

What's Doin' at the Brea Senior Center

Happy Labor Day!



September 2023

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

Announcements

Save the Date! Brea Health Fair & Flu Clinic



Fri, Sept 22, 9 a.m.-12:30 p.m.

Discover new ways to stay on top of your health while getting a flu shot, FREE health screenings, FREE wellness information, and FREE Omega-3 supplements.

NEW! Beginning Ukulele Class

Thursdays, 1-2:30 p.m. starting September 7

A beginning ukulele class with emphasis on learning basic chords and strums. Students will need to purchase a ukulele, music stand, tuner, and a book "Essential Elements for Ukulele Book 1" published by Hal Leonard Corp. No registration required.



NEW! Lotería Select Thursdays 10:45-11:45 a.m.

A traditional game of chance, Lotería—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated

cards are pulled to try to find a winner. Cash prizes given!

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.

Western Party Friday, September 29

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

Get your ticket early for a country-style meal, live entertainment by "Matt Grey," and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

Sponsored by Dwight Manley

NEW! Painting for Older Adults Class

Tuesdays, 1-2:50 p.m.

This class offers older adults an individualized approach to learning painting at their own pace and within their interest and style. Older adults will learn techniques in drawing, brush strokes, and color mixing and application. Please call

714-808-4679 to register.

**Registration Required
By NOCE**

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

Mondays, Oct 2-Nov 6
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. Lessons include estate planning, living trusts, tax planning, retirement account planning, and more. NO sales pitches or solicitations will take place. Call the front desk to register.

By Financial & Estate Literacy

Travel Group

Santa Ana Zoo

Wed, Sept 6, 9 a.m.-2:30 p.m.

This 20-acre zoo is home to over 120 species of animals, reptiles, amphibians, birds, and invertebrates focusing on the Central and South American regions. \$25 per person includes roundtrip transportation, zoo admission, and a pizza lunch.

**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

**Hearst Castle at
Christmas Time**
December 17-19



Highlights: Downtown Santa Barbara, Paso Robles, an enchanted Holiday Twilight Tour of Hearst Castle, Cambria Christmas Market, Solvang, and San Simeon. \$799 per person, based on double occupancy.

By Friendly Excursions

**New Year's Celebration:
San Francisco**
Dec 29, 2023-Jan 2, 2024

Highlights: San Francisco city tour, Fisherman's Wharf & Pier 39, Golden Gate Park, Ghirardelli Square, Monterey, Monterey Bay Aquarium, Carmel, 2 wine tastings in Napa & Sonoma Valley. \$2,699 per person, based on double occupancy.

By Friendly Excursions

Health Help

Blood Pressure Checks
Tuesdays, 10 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.

**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 or call 714-671-4461 for more information or an application.

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
Mondays (ZOOM only),
Wednesdays & 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
*NO class on 9/1 or 9/5
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
Intermediate: 9-10:30 a.m.
Beginning: 10:30-11:30 a.m.

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

Gatherings

Afternoons at the Movies
Wed, Sept 13: "Jerry & Marge
Go Large" (2022) PG-13

Retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife, Marge, wins \$27 million dollars and uses the money to revive their small Michigan town. Starring Bryan Cranston and Annette Bening.

Wed, Sept 27: "TILL" (2023)
PG-13

The true story of Mamie Till-Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who was brutally lynched in 1955 while visiting his cousins in Mississippi.

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, Sept 1, 11:30 a.m.
**By Cause Church Senior
Ministry**

Book Club (Courtyard)
4th Wednesday of each month
11-11:30 a.m.

Discuss the book and pick up next month's book selection 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.



Create hand-made hats, booties, sweaters, and blankets to newborn babies nationwide.

**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, 1-2 p.m.

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

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

September Activities

FAMOUS QUOTE

“The longer I live the more beautiful life becomes.”

FRANK LLOYD WRIGHT

SEPTEMBER IS NATIONAL SAVE YOUR PHOTOS MONTH

- 4 Labor Day
- 10 Grandparents Day
- 11 Patriot Day
- 15 Rosh Hashanah starts
- 21 International Day of Peace
- 22 Autumnal Equinox
- 29 Harvest Moon

BIRTHSTONE

Sapphire

FLOWERS

Morning glory, aster, and forget-me-not

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 |

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| 4 | <p>Closed for Labor Day</p>  |
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| 11 | <p>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)</p> |
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| 18 | <p>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)</p> |
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| 25 | <p>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)</p> |
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Tuesday

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| <p>All programs and activities subject to change and cancellation without prior notice.</p> |
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| 5 | <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 10:15 Golf Practice (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Painting for Older Adults (DR)</p> |
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| 12 | <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 10:30 Senior Grocery Program (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (DR)</p> |
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| 19 | <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 10:15 Golf Practice (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (DR) 1:00 Knitting Group (C)</p> |
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| 26 | <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 10:30 Senior Grocery Program (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (DR) 1:00 Knitting Group (C)</p> |
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Wednesday

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| 6 | <p>8:30 Tai Chi 42 (CY) 9:00 Santa Ana Zoo Trip (L) 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)</p> |
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| 13 | <p>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)</p> |
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| 20 | <p>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)</p> |
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| 27 | <p>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)</p> |
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| 28 | <p>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)</p> |
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Thursday

