

# What's Doin' at the Brea Senior Center

## Happy Thanksgiving!



### November 2024

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

### Announcements

**NEW! OC Tremble Clefs**  
Thursdays, 10:15-11:15 a.m.

A therapeutic singing group for people with Parkinson's Disease and their care partners to promote vocal strength, boost emotional health, and improve well-being!

**Christmas Party Call-In**  
Starting Friday, Nov 1, 8 a.m.

Call 714-990-7752 and leave a voicemail with name, address, and birthdate to be placed on an interest list. Tickets will be distributed at a later date.

**By Dwight Manley**

**FREE! Hearing Screenings**  
Thu, Nov 14, 10 a.m.-12 p.m.

Don't put it off any longer! Make an appointment today with an audiologist to get your hearing checked or your existing hearing aid examined. Please call 714-990-7750 for appointment.

**By Hearing Life**



### Presentations

**Emergency Preparedness Presentation**

Thursday, Nov 7, 11 a.m.

“When disaster strikes, the time to prepare has passed!” Learn how to prepare for and respond to natural disasters including earthquakes, hurricanes, floods, wildfires, and landslides.

**By Access California Services**

**Overview of Dayle McIntosh Services**

Friday, Nov 8, 1 p.m.

Discover the Dayle McIntosh Center's free services for older adults and people with disabilities, including assistive technologies and home modifications like grab bars and ramps, aimed at helping individuals stay in their homes.

**By Dayle McIntosh Center**

**Benefits of Downsizing**

Thursday, Nov 14, 11 a.m.

What are the benefits of downsizing personal belongings for mental, physical, and financial health? Which items in



your home could be worth a lot and which are better to toss? Find out at this informative presentation!

**By Caring Transitions**

**Parkinson's Disease Presentation**

Friday, Nov 15, 1 p.m.

Educate yourself on the early signs & symptoms of Parkinson's disease to support early detection. Also, learn about all of the resources the Parkinson's Foundation provides.

**By Parkinson's Foundation**

**Sharpen Your Mind! Memory Tricks & Teasers**

Wed, Nov 20, 1 p.m.

Learn the secrets of memory training and boost your memory ability. Use interactive exercises to remember things using evidence-based techniques.

**By Alzheimer's Orange County**



**NOCE Class Registration Help**

Mon, Nov 4, 9 a.m.-12 p.m.

Need help enrolling in your favorite NOCE classes? Stop by to get assistance!

## How to Get Food Help in OC

Wed, Nov 27, 12:15 p.m.

Find out if you qualify and how to apply for these valuable resources!  
**By OC Health Care Agency**



## City Mayor Updates

Thursday, Nov 21, 11 a.m.  
Join us for a chance to meet with our City Mayor Christine Marick who will be providing general city news and updates in our community.

## 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. 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.

## Travel Group

## Panama Canal Cruise

January 10-23, 2025  
Highlights: Aruba, Caribbean Netherlands, Colombia, Panama Canal partial transit New Locks, Costa Rica, Grand Cayman in the Cayman Islands. Starts at \$4,700 per person, based on double occupancy.

## Count Down to Mardi Gras!

February 25-March 2, 2025

Highlights: New Orleans city tour, National WWII Museum and Movie, walking tour of French Quarter, Bayou Airboat Ride, Reserved seats for a Pre-Mardi Gras Parade, and Baton Rouge capital buildings. \$3,299 per person, based on double occupancy.  
**By Friendly Excursions**

## Health Help

## Free Nail Painting

1st & 3rd Monday of each month, 9-10 a.m.

## Blood Pressure Checks

Tuesdays, 9 a.m.-12 p.m.

## 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)

Thursday, Nov 21, 9-11 a.m.

