

What's Doin' at the Brea Senior Center

Happy Valentine's Day!



February 2025

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

Announcements

Senior Tax Preparation
Tuesdays, starting Feb 4
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

Create Your Own Valentine Cards!

Monday, February 10, 9 a.m.

Join us to craft your own valentines for your loved ones! Materials provided.

By Bridge of Ages (Troy High School)

Ukulele & Recorder Performance

Thursday, Feb 13, 11:15 a.m.

Watch our Senior Center's ukulele and recorder classes showcase all the skills they've learned so far.

Health Insurance Scam Prevention

Thursday, Feb 27, 11 a.m.

Seniors are the largest population targeted for health insurance scams. Learn how to protect yourself from becoming a victim of health insurance fraud from a state department dedicated to preventing it.

By California Department of Insurance

Mind Your Brain: Strategies for Cognitive Health

Friday, March 7, 1 p.m.

This interactive course, based on the latest research from the Cleveland Clinic, provides insights into the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

By Alzheimer's OC

NEW Day & Time! Mobile Technology Literacy Class

Fridays, 9-11 a.m.

Help older adults confidently navigate smartphones, tablets, apps, and the Internet. Students will learn essential skills for staying

connected and secure in the digital world, from using devices to protecting their privacy online. These courses empower individuals to embrace technology and maintain independence in today's global society. Please call 714-808-4679 to register.



By NOCE Active Older Adults

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.

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.



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,
12:30-2 p.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
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.

Exercise every part of the body by using a variety of standing and sitting exercises with some modified aerobics. Each class has a variety of exercises with music. 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.

The "Longevity Stick" regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

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.

Discovery a new challenging and fluid form of Tai Chi. This ancient Chinese exercise will help your body's joints and muscles, develop your concentration, memory, and improve your balance and ability to relax.

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.

This class modifies the Zumba formula to suit the needs of the active older participant by bringing exhilarating, easy-to-follow moves in an invigorating atmosphere.

Classes

Painting for Older Adults Class

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

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.

Ukulele Class

Thursdays

Beginning: 12:30-1:30 p.m.

Intermediate: 1:30-2:30 p.m.

A beginning ukulele class with 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, February 5: "Conclave"
(2024) PG-13

Cardinal Lawrence (Ralph Fiennes) finds himself at the center of a conspiracy while overseeing one of the world's most secretive events—selecting a new Pope.

**Wed, February 19: "Daughters"
(2024) PG-13**

Four young girls prepare for a special Daddy Daughter Dance with their incarcerated fathers, as part of a unique fatherhood program in a Washington, D.C., jail.

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, February 7, 11:30 a.m.
**By Cause Church Senior
Ministry**

Book Club (Courtyard)
4th Wednesday of each month
By the Brea Public Library

Discuss the book and pick up next month's book selection

Bunco Group
Every Tue & Fri, 12:45-2 p.m.

Join us for a fun filled game of Bunco where everyone has a chance to win some great free prizes!

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.



Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches from the Heart" to newborn babies in over 1,200 hospitals nationwide.

**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
Thursdays, 10:15-11:15 a.m.

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.

Come and join in on the conversation with your fellow Vets! Spouses are welcome.

February Activities

FAMOUS QUOTE

“Love does not consist of gazing at each other, but in looking together in the same direction.”

ANTOINE DE SAINT-EXUPERY

FEBRUARY IS AFRICAN-AMERICAN HISTORY MONTH

- 2 Groundhog Day
- 4 Mardi Gras
- 5 Ash Wednesday
- 13 Galentine’s Day
- 14 Valentine’s Day
- 23 Banana Bread Day

BIRTHSTONE

Amethyst

FLOWERS

Violet and Primrose

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

3
 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 & Card Game Group (B)

10
 9:00 Longevity Stick Balance (ZOOM)
 9:00 Creating Valentine Cards (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 & Card Game Group (B)

17
Closed for Presidents Day


24
 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

4
 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)
 12:30 AARP Tax Prep (B & C)
 12:45 Bunco (DR)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (D)

11
 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)
 12:30 AARP Tax Prep (B & C)
 12:45 Bunco (DR)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (D)

18
 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)
 12:30 AARP Tax Prep (B & C)
 12:45 Bunco (DR)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (D)
 1:00 Knitting Group (DR)

25
 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)
 12:30 AARP Tax Prep (B & C)
 12:45 Bunco (DR)
 1:00 Tai Chi for Every Body (ZOOM)
 1:00 Painting for Older Adults (D)
 1:00 Knitting Group (DR)

