

What's Doin' at the Brea Senior Center

Happy Thanksgiving!



November 2023

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

Announcements

Two Parties in One Month!

Get both of your November 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.

Veterans Day Party Friday, November 10, 10:30 a.m.-12:30 p.m.



Live Entertainment by "Anthony Bernasconi". All senior veterans will receive a FREE party ticket paid for by Leadership Council.

By Dwight Manley & Providence Health Plan

Thanksgiving Party Friday, November 17, 10:30 a.m.-12:30 p.m.

Live Entertainment by "Matt Grey".

By Dwight Manley & Providence Health Plan

Senior Scams Seminar Thu, Nov 2, 10:45-11:45 a.m.

Learn from a legal nonprofit about trending senior scams, what to do, who to contact, and how to spot

them. Afterwards, stay for a Q&A session.

By Community Legal Aid SoCal

Common Age-Related Eye Conditions Presentation Wednesday, Nov 8, 12:30 p.m.

Learn about the signs and symptoms of common age-related eye diseases, prognosis, treatments, and importance of regular eye exams.

By Southern California College of Optometry

Food & Medication Interactions: What You Should Be Aware of Thursday, Nov 30, 11 a.m.



Learn what your body does after taking medicines and how food and drink may affect the medications taken.

By Bill Liu, Pharmacist OC Health Care Agency

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

What was your first job? What was the best piece of advice you've ever been given? Discuss these types of questions and more at this

lively discussion group! Everyone is welcome to share or simply to listen. It's a great opportunity to meet new people and share new ideas.

NEW! Beginning Ukulele Class Thursdays, 1-2:30 p.m.

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.

Christmas Party Friday, December 15

Starting November 6, call 714-990-7752 and leave voicemail with name and address to be placed on the list for attending. Tickets will be distributed at a later date.

By Dwight Manley

Android Class Wednesday, Dec 6, 1-3 p.m.



iPhone Class Thu, Dec 7, 10 a.m.-12 p.m.

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

By California Connect

Travel Group

Harrah's Casino

Wed, Nov 8, 8 a.m.-4 p.m.

Take a charter bus with us to Harrah's Resort Casino in Valley Center. Includes roundtrip transportation from the Senior Center and a light snack. Lunch is not included and must be purchased at the casino. \$20 per person.

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.

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)

Thursday, Nov 16, 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 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 Center Gift Shop

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 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

Table Tennis

Every Tue & Thu, 12:30-3:30 p.m.

Resident Quarterly Fee: \$20

Non-Resident Quarterly Fee: \$30

Line Dancing Class

NO intro class on 11/8
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.

Designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

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  ZUMBA gold

Mondays, 12-1 p.m.

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

Classes

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. Registration required. Please call 714-808-4679 to register.

By NOCE

Recorder Music Practice

Wednesdays

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.

Gatherings

Afternoons at the Movies

Wed, Nov 22: "Nyad" (2023)

PG-13

Based on a true story, athlete Diana Nyad sets out at 60 to achieve a nearly impossible lifelong dream: to swim from Cuba to Florida across more than 100 miles of open ocean. Starring Annette Bening and Jodie Foster.

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, Nov 3, 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 p.m.

Crochet Group (Room C)

Mondays, 10 a.m.-12 p.m.

Golf Practice

1st & 3rd Tuesdays of

each month

10:15-11:45 a.m.

Meet in the lobby for a ride over to Brea Creek Golf Course together.

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.

Lotería

Select Thursdays,

10:45-11:45 a.m.

Sewing & Embroidery Group

Thursdays, 9 a.m.-3 p.m.

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



Sing-a-Long Group (Room C)

Fridays, 1-2 p.m.

Veterans Club (Room B)

Mondays, 11-11:45 a.m.

Spouses are also welcome to share their memories.

November Activities

FAMOUS QUOTE

“A thankful heart is not only the greatest virtue, but the parent of all other virtues.”

