

# What's Doin' at the Brea Senior Center

## Happy July 4th!



### July 2023

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

### Announcements

#### FREE Memory Screening & Movie Showing of "Turning Point"

Friday, July 21, 1-3 p.m.

Schedule a memory screening and stay for a movie showing of "Turning Point," an award-winning documentary capturing the drama and dedication of scientists and clinical trial volunteers working to make Alzheimer's a distant memory.

**Sign-ups required**

**By Global Alzheimer's Platform Foundation & Syrentis Clinical Research**

#### Guided Autobiography Class—5 Week Course

Fridays, July 28-Aug 25  
9-11 a.m.



Are you 55+ and looking for a way to make a record of your life story? Guided Autobiography. (GAB) is a process that helps you recall and record the significant moments of your life. A new life story topic is assigned each week. Space is limited.

**Sign-ups required**

**By SCAN Independence at Home**

#### BACK AFTER COVID!

Sign-up at front desk required.  
First-time students only.

#### Android Class

Wed, Aug 2, 1-3 p.m.

#### iPhone Class

Thur, Aug 3, 10 a.m.-12 p.m.

**By California Connect**



#### Two Parties in One Month!

Get both of your July party tickets for a delicious meal, live entertainment, and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

#### Independence Day Party

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

Live entertainment by "Tony O'Dell Rogers"

**By Dwight Manley & Alpa Maniar Insurance**

#### Summer Party

Friday, July 28, 10:30 a.m.-12:30 p.m.

Live entertainment by "Matt Grey"

**By Dwight Manley & OC PACE Center**



#### BACK AFTER COVID!

#### Golf Practice

1st & 3rd Tuesdays of each month, 10:15-11:45 a.m.

Play in a local golf course practice range! Meet in the lobby for a ride over together.

### Presentations

#### Bus Riding Basics

Thu, July 13, 11-11:45 a.m.

Learn how to purchase bus passes, how to plan your bus trip, procedures for boarding and riding, and how to enroll in OC ACCESS, their para transit service. FREE bus pass given to everyone who attends.

**By OCTA**

#### DMV Presentation: Senior & Real ID

Thu, July 27, 10:45-11:45 a.m.

Learn about the driver's license renewal process, REAL ID and Senior ID Card requirements, how to apply for a disabled placard, and ask any questions you have about the DMV. \*NO services will be provided; only info presentation.

**By DMV Senior Outreach Unit**

## Slow Down the Progression of Arthritis

Thu, July 20, 11-11:45 a.m.  
By **Senior Doc Vanessa Mendoza PA-C**

## Travel Group

### Aquarium of the Pacific Mon, July 31, 8:30 a.m.-3 p.m.

Join us as we take a journey of discovery at one of the nation's largest aquariums. With over 12,000 animals and sea creatures, you'll come face to face with sharks, hand feed colorful lorikeet birds, touch jellyfish and rays, watch penguins play, and so much more! A boxed lunch will be provided by Chef Francesco. Includes ticket, boxed lunch, and transportation from Senior Center. \$35 per person.

### Utah Canyon Royale September 24-27

Highlights: Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Casa Blanca Resort & Casino, Mesquite, Nevada, and Las Vegas, Nevada. \$799 per person, based on double occupancy.

### St. Louis, Branson, Memphis, & Nashville October 1-8

Highlights: St. Louis Gateway Arch & Museum, 3 Branson shows, Memphis city tour, Graceland (Elvis Presley Home), Johnny Cash Museum, visit to the Country Music Hall of Fame and Museum, Nashville city tour, Grand Ole Opry, Peabody Hotel, Beale Street in Memphis. \$3,699 per person, based on double occupancy.

By **Friendly Excursions**

## Health Help

**Blood Pressure Checks**  
Tuesdays, 11 a.m.-12 p.m.

## Senior Services

### 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.

### BACK AFTER COVID! Medicare & Health Insurance Assistance

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

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

**Appointment Required  
By Health Insurance Counseling and Advocacy Program**

**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.  
**By Community Legal Aid SoCal**

**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.

**Senior Grocery Program**  
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**

### Shopping Trips!

Every Monday, 12:45 p.m.  
1st & 3rd Wed, 12:45 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.

**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.

## Fitness

**Better Balance with Dan**  
Mondays, 10-11:50 a.m.

Specifically designed to improve movement and balance control.  
**By Older Adults Program**

**Health & Wellness w/ 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.

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.

## Classes

**NEW! Recorder Music Practice**  
Wednesdays, 9-11:30 a.m.  
Intermediate: 9-10:30 a.m.  
Beginning: 10:30-11:30 a.m.

The ability to read music is a plus, but not necessary.

### 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. Appointments available only on Mondays!

## Gatherings

**Afternoons at the Movies**  
Wed, July 12, 12:30 p.m.  
"American Sniper" (2015) R

Based on a true story, U.S. Navy SEAL Chris Kyle is sent to Iraq with only one mission to protect his brothers-in-arms. His pinpoint accuracy saves countless lives on the battlefield. Starring Bradley Cooper.

Wed, July 26, 12:30 p.m.  
"The American President"  
(1995) PG-13

Political rival turns the widowed president's romance with an environmental lobbyist into an election-year issue. Starring Michael Douglas, Annette Bening, and Michael J. Fox.

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

**Bingo! (Dining Room)**  
Mondays, Wednesdays, and Fridays, 10:30-11:30 a.m.  
Thursdays, 12:30-1:30 p.m.

**Birthday Party**  
Friday, July 14, 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.

**Loose Threads—Quilting Group (Room B)**  
1st and 3rd Wednesday of each month, 9 a.m.-12 p.m.

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

Bring your own sewing machine and projects you're working on. Basic knowledge of sewing required.