Wednesday

5
 8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 9:00 Quilting Group (B)
 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)
 12:45 Albertsons/Trader Joe’s Shopping (L)

12
 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)
 12:00 Line Dancing (PH)
 12:30 Mentally Sharp Class (D)
 1:00 Senior Grocery Program (CY)

19
 8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 9:00 Quilting Group (B)
 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 Bible Study (C)
 12:30 Afternoon Movie (DR)
 12:45 Albertsons/Trader Joe’s Shopping (L)

26
 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)

Thursday

6
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:15 OC Tremble Clefs (D)
 10:45 Loteria (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Ukulele Class (D)

13
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:15 OC Tremble Clefs (D)
 11:15 Ukulele & Recorder Performance (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Ukulele Class (D)

20
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:15 OC Tremble Clefs (D)
 10:45 Loteria (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Ukulele Class (D)

27
 8:30 Yoga Class (PH)
 9:00 Sewing & Embroidery (B)
 9:30 Health & Wellness (PH)
 10:15 OC Tremble Clefs (D)
 11:00 Insurance Scam Presentation (DR)
 12:00 Lunch (DR)
 12:30 Table Tennis (PH)
 12:30 Bingo (DR)
 12:30 Legal Aid (WR)
 12:30 Ukulele Class (D)

Friday

7
 9:00 Longevity Stick Balance (PH)
 9:00 Mobile Technology Class (D)
 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)

14
 9:00 Longevity Stick Balance (PH)
 9:00 Mobile Technology Class (D)
 10:30 Valentine’s Day Party (DR) –SOLD OUT!
 12:45 Bunco (DR)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)

21
 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 (DR)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)

28
 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 (DR)
 1:00 Sing-a-Long Group (C)
 1:00 Tai Chi for Every Body (ZOOM)

February



Monday	Tuesday	Wednesday	Thursday	Friday
				Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 = Meatless Meal
3	4	5	6	7
Pork Carnitas Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	Turkey Roast 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: 20px; font-size: 24px; font-weight: bold;">Special Friday Lunches are Listed on the Next Page</div>
10	11	12	13	
Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	
17	18	19	20	
	Roast Beef Mushroom Gravy Pea's & Carrot Veg WW Dinner Roll w/ Smart Balance Cherry Pie Pineapple Chunk 1% Milk	Cubed Beef Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Chicken Meatballs Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	
24	25	26	27	
Diced Chicken Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Barbacoa Beef Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	Tuna Salad Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	

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

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.

FEB

Friday, Feb 7 — Dollar Lunch Sponsored by Dwight Manley
 Beef Stew with Potatoes & Carrots, Cornbread, Green Salad, Mixed Fruit, Birthday Cake

\$1

SOLD OUT!

Friday, Feb 14 — Valentine's Day Party
 Chicken Cordon Bleu, Scalloped Potatoes, Roasted Brussel Sprouts, Fresh Strawberries, Cheesecake

\$7

Friday, Feb 21 — Dollar Lunch Sponsored by Dwight Manley
 Shrimp Alfredo Pasta, Broccoli, Garlic Breadstick, Italian Salad, Apples & Caramel, Cream Puffs

\$1

Friday, Feb 28
 Chicken Fajitas, Refried Beans, Corn Medley, Mexican Salad, Rice Pudding

\$7

MAR

Friday, Mar 7 — Dollar Lunch Sponsored by Dwight Manley
 Fish Tacos with Coleslaw, Black Beans, Spanish Rice, Mexican Salad, Mixed Fruit, Birthday Cake

\$1

Friday, Mar 14 — St. Patrick's Day Party
 Corned Beef Brisket with Carrots & Cabbage, Mashed Potatoes with Gravy, Irish Soda Bread, Green Grapes, Green Salad, Seasonal Dessert

\$7

Friday, Mar 21 — Dollar Lunch Sponsored by Dwight Manley
 Veggie Quiche, Roasted Potatoes, Honey Roasted Carrots, Fresh Berries, Spring Salad, Brownie

\$1

Friday, Mar 28
 Mediterranean Chicken Kebab with Tzatziki Sauce, Rice Pilaf, Veggie Blend, Greek Salad, Hummus with Pita Bread, 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.)

Announcements

GROUNDHOG DAY

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

AIR	CLOUDY
DEW	FRONT
HEAT	PHIL
SLEET	THAW
CELSIUS	COLD
DRIZZLE	FROST
HUMID	RAIN
SNOW	VAPOR
CHILL	CUMULUS
FOG	GUSTY
ISOBAR	SCALE
SQUALL	WIND
CLIMATE	DEGREES
FREEZE	HAIL
MIST	SEVERE
STORM	WINTER

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

