

What's Doin' at the Brea Senior Center



Happy July 4th!

July 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.

Closed in Observance of Independence Day Thursday, July 4

Regular business hours will resume Friday, July 5.

Free Hearing and Hearing Aid Check Up Tue, July 16, 10 a.m.-12 p.m.

Complimentary hearing evaluation and hearing aid check-ups. Registration Required. Please call 714-990-7750 to register.

By **HearingLife Brea**



HICAP Medicare Outreach Table



Thu, July 18, 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)

Scam & Fraud Prevention Thu, July 25, 10:30-11:30 a.m.

Learn from the United States Postal Inspection Service (USPIS) how to identify common phone and mail scams, avoid falling victim, and what to do if targeted. Empower yourself and your loved ones with the knowledge to stay safe.

By **USPIS**

Board Game Day: Share, Learn, and Play! Monday, July 29, 1-2:30 p.m.

Dust off your favorite board game and bring it along to share with the group. Unleash your inner champion in a friendly competition, discover exciting new games, or revisit beloved classics. It's a fun opportunity to connect with others and make some new friends—

all through the magic of rolling dice, drawing cards, and strategizing your way to victory! This is a casual, open-play event—no sign-ups needed.

Travel Group

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.



Great Smoky Mountains, Nashville & Kentucky September 4-13

Highlights: Great Smoky Mountains National Park, aerial tram, Dollywood, Mammoth Mountain Cave National Park, Louisville Slugger Museum, Churchill Downs, Grand Ole Opry, Ark Encounter, Country Hall of Fame and 2 distilleries. \$4,499 per person, based on double occupancy.

Muir Woods, Monterey, & San Luis Obispo September 24-27

Highlights: Golden Gate Bridge, Muir Woods National Monument, Sausalito, Fisherman's Wharf, 17 Mile Drive, Monterey Cannery Row, San Luis Obispo Farmers Market, Solvang. \$1,499 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 Hours Vary

Quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items accepted during business hours. Shop hours are subject to volunteer availability.

Senior Grocery Program

NEW DAY & TIME

Beginning July 10
2nd & 4th Wednesday of each month, 1-2 p.m.

Grab N' Go with pre-selected items ready for pick up. Due to limited parking and construction, please arrive no earlier than 1 p.m. and depart promptly to allow others to be served. Bring your own 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

UPDATE!

Tue-Fri, 9 a.m.-1 p.m.

Brea Residents 60+! Need a ride to appointments or errands? Our

Senior Van Service taking you within 5 miles of your home for just \$4 each stop (Orange County Only). Must to apply for this service call 714-990-7750 for details!

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 *NEW FEE*
Every Tue & Thu, 12:30-3:30 p.m.
Resident Quarterly Fee: \$25
Non-Resident Quarterly Fee: \$40

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.

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.

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, July 3: "A Million Miles Away" (2024) PG-13

Follow the story of Jose Hernandez and his path from a farm worker to becoming an engineer and an astronaut.

Wed, July 17: "Arthur The King" (2024) PG-13

Desperate for one last chance to win, Michael convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along, redefining what victory, loyalty and friendship truly means.

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, July 12, 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.

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.

Summer Party—SOLD OUT!
Friday, July 26, 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.

July Activities

FAMOUS QUOTE

“The smallest act of kindness is worth more than the grandest intention.”

OSCAR WILDE

JULY IS NATIONAL PICNIC MONTH

- 1 Canada Day
- 4 Independence Day
- 6 Fried Chicken Day
- 7 World Chocolate Day
- 14 Bastille Day
- 30 International Day of Friendship

BIRTHSTONE

Ruby

FLOWERS

Larkspur and Water Lily

Monday

1
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)

8
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)

15
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)

22
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)

29
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)
1:00 Board Game Day (B)

Tuesday

2
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)

9
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Blood Pressure Checks (WR)
10:00 Timely Topics (C)
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)

16
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Blood Pressure Checks (WR)
10:00 Timely Topics (C)
10:00 Hearing Check Up (L)
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)

23
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Blood Pressure Checks (WR)
10:00 Timely Topics (C)
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)

30
8:30 Yoga Class (PH)
10:00 Health & Wellness (PH)
10:00 Blood Pressure Checks (WR)
10:00 Timely Topics (C)
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)

Wednesday

3
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)
12:30 Afternoon Movie (DR)
12:45 Ralphs/Rite Aid Shopping (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

10
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 Introduction Line Dancing (PH)
12:30 Mentally Sharp Class (D)
1:00 Senior Grocery Program (CY)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

17
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)
12:30 Afternoon Movie (DR)
12:45 Albertsons/Trader Joe's Shopping (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

