

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 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.

Hawaiian Luau Party
Friday, August 26, 10:30 a.m.-12:30 p.m.

Get your tickets for a delicious meal, live entertainment by "Tony Odell Rogers," and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

Sponsored by Alignment Health and Leadership Council

Mayor's Update
Thursday, August 25
11-11:45 a.m.



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

"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

Mature Driver Class
Wednesday, Aug 17 & Thursday, Aug 18, 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 from participating insurance companies.

By NOCE Older Adults Program

"How to Organize Your Medical Records"
Presentation

Wednesday, August 31, 1-2 p.m.

Learn how to move from paper records to electronic records with the MyChart app to better navigate your medical system and stay organized.

By Providence Health

Free! Hearing Screening
Friday, Aug 19, 9 a.m.-1 p.m.

Please sign up at front desk.

By HearingLife

New! Brookdale B-Fit Exercise Class
Mon, August 29, 1:30-2:30 p.m.

This is a program that strives to help you feel stronger in no time.

By Brookdale Brea

Resuming Shopping Trips!
—Walmart Shopping
Mondays, 12:30 p.m.

The Brea Shuttle provides free transportation for Brea residents to local shopping destinations. Shopping trips limited to 1 hour. Call 714-990-7754 to register.

Afternoons at the Movies
Wed, Aug 10, 12:30 p.m.:
"The King's Speech" (2010) R

Winner of four Oscars® including "Best Picture" and "Best Actor," The King's Speech is based on the true story of King George VI finding his confidence with the help of unconventional speech therapist Lionel Logue.

Wed, Aug 24, 12:30 p.m.:
"No Time to Die" (2021) PG-13

Bond has left active service and is enjoying a tranquil life in Jamaica. But when his old friend Felix Leiter from the CIA asks for help, he finds himself facing off against a mysterious villain armed with dangerous new technology.

OCPL Mobile Library
Wed, August 3, 10 a.m.-12 p.m.

Stationed in the courtyard 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

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.

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

Hearst Castle at Christmas Time
December 13-15



Highlights include: Downtown Santa Barbara, Downtown Paso Robles, Cambria Christmas Market, Solvang, a Holiday Twilight Tour of Hearst Castle, and San Simeon. \$799 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.-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

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.

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 information or an application.

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)
Tue & Fri, 1-3 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

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!



Birthday Party
Friday, August 12, 11:30 a.m.
By The Cause Church

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 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.

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

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.

August Activities

FAMOUS QUOTE

“Whether it’s the best of times or the worst of times, it’s the only time we’ve got.”

ART BUCHWALD

AUGUST IS NATIONAL EYE EXAM MONTH

- 3 Watermelon Day
- 5 International Beer Day
- 13 Left Hander’s Day
- 17 Thrift Shop Day
- 19 World Photography Day
- 31 Eat Outside 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

1
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 Walmart Shopping (L)

8
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 Walmart Shopping (L)

15
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 Walmart Shopping (L)

22
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 Walmart Shopping (L)

29
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 Walmart Shopping (L)
1:30 Brookdale B-Fit (PH)

Tuesday

2
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 Tai Chi for Every Body (ZOOM)

9
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 Tai Chi for Every Body (ZOOM)

16
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)
1:00 Tai Chi for Every Body (ZOOM)

23
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)
1:00 Tai Chi for Every Body (ZOOM)

30
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 Tai Chi for Every Body (ZOOM)

Wednesday

3
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 OCPL Mobile Library (CY)
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)

10
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)

17
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)
11:45 Baseball Game (L)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
1:00 Beginning Line Dancing (PH)
1:00 Mature Driver Class (DR)
2:00 Intermediate Line Dancing (PH)

24
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)

31
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 Organize Medical Records (DR)
2:00 Intermediate Line Dancing (PH)

Thursday

4
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

11
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

18
8:15 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
1:00 Mature Driver Class (DR)

25
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)
12:30 Bingo (DR)

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

Friday

5
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)

12
9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
11:30 Birthday Party (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)

19
9:00 Longevity Stick Balance (PH)
9:00 Hearing Screening (L)
10:30 Bingo (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)

26
9:00 Longevity Stick Balance (PH)
10:30 Luau Party (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)
1:00 Tai Chi for Every Body (ZOOM)

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 Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	2	3 Braised Cubed Beef Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix	4 Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia	5
8 Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp	9	10 Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	11 Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard	<div style="background-color: #ccc; padding: 10px; transform: rotate(-90deg); transform-origin: center;"> <p>Special Friday Lunches are Listed on the Next Page</p> </div>
15 Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	16	17 Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	18 Macaroni & Cheese Stewed Tomatoes Succotash Breadsticks Promise Ambrosia	
22 Grilled Hamburger Patty On WW Hamburger Bun Shredded Lettuce Sliced Tomato and Red Onion Coleslaw Mayonnaise, Mustard, Ketchup SF Apple Crisp	23	24 Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend Fresh Orange	25 Pork Chile Verde w/ Verde Sauce Pinto Beans Mixed Vegetable Blend WG Tortilla 6" SF Custard	
29 Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit	30	31 Cream of Carrot w/ SF Crackers Moroccan Couscous Salad w/ Diced Chicken Broccoli Pepper Salad WW Dinner Roll w/ Promise SF Pudding	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00	

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



- Friday, August 5**

Turkey Croissant Sandwich, Caesar Salad, Minestrone Soup, Seasonal Fruit, Pudding with Cookie

\$4.00 LUNCH
- Friday, August 12**

Fish Tacos with Slaw, Pinto Beans, Corn Medley, Mexican Salad, Flan Dessert

\$4.00 LUNCH
- Friday, August 19**

Dollar Lunch Sponsored by Dwight Manley

Pepperoni or Cheese Pizza, Veggie Strips w/ Ranch, Fruit, Ice Cream Sandwich

\$1.00 LUNCH
- Friday, August 26**

Luau Party

Pineapple Orange Chicken, Rice, Vegetable Medley, Asian Salad, Coconut Macaroons, Hawaiian Punch

\$5.00 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.

PICNIC

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

ANTS	JUICE
BARBQUE	KITE
BASKET	KNIFE
BLANKET	NAPKINS
BURGER	PARK
CAKE	PICKLES
CHICKEN	PIE
CHIPS	PLATES
COOKIES	POP
COOLER	ROLLS
CORN	SALAD
CUP	SLAW
FORK	SODA
FRUIT	SPOON
GRASS	SUN
GRILL	THERMOS
HAT	TONGS
HOTDOG	WINE

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

