

What's Doin' at the Brea Senior Center

Happy Mother's Day!



May 2023

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

Announcements

National Older Americans Month



This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Join us to celebrate Older Americans Month with the following events:

Thursday, May 4

10-10:30 a.m.

"Dental Hygiene for Older Adults" Presentation

10:30-11:30 a.m.

Dental Screening—Appointment Required

By Zion Dental



Thursday, May 11

10:30-11:30 a.m.

"Adult Lung Health Workshop" Presentation

11:30 a.m.-12 p.m.

Spirometer Lung Testing

Learn about risk factors for common lung diseases, how to prevent an asthma attack, and how to manage COPD, then participate in spirometry testing to measure your lung capacity.

By Breathe SoCal

Thursday, May 18

9 a.m.-12 p.m.

MoCAs (Memory Screening)

with Mocha Drinks—

Appointment Required

By ActivCare



Thursday, May 25

10-11:30 a.m.

"Alzheimer's Disease Research & How to Reduce Risk"

Presentation with a REAL, LIVE brain on display

After the presentation, view and hold a real brain and spinal cord along with sections of the brain that have been sliced!

By UCI Mind

Call 714-990-7750 or stop by front desk to reserve your spot!

Marine Corps Brass Band & City Council Proclamation

Friday, May 26, 10:30-12 p.m.

Join us as we celebrate our Military Sea Services with entertainment provided by the Marine Corps Brass Band. Then, hear Brea City Council conduct an Older Americans Month Proclamation before lunch is served!

NEW! Medicare & Health Insurance Assistance

2nd & 4th Wed of each month, 9:30-11:30 a.m.



Appointment Required

This service benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance.

By Health Insurance Counseling and Advocacy Program

Mother's Day Party

Friday, May 12

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



Get your tickets early for a delicious lunch with 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 & Emerald Court

**"It's Your Money"
6-week Financial Literacy
Workshop Series
Mondays, now until
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)**

Monday, 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

Afternoons at the Movies

Wed May 10, 12:30 p.m.

"The Fabelmans" (2022) PG-13

Loosely based on Steven Spielberg's life, young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.

Wed, May 24, 12:30 p.m.

"Respect" (2021) PG-13



Following the rise of Aretha Franklin's career—from a child singing in her father's church choir to her international superstardom—it's the remarkable true story of the music icon's journey to find her voice.

**Mature Driver Class
Wed, June 14 and Thur, June
15, 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. Please call 714-808-4679 to register.

By NOCE Older Adults Program

**Bible Study (Room B)
3rd Wednesday of each month
12:30-1:30 p.m.**

By Cause Church Senior Ministry



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!



**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 one hour. Call 714-990-7754 to register.



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.

**Angels Baseball Game vs.
Chicago White Sox
Thursday, June 29, 12-5 p.m.**

Includes ticket, boxed lunch, and Trolley transportation from Senior Center. \$25 per person.

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.
By Older Adults Program**

**Health & Wellness
with Eunice**



**Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.
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.**

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)**

**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.

Zumba® Gold



Mondays, 12-1 p.m.

Wednesdays, 10:30-11:30 a.m.

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, May 5, 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.**

May Activities

FAMOUS QUOTE

“Age is whatever you think it is. You are as old as you think you are.”

MUHAMMAD ALI

MAY IS OLDER AMERICANS MONTH

- 1 May Day
- 5 Cinco de Mayo
- 8 Iris Day
- 14 Mother's Day
- 25 Wine Day
- 29 Memorial Day

BIRTHSTONE

Emerald

FLOWERS

Hawthorn and Lily of the Valley

Monday

1
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)
1:30 It's Your Money (DR)

8
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)
1:30 It's Your Money (DR)

15
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)
1:00 Glass Painting (B)
1:30 It's Your Money (DR)

22
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)
1:30 It's Your Money (DR)

29
Closed for Memorial Day



Tuesday

2
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 (DR)
1:00 Tai Chi for Every Body (ZOOM)

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

16
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 Tai Chi for Every Body (ZOOM)
1:00 Knitting Group (C)

23
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 Tai Chi for Every Body (ZOOM)
1:00 Knitting Group (C)

30
~~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 Tai Chi for Every Body (ZOOM)

*Classes held in Pioneer Hall are canceled.

