

# What's Doin' at the Brea Senior Center

## Happy Father's Day!



June 2024

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

### Announcements

#### Important Program Updates!

New procedures effective immediately, along with some program changes starting in July. While some adjustments may impact you, they're necessary to keep our programs running smoothly and offer the best services possible. For details on the immediate and upcoming changes, please see the back of this newsletter. We encourage you to review them carefully. Thank you for your understanding.

#### Healthier Living with Diabetes—6-week workshop series Mondays, June 3-July 8 10 a.m.-12:30 p.m.



Small group workshops led by certified instructors for individuals living with Type 2 Diabetes. Learn about healthy eating, use of medication, prevention, foot care, exercises, action-planning, problem-solving, decision-making and much more! Registration is required. Space is very limited. Please call 714-990-7750 to register.  
**By SCAN Health and SMRC**

#### Fall Prevention Workshop Thu, June 6, 9:30-11:45 a.m.

Join UCI Health for a FREE informative workshop to learn how to stay safe and independent. A panel of experts, including a doctor and social worker will cover everything you need to know about fall prevention including risk factors, strategies, medication use, home safety, physical therapy and available resources. Plus, a Q & A and live Tai Chi demo! Call 714-990-7750 to register.



**By UC Irvine Health**

#### PACE Presentation Thursday, June 13, 9-10 a.m.

Learn about CalOptima Health PACE and how their services can benefit seniors in Orange County. A PACE representative will explain what the PACE program is, the services they offer, and the eligibility requirements. Come see if PACE is right for you!

**By PACE**

#### Medicare Essentials— Understanding the Basics Thu, June 20, 11-11:45 a.m.

Learn about your Medicare benefits, coverage options, costs, and cost saving options. HICAP,

a program of Council on Aging-Southern California, provides free, unbiased services and does not sell or endorse insurance products.

**By HICAP**

#### Insurance Scam Prevention Thu, June 27, 11-11:45 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**

### Travel Group

#### Yellowstone, Grand Tetons, and Mt. Rushmore July 15-23



Highlights: Mt. Rushmore tour, Crazy Horse Memorial, Yellowstone National Park, Old Faithful Geyser, Grand Canyon, Grand Teton National Park, floating trip (Smooth River float ride—no rapids), Jackson Town Square, covered wagon cookout w/dinner and music. \$3,999 per person, based on double occupancy.

## Grand Sierras August 18-22

Highlights: Mammoth Lakes, Devils Postpile, Mono Lake, Museum of West Film History, Tuolumne Meadows, Kings Canyon, and Sequoia National Park. \$1,999 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.



## 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**  
Mondays, 10-11:50 a.m.

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

**Health & Wellness w/ Eunice**  
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**  
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.

Offer older adults an individualized approach of learning painting at their own pace and within their interest and style. Registration required. Please call 714-808-4679 to register.  
**By NOCE**



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

Provide older adults with the tools to reach their optimum levels of brainpower. Registration required. Please call 714-808-4679.  
**By NOCE**

**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.

**Creative Arts for Older Adults Class**  
Thursdays, 9-11:50 a.m.

This class encourages art appreciation, self-expression, and creativity. Registration required. Please call 714-808-4679.  
**By NOCE**

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

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, June 12: "Unfrosted"  
(2024) PG-13

Michigan, 1963. Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever. A tale of ambition, betrayal, sugar, and menacing milkmen. Starring Jerry Seinfeld, Melissa McCarthy, & Jim Gaffigan.

Wed, June 26: "Ordinary Angels" (2024) PG-13

A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.

**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,  
10:30-11:30 a.m.  
Thursdays, 12:30-1:30 p.m.  
Fridays, 10:30-11:30 a.m.—  
**LUNCH TICKET REQUIRED**



**Birthday Party**  
Friday, June 7, 11:30 a.m.  
**By Cause Church Senior Ministry**

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

**Father's Day Party—SOLD OUT!**  
Friday, June 14, 10:30 a.m.-12:30 p.m.  
**By Dwight Manley & Alignment Health**

**Sewing & Embroidery Group**  
Thursdays, 9 a.m.-3 p.m.

Bring your own sewing machine. 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.

