

# What's Doin' at the Brea Senior Center

## Happy Valentine's Day!



February 2023

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

### Announcements

**Senior Tax Preparation**  
Tuesdays, February 7-April 11  
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.

**Mature Driver Class**  
Wednesday and Thursday  
February 8 and 9, 1-5 p.m.



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**

**Fall Prevention Workshop**  
Wed, Feb 22, 12:30-2:30 p.m.

A panel including a Geriatrician, Geriatric Nurse Expert, Injury Prevention Coordinator, and Optometrist will discuss common risk factors, strategies to avoid falls, present available resources in OC, describe home environment safety factors, free giveaways, and answer questions! Call 714-990-7750 to RSVP.

**By UC Irvine Health**

**WWII Concentration Camp Survivor Talk**  
Monday, February 13, 11 a.m.



Join Charlotte Van Steenberg as she shares her remarkable journey from an Indonesian WWII concentration camp in 1942 to her liberation by U.S. troops and arrival in America. Bring your tissues!

**"What You Need to Know When You Leave Your Doctor's Office" Presentation**  
Thu, Feb 2, 10:30-11:30 a.m.

It's good to be prepared when you see your doctor. By planning ahead you can be sure that you are getting the most out of your doctor visit.

**By SCAN Independence at Home**

**"Do's and Don'ts of Healthy Dieting" Presentation**

Thu, Feb 9, 10:30-11:30 a.m.

Healthy weight loss isn't just about dieting. Healthy weight loss means changes in your lifestyle to not just "get the weight off" but keep it off! This presentation will teach you some helpful ways to be a winner in weight loss!

**By SCAN Independence at Home**

**Valentine's Day Party**  
Friday, February 17  
10:30 a.m.-12:30 p.m.



Get your tickets for an Italian meal, live entertainment by "Anthony Bernasconi," and a chance to win valuable raffle prizes! \$5 for those over 60, \$6 for those under 60.

**Sponsored by Dwight Manley & "Hearts in Home"**

**NEW! Sewing & Embroidery Group (Rm B)**  
Thursdays, 9 a.m.-3 p.m.

Bring your own sewing machine and projects you're working on to this active group!

## Hearing Aid Clean & Check Mon, Feb 27, 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 Hearing Life**

## OCPL Mobile Library Wed, Feb 1, 10-11:30 a.m.

Visit the Mobile Library set up right outside the Senior Center to get a library card, check out books, use free internet, and more!  
**By Orange County Public Libraries**

## Mayor's Update Thursday, February 16 10:30-11:15 a.m.



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

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

Once a week, pick up a selection of fresh produce, dairy products, and shelf-stable dry goods. Please bring your own grocery bags!

**By Second Harvest Food Bank**

## Afternoons at the Movies Wednesday, Feb 8, 12:30 p.m. "Mack & Rita" (2022) PG-13

A 30-year-old writer (Elizabeth Lail) spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self in this delightful comedy starring Oscar®-winner Diane Keaton.



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

## 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.



## 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.

## 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 OC). 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 (Wellness Rm) 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, 8:30-11:30 a.m.

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.

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



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.



## 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 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.

## Yoga Class Tuesdays, 8:30-9:30 a.m. Thursdays, 8:30-9:15 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.

Modifies the Zumba formula to suit the needs of the active older participant by bringing exhilarating and easy-to-follow moves.

## 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.

**Birthday Party**  
Friday, February 3, 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, will move to DR starting 2/7) 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 (Room C, will move to DR starting 2/7) 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.

## Timely Topics (Rm 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.

# February Activities

## FAMOUS QUOTE

“One word frees us of all the weight and pain of life: that word is love.”

SOPHOCLES

## FEBRUARY IS AFRICAN-AMERICAN HISTORY MONTH

- 2 Groundhog Day
- 13 Galentine's Day
- 14 Valentine's Day
- 21 Mardi Gras
- 22 Ash Wednesday
- 23 Banana Bread Day

## BIRTHSTONE

Amethyst

## FLOWERS

Violet and Primrose

## Monday

<b>2</b>	
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<b>6</b>	<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>
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<b>13</b>	<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 WWII Concentration Camp Survivor Talk (B)            12:00 Lunch (DR)            12:00 Zumba Gold (PH)            12:30 Walmart Shopping (L)</p>
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<b>20</b>	<p><b>Closed for President's Day</b></p> 
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<b>27</b>	<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>
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## Tuesday

<b>7</b>	<p>8:30 Yoga Class (PH)            10:00 Health &amp; Wellness (PH)            10:00 Timely Topics (C)            11:00 Blood Pressure (Wellness Rm)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 AARP Tax Prep (B &amp; C)            12:45 Bunco (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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<b>14</b>	<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 (Wellness Rm)            12:00 Lunch (DR)            12:30 AARP Tax Prep (B &amp; C)            12:45 Bunco (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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<b>21</b>	<p>8:30 Yoga Class (PH)            10:00 Health &amp; Wellness (PH)            10:00 Timely Topics (C)            11:00 Blood Pressure (Wellness Rm)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 AARP Tax Prep (B &amp; C)            12:45 Bunco (DR)            1:00 Knitting Group (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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<b>28</b>	<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 (Wellness Rm)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 AARP Tax Prep (B &amp; C)            12:45 Bunco (DR)            1:00 Knitting Group (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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## Wednesday