Wednesday

3
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 Ralphs/Rite Aid Shopping (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

10
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Recorder Music Practice (C)
9:30 HICAP Counseling (WR)
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)

17
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)

24
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)
9:30 HICAP Counseling (WR)
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)

31
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (DR)
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) *~~

*Classes held in Pioneer Hall are canceled.

Thursday

4
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
10:00 Dental Hygiene Presentation (DR)
10:30 Dental Screenings (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

11
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
10:30 Adult Lung Health Workshop (DR)
11:30 Spirometer Lung Testing (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

18
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Memory Screening (L)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)

25
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
10:00 "Alzheimer's Research" Presentation (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

5
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 (DR)
1:00 Tai Chi for Every Body (ZOOM)

12
9:00 Longevity Stick Balance (PH)
10:30 Mother's Party (DR)
12:45 Sing-a-Long Group (C)
12:45 Bunco (B)
1:00 Tai Chi for Every Body (ZOOM)



19
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)

26
9:00 Longevity Stick Balance (PH)
10:30 Bingo (DR)
10:30 Marine Corps Brass Band & City Council Proclamation (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)

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



Senior Lunch Menu – May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/Smart Balance SF Apple Crisp	2 Chicken Meatballs Sweet & Sour Sauce Jasmine Rice Carrots SF Cookie Orange Pineapple Juice	3 Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/Smart Balance Tropical Fruit Mix	4 Moroccan Lentil Soup w/ SF Crackers Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia	Special Friday Lunches are Listed on the Next Page
8 Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	9 Pork Tenderloin w/ Pineapple Raisin Sauce Chow Mein Chef's Veg. Blend WW Dinner Roll w/Smart Balance Pineapple Chunks	10 Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/Smart Balance SF Cookie	11 Breaded Baked Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/Smart Balance Ambrosia	
15 Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese SF Fruited Gelatin	16 Our Best Tortilla Soup w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	17 Turkey Shepherd's Pie Green Beans Zucchini Medley WW Dinner Roll w/Smart Balance SF Custard	18 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	
22 Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/Smart Balance Canned Peaches	23 LS Roast Turkey Breast w/ Hummus Sandwich Tomato and Cucumber Salad Barley Corn and Mango Salad WW Pita Bread Mandarin Orange	24 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	25 Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/Smart Balance Pineapple Chunks	
29 	30 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Orange Juice SF Custard	31 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/Smart Balance Canned Pears	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	

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, May 5

Dollar Lunch Sponsored by Dwight Manley

Chicken Fajitas with Sour Cream & Guacamole, Peppers and Onions, Flour Tortillas, Pinto Beans, Corn, Chips and Salsa, Fruit & Cream Bar



Friday, May 12

Mother's Day Party

Chicken Parmigiana, Cheese Ravioli with Marinara Sauce, Caprese Salad, Garlic Bread, Fresh Strawberries, Cheesecake with Strawberry Drizzle



Friday, May 19

Dollar Lunch Sponsored by Dwight Manley

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



Friday, May 26

BBQ Pulled Pork Sandwich, Coleslaw, Baked Beans, Chips, Watermelon, Drumstick Ice Cream Cone



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.



**JOIN US THIS MAY IN
CELEBRATION OF
OLDER AMERICANS
MONTH**

**Aging
UNBOUND**

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.



AGING UNBOUND: MAY 2023

Events

<p>MAY 4 10:00-11:30 AM</p>	<p>Dental Hygiene for Older Adults Presentation & Screening <i>By: Zion Dental</i></p> 	<p>MAY 11 10:30-11:30 AM</p>	<p>Adult Lung Health Workshop & Lung Testing <i>By: Breathe SoCal</i></p> 
<p>MAY 18 9 AM-12 PM</p>	<p>MoCAs with Mochas (Memory screening & coffee) <i>By: ActivCare</i></p> 	<p>MAY 25 10-11:30 AM</p>	<p>Healthy Brain Aging Presentation with a real brain on display <i>By: UCI MIND</i></p> 

Please stop by the front desk or call 714-990-7750 for registration

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

