

What's Doin' at the Brea Senior Center

Merry
Christmas!



December 2022

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

Announcements

Happy Holidays!

The Brea Senior Center will be closed Friday, December 23 through Monday, January 2. We will reopen on Tuesday, January 3, 2023.

Annual Senior Center Christmas Party at the Brea Community Center

Friday, Dec 16, 10 a.m.-1 p.m.

Our annual Christmas party will have a traditional holiday meal, live entertainment, and valuable raffle prizes! Doors open to the Community Center at 9 a.m. Call 714-990-7752 to be placed on an interest list for a chance to receive a ticket. One ticket given per person.

Holiday Shopping Tips Presentation



Thu, Dec 8, 10:30-11:30 a.m.

Whether you do your holiday shopping in-person or online, join Investigator Aja to hear tips on how to prevent thefts and enjoy a safe holiday season.

By Brea Police Department

Gingerbread House Decorating

Thu, Dec 15, 11-11:45 a.m.

By Apex Home Health & Hospice

Mayor's Update

Thu, Dec 22, 11-11:45 a.m.

Hear updates on City developments and news from our city staff on behalf of the Mayor.

See's Candy & Chocolates Sale

See's
CANDIES

Our annual See's Candy & Chocolates Sale is here! The retail price is \$27.50, but you can purchase them at our front desk for only \$25.50. All proceeds go toward supporting the Brea Senior Center's programs and activities. The one-pound candy boxes come gift wrapped and in either Assorted or Nuts & Chews varieties.

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.

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



OCPL Mobile Library

Wed, Dec 7, 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

Afternoons at the Movies 2nd & 4th Wed of each month December 14, 12:30 p.m.:

"The Santa Clause 2" (2002)

Tim Allen returns in this heartwarming holiday sequel as Scott Calvin, who has been a very successful and happy Santa for eight years. But now he faces a new challenge: If he doesn't get married by Christmas Eve, he'll stop being Santa forever.

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.

Save the Date!
New Year's Party
Friday, January 13



Travel Group

Pechanga Casino Day Trip!
Wednesday, April 5, 2023
8 a.m.-4 p.m.

Includes roundtrip transportation from Senior Center and a light snack. \$30 per person.

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.

Health Help

Blood Pressure Checks
Tuesdays, 11 a.m.-12 p.m.

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. 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)
Thu, Dec 15, 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 cityofbrea.net/housingrehab or call 714-671-4461 for more info or an application.

Fitness

Better Balance with Dan
(Class on break from 12/19/2022-1/11/2023)
Mondays, 10-11:50 a.m.

Better Balance is specifically 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

(Class on break from 12/19/2022-1/11/2023)
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.

Exercise every part of the body by using a variety of standing and sitting exercises with some modified aerobics. Each class has a variety of exercises with music.

By Older Adults Program

Line Dancing Class
(Class on break for all of December, returning on 1/4/2023)

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 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. This ancient Chinese exercise will 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.

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 by bringing exhilarating, easy-to-follow moves in an invigorating, party-like atmosphere.

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, December 2, 11:30 a.m.
By The Cause Church

Book Club (Courtyard)
(Meeting canceled in December, resuming in January)
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 (Room B)
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.

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.

December Activities

FAMOUS QUOTE

“A society grows great when old men plant trees in whose shade they shall never sit.”

GREEK PROVERB

DECEMBER IS NATIONAL FRUIT CAKE MONTH

- 7 Pearl Harbor Remembrance Day
- 13 St. Lucia's Day
- 18 Ugly Christmas Sweater Day
- 21 Winter Solstice
- 26 Boxing Day

BIRTHSTONE

Turquoise, Tanzanite, & Zircon

FLOWERS

Holly and Narcissus

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

5
 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)

12
 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)

19
 9:00 Longevity Stick Balance (ZOOM)
 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)

26
 Closed for Christmas Holiday (Reopen on January 3)


Tuesday

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

6
 8:30 Yoga Class (PH)
 10:00 Health & 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)

13
 8:30 Yoga Class (PH)
 10:00 Health & 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)

20
 8:30 Yoga Class (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)

27
 Closed for Christmas Holiday (Reopen on January 3)


Wednesday



7
 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)
 12:30 Ralphs/Rite Aid Shopping (L)

14
 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)
 12:30 Afternoon Movie (DR)

21
 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)
 12:30 Albertsons/Trader Joe's Shopping (L)

