

# What's Doin' at the Brea Senior Center

## Merry Christmas



### December 2023

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

## Announcements

### Happy Holidays!

The Brea Senior Center will be closed Monday, December 25 through Tuesday, January 2. We will reopen on Wednesday, January 3, 2024.

### NEW! Staying Mentally Sharp for Older Adults Class



Wednesdays, 12:30-2:20 p.m.  
starting January 17, 2024

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. Also covered are decision-making, problem-solving, planning, and determining opportunities for cognitive growth. Please call 714-808-4679 to register.

**Registration Required  
By NOCE**

### NEW! Creative Arts for Older Adults Class

Thursdays, 9-11:50 a.m.  
starting January 18, 2024

This class for older adults encourages art appreciation, self-

expression, and creativity through a variety of art media. Projects are designed to expose older adult students to artistic design, and to give experience with different artistic methods, techniques, tools, and materials. Please call 714-808-4679 to register.

**Registration Required  
By NOCE**

### NOCE Registration Info Session

Tuesday, Dec 5, 9:30-10 a.m.

Learn about new NOCE classes starting in January, how to register for them, and how to stay enrolled in the classes you want.

**By NOCE**

### 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**

### See's Candy & Chocolates Sale

Our annual See's Candy & Chocolates Sale is here! The

retail price is \$29, but you can purchase them at our front desk for only \$26. The best part? All proceeds go toward supporting the Brea Senior Center's programs and activities. The one-pound candy boxes come gift wrapped and in either Assorted or Nuts & Chews varieties.

**Save the Date!  
New Year's Party  
Friday, January 12**



### 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.

### Holiday Craft Workshop— WAITLIST ONLY

Monday, Dec 4, 1-3 p.m.

Join us for a free holiday craft workshop with materials provided. Sign up at the front desk to reserve your spot and materials!

**By St. Jude Senior  
Services**

## Travel Group

### Lake Havasu Balloon Festival January 18-21, 2024



Highlights: VIP section access to the Lake Havasu Balloon Festival, Route 66 Towns & Museum, London Bridge, Mojave Museum, Laughlin, Nevada. \$799 per person based on double occupancy.

**By Friendly Excursions**

### Count Down to Mardi Gras! February 6-11, 2024

Highlights: New Orleans city tour, National WWII Museum and Movie, walking tour of French Quarter, Bayou airboat ride, Tabasco's Avery Island, reserved seats for a Pre-Mardi Gras Parade, and Baton Rouge capital buildings. \$2,999 per person based on double occupancy.

**By Friendly Excursions**

### Yosemite May 6-8, 2024



Highlights: Chukchansi Gold Resort Casino, Yosemite National Park, Yosemite tram tour, Yosemite Village shops and restaurants. \$899 per person based on double occupancy.

## 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



Wednesday, December 13, 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, Dec 21, 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.

Pick up a selection of fresh produce, dairy products, and shelf-stable dry goods, while supplies last. 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

(Class on break from  
12/18/2023-1/12/2024)  
Mondays, 10-11:50 a.m.

**By Older Adults Program**

### Health & Wellness w/ Eunice

(Class on break from  
12/18/2023-1/12/2024)  
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 (Class on break from 12/13/2023 to 1/3/2024)

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.

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

### Painting for Older Adults Class

(Class on break from  
12/18/2023-1/12/2024)  
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. 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.

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

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.

## Gatherings

Afternoons at the Movies  
Wed, Dec 13: "Still: A Michael J. Fox Movie" (2023) R

A short kid from a Canadian army base becomes the international pop culture darling of the 1980s, only to find the course of his life altered by a stunning diagnosis. The actor who is an incurable optimist is forced to confront an incurable disease.

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, Dec 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 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.

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 machine 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.

# December Activities

## FAMOUS QUOTE

“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others.”

BOB HOPE

## DECEMBER IS NATIONAL FRUITCAKE MONTH

- 7 Pearl Harbor Day
- 15 Ugly Christmas Sweater Day
- 18 Hanukkah begins
- 21 Winter Solstice
- 26 Boxing Day

## BIRTHSTONE

Turquoise, Tanzanite, and Zircon

## FLOWERS

Holly and Narcissus

## 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

**4**  
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)  
1:00 Holiday Craft Workshop (B)

**11**  
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)

**18**  
9:00 Longevity Stick Balance (ZOOM)  
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)

**25**  
**Closed for Christmas Holiday (Reopen on January 3)**

## Tuesday

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

**5**  
8:30 Yoga Class (PH)  
9:30 NOCE Class Info Session (DR)  
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)

**12**  
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)

**19**  
8:30 Yoga Class (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 Knitting Group (C)

**26**  
**Closed for Christmas Holiday (Reopen on January 3)**

## Wednesday

**6**  
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)  
1:00 Android Class (C)  
2:00 Intermediate Line Dancing (PH)