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| 7 | <p>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) 1:00 Beginning Ukulele (C)</p> |
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| 14 | <p>8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Lotería (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (C)</p> |
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| 21 | <p>8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:30 Bingo (DR) 12:00 Lunch (DR) 1:00 Beginning Ukulele (C)</p> |
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| 28 | <p>8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Lotería (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Legal Aid (WR) 1:00 Beginning Ukulele (C)</p> |
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Friday

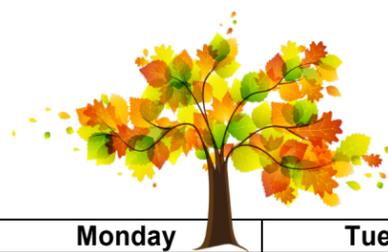
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| 1 | <p>9:00 Festival of Arts Trip (L) 9:00 Longevity Stick Balance (PH) 10:30 Bingo (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (DR) 1:00 Sing-a-Long Group (C)</p> |
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| 8 | <p>9:00 Longevity Stick Balance (PH) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p> |
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| 15 | <p>9:00 Longevity Stick Balance (PH) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p> |
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| <p>HEALTH FAIR 9 a.m.-12:30 p.m.</p>  <p>Breakfast served at 9 a.m. Lunch served at 11:30 a.m.</p> |
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| 29 | <p>9:00 Longevity Stick Balance (PH) 10:30 Western Party (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p> |
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Bye, bye Summer!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| HELLO <i>September</i> | | | Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 | 1 |
| 4 | 5 | 6 | 7 | Special Friday Lunches are Listed on the Next Page |
| LABOR DAY THANK YOU FOR YOUR HARD WORK | Chicken Meatballs Sweet Citrus Glaze Mashed Potatoes Oriental Veg. Blend WW Dinner Roll w/ Smart Balance Mandarin Oranges | Tortilla Soup Chicken Tinga Cilantro Lime Rice California Veg. Blend WG Tortilla SF Ambrosia | Chili Con Carne Baked Potato Shredded Cheese Broccoli WW Crackers Seasonal Fresh Fruit | |
| 11 | 12 | 13 | 14 | |
| Baked Ziti w/ Italian Sauce California Veg. Blend 3 Way Salad w/ Ranch Dressing WW Dinner Roll w/ Smart Balance SF Ambrosia | Diced Chicken A La King Sauce Egg Noodles Squash Medley WW Dinner Roll w/ Smart Balance SF Fruited Gelatin | Split Pea Soup w/ SF Crackers Provençal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple | Chicken Breast w/ Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg. Blend WW Dinner Roll w/ Smart Balance Mandarin Orange | |
| 18 | 19 | 20 | 21 | |
| Breakfast for Dinner Omelet Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp | Braised Cubed Beef Burgundy Gravy Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Mandarin Orange | Cream of Pumpkin Soup w/ SF Crackers Chicken Citrus & Celery Salad Barley & Mango Salad WW Dinner Roll w/ Smart Balance Diced Peaches | Cheese Ravioli Savory Tomato Sauce Broccoli Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix | |
| 25 | 26 | 27 | 28 | |
| Ground Turkey Bolognese Bow Tie Pasta Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix | Baked Tilapia Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance Orange Juice SF Pudding | Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit | Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Oranges | |

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

Chef Francesco

FABULOUS FRESH FOOD

Friday, Sept 1

Fish Tacos, Pinto Beans, Corn & Peppers, Mexican Salad, Mexican Ice Cream Bar

***\$4 LUNCH**

Friday, Sept 8

Dollar Lunch Sponsored by Dwight Manley

Meatball Sub with Cheese, Chips, Fresh Fruit, Garden Salad, Brownie

***\$1 LUNCH**

Friday, Sept 15

Dollar Lunch Sponsored by Dwight Manley

Mediterranean Chicken Kabob with Tzatziki Sauce, Rice, Tomato & Cucumber Salad, Hummus with Pita, Cream Puff

***\$1 LUNCH**

Friday, Sept 22

Health Fair Breakfast

Fiesta Bowl with Tater Tots, Eggs, Sausage, Cheese, Pico de Gallo & Avocado

***\$3 LUNCH**

Health Fair Lunch

Strawberry Poppysed Salad with Chicken, Strawberries, Blueberries, Mandarin Oranges, Feta, Almonds, & Poppysed Dressing

***\$5 LUNCH**

Friday, Sept 29

Western Party

Pulled Pork Sandwich, Baked Beans, Coleslaw, Onion Rings, Watermelon, Ice Cream Sundae

***\$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.

AUTUMN

F T H G Y Q R D C H G K P M H Q Z E N P U S Q V E N O G B L P B
 K D H C J T N E I R A O U G X M H J E C U H V Y I E G V S B V P
 T D Y B T R B N H W I H S Z P P V M Q E N K E K T Q Z U I G G G
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| ACORN | HAYRIDE |
| APPLE | LEAVES |
| AUTUMN | MAIZE |
| BONFIRE | MIGRATE |
| BRIAR | OCTOBER |
| BROWN | ORANGE |
| CHANGE | PUMPKIN |
| CIDER | RAKE |
| CRISP | RIPE |
| FALL | SCARF |
| FEAST | SCENIC |
| FIELDS | SEASON |
| FOLIAGE | SQUASH |
| FROST | SWEATER |
| GOURD | VERDURE |
| HARVEST | YELLOW |

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