# June Activities

## FAMOUS QUOTE

“To bring about change, you must not be afraid to take the first step. We will fail when we fail to try.”

ROSA PARKS

## JUNE IS NATIONAL CAMPING MONTH

- 7 National Donut Day
- 8 Best Friends Day
- 14 Flag Day
- 16 Father's Day
- 20 First Day of Summer
- 30 National Meteor Watch Day

## BIRTHSTONE

Pearl, Alexandrite, and Moonstone

## FLOWERS

Roses and Honeysuckle

## Monday

**3**  
 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)  
 10:00 Diabetes Self-Management (DR)  
 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 It's Your Money (D)

**10**  
 9:00 Longevity Stick Balance (ZOOM)  
 10:00 Tai Chi for Every Body (ZOOM)  
 10:00 Better Balance (PH)  
 10:00 Crochet Group (C)  
 10:00 Diabetes Self-Management (DR)  
 10:30 Bingo (DR)  
 11:00 Veterans Club (B)  
 12:00 Lunch (DR)  
 12:00 Zumba Gold (PH)  
 12:45 Walmart Shopping (L)

**17**  
 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)  
 10:00 Diabetes Self-Management (DR)  
 10:30 Bingo (DR)  
 11:00 Veterans Club (B)  
 12:00 Lunch (DR)  
 12:00 Zumba Gold (PH)  
 12:45 Walmart Shopping (L)

**24**  
 9:00 Longevity Stick Balance (ZOOM)  
 10:00 Tai Chi for Every Body (ZOOM)  
 10:00 Better Balance (PH)  
 10:00 Crochet Group (C)  
 10:00 Diabetes Self-Management (DR)  
 10:30 Bingo (DR)  
 11:00 Veterans Club (B)  
 12:00 Lunch (DR)  
 12:00 Zumba Gold (PH)  
 12:45 Walmart Shopping (L)

## Tuesday

**4**  
 8:00 Tanaka Farms Trip (L)  
 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)  
 12:45 Bunco (DR)  
 1:00 Tai Chi for Every Body (ZOOM)  
 1:00 Painting for Older Adults (D)

**11**  
 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)  
 12:45 Bunco (DR)  
 1:00 Tai Chi for Every Body (ZOOM)  
 1:00 Painting for Older Adults (D)

**18**  
 8:30 Yoga Class (PH)  
 8:30 Balboa Beach Trip (L)  
 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)  
 12:45 Bunco (B)  
 1:00 Tai Chi for Every Body (ZOOM)  
 1:00 Painting for Older Adults (D)  
 1:00 Knitting Group (C)

**25**  
 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)  
 12:45 Bunco (B)  
 1:00 Tai Chi for Every Body (ZOOM)  
 1:00 Painting for Older Adults (D)  
 1:00 Knitting Group (C)

## Wednesday

**5**  
 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 (D)  
 12:45 Ralphs/Rite Aid Shopping (L)  
 1:00 Beginning Line Dancing (PH)  
 2:00 Intermediate Line Dancing (PH)

**12**  
 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 (D)  
 12:30 Afternoon Movie (DR)  
 1:00 Beginning Line Dancing (PH)  
 2:00 Intermediate Line Dancing (PH)

**19**  
 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)

**26**  
 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 (D)  
 12:30 Afternoon Movie (DR)  
 1:00 Beginning Line Dancing (PH)  
 2:00 Intermediate Line Dancing (PH)

## Thursday

**6**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:00 Creative Arts Class (C)  
 9:30 Health & Wellness (PH)  
 9:30 UCI Fall Prevention (DR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)  
 1:00 Beginning Ukulele (D)