**13**  
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 Afternoon Movie (DR)

**20**  
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)  
12:30 Bible Study (B)  
12:45 Albertsons/Trader Joe's Shopping (L)

**27**  
**Closed for Christmas Holiday (Reopen on January 3)**

## Thursday

**7**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:00 iPhone Class (C)  
10:45 Lotería (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (C)

**14**  
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)

**21**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Legal Aid (WR)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (C)

**28**  
**Closed for Christmas Holiday (Reopen on January 3)**

## Friday

**1**  
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)

**8**  
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)

**15**  
**Closed for Annual Christmas Party Held at Brea Community Center (695 Madison Way) 10 a.m.-1 p.m.**



**22**  
9:00 Longevity Stick Balance (PH)  
10:30 Bingo (DR)  
12:00 Special Friday Lunch (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

**29**  
**Closed for Christmas Holiday (Reopen on January 3)**



Monday	Tuesday	Wednesday	Thursday	Friday	
			Voluntary Contribution - \$3.00  Meal Cost for Under Age 60 - \$5.00	1	
4	5	6	7	<div style="background-color: #808080; color: white; padding: 10px; writing-mode: vertical-rl; transform: rotate(180deg);">             Special Friday Lunches are listed on the Next Page           </div>	
<b>Vietnamese Caramel Pork</b> Caramel Sauce Jasmine Rice Broccoli Seasonal Fresh Fruit	<b>Turkey Pot Roast</b> Brown Gravy Mashed Potatoes Collard Greens SF Fruited Gelatin	<b>Macaroni &amp; Cheese</b> Diced Tomatoes Carrots Breadstick (1 pk) SF Apple Crisp Orange-Pineapple Juice	<b>Chicken Meatball</b> Sweet Citrus Glazed Sweet Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange		
11	12	13	14		
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	<b>Barbacoa Beef</b> Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice	<b>Split Pea Soup w/ SF Crackers</b> Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	<b>Diced Chicken</b> Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin		
18 🍷	19	20	21		
<b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix	<b>Beef Cheeseburger</b> Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin	<b>Moroccan Lentil Veg. Soup w/ SF Crackers</b> Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp	<b>Beef Pot Roast</b> Mashed Potatoes w/ Mushroom Gravy Carrots Dinner Roll w/ Smart Balance Cheesecake Diet: Fresh Fruit		
25	26	27	28		29
<b>Closed for Christmas Holiday (Reopen on January 3)</b>	<b>Closed for Christmas Holiday (Reopen on January 3)</b>	<b>Closed for Christmas Holiday (Reopen on January 3)</b>	<b>Closed for Christmas Holiday (Reopen on January 3)</b>		<b>Closed for Christmas Holiday (Reopen on January 3)</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 serve 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

Lunches on sale starting Wednesday, November 1!



## Friday, Dec 1

*Dollar Lunch Sponsored by Dwight Manley*

Fried Chicken, Mashed Potatoes with Gravy, Corn, Asparagus, Biscuit, Seasonal Dessert

**\*\$1 LUNCH**

## Friday, Dec 8

*Dollar Lunch Sponsored by Dwight Manley*

Chicken Tamale & Beef Taquito, Tortilla Soup, Refried Beans, Mexican Salad, Flan

**\*\$1 LUNCH**

## Friday, Dec 15

*Christmas Party*

Roasted Turkey, Mashed Potatoes with Gravy, Green Bean Casserole, Apple Sage Stuffing, Cranberry Sauce, Roll with Butter, Winter Salad, Apple Pie

## Friday, Dec 22

Meatballs with Marinara Sauce, Deluxe Mac & Cheese, Garlic Bread, Green Salad, Peppermint Brownie

**\*\$4 LUNCH**

Join us every Friday at the Brea Senior Center for a Special Friday Lunch!

Space is LIMITED. Friday Lunches are available and recommended for purchase 1 month in advance. Lunch service starts at **12 p.m.** Friday lunches 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.

## MISTLETOE

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

- |         |        |
|---------|--------|
| ABOVE   | KISSES |
| BERRIES | LEAVES |
| BRANCH  | LOVE   |
| CELTS   | OAK    |
| CUSTOM  | ORIGIN |
| DROOP   | PAGAN  |
| DRUIDS  | PARTY  |
| FESTIVE | POISON |
| FRIENDS | RITUAL |
| GIRLS   | SEASON |
| GUESTS  | SPRIG  |
| GUYS    | SYMBOL |
| HANG    | TOKEN  |
| HOLIDAY | WAXY   |
| HOMES   | WINTER |
| JOY     | XMAS   |

### 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