24
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)
11:00 Book Club (CY)
12:00 Lunch (DR)
12:00 Introduction Line Dancing (PH)
12:30 Mentally Sharp Class (D)
12:30 Legal Aid (WR)
1:00 Senior Grocery Program (CY)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

31
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 Introduction Line Dancing (PH)
12:30 Mentally Sharp Class (B)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

Thursday

4
Closed in Observance of Independence Day



11
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 (D)

18
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Creative Arts Class (C)
9:30 Health & Wellness (PH)
9:30 HICAP Resource Table (WR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
1:00 Beginning Ukulele (D)

25
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Creative Arts Class (C)
9:30 Health & Wellness (PH)
10:30 USPS Scam Prevention (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Legal Aid (WR)
12:30 Bingo (DR)
1:00 Beginning Ukulele (D)

All programs and activities subject to change and cancellation without

Friday

5
9:00 Longevity Stick Balance (PH)
10:30 Bingo w/ Lunch Ticket (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)

12
9:00 Longevity Stick Balance (PH)
10:30 Bingo w/ Lunch Ticket (DR)
11:30 Birthday Party (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)

19
9:00 Longevity Stick Balance (PH)
10:30 Bingo w/ Lunch Ticket (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)

26
9:00 Longevity Stick Balance (PH)
10:30 Summer Day Party (DR)
SOLD OUT!
12:45 Bunco (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

- 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

JULY



Senior Lunch Menu – July 2024



Monday	Tuesday	Wednesday	Thursday
1 Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	2 Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin 1% Milk	3 Pulled Pork BBQ Sauce WG Hamburger Bun Maccaroni Salad Baked Beans Watermelon Chunks 1% Milk	4 <i>Happy 4th of July</i>
8 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	9 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley WG Tortilla SF Custard Orange Juice 1% Milk	10 Split Pea Soup w/ SF Crackers Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	11 Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk
15 Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	16 Egg Drop Soup w/ SF Crackers Vietnamese Chicken Salad WW Dinner Roll w/Smart Balance Sliced Peaches 1% Milk	17 Chicken Torta Sandwich <small>(Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes)</small> Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	18 Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk
22 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk	23 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla Salsa Victoria (1pk) SF Fruited Gelatin 1% Milk	24 Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	25 Baked Tilapia Ranchera Sauce Mexican Rice Broccoli WG Tortilla SF Pudding Orange Juice 1% Milk
29 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	30 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Harvest Salad <small>(Spring Mix, Cranberries, Almonds & Balsamic Dressing)</small> WW Crackers (2pk) SF Fruited Gelatin 1% Milk	31 Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal

Special Friday Lunches are Listed on the Next Page

Chef Francesco Special Friday Lunches

Lunch starts at 12 P.M. Dollar Lunch is available for Dine-In ONLY. Takeout available for \$8. Vegetarian options require advance notice.

JULY

SOLD OUT!

Friday, July 5— *Dollar Lunch Sponsored by Dwight Manley*
Hot Dog, Potato Salad, Onion Rings, Garden Salad, Watermelon, Oreo Ice Cream Sandwich

***\$1**

SOLD OUT!

Friday, July 12— *Dollar Lunch Sponsored by Dwight Manley*
Chicken Enchilada, Rice, Pinto Beans, Mexican Salad, Fruit, Rice Pudding

***\$1**

SOLD OUT!

Friday, July 19
Chef Salad with Turkey, Ham, Egg, Tomato, Cheese and Cucumber, Hawaiian Roll, Blueberry Parfait

***\$7**

SOLD OUT!

Friday, July 26— *Summer Party*
Cheeseburger, Potato Wedges, Fresh Fruit, Fruit Popsicle

***\$7**

AUGUST

Friday, Aug 2

Chicken Alfredo with Tortellini, Italian Salad, Garlic Bread, Grapes, Cannoli

***\$7**

Friday, Aug 9— *Dollar Lunch Sponsored by Dwight Manley*

Beef Taco Bowl with Rice, Black Beans, & Avocado, Chips and Salsa, Flan

***\$1**

Friday, Aug 16— *Luanu Party*

Teriyaki Chicken, Macaroni Salad, White Rice, Green Salad, Fresh Fruit, Popsicle

***\$7**

Friday, Aug 23— *Dollar Lunch Sponsored by Dwight Manley*

Meatball Sub with Cheese, Chips, Fresh Fruit, Garden Salad, Brownie

***\$1**

Friday, Aug 30

Strawberry Chicken Salad with Berries, Mandarin, Feta, Pecans and Poppysed Dressing, Cookie

***\$7**

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.)

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

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.
- **Table Tennis:** The quarterly fee will increase to \$25 for Brea residents and \$40 for non-residents
- **Senior Van Service:** The one-way trip fee will increase to \$4.

We appreciate your cooperation and understanding!

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

