

# What's Doin' at the Brea Senior Center

## Happy New Year!



### January 2025

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

## Announcements

### Keeping the Keys Workshop

**Thursday, Jan 16, 9:30 a.m.**

Keeping the Keys is a workshop designed to keep senior drivers on the road for as long as safely possible. The free hour-long presentation is filled with tips and resources for older drivers and their families. All attendees receive a free resource packet. Please call 714-885-2313 to register. Workshop topics include:

- How driving changes with age
- How to safely adapt driving
- How medications may impact driving
- Vehicle safety, comfort, and fit
- Resources to extend driving career

**In partnership with  
AAA and Brea Police  
Department**

**FREE! Hearing Screenings  
Tue, Jan 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**

**Understanding Your  
Medicare Hospice Benefit  
Thursday, January 30, 11 a.m.**

Join this presentation to learn how your Medicare hospice services can support you and your family during critical times.

**By Orange Hospice**

**Senior Tax Preparation  
Tuesdays, starting in February  
12:30-3 p.m.**

AARP Tax-Aides help taxpayers with low- and moderate-income file their tax returns. Volunteers are trained and certified to assist in filing basic personal tax forms and schedules. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register.

**By AARP Foundation**



**NEW Day & Time! Mobile  
Technology Literacy Class  
(Class resuming 1/17)  
Fridays, 9-11 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**

**NOCE Classes Taking a  
Holiday Break!  
Break until January 10**

NOCE classes will resume the week of Monday, January 13.

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

Learn a new game or bring along your favorite game to share with the group. It's a fun opportunity to connect with others and make some new friends! This is a casual, open-play event—no sign-ups needed.

## Travel Group

### 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

### Yosemite May 6-8



Highlights: Chukchansi Gold Resort Casino, Yosemite National Park, Yosemite tram tour, Yosemite Village shops and restaurants. \$899 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, 9 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 information.

### 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, 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 2nd and 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 (Class resuming on 1/13) Mondays, 10-11:50 a.m.

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

### Health & Wellness w/ Eunice (Class resuming 1/14) 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 (Class resuming on 1/15) 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 (Class resuming 1/14) Tuesdays, 1-2:50 p.m.



This class offers older adults an individualized approach of learning painting at their own pace and within their interest and style. Learning techniques in drawing, brush strokes, color mixing, and application. Registration required. Please call 714-808-4679.

#### By NOCE

### Staying Mentally Sharp for Older Adults Class (Class resuming on 1/15) Wednesdays, 12:30-2:20 p.m.

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. 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.

Class emphasis on learning basic chords and strums. Students will 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, January 15: "Fly Me to the Moon" (2024) PG-13

Scarlett Johansson and Channing Tatum star as a marketing maven and a by-the-book launch director who team up for a mission set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing.

### Wed, January 29: "Maria" (2024) R

The tumultuous, beautiful and tragic story of the life of the world's greatest female opera singer, relived and reimagined during her final days in 1970s Paris.

### 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, January 3, 11:30 a.m. By Cause Church Senior Ministry

### Book Club (Courtyard) 4th Wednesday of each month 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 & 3rd Wednesday of each month, 9 a.m.-12 p.m.

### Lotería Select Thu, 10:45-11:45 a.m.

### OC Tremble Clefs (Returning on 1/16) Thursdays, 10:15-11:15 a.m.

A therapeutic singing group for people with Parkinson's Disease and their care partners!

### 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.

# January Activities

## FAMOUS QUOTE

“Your present circumstances don't determine where you can go; they merely determine where you start.”

NIDO QUBEIN

## JANUARY IS NATIONAL... SOUP MONTH

## BIRTHSTONE

Garnet and Emerald

## FLOWERS

Carnation and Snowdrop

## 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

**6**  
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)  
12:30 Board & Card Game Group (B)

**13**  
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 & Card Game Group (B)

**20**  
**Closed for  
Martin Luther King Jr. Day**



**27**  
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 & Card Game Group (B)

## Tuesday

All programs and activities subject to change and cancellation without prior notice

**7**  
8:30 Yoga Class (PH)  
9:00 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)

**14**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure Checks (WR)  
10:00 Health & Wellness (PH)  
10:00 Timely Topics (C)  
10:00 Hearing Screenings (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)

**21**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure Checks (WR)  
10:00 Health & 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)

**28**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure Checks (WR)  
10:00 Health & 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)