**13**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:00 Creative Arts Class (C)  
 9:00 PACE Presentation (DR)  
 9:30 Health & Wellness (PH)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)  
 1:00 Beginning Ukulele (D)

**20**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:00 Creative Arts Class (C)  
 9:30 Health & Wellness (PH)  
 11:00 Medicare Essential Presentation (DR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Bingo (DR)  
 1:00 Beginning Ukulele (D)

**27**  
 8:30 Yoga Class (PH)  
 9:00 Sewing & Embroidery (B)  
 9:00 Creative Arts Class (C)  
 9:30 Health & Wellness (PH)  
 11:00 Scam Prevention Presentation (DR)  
 12:00 Lunch (DR)  
 12:30 Table Tennis (PH)  
 12:30 Legal Aid (WR)  
 12:30 Bingo (DR)  
 1:00 Beginning Ukulele (D)

## Friday

**7**  
 9:00 Longevity Stick Balance (PH)  
 10:30 Bingo w/ Lunch Ticket (DR)  
 11:30 Birthday Party (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)

**14**  
 9:00 Longevity Stick Balance (PH)  
 10:30 Father'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)



**21**  
 9:00 Longevity Stick Balance (PH)  
 10:30 Bingo w/ Lunch Ticket (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)

**28**  
 9:00 Longevity Stick Balance (PH)  
 10:30 Bingo w/ Lunch Ticket (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)

All programs and activities subject to change and cancellation without

- 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



Senior Lunch Menu – June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk	<b>4</b> <b>Beef Cheeseburger</b> Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	<b>5</b> ✓ <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 1% Milk	<b>6</b> <b>Braised Cubed Beef</b> Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	
<b>10</b> <b>Cream of Spinach Soup w/ SF Crackers</b> Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	<b>11</b> <b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria (1pk) SF Fruited Gelatin 1% Milk	<b>12</b> <b>Ground Turkey Bolognese</b> Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	<b>13</b> <b>Baked Tilapia</b> Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice 1% Milk	
<b>17</b> <b>Pork Chile Verde</b> Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	<b>18</b> <b>Zuni Corn Soup w/ SF Crackers</b> Poppy Seed Chicken Pasta Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin 1% Milk	<b>19</b> ✓ <b>Spinach &amp; Mushroom Quiche</b> Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>20</b> <b>Hot Dog</b> Hot Dog Bun Baked Beans Coleslaw Mustard, Ketchup & Relish SF Ice Cream 1% Milk	
<b>24</b> <b>Mexican Corn Soup w/SF Crackers</b> Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	<b>25</b> ✓ <b>Vegetable Lasagna</b> 3-Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp 1% Milk	<b>26</b> <b>Chinese Orange Chicken</b> Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	<b>27</b> <b>Pork Carnitas Bowl</b> Tomato Cilantro Rice Fiesta Veg Mix Tortilla (1) Sour Cream (1pk) SF Ambrosia 1% Milk	

Special Friday Lunches are listed on the Next Page

**Voluntary Contribution - \$3.00**

**Meal Cost for Under Age 60 - \$5.00**

**Meatless Meal**

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](http://www.MealsOnWheelsOC.org)

# Special Friday Lunches

## JUNE

Brea Resident Tickets Available—MAY 1

**SOLD OUT!**

**Friday, June 7**

Greek Chicken Salad, Pita Bread, Hummus, Grapes, Fruit Popsicle

**\*\$5**

**SOLD OUT!**

**Friday, June 14—Father's Day Party**

BBQ Pulled Pork Sandwich, Coleslaw, Baked Beans, Chips, Watermelon, Ice Cream Drumstick

**\*\$6**

**SOLD OUT!**

**Friday, June 21—Dollar Lunch Sponsored by Dwight Manley**

Teriyaki Chicken, Broccoli, Chow Mein, Egg Roll, Asian Salad, Clementine, Fortune Cookie

**\*\$1**

**SOLD OUT!**

**Friday, June 28—Dollar Lunch Sponsored by Dwight Manley**

Cheese Ravioli with Beef Meatballs, Italian Salad, Garlic Bread, Strawberries, Banana Pudding

