

What's Doin' at the Brea Senior Center

Happy Father's Day!



June 2025

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

Announcements

Petting Zoo & Special Edition of Bingo!

Wednesday, June 25, 9 a.m.

Pet bunnies, feed goats, or hold chickens in our covered courtyard to celebrate the start of summer! Then, join us for a special edition of Bingo run by the Boys & Girls Club.

Healthy Living with Chronic Conditions: 6-Week Course

Thu, Jun 5-Jul 10, 9 -11:30 a.m.

Join us for this FREE evidence-based program developed by Stanford University to improve the health outcomes of older adults with chronic conditions. This peer-led workshop empowers individuals and their caregivers by teaching self-management strategies including problem-solving, relaxation techniques, nutritious eating, and communication skills. Registration required.



By Office on Aging

Music from the Movies!

Friday, June 13, 9:15-9:45 a.m.

Students of the Alex Park Music Studio will take the stage to perform beloved selections from

classic film soundtracks with classical guitars and violins.

Arts & Crafts with Yohanna

Tue, June 17, 10:30-11:30 a.m.

Join us for a fun seasonal craft with supplies included! Sign up at the front desk.

By St. Jude Senior Services



Crescendo Choral Performance

Friday, June 20, 9:30 a.m.

Enjoy a performance with four-part harmonies by OLLI's premier signing group!

By OLLI CSUF

Zen Meditation Workshop

Tue, June 24, 10-11:30 a.m.

Through this practice, you will connect with your heartbeat, deepen your relationship with your inner self, and naturally cultivate clarity and insight. Registration required.

By Heart Chan

Senior Van Service

Brea Residents 60+! Need a ride to appointments or errands? Our Senior Van Service runs Tuesday-Friday, 9 a.m.-1 p.m., taking



you within 5 miles of your home for just \$4 each stop (Orange County only). To secure your rides, fill out a Van Service application and purchase a Van Pass. Must schedule rides 3 business days in advance (service days and hours subject to change). Call 714-990-7750 for more details!

Presentations

Trash Talk Thursday

Thursday, June 5, 11 a.m.

Join the Recycle Brea Team as they will discuss updates regarding your trash and recycling services and learn how to dispose of different items.

By City of Brea

Medicare Fraud & Abuse

Thursday, June 19, 11 a.m.

Join HICAP (Health Insurance Counseling and Advocacy Program) to learn how to prevent Medicare fraud from happening. Find out how HICAP can help you. HICAP, a program of Council on Aging-Southern California, provides free, unbiased services and does not sell or endorse insurance products.

By Council on Aging - Southern California

Women's Health After Menopause

Thursday, June 26, 11 a.m.

A review of screening guidelines for women who are 65 years and older by local Brea physician, Dr. Estelle Vincent.

Travel Group

Great Smoky Mountains, Nashville & Kentucky

September 6-14



Highlights: Kentucky Derby Museum, Louisville Slugger Museum & Factory, Bourbon Distillery, Noah's Ark Encounter, Grand Ole Opry, Great Smoky Mountains National Park, Dollywood, Country Music Hall of Fame Museum. \$4,599 per person, based on double occupancy.

Muir Woods, Monterey & San Luis Obispo

September 23-26

Highlights: Muir Woods National Monument, Golden Gate Bridge, Sausalito, Fisherman's Wharf, 17 Mile Drive, Solvang. \$1,149 per person, based on double occupancy.

New England Fall Foliage & Pumpkin Regatta

October 8-14

Highlights: Boston, Ben & Jerry Factory, Cider Mill, Maple Syrup Farm, Mount Washington Railway, Portland Lighthouse in Cape Elizabeth, Damariscotta Pumpkin Regatta. \$4,299 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, 12:30-2 p.m.

Representatives from Legal Aid Society of OC 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.

Fitness

Better Balance with Dan
Mondays, 10-11:50 a.m.

Registration required. Please call 714-808-4679. **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. **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

NEW Day & Time! Mobile Technology Literacy Class
Fridays, 9-11 a.m.

Registration required. Please call 714-808-4679. **By NOCE Active Older Adults**

Painting for Older Adults Class
Tuesdays, 1-2:50 p.m.



Registration required. Please call 714-808-4679. **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.

Ukulele Class
Thursdays
Beginning: 12:30-1:30 p.m.
Intermediate: 1:30-2:30 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, June 4: "Juror #2" (2024)
PG-13

A juror in a high-profile murder trial faces a serious moral dilemma... one that could sway the jury to convict or free the accused killer.

