

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 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

SAVE THE DATE! Flu Shot Clinic



Fri, Sept 19, 10 a.m.-12 p.m.

It's time for your annual flu shot! This year's clinic will offer the following vaccines ONLY: flu, Covid, RSV, pneumonia, and shingles. NO vendor booths or additional health screenings will be available. Every visitor will receive a FREE wellness gift bag and be entered for a chance to win a prize!

In Partnership with Albertsons/VONS Pharmacy

NEW! Latin Rhythms Class
Monday, August 11, 1:30 p.m.

Join Rick, a former professional dancer, as he teaches the basic footwork and variations of the Latin dances. No prior dance experience is required.

By CareMore & Boomers Insurance

Arts & Crafts with Yohanna

Tue, Aug 19, 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



Need Cell Phone Help?

Tuesday, August 12, 9:30 a.m.

A local Girl Scout will be going through basic tech topics, like using your phone to keep passwords, medical info, and backup documents.

HICAP Medicare Outreach Table

Thu, Aug 14, 9 a.m.-12 p.m.

Stop by to ask all your questions about MediCare and receive free, unbiased assistance from their volunteer counselors.

By Health Insurance Counseling and Advocacy Program (HICAP)

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

Blindness & Low Vision Services

Thursday, August 7, 11 a.m.

Learn about all the services and tools available for individuals with vision loss to continue living independently in their own homes.

By Dayle McIntosh Center

Fall Prevention

Thursday, August 21, 11 a.m.

Join us for a discussion on the risks of falls and ways to prevent falls from occurring in the home.

By local Brea physician, Dr. Estelle Vincent



CalFresh Healthy Living Program

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:

Planning Healthy Meals Thursday, August 28, 11 a.m.

Meal planning saves time and money while providing good nutrition. Participants will practice planning healthy meals and determining how much food to purchase.

Travel Group

Morongo Casino! Thursday, September 4 8:30 a.m.-4:30 p.m.



Climb aboard a comfortable charter bus and enjoy a fun-filled day at Morongo Casino! \$37 per person, lunch NOT included.

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.

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 more 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.
(NO CLASS on 8/4)

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.
(NO CLASS on 8/5 and 8/7)

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.
(NO CLASS on 8/8)

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

**Painting for Older
Adults Class**
Tuesdays, 1-2:50 p.m.
(NO CLASS on 8/5)



Registration required. Please call 714-808-4679.
By NOCE

**Staying Mentally Sharp for
Older Adults Class**
Wednesdays, 12:30-2:20 p.m.
(NO CLASS on 8/6)

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, Aug 6: "The Last
Rifleman" (2023) PG-13

World War II veteran Artie Crawford lives in a care home in Northern Ireland. After his wife's death, he decides to ignore all advice and sets off alone to France to attend the 75th anniversary of the D-Day landings.

Wed, Aug 20: "Wolfs" (2024) R

A pair of unlikely fixers (George Clooney, Brad Pitt) are forced to confront each other while trying to cover up a mistake by a prominent New York officer.

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, Aug 11, 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.

August Activities

FAMOUS QUOTE

“The eye sees only what the mind is prepared to comprehend.”

ANONYMOUS

AUGUST IS NATIONAL EYE EXAM MONTH

- 2 International Beer Day
- 4 Watermelon Day
- 16 Tell a Joke Day
- 17 Thrift Shop Day
- 19 Potato Day
- 26 Dog Day

BIRTHSTONE

Peridot, Spinel, and Sardonyx

FLOWERS

Gladiolus and Poppy

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

4	9:00 Longevity Stick Balance (ZOOM) 9:00 Nail Painting (WR) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Better Balance (PH) ON BREAK 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)
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11	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 Latin Rhythms Class (PH)
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18	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)
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25	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)
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Tuesday

All programs and activities subject to change and cancellation without prior notice	
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5	8:30 Yoga Class (PH) 8:30 SHREDDING EVENT (L) 9:00 Blood Pressure Checks (WR) 10:00 Health & Wellness (PH) ON BREAK 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) ON BREAK
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12	8:30 Yoga Class (PH) 9:00 Blood Pressure Checks (WR) 9:30 Cell Phone Help (D) 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)
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19	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)
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26	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)
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Wednesday