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

**Timely Topics (Room C)**  
Tuesdays, 10-11 a.m.

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

# July Activities

## FAMOUS QUOTE

“May we think of freedom not as the right to do as we please, but as the opportunity to do what is right.”

PETER MARSHALL

## JULY IS PLASTIC FREE MONTH

- 1 Canada Day
- 4 Independence Day
- 6 Fried Chicken Day
- 7 World Chocolate Day
- 14 Bastille Day
- 30 International Day of Friendship

## BIRTHSTONE

Ruby

## FLOWERS

Larkspur and Water Lily

## 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)  
12:45 Walmart Shopping (L)

**10**  
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)  
12:45 Walmart Shopping (L)

**17**  
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)  
12:45 Walmart Shopping (L)

**24**  
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)  
12:45 Walmart Shopping (L)

**31**  
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)  
12:45 Walmart Shopping (L)

## Tuesday

**4**  
**Closed for Independence Day**  


**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)  
12:45 Bunco (DR)  
1:00 Tai Chi for Every Body (ZOOM)

**18**  
8:30 Yoga Class (PH)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:15 Golf Practice (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)

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

## Wednesday

**5**  
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)  
12:45 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 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)

**19**  
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)  
12:45 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 Intermediate Recorder Practice (C)  
9:30 HICAP Counseling (WR)  
10:30 Beginning Recorder Practice (C)  
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 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)  
11:00 OCTA Presentation (DR)  
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)  
11:00 Arthritis 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)  
10:45 DMV 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

**7**  
9:00 Longevity Stick Balance (PH)  
10:30 Independence Day Party (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 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)

**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)  
1:00 Tai Chi for Every Body (ZOOM)  
1:00 Memory Screening & Movie (DR)

**28**  
9:00 Longevity Stick Balance (PH)  
9:00 Guided Autobiography Class (C)  
10:30 Summer 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

# July



Senior Lunch Menu – July 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cream of Spinach Soup w/ SF Crackers <i>NEW</i> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange	4 	5 <i>NEW</i> Ground Turkey Bolognese Bow Tie Pasta Italian Veg. Blend Parmesan Cheese WW Dinner Roll w/ Smart Balance Tropical Fruit Mix	6 Baked Tilapia Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance SF Pudding Orange Juice	7
10 Pork w/ Verde Chile Sauce Pinto Beans 5 Way Mixed Veg. Tortilla Tropical Fruit Mix	11 Zuni Corn Soup w/ SF Crackers <i>NEW</i> Poppy Seed Chicken Pasta Salad Harvest Salad (Cranberries & Almonds w/ Balsamic Dressing) WW Crackers (2) SF Fruited Gelatin	12 Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit	13 Beef Stew Stew Vegetables WW Bread w/ Smart Balance Mandarin Orange	
17 Mexican Corn Soup w/ SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/ Smart Balance Canned Peaches	18 Vegetarian Lasagna Scandinavian Veg. Blend Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp	19 Vietnamese Chicken Strips w/ Coconut Curry Sauce Brown Rice Spinach Orange Juice SF Pudding	20 Pork Carnitas Bowl <i>NEW</i> Tomato Cilantro Rice Fiesta Veg. Mix WG Tortilla SF Ambrosia	
14 Chili Con Carne (Beef Crumbles) Baked Potato Shredded Cheese Broccoli WW Crackers Seasonal Fresh Fruit	25 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin	26 Macaroni & Cheese Diced Tomatoes Carrots Breadsticks Orange-Pineapple Juice SF Apple Crisp	27 Chicken Meatballs Sweet Citrus Glazed Mashed Potatoes Oriental Veg. Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	
31 <i>NEW</i> Chicken Breast w/ Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese Tropical Fruit Mix	Voluntary Contribution - \$3.00  Meal Cost for Under Age 60 - \$5.00			

Special Friday Lunches are listed on the Next Page

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, July 7**  
*Independence Day Party*

Fried Chicken with BBQ Sauce, Baked Beans, Macaroni Salad, Coleslaw, Cornbread, Watermelon, Popsicle

**\*\$5 LUNCH**

**Friday, July 14**  
*Dollar Lunch Sponsored by Dwight Manley*

Chef Salad with Ham, Turkey, Hard-Boiled Eggs, Tomato, Cheese & Cucumber, Ranch Dressing, Hawaiian Roll, Summer Berry Trifle

**\*\$1 LUNCH**

**Friday, July 21**  
*Dollar Lunch Sponsored by Dwight Manley*

Seared Pollack with Curry Sauce, White Rice, Vegetable Medley, Pears & Berries, Green Salad, Lemon Dessert

**\*\$1 LUNCH**

**Friday, July 28**  
*Summer Party*

Cheeseburger with Toppings, Waffle Fries, Veggie Strips with Ranch Dip, Fruit Medley, Sorbet

**\*\$5 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. Anyone under 60 will have an added charge of \$1.00.** Vegetarian options are available with advanced notice.

## OUR CONSTITUTION

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

AMEND	LIBERTY
APPOINT	NATION
ARTICLE	OATH
BALLOT	OFFICE
BILL	PEOPLE
CENSUS	PLEDGE
CITIZEN	POLL
CIVIL	QUORUM
COURT	RATIFY
DEBT	RIGHTS
DEFENSE	SENATE
ELECTION	STATES
FEDERAL	TREATY
HOUSE	TRIAL
IMPEACH	UNION
JUDGE	VETO
JURY	WELFARE
LEGAL	WRIT

### 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

