

What's Doin' at the Brea Senior Center

Happy Easter!



April 2023

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

Announcements

Two Parties in One Month!

Easter Party

Friday, April 14

10:30 a.m.-12:30 p.m.



Get your tickets early for a delicious Easter lunch with live entertainment by "Tony O'Dell Rogers," and a chance to win valuable raffle prizes! \$5 for those over 60, \$6 for those under 60.

Sponsored by Dwight Manley

Volunteer Recognition Party

Friday, April 28

10:30 a.m.-12:30 p.m.

Help us recognize all our volunteers who work tirelessly to keep the Senior Center running behind the scenes. Volunteers are free, but registration is still required. \$5 for others over 60, \$6 under 60.

Sponsored by Dwight Manley & Senior Leadership Council

**"It's Your Money"
6-week Financial Literacy
Workshop Series**

**Mondays, April 24-June 5
1:30-3 p.m.**

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. NO sales pitches or solicitations will take place. Call 714-990-7750 to register.

By Financial & Estate Literacy

Glass Painting Art Class (Room B)

**Mondays, April 17 & May 15,
1-3 p.m.**

Join us for a free glass painting art class with materials provided. Sign up at the front desk to reserve your spot and materials!

By St. Jude Senior Services

Financial Wellness Presentation

Thursday, April 20, 11 a.m.

Join us to discuss how wealth can affect our emotional and physical wellbeing, and the benefit of planning for financial incapacity to secure your assets against fraud and exploitation.

By Council on Aging



**Insurance Scam Prevention
Thursday, April 27, 11 a.m.**

Learn how to protect yourself from becoming a victim of health insurance fraud from a state department dedicated to preventing it. **By California Department of Insurance**

Science Fair!

Tuesday, April 25, 1-3 p.m.



After lunch, view science projects put together by students from a neighboring homeschool co-op, Adventure Seekers. Vote for your favorite and award them with a prize!

Mayor's Update

Thu, April 20, 10:30-11 a.m.

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

**Senior Grocery Program
New Time!—2nd & 4th Tue of
each month, 10:30-11:30 a.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

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.

OCPL Mobile Library
Wed, April 5, 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

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!

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



Afternoons at the Movies
Wed April 12, 12:30 p.m.
"Mrs. Harris Goes to Paris"
(2022) PG

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her

own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook—but the very future of the House of Dior.

Wed, April 26, 12:30 p.m.
"Ticket to Paradise" (2022) PG-13

A man (George Clooney) and his ex-wife (Julia Roberts) race to Bali, Indonesia, to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.

Travel Group

Tanaka Farms
Wed, May 17, 8:15 a.m.-1 p.m.

For just \$25 per person, receive roundtrip transportation to and from Tanaka Farms located in Irvine. Take a guided wagon tour around the farm, pick a seasonal vegetable, and pick strawberries. Everyone will take home a one-pound basket of strawberries! After the tour, we'll stop by the barnyard animal exhibit and the gift shop before enjoying a Chef Francesco sack lunch as a group.

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.

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
Mondays, 10-11:50 a.m.
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.

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
(No class from 4/10-4/25)
Mon, 10-11:30 a.m. (ZOOM only)
Tue & Fri, 1-3 p.m. (ZOOM only)

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.

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, April 7, 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 (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.



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.

Veterans Club (Room B)
Mondays, 11-11:45 a.m.

April Activities

FAMOUS QUOTE

“Don't ever question the value of volunteers. Noah's Ark was built by volunteers, the Titanic was built by professionals.”

