

What's Doin' at the Brea Senior Center

Happy
July 4th!



July 2025

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

Announcements

FREE PAPER SHREDDING EVENT

Tue, August 5, 8:30-11:30 a.m.

Bring your papers to the Senior Center parking lot to have them shredded onsite for FREE. Limit 4 boxes per person. Brea residents ONLY with priority given to seniors.

**In partnership with
United States Postal
Inspection Service**

Healthy Living with Chronic Conditions: 6-Week Course Thu, now thru Jul 17, 9-11:30 a.m.

Join us for this FREE program developed by Stanford University. This workshop teaches self-management strategies including problem-solving, relaxation techniques, nutritious eating, and communication skills. Registration required.

By Office on Aging

Arts & Crafts with Shawna Tue, July 8, 10:30-11:30 a.m.

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

**By Senior Helpers
North OC**

NEW! Beginning Salsa Class Monday, July 14, 1:30 p.m.

Join Rick, a fun & lively former professional dancer, as he teaches the basic footwork and variations of Salsa. No prior dance experience is required to join in on the fun!

**By CareMore & Boomers
Insurance**

FREE! Hearing Screenings Tue, July 8, 10 a.m.-12 p.m.

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

Attention! Brea's Residential Organic Waste Program



Beginning July 1st, Brea residents can throw their food waste, food soiled papers, and yard waste in their organics carts (old= brown body, new= gray body with green lid). If you are missing an organics and/or recycling cart, please contact Republic Services at 714-990-7691.

Presentations

Need Cell Phone Help? Wednesday, July 9, 9:30 a.m.

A local Girl Scout will be going through some basic tech topics, like using your phone to keep passwords, medical information, and backup documents, as well as a Q&A. Join for any technology questions or concerns!

Arts in Public Places: Brea's Hidden Gems in Plain Sight Thursday, July 17, 11 a.m.

Explore the history of Brea's Art in Public Places program, which began in 1975, spans all 12.5 square miles of the city and today includes more than 192 monumental statues.

By Brea Museum

Become a Dementia Friend! Thursday, July 24, 10:30 a.m.

Dementia Friends is a movement to increase understanding of what it's like to live with dementia and inspire meaningful actions to create dementia-friendly communities. Learn about its impact and explore simple ways to turn knowledge into action.



By ALZOC

CalFresh Healthy Living Program

CalFresh Healthy Living (SNAP-Ed) supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars. Live presentations by registered dietitians on the following topics:

Build a Healthy Plate Thursday, July 31, 11 a.m.

Using MyPlate, participants will be engaged in a discussion about foods to increase, foods to reduce, balancing calories, and physical activity.

Travel Group

Seal Beach Trip Thu, July 24, 9 a.m.-4 p.m.

Take the Brea Trolley with us to Seal Beach's Main Street: a quaint neighborhood where you can stop in at any of the boutiques or cafes along the three-block stretch that runs into the picturesque wooden pier. A boxed lunch is included. \$25 per person.

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.

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

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

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, July 16: "Blue Miracle" (2021)

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

Wed, July 30: "The Six Triple Eight" (2024) PG-13

Based on a true story during WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission to sort over seventeen million pieces of mail.

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, July 18, 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.

July Activities

FAMOUS QUOTE

“For every minute you are angry, you lose sixty seconds of happiness.”

RALPH WALDO EMERSON

JULY IS NATIONAL PICNIC MONTH

- 1 Canada Day
- 4 Independence Day
- 6 Fried Chicken Day
- 7 World Chocolate Day
- 14 Bastille Day
- 30 International Day of Friendship

BIRTHSTONE

Ruby

FLOWERS

Larkspur and Water Lily

Monday

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

7
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)

14
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)
1:30 Salsa Class (PH)

21
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)

28
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

1
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)

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

15
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)
1:00 Knitting Group (C)

22
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)
1:00 Knitting Group (C)

29
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)

Wednesday

2
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)
12:45 Ralph's/Rite Aid Shopping (L)

9
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Recorder Practice (C)
9:30 HICAP Counseling (WR)
9:30 Cell Phone Help (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 (DR)

16
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)

23
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 (DR)

30
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

3
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)

10
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)

17
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:00 Healthy Living (C)
9:30 Health & Wellness (PH)
11:00 Brea's Arts in Public Places (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

24
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
10:30 Dementia Friends (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)
12:30 Legal Aid (WR)

31
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
11:00 Build a Healthy Plate (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

Friday

4
Closed for Independence Day


11
9:00 Longevity Stick Balance (PH)
9:00 Mobile Technology Class (D)
10:30 Western Party—SOLD OUT (DR)
12:45 Bunco (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

18
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 (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

25
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 – July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	2 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk	3 Chicken Breast w/BBQ Sauce (1pk) Potato Salad Broccoli Hawaiian Roll Mandarin Orange Ice Cream Bar 1% Milk	4
7 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	8 Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	9 Cubed Beef Stroganoff Sauce Carrots Egg Noodles Mandarin Orange 1% Milk	10 Chicken Meatballs Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk	
14 Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	15 Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	16  Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	17 Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange SF Pudding 1% Milk	
21  Veggie Egg Salad Corn Tomato Salad w/ Pesto Dressing Moroccan Lentil Veg Soup WW Bread Fresh Orange 1% Milk	22 Beef Cheeseburger Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	23 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Tropical Fruit Mix 1% Milk	24 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Mandarin Orange 1% Milk	
28 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	29 Mexican Beef Cocido Soup Cubed Beef Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	30 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	31 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal

Special Friday Lunches are Listed on the Next Page

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.

JUL

SOLD OUT!

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

AUG

Friday, August 1

Fried Chicken, Potato Salad, Corn Cobettes, Baked Beans, Watermelon, Green Salad, Ice Cream Sandwich

\$7

Friday, August 8 – Dollar Lunch Sponsored by Dwight Manley

Italian Meatball Sub with Cheese, Chips, Fresh Fruit, Garden Salad, Brownie

\$1

Friday, August 15 – Luau Party

Teriyaki Chicken, White Rice, Macaroni Salad, Fresh Pineapple, Green Salad, Hawaiian Punch, Tropical Sorbet

\$7

Friday, August 22

Scrambled Eggs, Sausage, French Toast with Berries & Cream, Breakfast Potatoes, Yogurt Parfait

\$7

Friday, August 29 – Dollar Lunch Sponsored by Dwight Manley

Chinese Chicken Salad (Grilled Chicken, Carrots, Cabbage, Mandarins, and Almonds), Crispy Egg Roll, Tuxedo 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.)

AT THE BEACH

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

BEACH	PELICAN
BIKINI	PIER
BOAT	SAND
CLAM	SEASTAR
COAST	SHELL
CRABS	SHORE
CURRENT	SHORE
DIVE	SPRAY
DUNES	SUNBURN
FINS	SURF
FISH	TANNING
GUARD	TIDE
GULLS	TOWEL
HAT	TRUNKS
KELP	WATER
LIMPET	WAVES
MUSSELS	WHARF
OCEAN	ZORIS

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