28
 Closed for Christmas Holiday (Reopen on January 3)


Thursday

1
 9:30 Health & Wellness (PH)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)

8
 9:30 Health & Wellness (PH)
 10:30 Holiday Shopping Tips (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)

15
 9:30 Health & Wellness (PH)
 11:00 Gingerbread House Making (L)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Legal Aid (B)

22
 11:00 Mayor's Update (B)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)

29
 Closed for Christmas Holiday (Reopen on January 3)


Friday

2
 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)

9
 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)
 1:00 Tai Chi for Every Body (ZOOM)

16
 Closed for Annual Christmas Party Held at Brea Community Center (695 Madison Way 10 a.m.-1 p.m.)


23
 Closed for Christmas Holiday (Reopen on January 3)


30
 Closed for Christmas Holiday (Reopen on January 3)




Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00			1 Turkey Shepherd's Pie Broccoli Carrots WW Dinner Roll w/ Promise Tropical Fruit Mix	2
5 Salisbury Steak Country Gravy Sweet Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise Mandarin Orange	6 Spinach & Mushroom Quiche Roasted Red Potatoes Scandinavian Vegetable Blend Blueberry Muffin SF Apple Slices Orange Pineapple Juice	7 Braised Cubed Beef Burgundy Sauce Quinoa Pilaf Squash Medley WW Dinner Roll w/ Promise Tropical Fruit Mix	8 Moroccan Lentil Soup w/ SF Crackers Mediterranean Chickpea Salad Tuna Salad w/ Yogurt Dressing WW Dinner Roll w/ Promise Ambrosia	<div style="background-color: #6aa84f; color: white; padding: 10px; text-align: center; font-weight: bold;"> Special Friday Lunches are Listed on the Next Page </div>
12 Cream of Pumpkin Soup w/ SF Crackers Lemon Quinoa Salad Diced Chicken California Salad WW Dinner Roll w/ Promise SF Pear Crisp	13 Chicken Breast w/ Florentine Sauce Bowtie Pasta Peas & Carrots WW Dinner Roll w/ Promise Ambrosia	14 Vietnamese Lemongrass Pork Tenderloin Lemongrass Sauce Brown Rice Oriental Vegetable Blend Pineapple Chunks	15 Chicken Cordon Bleu Wild Rice Pilaf Chef's Cut Vegetables Parker House Roll w/ Promise Special Dessert Diet Fruit: Ambrosia	
19 Vegetable Soup w/ SF Crackers Bulgur Salad w/ Chickpeas, Cucumber & Cranberries Tomato & Zucchini Salad SF Fruited Gelatin	20 Southern Pulled Pork w/ Brown Gravy Mashed Potatoes Scandinavian Veg Blend WW Bread Mandarin Orange	21 Beef Enchiladas Casserole Corn Capri Vegetables Blend Tropical Fruit Mix	22 Cream Pumpkin Soup w/ SF Crackers Pot Roast Smothered w/ Onions & Gravy Mashed Potatoes Winter Vegetable Blend WW Dinner Roll w/ Promise Assorted Cake Diet Fruit: Fresh Fruit	
26 	27	28	29	

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, December 2

Dollar Lunch Sponsored by Dwight Manley

Chicken Tamale & Taquito, Pinto Beans, Corn Medley, Green Salad, Mexican Dessert

\$1.00 LUNCH

Friday, December 9

Chicken Parmesan with Marinara Sauce, Minestrone Soup, Garlic Bread, Italian Salad, Cannoli, Sliced Peaches

\$4.00 LUNCH

Friday, December 16

Christmas Party

Roasted Turkey, Mashed Potatoes & Gravy, Apple Sage Stuffing, Green Bean Casserole, Cranberry Sauce, Roll with Butter, Winter Salad, Apple Pie



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.

A CHRISTMAS CAROL

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

BEDROOM
 BROTHER
 CAROL
 CHILD
 ENGLAND
 EVE
 FUTURE
 GHOST
 GREED
 HAUNTED
 HOLIDAY
 HUMBUG
 JOY
 KNOCKER
 MARLEY
 MISER
 MORNING
 NIGHT
 PAST
 POLKA
 PRESENT
 REDEEM
 REFORM
 SCROOGE
 SEASON
 SISTER
 SOUP
 SPIRIT
 TINYTIM
 VISION
 WINTER
 XMAS

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