<b>1</b>	<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>
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<b>8</b>	<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)            1:00 Mature Driver Class (B)            2:00 Intermediate Line Dancing (PH)</p>
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<b>15</b>	<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 Bible Study (B)            12:30 Albertsons/Trader Joe's Shopping (L)            1:00 Beginning Line Dancing (PH)            2:00 Intermediate Line Dancing (PH)</p>
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<b>22</b>	<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 Fall Prevention Workshop (DR)            1:00 Beginning Line Dancing (PH)            2:00 Intermediate Line Dancing (PH)</p>
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## Thursday

<b>2</b>	<p>8:30 Yoga Class (PH)            9:00 Sewing &amp; Embroidery (B)            9:30 Health &amp; Wellness (PH)            10:30 "What You Need to Know Before You Leave Your Doctor's Office" (DR)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 Bingo (DR)</p>
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<b>9</b>	<p>8:30 Yoga Class (PH)            9:00 Sewing &amp; Embroidery (B)            9:30 Health &amp; Wellness (PH)            10:30 "Dos and Don'ts of Healthy Dieting" (DR)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 Bingo (DR)            1:00 Mature Driver Class (B)</p>
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<b>16</b>	<p>8:30 Yoga Class (PH)            9:00 Sewing &amp; Embroidery (B)            9:30 Health &amp; Wellness (PH)            10:30 Mayor's Update (DR)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 Bingo (DR)</p>
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<b>23</b>	<p>8:30 Yoga Class (PH)            9:00 Sewing &amp; Embroidery (B)            9:30 Health &amp; Wellness (PH)            12:00 Lunch (DR)            12:30 Table Tennis (PH)            12:30 Bingo (DR)            12:30 Legal Aid (Wellness Rm)</p>
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More programs and details to come.  
 All programs and activities subject to change and cancellation without prior notice.

## Friday

<b>3</b>	<p>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>
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<b>10</b>	<p>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 (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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<b>17</b>	<p>9:00 Longevity Stick Balance (PH)            10:30 Valentine's Day Party (DR)            12:45 Sing-a-Long Group (C)            12:45 Bunco (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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Happy Valentine's Day

<b>24</b>	<p>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 (DR)            1:00 Tai Chi for Every Body (ZOOM)</p>
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- 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



# Special Friday Lunches

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Fish Tacos</b> Cilantro Lime Coleslaw Black Beans and Lentil Salad Tortilla Pico de Gallo SF Custard	<b>2</b> <b>NEW Turkey White Bean Chili</b> Mixed Vegetables Peas and Carrots Cornbread w/ Promise Pineapple Tidbits	<b>3</b>
<b>6</b> <b>Baked Meatloaf</b> <b>NEW</b> Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/ Promise SF Apple Crisp	<b>7</b> <b>NEW Pork Carnitas</b> Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	<b>8</b> <b>Beef Stew W/ Sauce &amp; Stew Vegetable</b> Baby Whole Potatoes WW Dinner Roll W/ Promise Tropical Fruit Mix	<b>9</b> <b>Moroccan Lentil Soup w/ SF Crackers</b> <b>NEW</b> Crab and Veggie Salad <b>NEW</b> Summer Rainbow Quinoa Salad Ambrosia	<div style="background-color: #808080; color: white; padding: 10px; font-weight: bold; font-size: 1.2em;">           Special Friday Lunches are Listed on the Next Page         </div>
<b>13</b> <b>Cream of Butternut Squash Soup</b> w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	<b>14</b> <b>Stuffed Cabbage</b> Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/ Promise IW Assorted Cake Diet: Fresh Fruit	<b>15</b> <b>Chicken Breast</b> w/ Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie	<b>16</b> <b>Breaded Fish</b> w/ Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	
<b>20</b>  <b>HAPPY PRESIDENTS' DAY</b>	<b>21</b> <b>Our Best Tortilla Soup</b> w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	<b>22</b> <b>Turkey Shepherd's Pie</b> Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard	<b>23</b> <b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	
<b>27</b> <b>Baked Tilapia</b> w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches	<b>28</b> <b>LS Roast Turkey Breast w/ Hummus Sandwich</b> WW Pita Bread Tomato and Cucumber Salad Barley Corn and Mango Salad Mandarin Orange	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>		

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. 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)



## Friday, February 3

*Dollar Lunch Sponsored by Dwight Manley*

French Toast Sticks, Eggs, Pork Sausage, Hash browns, Fruit, Yogurt

**\$1.00 LUNCH**

## Friday, February 10

Orange Chicken, White Rice, Spring Roll, Asian Salad, Mandarin Oranges, Fortune Cookie

**\$4.00 LUNCH**



## Friday, February 17

*Valentine's Day Party*

Tri-Color Ravioli with Meatballs, Italian Salad, Garlic Bread, Fruit, Cream Puffs with Chocolate Sauce

**\$5.00 LUNCH**

## Friday, February 24

*Dollar Lunch Sponsored by Dwight Manley*

Fish Tacos with Slaw, Pinto Beans, Corn Medley, Mexican Salad, Fresh Fruit, Rice Pudding

**\$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.

## MARDI GRAS

Z C C U P W E B U Y N P T P N U C E E C V K P M L Y W Q P I O N  
 K W U G O U B W O Z X B Q Y X Z C K H N H G T I T Y W Q K Q R E  
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 LIQUOR  
 MASKS  
 MUSIC  
 PARADE  
 PARTIES  
 POPULAR  
 QUEEN  
 REVELRY  
 SHROVE  
 UNIQUE  
 VISIBLE

### 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