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. 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.  
For Brea residents 60+. Takes you within 5 miles of your home for just \$4 each stop (OC Only). Fill out an application and purchase a Van Pass. Must schedule rides 3 business days in advance. 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.  
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.  
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, 12:30-2 p.m.  
Need to purchase a ukulele, music stand, tuner, and a book

## Gatherings

## Afternoons at the Movies

Wed, Nov 6: "Secret Lives of Orangutans" (2024) PG  
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, Nov 1, 11:30 a.m.  
**By Cause Church Senior Ministry**

## Book Club (Courtyard)

No meeting in Nov or Dec  
**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.

## Thanksgiving Party—SOLD OUT!

Friday, Nov 22, 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.



# November Activities

## FAMOUS QUOTE

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”

WILLIAM ARTHUR WARD

## NOVEMBER IS NATIONAL... FAMILY CAREGIVERS MONTH

### BIRTHSTONE

Topaz and Citrine

### FLOWERS

Chrysanthemum

## Monday

<p>All programs and activities subject to change and cancellation without</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>
<p><b>4</b> 9:00 Longevity Stick Balance (ZOOM) 9:00 Nail Painting (WR) 9:00 NOCE Info Table (L) 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)</p>	<p><b>5</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure Checks (WR) 10:00 Health &amp; Wellness (PH) 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>Closed for Veterans Day</b></p>	<p><b>12</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure Checks (WR) 10:00 Health &amp; Wellness (PH) 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>18</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)</p>	<p><b>19</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure Checks (WR) 10:00 Health &amp; Wellness (PH) 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>25</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)</p>	<p><b>26</b> 8:30 Yoga Class (PH) 9:00 Blood Pressure Checks (WR) 10:00 Health &amp; Wellness (PH) 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>

## Tuesday

## Wednesday

<p><b>6</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) 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) 12:30 Afternoon Movie (DR) 12:45 Ralphs/Rite Aid Shopping (L)</p>
<p><b>13</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) 1:00 Senior Grocery Program (CY)</p>
<p><b>20</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) 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) 12:30 Bible Study (C) 12:45 Albertsons/Trader Joe's Shopping (L) 1:00 Memory Tricks &amp; Teasers (DR)</p>
<p><b>27</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) 12:15 Food Help in OC (DR) 12:30 Mentally Sharp Class (D) 1:00 Senior Grocery Program (CY)</p>

## Thursday

<p><b>7</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:15 OC Tremble Clefs (D) 11:00 Emergency Preparedness (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Beginning Ukulele (D)</p>
<p><b>14</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:30 Health &amp; Wellness (PH) 10:00 Hearing Screenings (L) 10:15 OC Tremble Clefs (D) 11:00 Benefits of Downsizing (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Beginning Ukulele (D)</p>
<p><b>21</b> 8:30 Yoga Class (PH) 9:00 Sewing &amp; Embroidery (B) 9:00 Legal Aid (WR) 9:30 Health &amp; Wellness (PH) 10:15 OC Tremble Clefs (D) 10:45 Loteria (DR) 11:00 Mayor's Update (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Beginning Ukulele (D)</p>
<p><b>Closed for Thanksgiving Holiday</b></p>

## Friday

<p><b>1</b> 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 (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p><b>8</b> 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) 1:00 Dayle McIntosh (DR)</p>
<p><b>15</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) 1:00 Parkinson's Disease (DR)</p>
<p><b>22</b> 9:00 Longevity Stick Balance (PH) 10:30 Thanksgiving 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>Closed for Thanksgiving Holiday</b></p>



## Senior Lunch Menu – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Voluntary Contribution - \$3.00</b> <b>Meal Cost for Under Age 60 - \$5.00</b> <b>Meatless Meal</b>	<p>WE SALUTE OUR <b>VETERANS</b> THANK YOU FOR YOUR SERVICE</p>			1
4	5	6	7	<div style="background-color: #808080; color: white; padding: 10px; writing-mode: vertical-rl; transform: rotate(180deg);"> <b>Special Friday Lunches are listed on the Next Page</b> </div>
<b>Tarragon Chicken Salad w/Yogurt Dressing</b> Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	<b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	
11	12	13	14	
<p>HAPPY VETERANS DAY</p>	<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	
18	19	20	21	
<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 w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Pork Carnitas</b> Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	
25	26	27	28	
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	<b>Cubed Beef</b> Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange Orange Juice 1% Milk	<b>Sliced Ham</b> w/Apricot Sauce Sweet Potatoes w/Marshmallows Collard Greens Parkerhouse Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit	<p>HAPPY Thanksgiving</p>	

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.

