

# What's Doin' at the Brea Senior Center

## Happy St. Patrick's Day!



March 2023

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

### Announcements

#### "How to Avoid Identity Theft" Presentation

Thu, Mar 23, 11-11:45 a.m.

Learn how to prevent fraud & identity theft to protect your legacy and what to do if you become a victim. Snacks provided!

By **Jamie Hunt-Parrent & Cadence Brea**

#### "Medicare Essentials" Presentation

Thu, Mar 30, 11-11:45 a.m.



For both those new to Medicare and current Medicare beneficiaries! In addition to sharing information about HICAP services, the seminar content includes Medicare enrollment periods, coverage options and benefits, Part D prescription drug coverage, costs and cost-saving options.

By **HICAP**

#### St. Patrick's Day Party

Friday, March 17, 10:30 a.m.-12:30 p.m.

Get your tickets early for a delicious, festive lunch with live entertainment by "Ryan

Christopher," and a chance to win valuable raffle prizes! \$5 for those over 60, \$6 for those under 60. Don't forget to wear green!

Sponsored by **Dwight Manley & SCAN Health Plan**

#### Senior Tax Preparation Waiting List



AARP 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 be placed on waiting list.

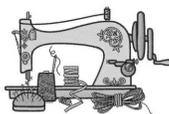
#### NEW! Recorder Music Practice

Wednesdays, 9-10:30 a.m.

Learn how to play the recorder, a woodwind instrument similar to a flute. The ability to read music is a plus, but not necessary.

#### NEW! Sewing & Embroidery Group

Thursdays, 9 a.m.-3 p.m.



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

#### OCPL Mobile Library

Wed, Mar 1, 10-11:30 a.m.

Visit the Mobile Library set up right inside the Senior Center to get a library card, check out books, use free internet, and more!

By **Orange County Public Libraries**

#### Senior Grocery Program

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

Twice a month, 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**

#### 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.

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**  
**Wednesday, Mar 8, 12:30 p.m.**  
**"Devotion" (2022) PG-13**

The inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately make them the Navy's most celebrated wingmen.

**Wednesday, Mar 22, 12:30 p.m.**  
**"Shotgun Wedding" (2023) R**

Darcy (Jennifer Lopez) and Tom (Josh Duhamel) gather their families for a destination wedding, but the ceremony gets put on hold when gunmen take everyone hostage. Now, they must do everything they can to save their loved ones—if they don't wind up killing each other first.

**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.

**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.

**Yellowstone, Grand Tetons,**  
**and Mt. Rushmore**  
**July 17-25**



Highlights Include: Mt. Rushmore tour, Crazy Horse Memorial, Yellowstone National Park, Old Faithful Geyser, Grand Canyon, Grand Teton National Park, Floating trip (Smooth River Float Ride—no rapids), Jackson Town Square, Covered Wagon Cookout w/dinner and music. \$3,899 per person, based on double occupancy.

**Trains of Colorado**  
**August 21-28**

Highlights include: Pike's Peak Cog Railroad, Durango to Silverton Railroad, Cumbres & Toltec Scenic Railroad, Royal Gorge Route Railroad, U.S. Air Force Academy & Cadet Chapel, Horseshoe Bend, Lake Powell scenic cruise. \$3,499 per person, based on 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.

**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](http://www.cityofbrea.net/housingrehab) or call 714-671-4461 for more information or an application.

**Fitness**

**Table Tennis**  
**Every Tue & Thu, 12:30-3:30 p.m.**  
**Resident Quarterly Fee: \$20**  
**Non-Resident Quarterly Fee: \$30**

**Better Balance with Dan**  
**(NO CLASS on 3/20)**  
**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**  
**(NO CLASS on 3/21 and 3/23)**  
**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.

