

What's Doin' at the Brea Senior Center

Happy St. Patrick's Day!



March 2024

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

Announcements

OC Community Resources
Thursday, March 14, 10:30 a.m.

Join 211 OC & OC United Way for an informative presentation that unveils the resources and support they help make available in our community.

**By 211 Orange County/
OC United Way**

**Your Memories
Making History**



Tuesday, March 26, 9:30 a.m.

Are you a long-time Brea resident? Are you new to the city? Do you live, work, or play in Brea? Regardless of where you come from or how long you've been here, your experiences of life in Brea are important. In fact, your memories of what the city was like are part of our history. The Brea Museum will be in Room B to help record your memories.

**HICAP Medicare Outreach
Table**

Wed, Mar 20, 9:30-11:30 a.m.

HICAP is here to help! Learn about the free, unbiased counseling and assistance for any

Medicare related question or issue that their counselors can provide.

**By Health Insurance
Counseling and Advocacy
Program (HICAP)**

**Health Insurance
Scam Prevention**



Thursday, March 21, 11 a.m.

Seniors are the largest population targeted for health insurance scams. Learn how to protect yourself from becoming a victim of health insurance fraud from a state department dedicated to preventing it.

**By California Department
of Insurance**

**NOCE Classes Taking a
Spring Break!**

Monday-Friday, March 25-29

Just a friendly reminder that there will be no NOCE classes during this time, due to spring recess. Classes will resume on Monday, April 1st.

Travel Group

**Sherman Library &
Gardens and Buffet Lunch
at Avila's El Ranchito—
SOLD OUT!**

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.

**Best of Florida: Key West,
Miami, and Orlando
May 14-21**

Highlights: Miami city and food tour, Kennedy Space Center, an airboat ride through Everglades National Park, Key West city tour, high speed train, and choice of Disney or Universal Park ticket. \$3,999 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
Friday, March 8, 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 Wednesday 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 Orange County 60+ seniors.

By Community Legal Aid SoCal

Senior Center Gift Shop
Open Monday through Friday

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

Senior Grocery Program
2nd & 4th Tuesday 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!
Mondays, 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
(No class on 3/25)

Mondays, 10-11:50 a.m.

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

By **NOCE**

Health & Wellness w/ Eunice
(No class on 3/26, 3/28)
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.

Registration Required Please call 714-808-4679 to register.
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 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
(No class on 3/26)
Tuesdays 1-2:50 p.m.



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

Staying Mentally Sharp for Older Adults Class
(No class on 3/27)
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**

Recorder Music Practice
Wednesdays
Intermediate: 9-10:30 a.m.
Beginning: 10:30-11:30 a.m.

Creative Arts for Older Adults Class
(No class on 3/28)
Thursdays, 9-11:50 a.m.



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

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, Mar 13: "Oppenheimer" (2023) R

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.

Wed, Mar 27: "Irish Wish" (2024) PG-13

When the love of her life gets engaged to her friend, Maddie puts her feelings aside to be a bridesmaid at their wedding in Ireland.

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, March 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.
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 Tuesday 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.

St. Patrick's Day Party—SOLD OUT!
Fri, Mar 15, 10:30 a.m.-12:30 p.m.

Get your tickets for a delicious meal and a chance to win valuable raffle prizes! \$6 for those over 60, \$7 for those under 60.
By **Dwight Manley & SCAN Health Plan**

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.

Great opportunity to meet new people and share new ideas.

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

March Activities

FAMOUS QUOTE

“We are all a great deal luckier that we realize, we usually get what we want—or near enough.”

ROALD DAHL

MARCH IS WOMEN'S HISTORY MONTH

- 8 International Women's Day
- 10 Daylight Saving Time
- 14 Pi Day
- 15 Ides of March
- 19 Spring Equinox
- 31 Cesar Chavez Day

BIRTHSTONE

Aquamarine

FLOWERS

Daffodils and Jonquils

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

4
 9:00 Longevity Stick Balance (ZOOM)
 9:00 Nail Painting (WR)
 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)

11
 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)

18
 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)

25
 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)

Tuesday

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

5
 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)

12
 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)

19
 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)

26
 8:30 Yoga Class (PH)
 9:30 Brea Museum Group (B)
 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 Knitting Group (DR)

Wednesday

6
 8:30 Tai Chi 42 (CY)
 9:00 Sherman Trip (L)—SOLD OUT!
 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 Beginning Line Dancing (PH)
 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)
 12:00 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)

