

What's Doin' at the Brea Senior Center

Summer Time Fun!



August 2024

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

Announcements

SAVE THE DATE! Flu Shot Clinic



Friday, Sept 20, 10-11:30 a.m.

This year's clinic will be offering **FLU SHOTS ONLY**. No vendor booths or additional health screenings will be available. Every visitor will receive a FREE wellness gift bag and be entered for a chance to win a prize!

NEW! Mobile Technology Literacy Class Wednesdays, 9:30-11:20 a.m. starting August 14



Designed to give students the necessary communication and technology skills that are crucial in order to take advantage of the wealth of new and emerging opportunities associated with digital technologies while also remaining alert to the various challenges technology can present. Please call 714-808-4679 to register.

By NOCE Active Older Adults

City Mayor Updates Return! Thursday, August 22, 10 a.m.

We're thrilled to announce the return of our monthly Mayor updates! Join us for a chance to meet with our City Mayor Christine Marick who will be providing general city news and updates to fill you in on all the happenings in our community.

HICAP Medicare Outreach Table

Thu, Aug 22, 9:30-11:30 a.m.

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)

Board Game Day: Share, Learn, and Play!

Monday, Aug 26, 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.

Upcoming Class Changes:

No NOCE Classes August 5-9

All NOCE sponsored classes are not in session from 8/5-8/9 in preparation for the new Fall semester.

No Line Dance Classes August 14-21

Line Dance classes are on a summer break from 8/14-8/21.

Travel Group

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.

Greek Isles, Italy & France October 16-31

Highlights: Acropolis, National Archaeological Museum, day at sea, cocktail party, Colosseum, Pantheon, Trevi Fountain, St. Peter's Basilica, Vatican Museums, and Sistine Chapel. \$6,000 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 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
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
Tue-Fri, 9 a.m.-1 p.m.

Brea Residents 60+! Need a ride to appointments or errands? Van Service taking you within 5 miles of your home for just \$4 each stop (OC Only). Must to apply for this service call 714-990-7750 for details!

Fitness

Better Balance with Dan
No class 8/5
Mondays, 10-11:50 a.m.

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

Health & Wellness w/ Eunice
No class 8/6, 8/8
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
No Class 8/14, 8/21, 8/24
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: \$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
No class 8/6
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 8/7
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.

Creative Arts for Older Adults Class
No class 8/8
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.

Gatherings

Afternoons at the Movies
Wed, August 7: "The Beach Boy" (2024) PG-13

This documentary traces the legendary band from humble family beginnings to revolutionizing pop music with never-before-seen footage and all-new interviews from band members.

Wed, August 21: "The Union"
(2024) PG-13

Mike, a down-to earth construction worker, is thrust into the world of super spies and secret agents when his high school sweetheart recruits him on a high-stakes US intelligence mission.

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, August 2, 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.

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.

Luau Party—SOLD OUT!
Friday, Aug 16, 10:30 a.m.-12:30 p.m.
By Dwight Manley

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.

August Activities

FAMOUS QUOTE

“Beautiful young people are accidents of nature, but beautiful old people are works of art.”

ELEANOR ROOSEVELT

AUGUST IS NATIONAL EYE EXAM MONTH

- 2 International Beer Day
- 4 Watermelon Day
- 16 Tell a Joke Day
- 17 Thrift Shop Day
- 19 Potato Day
- 26 Dog Day

BIRTHSTONE

Peridot, Spinel, and Sardonyx

FLOWERS

Gladiolus and Poppy

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 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	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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26	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)
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Tuesday

All programs and activities subject to change and cancellation without	
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6	8:30 Yoga Class (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)
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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) 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)
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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) 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)
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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) 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)
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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 Afternoon Movie (DR) 12:45 Ralphs/Rite Aid Shopping (L) 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 Mobile Technology Class (D) 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 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)
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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) 9:30 Mobile Technology Class (D) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:30 Mentally Sharp Class (D) 12:30 Bible Study (C) 12:30 Afternoon Movie (DR) 12:45 Albertsons/Trader Joe's Shopping (L)
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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 Mobile Technology Class (D) 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) 12:30 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)
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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 Mobile Technology Class (D) 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) 12:30 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)
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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 (D)
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8	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)
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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) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)
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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) 9:30 HICAP Resource Table (L) 10:00 Mayor's Update (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Legal Aid (WR) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)
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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) 11:15 Ukulele & Recorder Performance (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)
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Friday