**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.**

**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, March 3, 11:30 a.m.**  
**By The Cause Church**  
**Senior Ministry**

**Book Club (Room B)**  
**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 (DR)**  
**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 (DR)**  
**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.**

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

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

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

**Timely Topics (Rm 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.

# March Activities

## FAMOUS QUOTE

"I complained that I had no shoes until I met a man who had no feet."

IRISH PROVERB

## MARCH IS WOMEN'S HISTORY MONTH

- 8 International Women's Day
- 12 Daylight Saving Day
- 14 Pi Day
- 15 Ides of March
- 20 Spring Equinox
- 31 Cesar Chavez Day

## BIRTHSTONE

Aquamarine

## FLOWERS

Daffodils and Jonquils

## 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

**6**  
 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)

**13**  
 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)

**20**  
 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)

**27**  
 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

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

**7**  
 8:30 Yoga Class (PH)  
 10:00 Health & Wellness (PH)  
 10:00 Timely Topics (C)  
 11:00 Blood Pressure (WR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 AARP Tax Prep (B & C)  
 12:45 Bunco (DR)  
 1:00 Tai Chi for Every Body (ZOOM)

**14**  
 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 (WR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 AARP Tax Prep (B & C)  
 12:45 Bunco (DR)  
 1:00 Tai Chi for Every Body (ZOOM)

**21**  
 8:30 Yoga Class (PH)  
 10:00 Timely Topics (C)  
 11:00 Blood Pressure (WR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 AARP Tax Prep (B & C)  
 12:45 Bunco (DR)  
 1:00 Knitting Group (DR)  
 1:00 Tai Chi for Every Body (ZOOM)

**28**  
 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 (WR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 AARP Tax Prep (B & C)  
 12:45 Bunco (DR)  
 1:00 Knitting Group (DR)  
 1:00 Tai Chi for Every Body (ZOOM)

## Wednesday

**1**  
 8:30 Tai Chi 42 (CY)  
 9:00 Longevity Stick Balance (PH)  
 9:00 Recorder Music Practice (C)  
 9:00 Quilting Group (B)  
 10:00 OCPL Mobile Library (L)  
 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)

**8**  
 8:30 Tai Chi 42 (CY)  
 9:00 Longevity Stick Balance (PH)  
 9:00 Recorder Music Practice (C)  
 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)

**15**  
 8:30 Tai Chi 42 (CY)  
 9:00 Longevity Stick Balance (PH)  
 9:00 Recorder Music Practice (C)  
 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)

**22**  
 8:30 Tai Chi 42 (CY)  
 9:00 Longevity Stick Balance (PH)  
 9:00 Recorder Music Practice (C)  
 10:30 Bingo (DR)  
 10:30 Zumba Gold (PH)  
 11:00 Book Club (B)  
 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)

**29**  
 8:30 Tai Chi 42 (CY)  
 9:00 Longevity Stick Balance (PH)  
 9:00 Recorder Music Practice (C)  
 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)

## Thursday

**2**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:30 Health & Wellness (PH)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)

**9**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:30 Health & Wellness (PH)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)

**16**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:30 Health & Wellness (PH)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)

**23**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 11:00 How to Avoid Identity Theft (DR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)  
 12:30 Legal Aid (WR)

**30**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:30 Health & Wellness (PH)  
 11:00 Medicare Essentials (DR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)

## Friday

**3**  
 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 (DR)  
 1:00 Tai Chi for Every Body (ZOOM)

**10**  
 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)

**17**  
 9:00 Longevity Stick Balance (PH)  
 10:30 St. Patrick's Day Party (DR)  
 12:45 Sing-a-Long Group (C)  
 12:45 Bunco (DR)  
 1:00 Tai Chi for Every Body (ZOOM)



