

# What's Doin' at the Brea Senior Center

## Happy Father's Day!



June 2023

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

### Announcements

**Father's Day Party**  
Friday, June 16, 10:30 a.m.-12:30 p.m.

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

**Sponsored by Dwight Manley & Home Instead**

**Medicare Preventative Services**



Thu, June 22, 11-11:45 a.m.

Learn what preventative services Medicare Part B covers to help keep beneficiaries healthy. These services can help find health problems early when treatment works best, and can help keep individuals from getting certain diseases—most at no cost.

**By HICAP**

**Heart Health Presentation**  
Thu, June 29, 10:45-11:45 a.m.

Heart disease is the leading cause of death for men and women in the United States. But there are

some things you can do to lower the chances of developing heart problems. This presentation will offer you some ideas on changes you can make in your daily life to improve your heart health. Learn to be heart smart!



**By SCAN Independence at Home**

**Advocate for Your Health! Presentation**

Fri, June 30, 9:30-10:30 a.m.

Not sure what to ask during your doctor's appointments? Come learn from MBKU Physician Assistant students on ways to increase your healthcare understanding and play an active role in your health.

**By Marshall B. Ketchum University Students**

**Afternoons at the Movies**  
Wed, June 14, 12:30 p.m.

"Fatherhood" (2021) PG-13

A widowed new dad copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter on his own. Inspired by a true story. Starring Kevin Hart.

Wed, June 28, 12:30 p.m.  
"A Man Called Otto" (2022)  
PG-13

Enraged by the world and hardened by grief, a cranky retiree plots his own demise but is foiled when a lively young family bursts into his life. Starring Tom Hanks.

**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**

**Hearing Aid Clean & Check**  
Mon, June 19, 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**

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

**By Cause Church Senior Ministry**



## NEW! Recorder Music Practice

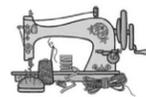
Wednesdays, 9-11:30 a.m.

Intermediate: 9-10:30 a.m.

Beginning: 10:30-11:30 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.

## Save the Date!

Independence Day Party

Fri, July 7, 10:30 a.m.-12:30 p.m.

## Travel Group

Angels Baseball Game vs. Chicago White Sox

Thursday, June 29, 12-5 p.m.

The city trolley will take us down to Angel Stadium to enjoy the game in Terrace Level seating (section 227). \$25 per person includes ticket, boxed lunch, and trolley transportation from Senior Center.

## Seal Beach: Pier + Main Street

Wed, July 12, 10 a.m.-3p.m.

Take the Brea trolley with us to Seal Beach's Main Street. Stop in at any of the boutiques or cafes along the three-block stretch that runs into the picturesque wooden pier. Boxed lunch prepared by Chef Francesco is included. If you prefer to grab a bite to eat at the beach, no problem! We will hold your boxed lunch until you return from your trip. \$10 per person.

## Yellowstone, Grand Tetons, and Mt. Rushmore



Highlights: 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



Highlights: 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.

By Friendly Excursions

## 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 Room)  
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.

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.

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)

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, 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.

## Birthday Party

Friday, June 2, 11:30 a.m.

By Cause Church Senior Ministry

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 through the non-profit organization "Stitches from the Heart" 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 (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 also welcome to share their memories.

# June Activities

## PROGRAM UPDATES

- Pioneer Hall will be closed for floor refinishing from 5/29-6/2.
- NOCE will be on semester break from 5/29-6/2.
- Mature Driver Class originally scheduled for 6/14 & 6/15 has been canceled.

## FAMOUS QUOTE

“Wise men speak because they have something to say; fools because they have to say something.”

PLATO

## JUNE IS NATIONAL CAMPING MONTH

- 5 National Donut Day
- 8 Best Friends Day
- 14 Flag Day
- 19 Father's Day
- 20 First Day of Summer
- 27 Great American Picnic Day
- 30 National Meteor Watch Day

## BIRTHSTONE

Pearl, Alexandrite, and Moonstone

## FLOWERS

Roses and Honeysuckle

## Monday

<b>A</b>	- Room A
<b>B</b>	- Room B
<b>C</b>	- Room C
<b>CFR</b>	- Conference Room
<b>CR</b>	- Computer Room
<b>CY</b>	- Courtyard
<b>DR</b>	- Dining Room
<b>L</b>	- Lobby Area
<b>LIB</b>	- Library
<b>P</b>	- Plunge Pool
<b>PH</b>	- Pioneer Hall
<b>PHCR</b>	- PH Conference Room
<b>WR</b>	- Wellness Room

<b>5</b>	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)
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<b>12</b>	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)
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<b>19</b>	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 & Check (L) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:30 Walmart Shopping (L)
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<b>26</b>	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)
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## Tuesday

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

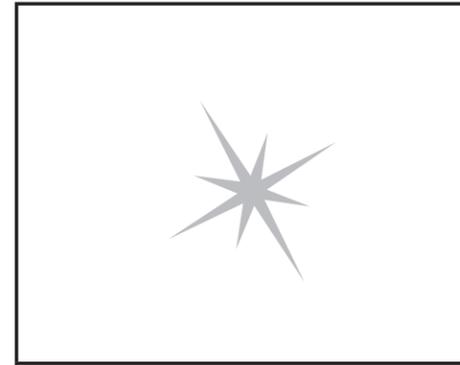
<b>6</b>	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)
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<b>13</b>	8:30 Yoga Class (PH) 10:00 Health & 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)
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<b>20</b>	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)
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<b>27</b>	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)
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## Wednesday



<b>7</b>	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 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)
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<b>14</b>	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 9:30 HICAP Counseling (WR) 10:30 Beginning Recorder 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)
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<b>21</b>	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 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)
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<b>28</b>	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo Sponsored by SeniorDoc (DR) 10:30 Zumba Gold (PH) 9:30 HICAP Counseling (WR) 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)
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## Thursday

<b>1</b>	8:30 <del>Yoga Class (PH) *</del> 9:00 Sewing & Embroidery (B) 9:30 <del>Health &amp; Wellness (PH) *</del> 12:00 Lunch (DR) <del>12:30 Table Tennis (PH) *</del> 12:30 Bingo (DR)
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\*Classes held in Pioneer Hall are canceled.

