

# What's Doin' at the Brea Senior Center

## Happy Halloween!



### October 2024

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

## Announcements

### Vision Problems as We Age Wed, Oct 16, 12:30 p.m.

Discuss the signs and symptoms of common eye diseases, prognosis, treatments, and importance of regular eye exams. Learn what constitutes a vision emergency and what to do if you experience symptoms.

**By Southern California College of Optometry**

### 11 Tips for Successfully Living Alone Thursday, Oct 24, 10:30 a.m.

Are you or a loved one considering living alone and want to ensure a safe and fulfilling experience? Join us for an engaging & practical presentation where we'll cover the top 11 essential strategies to live alone successfully. This session is perfect for individuals of all ages who are seeking independence while maintaining safety, health, and happiness.



**By Alzheimer's Orange County**

### "It's Your Estate" 6-week Financial Literacy Workshop Series Mondays, now thru Oct 28 1-2:30 p.m.

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. Lessons in this series include estate planning, living trusts, tax planning, retirement account planning, and more. NO sales pitches or solicitations will take place. Call the front desk to register.



**By Financial & Estate Literacy**

### City Mayor Updates Thursday, October 24, 10 a.m.

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.

### NOCE Info Table Wed, Oct 2 and Wed, Oct 23 10 a.m.-12 p.m.

Ask questions about and get help enrolling in your favorite NOCE classes!

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

An introduction course on how to use your phone and tablet (mobile devices) to the full extent of their capabilities. Course covers topics like how to connect to Wi-Fi, how to use apps, how to take & share photos, and how to send messages. Please call 714-808-4679 to register.



**By NOCE Active Older Adults**

### NEW! Board & Card Game Group Mondays, 12:30-2:30 p.m.

Dust off your favorite board or card 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. No sign-ups needed.

### Veterans Club (Room B) Mondays, 11-11:45am

Come and join in on the conversation with your fellow Vets! Spouses are also welcome to share their memories too.

## Travel Group

### Harrah's Casino Trip— Halloween Dress Up Edition! Thursday, October 31

Departing at 8 a.m. and returning around 5 p.m. Lunch is not included. \$35 per person.

### Hearst Castle at Christmas Time December 15-17, 2024

Highlights: Downtown Santa Barbara, San Luis Obispo, Cambria Christmas Market, Holiday Twilight Tour of Hearst Castle, Solvang, and San Simeon. \$789 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. 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 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: \$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

### Mobile Technology Literacy Class

Wednesdays, 9:30-11:20 a.m.

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

### Painting for Older Adults Class

Tuesdays, 1-2:50 p.m.  
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.

### 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, Oct 2: "The Fall Guy" (2024) PG-13

A stuntman must track down a missing movie star, solve a conspiracy, and win back the love of his life while still doing his day job in this action-packed thrill ride.

### Wed, Oct 30: "Ghostbusters: Frozen Empire" (2024) PG-13

When an ancient artifact awakens a fearsome spirit, the Ghostbusters must unite to save the world from an ice age and an army of the undead.

### 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, Oct 4, 11:30 a.m.

### By Cause Church Senior Ministry

### Book Club (Courtyard) 4th Wednesday of each month 11 a.m.-12 p.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

### 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.

### Halloween Party—SOLD OUT! Friday, Oct 25, 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.

# October Activities

## FAMOUS QUOTE

“An investment in knowledge always pays the best interest.”

BENJAMIN FRANKLIN

**OCTOBER IS NATIONAL...  
BREAST CANCER  
AWARENESS MONTH**

### BIRTHSTONE

Opal and Tourmaline

### FLOWERS

Marigold

## Monday

<p>All programs and activities subject to change and cancellation without</p>	<p><b>1</b> 8:30 Yoga Class (PH) 10:00 Health &amp; 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)</p>
	<p><b>7</b> 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) 12:30 Board &amp; Card Game Group (B) 1:00 It's Your Estate (D)</p>
	<p><b>14</b> 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) 12:30 Board &amp; Card Game Group (B) 1:00 It's Your Estate (D)</p>
	<p><b>21</b> 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) 12:30 Board &amp; Card Game Group (B) 1:00 It's Your Estate (D)</p>
	<p><b>28</b> 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) 12:30 Board &amp; Card Game Group (B) 1:00 It's Your Estate (D)</p>

## Tuesday

<p><b>8</b> 8:30 Yoga Class (PH) 10:00 Health &amp; 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)</p>
<p><b>15</b> 8:30 Yoga Class (PH) 10:00 Health &amp; 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)</p>
<p><b>22</b> 8:30 Yoga Class (PH) 10:00 Health &amp; 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)</p>
<p><b>29</b> 8:30 Yoga Class (PH) 10:00 Health &amp; 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)</p>