DAVE GLYNN

APRIL IS NATIONAL VOLUNTEER MONTH

- 1 April Fool's Day
- 7 National Beer Day
- 9 Easter Sunday
- 14 National Pecan Day
- 18 Tax Day
- 22 Earth Day
- 27 Administrative Professionals Day

BIRTHSTONE

Diamond

FLOWERS

Daisy and Sweet Pea

Monday

3
 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)

10
 9:00 Longevity Stick Balance (ZOOM)
 10:00 Better Balance (PH)
 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)

17
 9:00 Longevity Stick Balance (ZOOM)
 10:00 Better Balance (PH)
 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)
 1:00 Glass Painting (B)

24
 9:00 Longevity Stick Balance (ZOOM)
 10:00 Better Balance (PH)
 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)
 1:30 It's Your Money (DR)

Tuesday

4
 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)

11
 8:30 Yoga Class (PH)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:30 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)

18
 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)
 12:45 Bunco (B)
 1:00 Knitting Group (C)

25
 8:30 Yoga Class (PH)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:30 Senior Grocery Program (L)
 11:00 Blood Pressure (WR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)
 1:00 Knitting Group (C)
 1:00 Science Fair (DR)



Wednesday

5
 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)

12
 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)

19
 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)

26
 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)

Thursday

6
 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)

13
 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)

20
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:30 Mayor's Update (DR)
 11:00 Financial Wellness Presentation (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)

27
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 11:00 Insurance Scam Prevention (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Legal Aid (WR)

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

Friday

7
 9:00 Longevity Stick Balance (PH)
 10:30 Bingo (DR)
 11:20 Birthday Party (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)

14
 9:00 Longevity Stick Balance (PH)
 10:30 Easter Party (DR)
 12:45 Sing-a-Long Group (C)
 12:45 Bunco (B)

21
 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)

28
 9:00 Longevity Stick Balance (PH)
 10:30 Volunteer Recognition Party (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



Monday	Tuesday	Wednesday	Thursday	Friday	
3 Vietnamese Chicken Strips w/Lemongrass Sauce Brown Rice Japanese's Vegetables Blend Mandarin Orange	4 Our Best Tortilla Soup w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	5 Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/ Promise SF Custard	6 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	7	
10 Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/ Promise Canned Peaches	11 LS Roast Turkey Breast w/ Hummus Sandwich Tomato and Cucumber Salad Barley Corn and Mango Salad WW Pita Bread Mandarin Orange	12 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	13 Pork Tenderloin w/ Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	<div style="border: 2px solid gray; padding: 10px; transform: rotate(-90deg); transform-origin: center;"> Special Friday Lunches are Listed on the Next Page </div>	
17 Garden Burger Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix	18 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Orange Juice SF Custard	19 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears	20 Minestrone Pasta Soup w/ SF Crackers Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia		
24 Vegetarian Lasagna Succotash Carrots Crackers Ambrosia	25 Huli Huli Chicken Strips w/ Huli Huli Pineapple Sauce Chow Mein Broccoli SF Fruited Gelatin	26 Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard	27 Turkey White Bean Chili Mixed Vegetables Peas and Carrots Cornbread w/ Promise Pineapple Tidbits		
					Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00
<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.</p> <p style="text-align: center;">www.MealsOnWheelsOC.org</p>					

Special Friday Lunches



Friday, April 7

Dollar Lunch Sponsored by Dwight Manley

Fish Fillet with Lemon Cream Sauce, Fusilli Pasta, Caesar Salad, Seasonal Vegetables, Fruit

\$1.00 LUNCH

Friday, April 14

Easter Party

Honey Baked Ham, Peas & Carrots, Sweet Potato Casserole, Green Salad with Honey Mustard Dressing & Hard-Boiled Eggs, Carrot Cake

\$5.00 LUNCH

Friday, April 21

Dollar Lunch Sponsored by Dwight Manley

Loaded Baked Potato, Chili with Cheese, Green Salad with Ranch Dressing, Caramel Apple Slices, Cookie

\$1.00 LUNCH

Friday, April 28

Volunteer Recognition Party

Turkey and Cheese Croissant, Pasta Salad, Green Salad with Berry Vinaigrette, Fresh Fruit, Strawberry Shortcake

\$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.

VOLUNTEERING

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

ADHERE	MEMBER
ADVISE	PERFORM
AGES	PROVIDE
ASSIST	RECRUIT
BENEFIT	RESULT
CARE	ROLE
CHOICE	SAFETY
DAILY	SERVICE
DUTIES	SKILL
EFFORT	SUPPORT
ETHIC	THANKS
HELP	TIME
IDEAS	TRAVEL
INSPIRE	TUTOR
JOIN	VALUE
LOCAL	WEEKLY

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

