

What's Doin' at the Brea Senior Center

Happy Valentine's Day!



February 2024

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

Announcements

Mature Driver Class
Wednesday, Feb 7 & Thursday,
Feb 8, 1-5 p.m.

A two-day improvement class for licensed drivers age 55+. A Certificate of Completion will be awarded as evidence to obtain up to three years of reduced car insurance rates from participating insurance companies. Registration required. Please call 714-808-4679 to register.

By NOCE Active Older Adults

Making Sense of Today's Senior Living Options
Thursday, Feb 22, 10:30 a.m.

Explore the most common senior living options in this presentation to help you focus on the type of housing that will best suit your care needs and budget.

By Senior Helpers, Susan & Annette Real Estate, and Clear Choice Senior Services

OC Registrar of Voters Presentation

Thu, Feb 8, 11 a.m.



Learn about the 2024 upcoming primary election, and all the services that Vote Centers offer.

Valentine's Day Trivia
Thu, Feb 15, 10:30 a.m.

By JSA and Optum Medical Group 

Mindfulness Workshops

Join Anjali, Meditation Coach, as she teaches these two free powerful, uplifting, and engaging workshops! Sign up at the front desk.

Friday, Feb 2, 9-10:30 a.m.

Importance of breathing & the power of gratitude.

Friday, Feb 9, 9-10:30 a.m.

Putting forgiveness into action & tools of affirmations and visualizations.

NEW! Staying Mentally Sharp for Older Adults Class
Wednesdays, 12:30-2:20 p.m.

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. Registration required. Please call 714-808-4679 to register.

By NOCE

NEW! Creative Arts for Older Adults Class

Thursdays, 9-11:50 a.m.

This class encourages art appreciation, self-expression, and creativity through a variety of art media. Registration required. Please call 714-808-4679 to register.



By NOCE

Senior Tax Preparation
Tuesdays, starting in February,
12:30-3 p.m.

ARP Volunteer Tax-Aides help taxpayers with low and moderate incomes file their basic tax returns. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register.

Friday Lunch & Party Registration Change

Starting in 2024, Brea residents will be given priority to purchase Friday Lunch and Party tickets from the 1st day of the month to the 10th day of the month. Non-residents are eligible to purchase tickets beginning the 11th day of the month. Friday lunch & Party tickets will also be going up by \$1.00 starting in 2024.

Travel Group

Sherman Library & Gardens and Buffet Lunch at Avila's El Ranchito Wed, March 6, 9 a.m.-3 p.m.

Sherman Library & Gardens is a 2.2-acre garden located in Corona del Mar complete with a setting of immaculate gardens, patios and conservatories. After a docent-led garden tour, we will head down the street to El Ranchito for a buffet lunch including salad, enchiladas, burritos, rice & beans, and a soft drink. \$35 per person includes transportation, garden admission, and buffet lunch.

Yosemite May 6-8



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

Free Nail Painting 1st & 3rd Monday of each month, 9-10 a.m.

Blood Pressure Checks Tuesdays, 10 a.m.-12 p.m.

Massage Therapy Fri, Feb 9, 10 a.m.-12 p.m. By SCAN Health Plan



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 Wed of each month 9:30-11:30 a.m.



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 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 Open Monday through Friday 8:30-11:30 a.m.

Quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items 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.

Please call 714-808-4679 to register.
Registration Required
By NOCE

Health & Wellness w/ Eunice Tuesdays, 10-11:50 a.m. Thursdays, 9:30-11:30 a.m.

Please call 714-808-4679 to register.
Registration Required
By NOCE

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 from 2/15-3/11) 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 Tuesdays 1-2:50 p.m.

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.

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

Need to purchase a ukulele, music stand, tuner, and a book.

Gatherings

Afternoons at the Movies Wed, Feb 14: "Past Lives" (2023) PG-13

Two childhood sweethearts, after decades apart, are reunited for one fateful week in New York as they confront notions of destiny, love, and the choices that make a life in this heartrending modern romance.

Wed, Feb 28: "AIR" (2023) R

Sonny Vaccaro and Nike pursue then undiscovered basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture.

Bible Study (Room C) 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, February 2, 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.
By the Brea Public Library

Bunco Group Every Tue & Fri, 12:45-2 p.m.

Crochet Group (Room C) Mondays, 10 a.m.-12 p.m.

Golf Practice 1st & 3rd Tue 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 Thu, 10:45-11:45 a.m.

Valentine's Day Party Friday, February 16, 10:30 a.m.- 12:30 p.m. By Dwight Manley & Alpa Maniar Insurance

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.

February Activities

FAMOUS QUOTE

“Age does not protect you from love. But love, to some extent, protects you from age.”