## Wednesday

<p><b>2</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Recorder Practice (C) 9:30 Mobile Technology Class (D) 10:00 NOCE Info Table (L) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Line Dancing (PH) 12:30 Mentally Sharp Class (D) 12:30 Afternoon Movie (DR) 12:45 Ralphs/Rite Aid Shopping (L)</p>
<p><b>9</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Recorder Practice (C) 9:30 Mobile Technology Class (D) 9:30 HICAP Counseling (WR) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Line Dancing (PH) 12:30 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)</p>
<p><b>16</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Recorder Practice (C) 9:30 Mobile Technology Class (D) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Line Dancing (PH) 12:30 Mentally Sharp Class (D) 12:30 Bible Study (C) 12:30 Vision Presentation (DR) 12:45 Albertsons/Trader Joe's Shopping (L)</p>
<p><b>23</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Recorder Practice (C) 9:30 Mobile Technology Class (D) 9:30 HICAP Counseling (WR) 10:00 NOCE Info Table (L) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 11:00 Book Club (CY) 12:00 Lunch (DR) 12:00 Line Dancing (PH) 12:30 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)</p>
<p><b>30</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Recorder Practice (C) 9:30 Mobile Technology Class (D) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Line Dancing (PH) 12:30 Mentally Sharp Class (D) 12:30 Afternoon Movie (DR)</p>

## Thursday

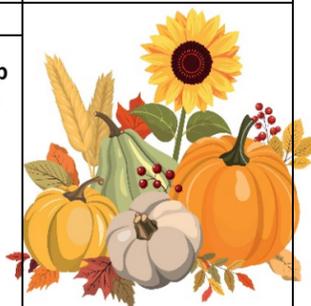
<p><b>3</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)</p>
<p><b>10</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)</p>
<p><b>17</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)</p>
<p><b>24</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:00 Mayor's Update (DR) 10:30 11 Tips for Living Alone 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)</p>
<p><b>31</b> 7:30 Harrah's Casino Trip (L) 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)</p>

## Friday

<p><b>4</b> 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 (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>11</b> 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)</p>
<p><b>18</b> 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)</p>
<p><b>25</b> 9:00 Longevity Stick Balance (PH) 10:30 Halloween Party (DR) SOLD OUT! 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>A</b> - Room A <b>B</b> - Room B <b>C</b> - Room C <b>CR</b> - Computer Room <b>CY</b> - Courtyard <b>D</b> - Room D <b>DR</b> - Dining Room <b>L</b> - Lobby Area <b>LIB</b> - Library <b>PH</b> - Pioneer Hall <b>PHCR</b> - PH Conference Room <b>WR</b> - Wellness Room</p>



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>	<b>Chicken Pasta w/Poppy Seed Dressing</b> Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	<b>Salisbury Steak</b> Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	<b>Turkey Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<div style="background-color: #808080; color: white; padding: 10px; font-size: 2em; font-weight: bold; transform: rotate(-90deg); transform-origin: center;">             Special Friday Lunches are Listed on the Next Page           </div>
7	8	9	10	
<b>Chicken Salad w/Citrus Dressing</b> California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Vegetable Lasagna</b> Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Diced Chicken Breast</b> Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk	<b>Pork Carnitas</b> Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	
14	15	16	17	
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	<b>Turkey Roast</b> Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>Cubed Beef</b> Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	
21	22	23	24	
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	<b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Diced Chicken Breast</b> Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	
28	29	30	31	
<b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Veggie Egg Salad on Spring Mix</b> California Salad Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk	<b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	<b>Cream of Pumpkin Soup</b> Butternut Squash & Feta Cheese Pasta Spring Mix w/Balsamic WW Crackers (4pk) Pistachio Pudding Diet: Fresh Fruit	



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)

# 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.

OCT

## Friday, Oct 4

Southwest Chicken Tacos, Black Beans, Corn Medley, Mexican Salad, Fruit Popsicle

**\$7**

## Friday, Oct 11 — Dollar Lunch Sponsored by Dwight Manley

Orange Chicken, Chow Mein, Broccoli, Asian Salad, Tangerine, Cookie

**\$1**

## Friday, Oct 18 — Dollar Lunch Sponsored by Dwight Manley

Fish Filet with Curry Sauce, White Rice, Green Beans, Garden Salad, Brownie

**\$1**

## Friday, Oct 25 — Halloween Party

Roast Beef with Brown Gravy, Pumpkin Soup, Mashed Potatoes, Carrots, Caesar Salad, Seasonal Dessert

**\$7**

**SOLD OUT!**

NOV

## Friday, Nov 1 — Dollar Lunch Sponsored by Dwight Manley

Loaded Baked Potato, Beef Chili with Cheese, Green Salad, Pears & Berries

**\$1**

## Friday, Nov 8

Turkey Pesto Sandwich, Zuppa Toscana Soup, Italian Salad, Apples & Caramel

**\$7**

## Friday, Nov 15 — Dollar Lunch Sponsored by Dwight Manley

Chicken Cordon Bleu, Rice Pilaf, Roasted Vegetables, Caesar Salad, Pumpkin Crumb Cake

**\$1**

## Friday, Nov 22 — Thanksgiving Party

Honey Glazed Ham, Yams w/Marshmallows, Green Bean Casserole, Dinner roll, Honey Mustard Salad, Pumpkin Pie

**\$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

## OKTOBERFEST

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

ALCOHOL	HOPS
ALE	KEG
ATTIRE	LAGER
BAVARIA	LITER
BEER	MALT
BREW	MUNICH
CROWDS	MUSIC
CULTURE	OOMPAH
DANCING	PARADE
DRESS	PILSNER
EVENT	SAUSAGE
FAME	STEIN
FOOD	STRUDEL
FRIENDS	TROUPE
FUN	VOLUME
GERMAN	WORLD

### 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)
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)
- Instagram:** [instagram.com/BreaSeniorCenter/](https://www.instagram.com/BreaSeniorCenter/)

More details and information available online

