

# What's Doin' at the Brea Senior Center

## Happy Thanksgiving!



### November 2022

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

### Announcements

**Pop-Up Vote Center**  
Fri, Nov 4, 8 a.m.-5 p.m.

Election Day is coming up! The Registrar of Voters will be providing a full mobile voting unit in front of the Senior Center where voters can vote in-person, drop off mail-in ballots, receive a replacement ballot, and register to vote.

**By OC Registrar of Voters**

**Two Parties in One Month:**

Get both of your November 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.

**Veterans Day Party**  
Friday, November 11,  
10:30 a.m.-12:30 p.m.



Live Entertainment by "Danny Jacobsen". All veterans will receive a FREE party ticket paid for by Leadership Council.

**By Leadership Council & Home Safety Advisors**

**Thanksgiving Party**  
Friday, November 18,  
10:30 a.m.-12:30 p.m.

Live Entertainment by "Anthony Bernasconi"  
**By Leadership Council & SCAN Health Plan**

**Coffee with a Cop**  
Thursday, Nov 17, 9-11 a.m.

Stop by our lobby to enjoy a free cup of coffee with some of our finest Brea Police Officers.

**By Brea Police Department**



**Veterans Day War Memorial Ceremony**  
Friday, Nov 11, 9:30-11 a.m.

Free round-trip transportation and reserved seats for the Brea Civic Center Veterans Memorial Ceremony. Spots are limited; sign up at the front desk.

**In-Person Hot Lunch Program—Now on Tuesdays!**  
Mondays to Thursdays, 12 p.m.



Enjoy a hot lunch served at 12 p.m. The Frozen Grab & Go Meals program previously on Tuesdays ended on September 1,

2022 due to limited funding and replaced with an in-person hot lunch.  
**By Meals on Wheels Orange County**

**Senior Grocery Program**  
Tuesdays—New Time!  
10 a.m.-12 p.m.



Once a week, bring your own insulated bag to pick up a selection of fresh produce, dairy products, and shelf-stable dry goods.  
**By Second Harvest Food Bank**

**Hearing Aid Clean & Check**  
Mon, Nov 21, 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**

**Resuming Shopping Trips!**  
Every Monday, 12:30 p.m.  
1st & 3rd Wed, 12:30 p.m.

The Brea Shuttle provides free transportation for Brea residents to Walmart, Ralphs, Rite Aid, Albertsons, and Trader Joe's. Shopping trips limited to 1 hour. Call 714-990-7754 to register.

**Mayor's Update**  
Thu, Nov 17, 11-11:45 a.m.

**Afternoons at the Movies**  
2nd & 4th Wed of each month  
November 9, 12:30 p.m.:  
"House of Gucci" (2021) R

When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder.

November 23, 12:30 p.m.:  
"Persuasion" (2022) PG

Based on Jane Austen's famous novel! When Frederick Wentworth—the one who got away—crashes back into Anne Elliot's life, she must choose between putting the past behind her or listening to her heart when it comes to second chances

**OCPL Mobile Library**  
Wed, Nov 2, 10-11:30 a.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**

**Angel Tree/Adopt-a-Senior**  
December 2022

Looking to give back this holiday season? Support a fellow senior in need by purchasing select gifts from an Angel Tree located in the Brea Mall. Call 714-990-7781 for more sponsorship opportunities.

**Christmas Party**  
Friday, December 16



Starting November 14, call 714-990-7752 to be placed on

an interest list for attending. Tickets will be distributed at a later date.

**By Dwight Manley**

## Travel Group

**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**

**Count Down to Mardi Gras!**  
February 14-19, 2023

Highlights include: New Orleans city tour, National WWII Museum and Movie, walking tour of French Quarter, Bayou airboat ride, reserved seats for a Pre-Mardi Gras Parade, and Baton Rouge capital buildings. \$2,699 per person based on double occupancy.

**By Friendly Excursions**

**Southern Delight**  
March 10-16, 2023

Highlights include: Atlanta city tour, Charleston walking tour, Boone Hall Plantation, Savannah riverboat cruise, Savannah city tour, Jekyll Island, and Georgia Sea Turtle Center. \$2,999 per person based on double occupancy.

**By Friendly Excursions**

**Yosemite Valley Tour**  
May 22-24, 2023

Highlights include: Yosemite National Park, Yosemite Valley Tram guided tour, Yosemite Village, Fresno Amtrak train ride,

Chuckchansi Gold Casino & Hotel. \$899 per person, double occupancy.