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6	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) ON BREAK 12:30 Afternoon Movie (DR) 12:45 Ralph's/Rite Aid Shopping (L)
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13	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)
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20	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)
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27	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)
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Thursday

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7	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) ON BREAK 11:00 Blindness & Low Vision (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Ukulele Class (D)
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14	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 HICAP Info Table (L) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Ukulele Class (D)
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21	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 11:00 Fall Prevention (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Ukulele Class (D)
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28	8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 11:00 Planning Healthy Meals (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Ukulele Class (D) 12:30 Legal Aid (WR)
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Friday

1	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 Friday Lunch (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
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8	9:00 Longevity Stick Balance (PH) 9:00 Mobile Technology Class (D) ON BREAK 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)
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15	9:00 Longevity Stick Balance (PH) 9:00 Mobile Technology Class (D) 10:30 Luau Party—SOLD OUT (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
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22	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)
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29	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)
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Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal				1
4 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia 1% Milk Verde Sauce				5 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk
11 Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	12 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	13 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Mandarin Orange 1% Milk	14 Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk	Special Friday Lunches are Listed on the Next Page
18 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	19 Turkey Roast Scandinavian Veg Blend Sweet Potatoes Brown Gravy WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	20 Cubed Beef Stroganoff Sauce Sliced Carrots Egg Noodles Mandarin Orange 1% Milk	21 Chicken Meatballs Sweet Citrus Glaze Oriental Vegetable Blend Quinoa Pilaf Chicken Noodle Soup Egg Noodles Fresh Orange 1% Milk	
25 Diced Chicken Parmesan & Sundried Tomato Sauce Peas & Carrots Tri-Color Pasta Tropical Fruit Mix 1% Milk	26 Barbacoa Beef Oregon Bean Medley Mexican Rice WG Tortilla Fresh Orange 1% Milk	27 Tuna Salad Corn, Lima Beans & Tomato Salad Egg Drop Soup WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	28 Diced Chicken Asian Sauce Scandinavian Veg Blend Egg Noodles Mandarin Orange 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 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. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium

www.MealsOnWheelsOC.org



Special Friday Lunches

AUG

Lunch starts at 12 P.M. Dollar Lunch is available for Dine-In ONLY. Takeout available for \$8. Vegetarian options require advance notice.

SOLD OUT!

SEP

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
Friday, Sept 5—Dollar Lunch Sponsored by Dwight Manley Meatloaf, Mashed Potatoes, Roasted Green Beans, Green Salad, Dinner Roll, Cookie	\$1
Friday, Sept 12—Dollar Lunch Sponsored by Dwight Manley Chicken Fajitas, Spanish Rice, Black Beans, Mexican Salad, Fresh Fruit, Flan	\$1
Friday, Sept 19—Flu Clinic Breakfast (available from 9-11 a.m.) Sausage Breakfast Bowl with Eggs, Tater Tots, Cheese & Salsa, Cup of Orange Juice Flu Clinic Lunch (available at 11 a.m.) Mediterranean Chicken Salad with Feta, Tomatoes, Olives, Onions, and Greek Dressing, Pita Bread, Cookie	\$5 \$7
Friday, Sept 26—Disco Party Cordon Bleu, Rice Pilaf, Squash Medley, Caesar Salad, Brownie à la Mode	\$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.)

WATER, WATER, EVERYWHERE

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

BASIN	LOCH
BAYOU	MARSH
BORE	OCEAN
BROOK	POND
CANAL	POOL
COVE	RIPPLE
CREEK	RIVER
CURRENT	SEA
DELTA	SPRING
EDDY	STRAIT
FEN	STREAM
FIRTH	SURF
FLOOD	SURGE
GULF	SWAMP
HARBOR	SWELL
INLET	TIDE
LAGOON	WATER
LAKE	WAVE

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