ANAIS NIN

FEBRUARY IS AFRICAN-AMERICAN HISTORY MONTH

- 2 Groundhog Day
- 13 Galentine’s Day
- 13 Mardi Gras
- 14 Valentine’s Day
- 14 Ash Wednesday
- 23 Banana Bread Day

BIRTHSTONE

Amethyst

FLOWERS

Violet and Primrose

Monday

A	- Room A
B	- Room B
C	- Room C
CR	- Computer Room
CY	- Courtyard
D	- Room D
DR	- Dining Room
L	- Lobby Area
LIB	- Library
PH	- Pioneer Hall
PHCR	- PH Conference Room
WR	- Wellness Room

5	9:00 Longevity Stick Balance (ZOOM) 9:00 Nail Painting (WR) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Better Balance (PH) 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)
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12	9:00 Longevity Stick Balance (ZOOM) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Better Balance (PH) 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)
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19	<p>Closed for President’s Day</p> 
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26	9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 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)
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Tuesday

<p>All programs and activities subject to change and cancellation without prior notice.</p>

6	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Blood Pressure Checks (WR) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (D)
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13	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Blood Pressure Checks (WR) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (D)
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20	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Blood Pressure Checks (WR) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Painting for Older Adults (D) 1:00 Knitting Group (DR)
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27	8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Blood Pressure Checks (WR) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Painting for Older Adults (D) 1:00 Knitting Group (DR)
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Wednesday

7	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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (B) 12:45 Ralphs/Rite Aid Shopping (L) 1:00 Mature Driver (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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14	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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (B) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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21	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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (B) 12:30 Bible Study (C) 12:45 Albertsons/Trader Joe’s Shopping (L) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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28	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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (B) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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29	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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (B) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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Thursday

1	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 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)
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8	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 11:00 OC Registrar of Voters Presentation (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 1:00 Beginning Ukulele (C) 1:00 Mature Driver (DR)
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15	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 10:30 Valentine’s Trivia (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (C)
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22	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 10:30 Senior Living Options (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Legal Aid (WR) 12:30 Bingo (DR) 1:00 Beginning Ukulele (C)
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29	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 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)
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Friday

2	9:00 Longevity Stick Balance (PH) 9:00 Mindfulness Workshop (C) 10:30 Bingo (DR) 11:30 Birthday Party (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)
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9	9:00 Longevity Stick Balance (PH) 9:00 Mindfulness Workshop (C) 10:00 Massage Therapy (L) 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)
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16	9:00 Longevity Stick Balance (PH) 10:30 Valentine’s Day Party (DR) SOLD OUT! 12:45 Bunco (B) 1:00 Sing-a-Long Group (C)
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23	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)
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Senior Lunch Menu – February 2024



Special Friday Lunches

Tickets Available
January 3 (Brea residents)
& January 11
(non-residents)

Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00	1 Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit	2
			5 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange	6 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria SF Fruited Gelatin
12 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix	13 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin	14 Chicken Breast Alfredo Sauce Fettuccini Pasta Italian Vegetables Garlic Bread Strawberry Cake Diet: Fresh Fruit	15 Cubed Beef Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange	
19 	20 Roast Beef Mushroom Gravy Red Chunk Potatoes Capri Veg Blend WW Dinner Roll w/ Smart Balance Cherry Pie Diet: Fresh Fruit	21 Chinese Orange Chicken Orange Sauce Brown Rice Spinach Orange Juice SF Pudding	22 Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla Sour Cream (1pk) Seasonal Fresh Fruit	
26 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix	27 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin	28 Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice	29 Chicken Meatballs Sweet Citrus Glazed Mashed Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	



Friday, Feb 2

Loaded Nachos with Ground Beef, Cheese, Beans, Avocado, Sour Cream & Salsa, Mexican Salad, and Seasonal Cookie

***\$5 LUNCH**

Friday, Feb 9

Dollar Lunch Sponsored by Dwight Manley

Orange Chicken, Chow Mein, Spring Roll, Asian Salad, Fortune Cookie

***\$1 LUNCH**

Friday, Feb 16 **SOLD OUT!**

Valentine's Day Party

Chicken Parmesan, Penne Pasta with Pink Sauce, Breadstick, Cauliflower Gratin, Italian Salad, Cheesecake with Strawberry Sauce

***\$6 LUNCH**

Friday, Feb 23

Dollar Lunch Sponsored by Dwight Manley

Scrambled Eggs, Pork Sausage, Hash Brown, Buttermilk Biscuit with Jam, Yogurt Fruit Parfait

***\$1 LUNCH**

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

SPACE IS LIMITED. Brea residents are eligible to purchase tickets from the 1st day of the month to the 10th of the month. Non-residents are eligible to purchase tickets beginning the 11th day of the month. Lunch service starts at **12 pm**. 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.

CHOCOLATE

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

AROMA	GANACHE
BARS	GLOBA
BLEND	HERSHEY
BRAND	MAKING
CACAO	MORSEL
CANDY	NOUGAT
CARAMEL	POD
CHEWY	POUND
CRAFT	SAUCE
CRAVE	SNACK
CREAMY	SUPPLY
DARK	SWEET
DIPPED	SWISS
ENJOY	TASTE
FACTORY	TEXTURE
FLAVOR	YUMMY

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