Wed, June 18: "Nonnas" (2025) PG

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas as the chefs.

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, June 6, 11:30 a.m.
By Cause Church Senior Ministry

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

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

Book Club (Courtyard)
4th Wednesday of each month, 11 a.m.-12 p.m.
By the Brea Public Library

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.

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.

Reminiscing the Past (Room C)
Tuesdays, 10-11:00 a.m.

Veterans Club (Room B)
Mondays, 11-11:45 a.m.

Writing Group (Rm D)
Mondays, 10-11 a.m.

June Activities

FAMOUS QUOTE

“The great pleasure in life is doing what people say you cannot do.”

WALTER BAGSHOT

JUNE IS NATIONAL CAMPING MONTH

- 7 National Donut Day
- 8 Best Friends Day
- 14 Flag Day
- 15 Father's Day
- 20 First Day of Summer
- 30 National Meteor Watch Day

BIRTHSTONE

Pearl, Alexandrite, and Moonstone

FLOWERS

Roses and Honeysuckle

Monday

2
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)
10:00 Writing Group (D)
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)

9
9:00 Longevity Stick Balance (ZOOM)
10:00 Tai Chi for Every Body (ZOOM)
10:00 Better Balance (PH)
10:00 Crochet Group (C)
10:00 Writing Group (D)
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)

16
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)
10:00 Writing Group (D)
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)

23
9:00 Longevity Stick Balance (ZOOM)
10:00 Tai Chi for Every Body (ZOOM)
10:00 Better Balance (PH)
10:00 Crochet Group (C)
10:00 Writing Group (D)
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)

30
9:00 Longevity Stick Balance (ZOOM)
10:00 Tai Chi for Every Body (ZOOM)
10:00 Better Balance (PH)
10:00 Crochet Group (C)
10:00 Writing Group (D)
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

3
8:30 Yoga Class (PH)
9:00 Blood Pressure Checks (WR)
10:00 Health & Wellness (PH)
10:00 Reminiscing the Past (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)

10
8:30 Yoga Class (PH)
9:00 Blood Pressure Checks (WR)
10:00 Health & Wellness (PH)
10:00 Reminiscing the Past (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)

17
8:30 Yoga Class (PH)
9:00 Blood Pressure Checks (WR)
10:00 Health & Wellness (PH)
10:00 Reminiscing the Past (C)
10:30 Arts & Crafts (D)
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)

24
8:30 Yoga Class (PH)
9:00 Blood Pressure Checks (WR)
10:00 Health & Wellness (PH)
10:00 Reminiscing the Past (C)
10:00 Meditation Workshop (D)
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

4
8:30 Tai Chi 42 (CY)
9:00 Quilting Group (B)
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)
12:45 Ralph's/Rite Aid Shopping (L)

11
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 (DR)

18
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 Bible Study (C)
12:30 Mentally Sharp Class (D)
12:30 Afternoon Movie (DR)
12:45 Albertsons/Trader Joe's Shopping (L)

25
9:00 Longevity Stick Balance (PH)
9:00 Recorder Practice (C)
9:00 Petting Zoo (CY)
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 (DR)

Thursday

5
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Healthy Living (C)
9:30 Health & Wellness (PH)
11:00 Trash Talk (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

12
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Healthy Living (C)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

19
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Healthy Living (C)
9:30 Health & Wellness (PH)
11:00 Medicare Fraud & Abuse (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

26
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Healthy Living (C)
9:30 Health & Wellness (PH)
11:00 Women's Health After Menopause (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)
12:30 Legal Aid (WR)

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

Friday

6
9:00 Longevity Stick Balance (CY)
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 (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

13
9:00 Longevity Stick Balance (PH)
9:00 Mobile Technology Class (D)
9:15 Guitar & Violin Performance (DR)
10:30 Father's Day Party -SOLD OUT (DR)
12:45 Bunco (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

20
9:00 Longevity Stick Balance (PH)
9:00 Mobile Technology Class (D)
9:30 Crescendo Chorale (DR)
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)

27
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)

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



Senior Lunch Menu – June 2025



Monday	Tuesday	Wednesday	Thursday	Friday
2 Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	3 Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	4 ✓ Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	5 Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	6
9 ✓ Veggie Egg Salad Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk	10 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	11 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	12 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	Special Friday Lunches are Listed on the Next Page
16 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	17 Mexican Beef Cocido Soup Beef Cubes Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	18 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	19 ✓ Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	
23 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia 1% Milk Verde Sauce	24 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	25 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	26 Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	
30 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal			

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

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.

