

What's Doin' at the Brea Senior Center

Happy Labor Day!



September 2025

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

Announcements

SAVE THE DATE! Flu Shot Clinic



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

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**

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.

NEW! Latin Rhythms Class Monday, Sept 8, 1:15 p.m.

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

By CareMore & Boomers Insurance

1960's Jeopardy Game! Tuesday, Sept 16, 11 a.m.

Bring your friends, team up and be prepared to test your knowledge on songs, TV shows, movies, events, and more.

By SS&D Insurance Services

Wood Painting! Wednesday, Sept 24, 9:30 a.m.

Express your creativity with our Open painting session. We'll provide a fun wood craft for you to paint in your own unique style—no instructions, just imagination. Sign up at the front desk.

By Caremore

"It's Your Estate" 6-week Financial Literacy Workshop Series Mondays, Sept 29-Nov 3 1-2:30 p.m.

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. Lessons in this series include estate planning, living trusts, tax planning, retirement account planning, and more. NO sales pitches or solicitations will take



place. Call 714-990-7750 to register.

By Financial & Estate Literacy

FREE Hearing Screenings Tuesday, Oct 7, 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 Brea

Arts & Crafts with Shawna Tue, Oct 14, 10:30-1:30 a.m.

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

By Senior Helpers North OC



Presentations

Nutrition Bingo Thursday, Sept 11, 10:30 a.m.

Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

By SCAN Independence at Home

Home Safety 101 Thursday, Sept 18, 11 a.m.

Learn about important safety considerations and how you can create a safe environment at home for those experiencing cognitive changes.

By Alzheimer's Orange County

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. Join us for live presentations by registered dietitians on the following topics:

Shopping on a Budget Thursday, Sept 25, 11 a.m.

Applying practical shopping tips, participants can prepare healthy meals on a limited budget and reduce their food waste.

What is PEARLS OC? Thursday, October 9, 11 a.m.

Learn about this free, evidence-based program to reduce depression & loneliness and increase the quality of life for older adults aged 60 and older!

By Council on Aging

Travel Group

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

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 Monday-Friday, 9-11 a.m.

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, 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.



Supplies NOT included. 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, Sept 3: "My Octopus Teacher" (2020) NR

A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest.

Wed, Sept 17: "Thursday Murder Club" (2025) PG-13

Four retirees spend their time solving cold case murders for fun, but later their casual sleuthing takes a thrilling turn.

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, Sept 5, 11:30 a.m. **By Cause Church Senior Ministry**

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

Book Club (Courtyard) 4th Wednesday of each month, 11 a.m.-12 p.m. **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.

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.

September Activities

FAMOUS QUOTE

“Don't worry about failures, worry about the chances you miss when you don't even try.”

JACK CANFIELD

SEPTEMBER IS NATIONAL
SAVE YOUR PHOTOS MONTH

BIRTHSTONE

Sapphire

FLOWERS

Morning glory, aster, and forget-me-not

Monday

1

Closed for Labor Day



8

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)
1:15 Latin Rhythms Class (PH)

15

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)

22

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)

29

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)
1:00 It's Your Estate (D)

Tuesday

2

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)

9

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)

16

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)
11:00 1960s Jeopardy (DR)
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)

23

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)

30

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

3

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 Shopping (L)

10

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)

17

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

24

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

4

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

11

8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
10:30 Nutrition Bingo (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

18

8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
11:00 Home Safety 101 (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

25

8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
11:00 Shopping on a Budget (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

5

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)

12

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)

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**BREA
FLU SHOT
CLINIC**

Flu Shot Clinic (PH)
10 a.m.-12 p.m.
Breakfast served from 9 a.m.-11 a.m.
Lunch served at 12 p.m.

12:45 Bunco (B)
1:00 Sing-a-Long Group (C)
1:00 Tai Chi for Every Body (ZOOM)

26

9:00 Longevity Stick Balance (PH)
9:00 Mobile Technology Class (D)
10:30 Disco Party—SOLD OUT (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

SEPTEMBER



Senior Lunch Menu – September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Chicken Breast w/Brown Gravy Rice Pilaf Corn Fresh Apple Lemon Cream Cake Cup 1% Milk	3 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Canned Tropical Fruit Mix 1% Milk	4 Pork Loin Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Canned Mandarin Orange 1% Milk	5	
8 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Canned Mandarin Orange 1% Milk	9 Mexican Cubed Beef Cocido Soup Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	10 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	11 ✓ Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Special Friday Lunches are Listed on the Next Page	
15 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia Verde Sauce 1% Milk	16 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	17 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	18 Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk		
22 Cubed Beef California Blend Egg Noodles Goulash Canned Pears Tiramisu Cake Cup 1% Milk	23 ✓ Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	24 Diced Chicken Breast Orange Sauce Oriental Vegetable Blend Rice Pilaf Canned Mandarin Orange 1% Milk	25 Pork Carnitas Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk		
29 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	30 Turkey Roast w/Brown Gravy Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk				
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal					
<p>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.</p> <p style="text-align: center;">www.MealsOnWheelsOC.org</p>					

Special Friday Lunches

SEP

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

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

\$5

Flu Clinic Lunch (available at 12 p.m.)

Mediterranean Chicken Salad with Feta, Tomatoes, Olives, Onions, and Greek Dressing, Pita Bread, Cookie

\$7

Friday, Sept 26—Disco Party

Cordon Bleu, Rice Pilaf, Squash Medley, Caesar Salad, Brownie à la Mode

\$7

SOLD OUT!

OCT

Friday, Oct 3—Chuseok Celebration

Stir-fried Korean BBQ Beef, Stir-fried Glass Noodles with Vegetables, Asian Salad, Rice & Kim-Chi, Ice Cream Dessert

Friday, Oct 10—Dollar Lunch Sponsored by Dwight Manley

Ham, Swiss & Spinach Panini, Broccoli & Cheddar Soup, Chips, Green Salad, Apples and Caramel, Birthday Cake

\$1

Friday, Oct 17

Harvest Salad with Chicken, Tomatoes, Apples, Pecans, Feta, Red Onion & Apple Vinaigrette, Dinner Roll, Seasonal Pie with Ice Cream

\$7

Friday, Oct 24—Dollar Lunch Sponsored by Dwight Manley

Chicken Alfredo Pasta, Roasted Vegetables, Caesar Salad, Garlic Bread, Grapes, Cookie

\$1

Friday, Oct 31—Halloween Party

BBQ Pork Ribs, Mashed Potatoes w/Gravy, Roasted Corn, Biscuit, Honey Mustard Salad, Chocolate Pudding with “Worms”

\$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.)

COLLEGES IN CALIFORNIA

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

ANTIOCH	LINCOLN
BEREAN	MENLO
BIOLA	MILLS
BROOKS	PATTEN
CALTECH	PITZER
CHAPMAN	POMONA
CSUB	SCRIPPS
CSUC	SOKA
CSUDH	UCB
CSUF	UCD
CSULA	UCI
CSULB	UCLA
CSUMB	UCM
CSUN	UCR
CSUS	UCSB
DREXEL	UCSC
HOPE	UCSD
HULT	USC

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