<b>8</b>	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)
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<b>15</b>	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)
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<b>22</b>	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 11:00 Medicare Preventative Services (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Legal Aid (WR)
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<b>29</b>	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Heart Health Presentation (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)
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## Friday

<b>2</b>	9:00 Longevity Stick Balance (CY) 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)
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<b>9</b>	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)
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<b>16</b>	9:00 Longevity Stick Balance (PH) 10:30 Father's Day Party (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
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<b>23</b>	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)
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<b>30</b>	9:00 Longevity Stick Balance (PH) 9:30 Advocate for Your Health (DR) 10:30 Bingo (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)
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Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00  Meal Cost for Under Age 60 - \$5.00	<b>1</b> <b>Minestrone Pasta Soup w/ SF Crackers</b> Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Smart Balance SF Ambrosia	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>Special Friday Lunches are listed on the Next Page</b>
<b>Vegetarian Lasagna</b> Succotash Carrots Crackers SF Ambrosia	<b>Chicken Strips w/ Hui Hui Pineapple Sauce</b> Chow Mein Noodles Broccoli SF Fruited Gelatin	<b>Breaded Fish Tacos</b> Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard	<b>Turkey White Bean Chili</b> Mixed Vegetables Peas & Carrots Cornbread w/ Smart Balance Pineapple Tidbits	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>Baked Meatloaf</b> Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Smart Balance SF Apple Crisp	<b>Pork Carnitas</b> Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	<b>Beef Stew</b> <small>(Cubed Beef, Stew Sauce &amp; Stew Vegetables)</small> Baby Whole Potatoes WW Dinner Roll w/ Smart Balance Tropical Fruit Mix	<b>Moroccan Lentil Soup w/ SF Crackers</b> Crab & Veggie Salad Summer Rainbow Quinoa Salad SF Ambrosia	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
<b>Cream of Butternut Squash Soup w/ SF Crackers</b> Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	<b>Pork Tenderloin w/ Pineapple Raisin Sauce</b> Baby Whole Potatoes Chef's Veg. Blend WW Dinner Roll w/ Smart Balance Pineapple Chunks	<b>BBQ Chicken</b> Mashed Potatoes w/ Gravy Green Beans Parker House Dinner Roll w/ Smart Balance Assorted Frozen Dessert Diet: Fresh Fruit	<b>Breaded Baked Fish w/ Tartar Sauce</b> Quinoa Pilaf Broccoli Hawaiian Roll w/ Smart Balance SF Ambrosia	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
<b>Cheese Tortellini w/ Marinara Sauce</b> Parmesan Cheese Capri Veg. Blend Broccoli WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	<b>Our Best Tortilla Soup</b> w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix	<b>Turkey Shepherd's Pie</b> Peas & Carrots Zucchini Medley WW Dinner Roll w/ Smart Balance SF Custard	<b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes 5-Way Mixed Veg. Breadstick SF Pear Crisp	
<b>30</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



## Friday, June 2

Meatballs w/ Marinara, Deluxe Mac & Cheese, Garlic Bread, Green Salad, Biscotti w/ Berries & Cream

**\$4.00 LUNCH**

## Friday, June 9

*Dollar Lunch Sponsored by Dwight Manley*

Teriyaki Chicken, Chow Mein, California Roll, Egg Roll, Asian Salad, Coconut Macarons

**\$1.00 LUNCH**

## Friday, June 16

*Father's Day Party*

BBQ Pork Ribs, Baked Beans, Corn Cobette, Potato Salad, Watermelon, Ice Cream Sandwich, Root Beer

**\$5.00 LUNCH**

## Friday, June 23

*Dollar Lunch Sponsored by Dwight Manley*

Fish Tacos w/Slaw, Chips & Salsa & Guacamole, Pinto Beans, Spanish Rice, Mexican Salad, Caramel Flan

**\$1.00 LUNCH**

## Friday, June 30

Greek Chicken Salad with Cucumber, Tomato, Feta, Olives, & Balsamic Vinaigrette, Pita Bread, Hummus, Grapes, Fruit Popsicle

**\$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.

## CHEVY CAR MODELS

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

AGILE  
 APACHE  
 ASTRO  
 AVEO  
 BEAT  
 BELAIR  
 BISON  
 BOLT  
 CAMARO  
 CAPRICE  
 CAPTIVA  
 CRUZE  
 EPICA  
 EQUINOX  
 EXPRESS  
 IMPALA  
 KODIAK  
 LANOS  
 LOVA  
 LUMINA  
 MALIBU  
 MONTANA  
 MONZA  
 NIVA  
 NOMAD  
 ONIX  
 PRISMA  
 SAIL  
 SONIC  
 SPARK  
 SPIN  
 TAHOE  
 TAVERA  
 TITAN  
 VEGA  
 VOLT

### 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)
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