20
 8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 9:00 Quilting Group (B)
 9:00 Intermediate Recorder Practice (C)
 9:30 HICAP Outreach (DR)
 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)

27
 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 Afternoon Movie (DR)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

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 Afternoon Movie (DR)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

Thursday

7
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:00 Creative Arts Class (C)
 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)

14
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:00 Creative Arts Class (C)
 9:30 Health & Wellness (PH)
 10:30 OC Community Resources Presentation (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)
 9:00 Creative Arts Class (C)
 9:30 Health & Wellness (PH)
 11:00 Health Insurance Scam Presentation (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

28
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 10:45 Lotería (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Legal Aid (WR)
 12:30 Bingo (DR)
 1:00 Beginning Ukulele (C)

Friday

1
 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)

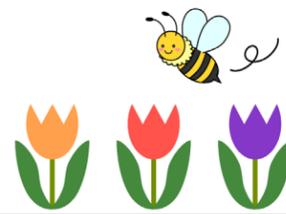
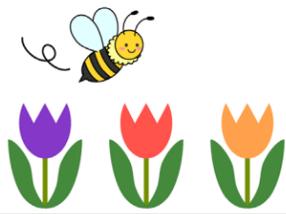
8
 9:00 Longevity Stick Balance (PH)
 10:00 Massage Therapy (L)
 10:30 Bingo (DR)
 12:00 Special Dollar Lunch (DR)
 12:45 Bunco (DR)
 1:00 Sing-a-Long Group (C)

15
 9:00 Longevity Stick Balance (PH)
 10:30 St. Patrick's Day Party (DR)
 —SOLD OUT!
 12:45 Bunco (DR)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)



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

29
 9:00 Longevity Stick Balance (PH)
 10:30 Bingo (DR)
 12:00 Special Friday Lunch (DR)
 12:45 Bunco (DR)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)



Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1
			7	8
Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk	Split Pea Soup w/ SF Crackers Provençal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	Special Friday Lunches are listed on the Next Page
11	12	13	14	
Chicken Torta Sandwich <small>(Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes)</small> Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit 1% Milk	
18	19	20	21	
Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria SF Fruited Gelatin	Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Carrots Pineapple Chunks 1% Milk	
25	26	27	28	
Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad <small>(Spring Mix, Cranberries, Almonds & Balsamic Dressing)</small> SF Crackers (2pk) SF Fruited Gelatin 1% Milk	Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears 1% Milk	Cubed Beef Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange 1% Milk	

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 reasons 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

MARCH LUNCH TICKETS AVAILABLE
February 1 (Brea residents) & February 12 (non-residents)



Friday, Mar 1

Pulled Pork Sandwich with Pickle Spear, Corn Chowder
Soup, Coleslaw, Potato Chips, Fruit Medley, Dessert

***\$5 LUNCH**

Friday, Mar 8

Dollar Lunch Sponsored by Dwight Manley

Chicken Flautas with Salsa & Guacamole, Rice,
Pinto Beans, Mexican Salad, Flan

***\$1 LUNCH**

Friday, Mar 15

St. Patrick's Day Party

SOLD OUT

Corned Beef Brisket with Carrots & Cabbage, Mashed
Potatoes with Gravy, Mac & Cheese, Soda Bread,
Green Grapes, Seasonal Dessert

***\$6 LUNCH**

Friday, Mar 22

Dollar Lunch Sponsored by Dwight Manley

Grilled Cheese, Tomato Soup, Sausage and Peppers, Fruit,
Green Salad, Brownie

***\$1 LUNCH**

Friday, Mar 29

Fish Fillet with Lemon Butter Sauce, Rice Pilaf,
Veggie Medley, Pears & Berries, Green Salad,
Lemon Bite Dessert

***\$5 LUNCH**

SPACE IS LIMITED. Lunch tickets are available for purchase one month in advance. 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.

Save the Date...
APRIL LUNCH TICKETS AVAILABLE
March 1 (Brea residents) & March 11 (non-residents)

RHYMES WITH GREEN

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

BALEEN	MARINE
BEAN	MEAN
BENZENE	OBSCENE
CANTEEN	PREEN
CAREEN	QUEEN
CASEIN	RACINE
CLEAN	RAVINE
CONVENE	SALINE
DEAN	SARDINE
GENE	SCENE
GLEAN	SCREEN
IRENE	SEEN
JEAN	SERENE
KEEN	SHEEN
LATRINE	SPLEEN
LEAN	TEEN
LIEN	VACCINE
MACHINE	WEAN

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