**\*\$1**

## JULY

Brea Resident Tickets Available—JUNE 1

**Friday, July 5—Dollar Lunch Sponsored by Dwight Manley**

Hot Dog, Potato Salad, Onion Rings, Garden Salad, Watermelon, Oreo Ice Cream Sandwich

**\*\$1**

**Friday, July 12—Dollar Lunch Sponsored by Dwight Manley**

Chicken Enchilada, Rice, Pinto Beans, Mexican Salad, Fruit, Rice Pudding

**\*\$1**

**Friday, July 19**

Chef Salad, Hawaiian Roll, Blueberry Parfait

**\*\$7**

**Friday, July 26—Summer Party**

Cheeseburger, Potato Wedges, Fresh Fruit, Fruit Popsicle

**\*\$7**

Lunch starts at 12 PM. \*Takeout available (for an additional fee). Vegetarian options require advance notice.

**LUNCH TICKETS ARE LIMITED.** Brea residents can purchase lunch tickets one month in advance. Non-residents can join the waitlist for a chance to attend. (Tickets are not guaranteed.)

# Announcements

## Effective Immediately

Arovista Park East construction has begun, with an anticipated completion of Fall 2025. During this time, expect heavy construction and very limited parking. Please plan accordingly.

### Here's what you can do to prepare:

- **Arrive Early:** Be prepared for longer walks and potential difficulty to find a spot.
- **Consider Walking:** If you're able, park further away and take a walk to the center.
- **Carpool:** Talk to your friends and neighbors about carpooling.
- **Bring a Wheeled Cart:** For those carrying heavy items, a cart will be helpful.
- **Park with Caution on Elm:** Due to construction traffic, there's a higher risk of vehicle damage. Park at your own discretion.

## Beginning July 1, 2024

- **Friday Lunch:** Friday lunch prices will increase to \$7. (Sponsored dollar lunch days will continue thanks to Dwight Manley!)
- **Friday Lunch Ticket Refund Policy:** To receive a full refund for a Friday lunch, cancellations must be received by 3 p.m. on the Monday prior. Late cancellations will not be refunded, and payment will be forfeited.
- **IMPORTANT!** The Senior Grocery Program will be held on the **2nd and 4th Wednesday** of each month from **1 p.m. to 2 p.m.** To ensure a smooth distribution, we will be using a Grab N' Go method in our courtyard with pre-selected items. Due to limited parking and construction, we kindly ask that arrive no earlier than 1 p.m. to pick up your pre-selected groceries and depart promptly to allow others to be served efficiently. Please remember to bring your own bags. **This change will begin with a distribution on Wednesday, July 10.**
- **Table Tennis:** The quarterly fee will increase to \$25 for Brea residents and \$40 for non-residents
- **Senior Van Service:** The per-stop trip fee will increase to \$4.

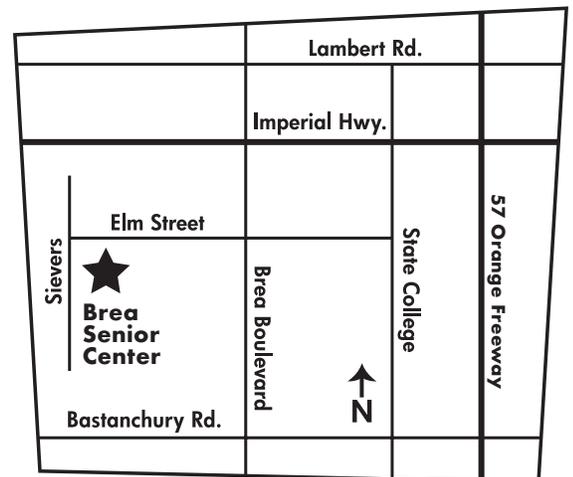
*We appreciate your cooperation and understanding!*

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## 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)  
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