## Wednesday

**1**  
**Closed for  
New Year's Holiday**



**8**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
9:30 HICAP Counseling (WR)  
10:30 Bingo (DR)  
10:30 Zumba Gold (PH)  
12:00 Lunch (DR)  
1:00 Senior Grocery Program (CY)

**15**  
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 Afternoon Movie (DR)  
12:45 Albertsons/Trader Joe's Shopping (L)

**22**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
9:30 HICAP Counseling (WR)  
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)

**29**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
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)

## Thursday

**2**  
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)

**9**  
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)

**16**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
9:30 Keeping the Keys Workshop (DR)  
10:15 OC Tremble Clefs (D)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

**23**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:00 Legal Aid (WR)  
9:30 Health & Wellness (PH)  
10:15 OC Tremble Clefs (D)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

**30**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
10:15 OC Tremble Clefs (D)  
11:00 Orange Hospice Presentation (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
1:00 Beginning Ukulele (D)

## Friday

**3**  
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)

**10**  
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)

**17**  
9:00 Longevity Stick Balance (PH)  
9:00 Mobile Technology Class (D)  
12:00 New Year Party (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

**24**  
9:00 Longevity Stick Balance (PH)  
9:00 Mobile Technology Class (D)  
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)

**31**  
9:00 Longevity Stick Balance (PH)  
9:00 Mobile Technology Class (D)  
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)



**Senior Lunch Menu – January 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 <b>Meatless Meal</b>	<b>2</b> <b>Pork Carnitas</b> Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>3</b>
		<b>6</b> <b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	<b>7</b> <b>Turkey Roast</b> Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	
<b>13</b> <b>Diced Chicken</b> Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>14</b> <b>Barbacoa Beef</b> Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	<b>15</b> <b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>16</b> <b>Diced Chicken Breast</b> Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	<b>Special Friday Lunches are Listed on the Next Page</b>
<b>20</b> 	<b>21</b> <b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>22</b> <b>Veggie Egg Salad on Spring Mix</b> California Veg Blend Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 1% Milk	<b>23</b> <b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	
<b>27</b> <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>28</b> <b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	<b>29</b> <b>"Lunar New Year"</b> 	<b>30</b> <b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	<b>31</b>

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 reason 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.

## JAN

<b>Friday, Jan 3</b> Beef Lasagna, Garlic Bread, Italian Veggie Medley, Italian Salad, Fruit, Birthday Cake	<b>\$7</b>
<b>Friday, Jan 10—Dollar Lunch Sponsored by Dwight Manley</b> Scrambled Eggs, Biscuit & Gravy, Sausage Links, Hash brown, Yogurt & Berries	<b>\$1</b>
<b>Friday, Jan 17—New Year's Party</b> Baked Salmon, Rice Pilaf, Cauliflower Au Gratin, Caesar Salad, Éclair	<b>\$7</b>
<b>Friday, Jan 24—Dollar Lunch Sponsored by Dwight Manley</b> Orange Chicken, Steamed Rice, Dumpling Soup, Broccoli, Asian Salad, Fortune Cookie	<b>\$1</b>
<b>Friday, Jan 31</b> Fried Chicken, Mashed Potatoes & Gravy, Dinner Roll, Corn on the Cob, Garden Salad, Mixed Berry Crumble	<b>\$7</b>

## FEB

<b>Friday, Feb 7—Dollar Lunch Sponsored by Dwight Manley</b> Beef Stew with Potatoes & Carrots, Cornbread, Green Salad, Mixed Fruit, Birthday Cake	<b>\$1</b>
<b>Friday, Feb 14</b> Chicken Cordon Bleu, Scalloped Potatoes, Roasted Brussel Sprouts, Fresh Strawberries, Cheesecake	<b>\$7</b>
<b>Friday, Feb 21—Dollar Lunch Sponsored by Dwight Manley</b> Shrimp Alfredo Pasta, Broccoli, Garlic Breadstick, Italian Salad, Apples & Caramel, Cream Puffs	<b>\$1</b>
<b>Friday, Feb 28</b> Chicken Fajitas, Refried Beans, Corn Medley, Mexican Salad, Rice Pudding	<b>\$7</b>

**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

## TIME

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

AGE	PAST
BOUT	PRESENT
CLOCK	RECENT
CURRENT	SEASON
DAILY	SECOND
DATE	SHIFT
DAY	SPACE
DECADE	SPAN
EON	STAGE
EPOCH	STINT
ERA	SUBDIAL
FUTURE	TEMPO
HOUR	TOUR
INSTANT	TURN
LONG	WATCH
MINUTE	WEEK
MOMENT	WHILE
MONTH	YEAR

### 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