2	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)
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9	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)
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16	9:00 Longevity Stick Balance (PH) 10:30 Bingo w/ Lunch Ticket (DR) 10:30 Luau Party (DR) SOLD OUT! 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
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23	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)
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30	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)
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Senior Lunch Menu – August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
		Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Diced Chicken Breast Sweet & Sour Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	2
		5 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	6 Beef Cheeseburger Swiss Cheese Fiesta Corn & Bell Pepper Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Pineapple Chunks 1% Milk	7 Veggie Egg Salad California Salad Moroccan Lentil Veg Soup Spring Mix WW Bread w/Smart Balance Fresh Orange 1% Milk
12 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	13 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	14 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	15 Baked Tilapia Ranchera Sauce Broccoli WG Tortilla (1) SF Pudding Orange Juice 1% Milk	<div style="writing-mode: vertical-rl; transform: rotate(180deg);"> Special Friday Lunches are Listed on the Next Page </div>
19 Pork Carnitas Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	20 Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	21 Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	22 Roast Turkey Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	
26 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	27 Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	28 Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk	29 Pork Carnitas Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	
30				

Special Friday Lunches are Listed on the Next Page

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

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.

AUG

- 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—Luau 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**

SEPT

- Friday, Sept 6—Dollar Lunch Sponsored by Dwight Manley**
 Fried Chicken, Potato Salad, Baked Beans, Dinner Roll, Green Salad, Grapes, Ice Cream Bar **\$1**
- Friday, Sept 13—Korean Harvest Festival Luncheon sponsored by BKSCA**
 Stir-fried Korean BBQ Beef, Stir-fried Glass Noodles with Vegetables, Asian Salad, Rice & Kim-Chi, Vanilla Ice Cream
- Friday, Sept 20—Flu Clinic Breakfast**
 Sausage, Egg & Cheese Breakfast Sandwich, Fruit, Orange Juice **\$5**

Flu Clinic Lunch
 Chicken Cobb Salad w/ Egg, Bacon, Cheddar Cheese, Cucumber, Tomato & Ranch, Roll, Cookies **\$7**
- Friday, Sept 27—Sock Hop Party**
 BBQ Bacon Cheeseburger, Waffle Fries, Coleslaw, Watermelon, Ice Cream Sundae **\$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.)

Announcements

SUMMER OLYMPICS

SCBFKTKRFBGAVCI GHV OFVSBTBJ WGJ DTW
 TSKBTCSVTSTOOU BKKERMPAVXVQPQERIM
 MCSDBIYEHFBEMQTUFNVWEADAUQSKZWOS
 LYGMJKQVFSHIHWSPE SRUNTASQGFZSDAW
 XYMMBVRTHVBLRTRQQLZIHKOJIUAUXMHW
 MSEZQMLTRRNHHZLEAKLXDJOE EWOUWNSK
 AIDBSGARUDQCFZNAWZYULXRPTBVDUYUK
 SCAWZYCDTQAZCPXOEUBVYLJIJEP UAPUL
 SJLDPBZYROLATKKTVOHCOECNVXOKRVPZY
 EZIGTRQTC SXJTMESRLBRXEDKPGOBHEYW
 UVZJKJXSHLOBUNDZVRALTI FUNMZUFWJH
 RBRSSEXEMGIQTDNZILXJVVNOWERHSPNJ
 YLDYJYJBJRONXFGYEBAAJKWGGDOWZSBC
 JSAAYPIXEOODGFHEUZCCEPKYLVRGTUSA
 FROJMJFAVZZFRVCVAULTSOWERUHBONNB
 THEFUYNSSGNRBYDAPONECMVNXNFQIEX
 ESIDRMZTDL OOREVLI SAUVQONCTJLMTAX
 VWOVUHPZEWQLRRPBFWNEMQIRI GLAYMZV
 IKPRCDBLTI TDEBIYSEHQUNSWEQTRCUHG
 RDTXCXBVZEK DMPDLYVHLEGDTI PSLCZKZS
 DMIKKGCMSX MWKVM DVHSEJ DNECNALABCZ
 YCXRKBZUTARJIVXBOTCXFMI FINJURYWF
 ROI XFUMKHKTKOENERGYDQHOOVEGZOHPR
 HZAYTCOBDI RL LDQMLVXTUTPEHPQREKFW
 CYDXZIVCRYUXRLHDRFNXYUMGHHI NV CXR
 CTKTLORSMLIFMRHWXNPRAGCIRDRBZHBA
 ZSBZYHSCTUFINFFCTYJTKXIGGVLZDAZP

BALANCE	JUDGE
BEST	JUDO
BOXING	JUMP
BRONZE	MASSEUR
COACH	MEDAL
CYCLING	NURSE
DIET	PERFORM
DRIVE	POINTS
ENERGY	QUEST
EVENT	RUNNING
FLEX	SCORES
GOLD	SILVER
HAMMER	SQUAD
HEALTH	STAMINA
HURDLE	VAULT
INJURY	VENUE

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