CICERO

NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

- 1 & 2 Day of the Dead
- 3 National Sandwich Day
- 4 Book Lovers Day
- 5 Daylight Savings Time
- 13 World Kindness Day
- 18 National Apple Cider Day
- 24 Black Friday

BIRTHSTONE

Topaz and Citrine

FLOWERS

Chrysanthemum

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

6
 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)
 1:30 It's Your Estate (DR)

13
 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)

20
 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)

27
 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

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

7
 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 (B)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (DR)

14
 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)

21
 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 (B)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (DR)
 1:00 Knitting Group (C)

28
 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)

Wednesday

1
 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)

8
 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)
 12:30 Eye Conditions Presentation (DR)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

15
 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)

22
 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)

29
 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 (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)

Thursday

2
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:45 Senior Scams Seminar (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

9
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:45 Loteria (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

16
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:45 Loteria (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Legal Aid (WR)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

23
 Closed for Thanksgiving Holiday

30
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 11:00 Food & Medicine Interactions (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

Friday

3
 9:00 Longevity Stick Balance (PH)
 10:30 Bingo (DR)
 11:30 Birthday Party (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)

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

17
 9:00 Longevity Stick Balance (PH)
 10:30 Thanksgiving Party (DR)
 12:45 Bunco (B)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)

24
 Closed for Thanksgiving Holiday

31
 9:00 Longevity Stick Balance (PH)
 10:30 Bingo (DR)
 11:30 Birthday Party (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)



Special Friday Lunches

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/Smart Balance Fresh Apple	2 Diced Chicken w/Sweet & Sour Sauce Egg Noodles Oriental Veg. Blend WW Dinner Roll w/Smart Balance SF Fruited Gelatin	Special Friday Lunches are Listed on the Next Page
6 NEW Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) French Roll Tropical Fruit Mix	7 Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin	8 Moroccan Lentil Veg. Soup w/ SF Crackers Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp	9 Veteran's Day Celebration Roast Beef Baked Potato w/Sour Cream Chef's Cut Veg. Blend Dinner Roll w/Smart Balance Apple Pie Diet: Fresh Fruit	
13 Cream of Spinach Soup w/SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange	14 Mexican Beef Cocido Cubed Beef Soup w/ Veg Corn Tortilla Salsa SF Fruited Gelatin	15 Ground Turkey Bolognese Bow Tie Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix	16 Baked Tilapia Ranchera Sauce Mexican Rice Broccoli WG Tortilla SF Pudding Orange Juice	
20 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix	21 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers SF Fruited Gelatin	22 Thanksgiving Brunch Sliced Ham w/Apricot Sauce Mashed Potatoes Collard Greens Parkerhouse Roll w/Smart Balance Pumpkin Pie Diet: Fresh Fruit	23	
27 Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches	28 Vegetable Lasagna Three Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers SF Fruited Gelatin	29 Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice	30 Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix WG Tortilla Sour Cream (1pk) Seasonal Fruit	
				24
				Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal



Friday, Nov 3
Dollar Lunch Sponsored by Dwight Manley

Turkey Pesto Panini, Tomato Basil Soup, Caesar Salad, Chips, Pears with Berries, Seasonal Dessert

Friday, Nov 10
Veterans Day Party

Senior veterans will receive a FREE party ticket

BBQ Pork Ribs, Potato Salad, Baked Beans, Coleslaw, Hawaiian Roll, Carrot Cake

Friday, Nov 17
Thanksgiving Party

Honey Glazed Ham, Yams with Marshmallows, Green Bean Casserole, Honey Mustard Salad, Dinner Roll, Pumpkin Pie

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.

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.

AMERICAN TRIBES

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

ABENAKI	KIOWA
ANASAZI	KLAMATH
APACHE	LAKOTA
ARAPAHO	MIAMI
BANNOCK	MODOC
BILOXI	MOHAWK
CALUSA	NATCHEZ
CHINOOK	NAVAJO
CHOCTAW	OJIBWA
CREE	ONEIDA
CROW	OTTAWA
DAKOTA	PAIUTE
ERIE	PAWNEE
FOX	SAUK
HARE	SENECA
HOPI	UTE
HURON	YAQUI
INUIT	ZUNI

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