## 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**

**SOLD OUT!**

## DEC

### Friday, Dec 6 — Dollar Lunch Sponsored by Dwight Manley

Deluxe Mac & Cheese, Meatballs with Marinara, Italian Vegetables, Garlic bread, Green Salad, Holiday Cookie

**\$1**

### Friday, Dec 13 — Christmas Party

Roasted Turkey, Mashed Potatoes with Gravy, Stuffing, Cranberry Sauce, Dinner roll, Winter Salad, Apple Pie

### Friday, Dec 20 — Dollar Lunch Sponsored by Dwight Manley

Pork Tamale, Beef Taquito, Pinto Beans, Corn Medley, Mexican Salad, Cake

**\$1**

**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

## BLACK FRIDAY

HNF MVFEJNOI UBI FPXEEEDZAUEFGNSGKH  
 SBWNNKNGWL WFTVPTDTJANCMIGWNFBVSPD  
 KQHYCWZNTZVCJFTXF SYUJEAQBODCLEEDT  
 ZAI CIMXENE OZTCNGWIZBDBSLAXSRARCZC  
 CHXXPIXIEOPTI ONSZQJZRJNIHLWFNSLIYM  
 GLQNKKI UXROQGDGCMJQCXZUWKLKDHRSD  
 IYHAFYQNZGP SOVKBKMCVEBVXMQTEVHPJD  
 OHDNPZSENP OXPJXABZHRMXQLUBRRPZWCY  
 EUURKBGVFSHMERLQLBWKOXPOGIT AANVKZ  
 MDUCJHPEJOSLUPEPT EBZZWBETAPLRFMDV  
 ESQKIFVRAJZDKYLEKKI NFVDL NKJSMIFIK  
 UAASSH CABBBQAVQLKCKOPKPZWS SBKLVBI E  
 DMYJWIKBLHJ SHPQRHBFICBCKYIEBPCOXC  
 HMSDESMFPIJ QYWJARPEAFKNAZEIQEWIF  
 CSXXGKWPBADTCZWFREGZFYADIL OHCKSYL  
 TTJYRWLOATPQUVNAGAHFJWBWLYDVUCVA  
 VPEUKFFUSCWKTQOEALUGWIZUSEASONFI  
 PMGURGXVKJTAZCNSRQQCRI FOHBF GJDWNN  
 AHNSEGLLHCQLCHGKLF SBJDFAIDNFBJEMG  
 TCIJLUHFQWDKEHRFEIVERFOTLMGMTZNRB  
 ZYYENVQHVGKNI RKYLOAOPINZSNGCBEAIJ  
 RIUKIVKZLIMLZWLNPICTPZY EYODXEBGHR  
 FHBLAJCRGLNNOVPVGEXGENTWXRWIFDENL  
 FTCOYIXAYOKOLXRRTIDERCUTT NUNDLPN  
 RQNERRGNGIFGKNDDGHZSRTSPSABAI AIGQ  
 TLGHALFMIACQKVP RHCQBKZKHP PCJEIKDS  
 RYCEBWGANJORVEAGZKAXNTIMEGHDOGJFQ  
 WQGVEQSI EOYBGZL FJFKHHTDDI XHQBKZJ OE

BARGAIN	OPTIONS
BUYING	PATRON
CHARGE	PRICES
CREDIT	QUEUE
CROWD	RECORD
DEAL	RETAIL
DEBIT	REVENUE
EARLY	SALES
EXPENSE	SEASON
FRENCY	SHOP
GIFTS	SPREE
GRAB	TIME
HOLIDAY	TIRED
IMPACT	TRAFFIC
MALL	USURP

### 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