JUN

SOLD OUT!

- Friday, Jun 6—Dollar Lunch Sponsored by Dwight Manley**
Beef Taco Bowl with Rice, Black Beans, Corn, Peppers, and Onions,
Chips & Salsa, Flan **\$1**
- Friday, Jun 13—Father's Day Party**
BBQ Pork Ribs, Mac & Cheese, Green Beans, Texas Toast,
Watermelon, Green Salad, Ice Cream **\$7**
- Friday, Jun 20**
Strawberry Chicken Salad with Berries, Mandarins, Feta, Pecans, and
Poppysed Dressing, Hawaiian Roll, Cookie **\$7**
- Friday, Jun 27—Dollar Lunch Sponsored by Dwight Manley**
Chicken Parmesan, Spaghetti, Veggie Medley, Garlic Bread,
Italian Salad, Strawberry Trifle Cup **\$1**

JUL

- Friday, July 11—Western Party**
Cheeseburger, Onion Rings with BBQ Sauce, Potato Salad, Watermelon,
Green Salad, Apple Pie with Ice Cream **\$7**
- Friday, July 18—Dollar Lunch Sponsored by Dwight Manley**
Cobb Salad with Chicken, Bacon, Cheddar, Egg, Tomato with Avocado
Ranch Dressing, Hawaiian Roll, Lemon Raspberry Dessert **\$1**
- Friday, July 25—Dollar Lunch Sponsored by Dwight Manley**
Shrimp Tacos, Pinto Beans, Spanish Rice, Chips & Salsa, Green Salad,
Churros with Dipping Sauce **\$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.)

SUMMER

SMCFDISZSTWCPYKFNAIPGABZFTXANRDLH
 EUVLXWNSDJYBEQUYBWOZNLAVYFXNFEV
 ZLQCXFMSDQLLFWCKEMGURDTFMKLRTNAMI
 SFPQWKJICDANRF EYMUTENTXWYETEAT OKE
 FVBPFEDCWLPGGZXZVBJTPEJNWF L BVWVGR
 ZTHBXLWIISDESGUZBFUXUUEECCDMFJJZ
 HAXRLYUDXLXDYDTZAXMFNJACYZBLRUNPV
 ERHYQYPFZCWAMXRPRBZEBORCVVRDSL MMP
 SXKZLWKSLCCHCBAYBAFFYTICECEFI BSNZ
 URWTIEVHLSKSLMVDQNIIMBHSNMGUPJDXL
 NXDILNESV COSKCEUUCFLDECENOLFCHNTI
 BPDTRHYOQXUYGULEEQVKDYXXNLJXXCEEI
 UUHFFVOLCPIPLSFTHUJLJDAOBVENYHAIFC
 RJJXVRUEMIDULMDVLUAJUPUUVDEZEERBD
 NQHKYIJACIXLLOOPXIIETHLZIHDI GBFAQ
 QRQCWYNNUSOZNSLXUGONKSEKBXZJHZRFY
 CLLIRGIWGXDDSDXDG YBJRLAFIJMMCKWSRS
 ZWTHPCLAUGUSTIAXZSTPIPHGIQOZSYMAC
 CUCYZZUJXMI VAGGDGTZEYGVJ DUCJNHZKV
 CWQRQMLJXNTAHJDNONGPAMTE LNSLDL VRS
 FCNCRMGYZQMJNIUMASMRSTDNQAI ZBOBH
 JIABIDCZKUWHUHTCDJEQSWTZAYVTRXBFD
 EOIYMKQOCAXLSIJFYSKVTDQWNXNHNNHVA
 AAFJTAQRTOEINI ONZYILAOOUTS IDEUHAI
 VCQPVHEENQFGDHQMHS HQQQJAWCUIHWSAT
 GJQOIFRMEWSIDRHHZZSJQFRRTWSANDALS

ANTS	JUNE
AUGUST	OCEAN
BARBQUE	OUTINGS
BEACH	OUTSIDE
BICYCLE	PICNIC
BREEZE	POOL
FISHING	SANDALS
FRIENDS	SHADE
GAMES	SUNBURN
GRILL	SUNHAT
HAT	SUNNY
HEAT	SUNTAN
HIKES	SWIM
IMAN	TRAVEL
JULY	WATER

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