## 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)**  
Thursday, November 17  
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.



Off for the holidays starting Nov 30-Dec 28, returning 1/4/23.

**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)

This ancient Chinese exercise will help your body's joints and muscles, develop your concentration, memory, and improve your balance and ability to relax.

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

Discover a new challenging and fluid form of Tai Chi.

**Yoga Class**  
Tuesdays, 8:30-9:30 a.m.

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.

Zumba Gold modifies the Zumba formula to suit the needs of the active older participant.

## 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, Nov 4, 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.

**Crochet Group (Room C)**  
Mondays, 10 a.m.-12 p.m.

**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!

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

# November Activities

## FAMOUS QUOTE

“Speak less than you know; have more than you show.”

WILLIAM SHAKESPEARE

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

- 1&2 Day of the Dead
- 3 National Sandwich Day
- 7 Book Lovers Day
- 13 World Kindness Day
- 21 National Adoption Day
- 23 National Espresso Day

## BIRTHSTONE

Topaz and Citrine

## FLOWERS

Chrysanthemum

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday

	<p><b>1</b></p> <p>8:30 Yoga Class (PH) 10:00 Health &amp; Wellness (PH) 10:00 Timely Topics (C) 10:00 Senior Grocery Program (L) 11:00 Blood Pressure (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>	<p><b>2</b></p> <p>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) 12:30 Ralphs/Rite Aid Shopping (L) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)</p>	<p><b>3</b></p> <p>9:30 Health &amp; Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)</p>	<p><b>4</b></p> <p>8:00 Mobile Voting Center 9:00 Longevity Stick Balance (PH) 10:30 Bingo (DR) 11:30 Birthday Party (DR) 12:00 Special Dollar Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>7</b></p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:30 Walmart Shopping (L)</p>	<p><b>8</b></p> <p>8:30 Yoga Class (PH) 10:00 Health &amp; Wellness (PH) 10:00 Timely Topics (C) 10:00 Senior Grocery Program (L) 11:00 Blood Pressure (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>	<p><b>9</b></p> <p>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)</p>	<p><b>10</b></p> <p>9:30 Health &amp; Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)</p>	<p><b>11</b></p> <p>9:00 Longevity Stick Balance (PH) 10:30 Veterans Day Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>14</b></p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:30 Walmart Shopping (L)</p>	<p><b>15</b></p> <p>8:30 Yoga Class (PH) 10:00 Health &amp; Wellness (PH) 10:00 Timely Topics (C) 10:00 Senior Grocery Program (L) 11:00 Blood Pressure (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Knitting Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p>	<p><b>16</b></p> <p>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 Albertsons/Trader Joe's Shopping (L) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)</p>	<p><b>17</b></p> <p>9:00 Coffee with a Cop (L) 9:30 Health &amp; Wellness (PH) 11:00 Mayor's Update (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Legal Aid (B)</p>	<p><b>18</b></p> <p>9:00 Longevity Stick Balance (PH) 10:30 Thanksgiving Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>21</b></p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 11:00 Hearing Aid Clean and Check (L) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:30 Walmart Shopping (L)</p>	<p><b>22</b></p> <p>8:30 Yoga Class (PH) 10:00 Health &amp; Wellness (PH) 10:00 Timely Topics (C) 10:00 Senior Grocery Program (L) 11:00 Blood Pressure (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Knitting Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p>	<p><b>23</b></p> <p>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)</p>	<p><b>24</b></p> <p style="text-align: center;">Closed for Thanksgiving Holiday</p> <p style="text-align: center;"></p>	<p><b>25</b></p> <p style="text-align: center;">Closed for Thanksgiving Holiday</p> <p style="text-align: center;"></p>
<p><b>28</b></p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:30 Walmart Shopping (L)</p>	<p><b>29</b></p> <p>8:30 Yoga Class (PH) 10:00 Health &amp; Wellness (PH) 10:00 Timely Topics (C) 10:00 Senior Grocery Program (L) 11:00 Blood Pressure (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)</p>	<p><b>30</b></p> <p>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)</p>	<p style="text-align: center;">More programs and details to come. All programs and activities subject to change and cancellation without prior notice.</p>	<p><b>A</b> - Room A <b>B</b> - Room B <b>C</b> - Room C <b>CFR</b> - Conference Room <b>CR</b> - Computer Room <b>CY</b> - Courtyard <b>DR</b> - Dining Room <b>L</b> - Lobby Area <b>LIB</b> - Library <b>P</b> - Plunge Pool <b>PH</b> - Pioneer Hall <b>PHCR</b> - PH Conference Room <b>WR</b> - Wellness Room</p>



