

## Thursday



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

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

- 21**
- 8:15 Yoga Class (PH)
  - 9:30 Health & Wellness (PH)
  - 12:00 Lunch (DR)
  - 12:30 Table Tennis (PH)
  - 12:30 Bingo (DR)

- 28**
- 8:15 Yoga Class (PH)
  - 9:30 Health & Wellness (PH)
  - 10:00 At-Home COVID Test Kit Clinic (L)
  - 11:00 Mayor's Update (DR)
  - 12:00 Lunch (DR)
  - 12:00 Lunchtime Performances (DR)
  - 12:30 Table Tennis (PH)
  - 12:30 Legal Aid (B)
  - 12:30 Bingo (DR)

## Friday

- 1**
- 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)
  - 1:00 Tai Chi for Every Body (ZOOM)

- 8**
- 9:00 Longevity Stick Balance (PH)
  - 10:30 Independence Day Party (DR)
  - 12:45 Sing-a-Long Group (C)
  - 12:45 Bunco (B)
  - 1:00 Tai Chi for Every Body (ZOOM)

- 15**
- 9:00 Longevity Stick Balance (PH)
  - 11:45 Special Friday Lunch (DR)
  - 12:45 Sing-a-Long Group (C)
  - 12:45 Bunco (B)
  - 1:00 Tai Chi for Every Body (ZOOM)

- 22**
- 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)
  - 1:00 Tai Chi for Every Body (ZOOM)

- 29**
- 9:00 Longevity Stick Balance (PH)
  - 10:30 Summer BBQ Party (DR)
  - 12:45 Sing-a-Long Group (C)
  - 12:45 Bunco (B)
  - 1:00 Tai Chi for Every Body (ZOOM)

# Special Friday Lunches

Monday	Tuesday	Wednesday	Thursday	Friday	
			<b>Voluntary Contribution - \$3.00</b> <b>Meal Cost for Under Age 60 - \$5.00</b>	1	
4	5	6	7	<div style="background-color: #ccc; padding: 10px; border-radius: 10px; transform: rotate(-90deg); transform-origin: center;"> <b>Special Friday Lunches are Listed on the Next Page</b> </div>	
		Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	Macaroni & Cheese Stewed Tomatoes Succotash Breadsticks Promise Ambrosia		
11	12	13	14		
Grilled Hamburger Patty Shredded Lettuce Sliced Tomato and Red Onion Coleslaw WW Hamburger Bun Mayonnaise, Mustard, Ketchup SF Apple Crisp		Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend (Broccoli/Cauliflower) Fresh Orange	Pork Chile Verde w/ Verde Sauce Pinto Beans Mixed Vegetable Blend WG Tortilla 6" SF Custard		
18	19	20	21		
Vegetarian Lasagna Winter Vegetable Blend (Broccoli/Cauliflower) Carrot Coins Breadsticks Tropical Fruit		Cream of Carrot w/ SF Crackers Moroccan Couscous Salad w/ Chicken Strips Broccoli Pepper Salad WW Dinner Roll w/ Promise SF Pudding	Beef Stroganoff w/ Stroganoff Sauce Mashed Potatoes Mixed Vegetables Ambrosia		
25	26	27	28		
Pork Tenderloin Chipotle Mango Sauce Spanish Rice Oregon Bean Medley WW Dinner Roll w/ Promise Mandarin Orange		Minestrone Soup w/ SF Crackers Balsamic Chicken Salad Cucumber & Black-Eyed Salad WW Dinner Roll w/ Promise Ambrosia	Turkey Shepherd Pie Broccoli Carrots WW Dinner Roll w/ Promise Tropical Fruit Mix		
<p>All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 &amp; Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency &amp; 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 &amp; rolls. Weekly average lunch meal provides &gt;550 calories. Please note condiments are not analyzed and may increase sodium.</p> <p style="text-align: center;"><a href="http://www.MealsOnWheelsOC.org">www.MealsOnWheelsOC.org</a></p>					

- Friday, July 1**

Grilled Chicken, Greek Salad w/ Cucumber, Tomato, & Feta, Pita Bread, Hummus, Grapes, Mini Lemon Bites
- Friday, July 8**  
*Independence Day Party*

Pulled Pork Sandwich, Corn on the Cob, Coleslaw, Potato Wedges, Fresh Fruit, Ice Cream
- Friday, July 15**

Chicken Parmesan, Cauliflower Gratin, Italian Bean Salad, Garlic Bread, Cream Puff w/ Chocolate
- Friday, July 22**  
*\$1 Lunch Sponsored by Dwight Manley*

Scrambled Eggs, Hash Browns, Pancakes, Sausage, Banana, Mini Cinnamon Roll
- Friday, July 29**  
*Summer BBQ Party*

Cheeseburger w/ Toppings, Onion Rings, Baked Beans, Potato Salad, Watermelon, Popsicle

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.



## ARE WE THERE YET?

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

BUDGET	MOTEL
CAMERA	OUTING
CAMP	RATES
CARS	RELAX
CITIES	RESORT
DINERS	RIDE
DRIVE	ROAD
EXIT	ROOM
FOOD	ROUTE
FORAY	SCENERY
FREEWAY	SERVICE
GUIDE	SHOPS
HIGHWAY	SIGNS
HILLS	TOURS
HOTEL	TOWNS
JUNKET	TRAVEL
LODGE	TRIP
MAPS	VISIT

## 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

