

What's Doin' at the Brea Senior Center

Happy New Year!



January 2023

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

Announcements

New Year's Day Party
Fri, Jan 13, 10:30 a.m.-12:30 p.m.

Get your tickets for a delicious meal, live entertainment by "Elias with Love," and a chance to win valuable raffle prizes! \$5 for those over 60, \$6 for those under 60.

By Dwight Manley & Alignment Health

Senior Tax Preparation
Tuesdays, starting in February
12:30-3 p.m.

ARP Volunteer Tax-Aides help taxpayers with low and moderate incomes file their basic tax returns. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register.

Senior Grocery Program
New Days!—2nd & 4th Tue of each month, 10 a.m.-12 p.m.

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



Meals on Wheels OC Presentation

Thu, Jan 12, 10:30-11:30 a.m.



Learn about the Adult Day Services Program provided by Meals on Wheels OC at select sites.

"A New Year, A Healthier You!" Presentation

Thu, Jan 19, 10:30-11:30 a.m.

Thinking about your New Year's Resolutions? Coming up with them is easy enough but keeping them is sometimes harder to do. Join us to learn how to make AND keep New Year's Resolutions for a healthier you!

By SCAN Independence at Home

"Screenings for Better Health" Presentation



Thursday, Jan 26, 10-11 a.m.

The old saying goes: "An ounce of prevention is worth a pound of cure." This is certainly true regarding your health. Join us for a discussion of the prevention screenings and vaccines that are recommended for people age 65 and older. It's your health...take care of it!

By SCAN Independence at Home

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.

Afternoons at the Movies
2nd & 4th Wed of each month
January 11, 12:30 p.m.:
"Pinocchio" (2002) PG

Oscar-winning filmmaker Guillermo del Toro reinvents the classic story of a father's wish magically bringing a wooden boy to life in Italy, giving him a chance to care for the child in this stunning stop-motion musical tale.

January 25, 12:30 p.m.:
"Top Gun: Maverick" (2022)
PG-13

After thirty years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

Mayor's Update Thu, January 26, 11-11:45 a.m.

Hear updates on City developments and news from our current mayor, Marty Simonoff.

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.

New! Bible Study (Room B) 3rd Wednesday of each month 12:30-1:30 p.m. By Cause Church Senior Ministry

Travel Group

Pechanga Casino Day Trip! Wednesday, April 5 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

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



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

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

Fitness

Better Balance with Dan (Class returns on 1/23) 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 returns on 1/17)
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 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 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 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, January 6, 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 (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! 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.

January Activities

FAMOUS QUOTE

"You are never too old to set another goal or to dream a new dream."

C.S. LEWIS

JANUARY IS NATIONAL SOUP MONTH

- 4 National Trivia Day
- 15 "Use Your Gift Cards" Day
- 19 National Popcorn Day
- 21 National Hugging Day
- 22 Lunar New Year
- 23 National Pie Day
- 25 Opposite Day

BIRTHSTONE

Garnet and Emerald

FLOWERS

Carnation and Snowdrop

Monday

2

**Closed for
New Years Holiday
(Reopen on January 3)**

9

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)

16

**Closed for
Martin Luther King Jr. Day**



23

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)

30

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)

Tuesday

3

8:30 Yoga Class (PH)
10:00 Timely Topics (C)
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)

10

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 Tai Chi for Every Body (ZOOM)

17

8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
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)

24

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 Knitting Group (C)
1:00 Tai Chi for Every Body (ZOOM)

31

8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
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)

Wednesday

4

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 Ralphs/Rite Aid Shopping (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

11

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)

18

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 Bible Study (B)
12:30 Albertsons/Trader Joe's Shopping (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

25

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

5

12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

12

10:30 Meals On Wheels OC Presentation (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

19

9:30 Health & Wellness (PH)
10:30 "A New Year, A Healthier You!" (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

26

9:30 Health & Wellness (PH)
10:00 "Screenings for Better Health" Presentation (DR)
11:00 Mayor's Update (B)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Legal Aid (B)

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

Friday

6

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

13

9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
10:30 New Year's 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)

20

9:00 Longevity Stick Balance (PH)
10:30 Bingo (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)

27

9:00 Longevity Stick Balance (PH)
10:30 Bingo (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)

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

January



Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Happy New Year</i>	3 Pork Tenderloin w/ Orange Raisin Sauce Mashed Potatoes Chef's Vegetable Blend WW Dinner Roll w/Promise Pineapple Chunks	4 Chicken Breast w/ NEW Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie	5 Baked Breaded Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	6
9 NEW Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/ Promise Parmesan Cheese SF Fruited Gelatin	10 Our Best Tortilla Soup w/ Tortilla Chips NEW Chicken Tinga Taco NEW Cilantro Lime Slaw Tortilla Tropical Fruit Mix	11 Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/Promise SF Custard	12 Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	Special Friday Lunches are Listed on the Next Page
16 	17 LS Roast Turkey Breast w/ Hummus Sandwich WW Pita Bread Tomato and Cucumber Salad Barley Corn and Mango Salad Canned Peaches	18 Split Pea Soup w/ SF Crackers NEW Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	19 Pork Tenderloin w/ NEW Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	
23 *Lunar New Year* Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Oriental Vegetable Blend SF Mandarin Orange Gelatin w/ Fortune Cookie	24 Crumbled Beef Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Orange Juice SF Custard	25 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears	26 Minestrone w/ Pasta Soup w/ SF Crackers NEW Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia	
30 Vegetarian Lasagna Succotash Sliced Carrots Crackers Ambrosia	31 NEW Huli Huli Chicken Strips w/ Huli Huli Pineapple Sauce Jasmine Rice Broccoli SF Fruited Gelatin	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, January 6

Beef Pot Roast, Mashed Potatoes, Crostini, Green Salad, Fresh Fruit, Brownie

\$4.00 LUNCH

Friday, January 13

New Year's Party

Cheese Ravioli with Chicken and Alfredo Sauce, Garlic Bread, Fried Zucchini with Ranch, Caesar Salad, Swirled Cheesecake

\$5.00 LUNCH

Friday, January 20

Dollar Lunch Sponsored by Dwight Manley

Teriyaki Chicken with Steamed Rice, Dumpling Soup, Asian Salad, Mandarin Oranges, Fortune Cookie

\$1.00 LUNCH

Friday, January 27

Dollar Lunch Sponsored by Dwight Manley

Chili with Cheese, Hot Dog, Scalloped Potatoes, Ranch Salad, Pears & Berries

\$1.00 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.

IT'S COLD OUTSIDE

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

ALPINE
 ARCTIC
 BOBSLED
 BOREAL
 COATS
 COLD
 COOL
 FLOE
 FREEZE
 FREON
 FRIGID
 FROST
 FROZEN
 GLACIAL
 GLOVES
 GUSTY
 ICE
 ICICLE
 IGLOO
 LUGE
 NUMB
 PARKA
 POLAR
 POPSICLE
 RIME
 SKATE
 SLUSH
 SNOW
 TUNDRA
 WIND
 WINTER
 ZERO

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