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks	Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	Chicken Meatballs w/ Mushroom Sauce Mashed Potatoes Winter Vegetable Blend SF Custard	Special Friday Lunches are Listed on the Next Page
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	
Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	Pulled Pork w/ Brown Gravy Mashed Potatoes Scandinavian Veg Blend WW Bread Mandarin Orange	Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	Roast Beef w/ Gravy Mashed Potatoes Chef's Cut Vegetables WW Dinner Roll w/ Promise Assorted Fruit Pie Diet Fruit: Fruit Mix	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
Grilled Hamburger Patty On WW Hamburger Bun Shredded Lettuce Sliced Tomato and Red Onion Coleslaw Mayonnaise, Mustard, Ketchup SF Apple Crisp	Chicken Breast w/ Polynesian Sauce Brown Rice Spinach Tropical Fruit Mix	Zuni Corn Soup w/ SF Crackers Baked Breaded Fish Tartar Sauce WW Bread w/ Promise Winter Vegetable Blend Fresh Orange	Pork Chile Verde w/ Verde Sauce Pinto Beans Mixed Vegetable Blend WG Tortilla 6" SF Custard	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	
Vietnamese Chicken Strips w/ Curry Pineapple Sauce Brown Rice Collard Greens Mandarin Orange	Vegetarian Lasagna Winter Vegetable Blend Carrot Coins Breadsticks Tropical Fruit Mix	Baked Ham w/ Apricot Glaze Cornbread Stuffing Yams w/ Marshmallows Parker Roll w/ Promise Pumpkin Pie Diet Fruit: Mandarin Oranges		
<b>28</b>	<b>29</b>	<b>30</b>		
Spinach & Mushroom Quiche Roasted Redskin Potatoes Peas & Carrots WW Dinner Roll w/ Promise Holiday Ambrosia	Sub Sandwich Roast Beef, Sliced Ham, Slice Swiss Cheese Sliced Tomato and Shredded Lettuce Beets Orange Salad WW French Roll 4" Mayonnaise, Mustard Orange Juice SF Apple Crisp	Minestrone Soup w/ Pasta SF Crackers Balsamic Chicken Salad Cucumber & Black-Eyed Salad WW Dinner Roll w/ Promise Ambrosia	<p><b>Voluntary Contribution - \$3.00</b></p> <p><b>Meal Cost for Under Age 60 - \$5.00</b></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.

[www.MealsOnWheelsOC.org](http://www.MealsOnWheelsOC.org)

# Special Friday Lunches



**Friday, November 4**  
*Dollar Lunch Sponsored by Dwight Manley*

Seared Pollock with Curry Sauce, White Rice, Vegetable Medley, Pears and Berries, Chocolate Pudding with Cookies

**\$1.00 LUNCH**

**Friday, November 11**  
*Veteran's Day Party*

**\*Veterans will receive a FREE party ticket\***

Pulled Pork Sandwich with BBQ Sauce, Baked Beans, Corn, Macaroni Salad, Green Salad with Ranch Dressing, Brownie with Ice Cream

**\$5.00 LUNCH**

**Friday, November 18**  
*Thanksgiving Day Party*

Honey Glazed Ham, Yams with Marshmallows, Green Bean Casserole, Roll, Honey Mustard Salad, Slice of Pie

**\$5.00 LUNCH**

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

Lunch service starts at **12 p.m.** 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.

## TURKEY TIME

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

AUTUMN MORSEL  
 CARVER PARADE  
 CIDER PIE  
 COLONY PILGRIM  
 COOK PLATTER  
 CORN PUMPKIN  
 CROP REAP  
 DINNER REPAS  
 FALL ROAS  
 FAMILY SAMOSET  
 FEAST SEASON  
 FOOD SHINDIG  
 FRIENDS SQUASH  
 GRAVY TABLE  
 HARVEST THANKS  
 HOLIDAY TURKEY  
 INDIANS VOYAGE  
 MAIZE YAMS

### 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