**24**  
 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)

**31**  
 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)



Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	<b>1</b> <b>Split Pea Soup w/ SF Crackers</b> Greek Salad w/ Edamame & Shredded Chicken Marinated Veg. Salad SF Apple Crisp	<b>2</b> <b>Pork Tenderloin</b> Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	<b>3</b>	
<b>6</b> <b>Garden Burger</b> Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix	<b>7</b> <b>Crumbled Beef w/ Bolognese Sauce</b> Penne Pasta Italian Veg. Blend WW Dinner Roll w/ Promise SF Custard Orange Juice	<b>8</b> <b>Baked Salmon w/ Mango Salsa</b> Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt w/ Mixed Fruit & Honey Graham Crackers)	<b>9</b> <b>Minestrone Pasta Soup w/ SF Crackers</b> Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia	<div style="background-color: #808080; color: white; padding: 20px; transform: rotate(-90deg); transform-origin: center;"> <b>Special Friday Lunches are Listed on the Next Page</b> </div>	
<b>13</b> <b>Vegetarian Lasagna</b> Succotash Carrots SF Crackers Ambrosia	<b>14</b> <b>Chicken Strips w/ Hui Hui Pineapple Sauce</b> Jasmine Rice Broccoli SF Fruited Gelatin	<b>15</b> <b>Breaded Fish Tacos</b> Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla (2) Pico de Gallo SF Custard	<b>16</b> <b>Turkey White Bean Chili</b> Mixed Vegetables Peas & Carrots Cornbread w/ Promise Pineapple Tidbits		
<b>20</b> <b>Baked Meatloaf</b> Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Promise SF Apple Crisp	<b>21</b> <b>Pork Carnitas</b> Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	<b>22</b> <b>Beef Stew</b> Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/ Promise Tropical Fruit Mix	<b>23</b> <b>Moroccan Lentil Soup w/ SF Crackers</b> Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia		
<b>27</b> <b>Cream of Butternut Squash w/ SF Crackers</b> Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	<b>28</b> <b>Pork Tenderloin w/ Pineapple Raisin Sauce</b> Mashed Potatoes Chef's Veg. Blend WW Dinner Roll w/ Promise Pineapple Chunks	<b>29</b> <b>Chicken Breast</b> Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/ Promise SF Cookie	<b>30</b> <b>Breaded Baked Fish</b> Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia		<b>31</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.  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

## Chef Francesco

FABULOUS FRESH FOOD

### Friday, March 3

Turkey & Cheese Panini Sandwich, Broccoli Cheddar Soup, Caesar Salad, Chips, Peaches & Whipped Cream

**\$4.00 LUNCH**

### Friday, March 10

*Dollar Lunch Sponsored by Dwight Manley*

Chicken Enchilada with Salsa Verde, Rice, Pinto Beans, Corn, Mexican Salad, Caramel Flan

**\$1.00 LUNCH**

### Friday, March 17

*St. Patrick's Day Party*

“Bangers and Mash”, Irish Beef Sausage, Mashed Potatoes with Gravy, Cabbage & Carrots, Green Bean Casserole, Green Grapes, Brownie

**\$5.00 LUNCH**

### Friday, March 24

*Dollar Lunch Sponsored by Dwight Manley*

Fish Filet Sandwich, Waffle Fries, Coleslaw, Apple Slices with Caramel, Lemon Cake Bite

**\$1.00 LUNCH**

### Friday, March 31

Beef & Broccoli, Rice, Asian Salad, Egg roll, Mandarin Oranges, Fortune Cookie

**\$4.00 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.

## TOWNS OF SCOTLAND

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

ALLOWAY	KILSYTH
ALNESS	LERWICK
BALLOCH	LUSS
BIGGAR	LYBSTER
BONHILL	MALLAIG
CARLUKE	MONKTON
COMRIE	OBAN
DORNOCH	PAISLEY
DOUGLAS	PORTSOY
EDZELL	RENTON
ELIE	TARBERT
FALKIRK	TOMATIN
GLAMIS	TONGUE
GLASGOW	UNAPOOL
GRANTON	UPHALL
HALKIRK	VOE
IRVINE	WATTEN
KENMORE	WIGTOWN

### 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

