

# What's Doin' at the Brea Senior Center

## Happy Thanksgiving!



### November 2025

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

### Announcements

#### 2025 Christmas Party Info

The Senior Center Christmas Party will take place on Friday, December 5. **Brea residents ONLY 60+ can pick up their tickets on Monday, November 3 from 8 a.m.-12 p.m. in Room B.** Proof of residency and age is **required** with an ID card, utility bill, bank statement, etc. One ticket per person.

Non-Brea residents must call 714-990-7752 between Monday, Nov 3—Friday, Nov 14 and leave a voicemail with their name, address, and birthdate to be placed on an interest list. Voicemails left before Nov 3 will be deleted. Space is limited; restrictions apply.

**By Dwight Manley**

#### Street Sweeping Parking Enforcement



Effective November 3, the City of Brea is reinstating parking enforcement and citations for its Street Sweeping Program. The streets around the Brea Senior Center will be swept on the 2nd & 4th Tuesdays from 8 a.m.-10 a.m. Please refrain from parking on the streets during

these hours and instead park in our designated parking lot. Thank you for helping keep Brea's streets clean!

#### "Tea & Togetherness" —A Tea Sampling Class Wednesday, Nov 26, 9:30 a.m.

Sample a variety of flavorful teas from around the world, enjoy some light bites, and share good company as we celebrate the spirit of Thanksgiving. Sign-up by calling 714-990-7750.

**By A Place At Home**

#### NOCE Info Table Wednesday, November 19 9 a.m.-12 p.m.

Stop by the NOCE table in the Lobby to ask questions and get help registering online for all of your favorite NOCE classes, like Health & Wellness and Better Balance!

#### Karaoke! Tuesday, Nov 25, 10:30 a.m.

Warm up your vocal chords and join us for a morning of singing your favorite tunes! Everyone is welcome to take the mic but spots must be reserved by calling 714-990-7750.

**By CareMore**



#### Origami for Therapy Thursday, Nov 20, 11 a.m.

Learn the art of origami, its impact on dexterity, cognitive function, and anxiety reduction. Come learn the art of the fold and go away with a few cute paper animals.

**By CSUF School of Nursing**

### Presentations

#### Need a Break? A Respite Care Guide Thursday, Nov 13, 11 a.m.

Learn about the importance of taking a break from caregiving and how to find the right kind of respite for you.

**By Alzheimer's Orange County**

#### Beating the Holiday Blues Thursday, Dec 4, 11 a.m.

Learn how to normalize feelings of sadness during the holiday season, discuss planning for triggers and connecting to various forms of support to help manage depression.

**By SCAN Independence at Home**

## Travel Group

### Spring Training March 16-20, 2026

Highlights: 3 Spring Training Games, Sedona, Phoenix, Musical Instrument Museum, Heard Museum, and Westgate Entertainment District. \$2,999 per person, based on double occupancy.  
**By Friendly Excursions**

### Death Valley & Las Vegas March 23-26, 2026

Highlights: Death Valley National Park, Las Vegas Strip, Lake Mead, Hoover Dam sightseeing cruise, and Boulder City. \$899 per person, based on double occupancy.  
**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 more info.

### 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) Thursday, Nov 20, 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 & 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. (No Class on 11/24)

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 11/25)

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. (No Class on 11/25)



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. (No Class on 11/26) 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.

The ability to read music is a plus, but not necessary.

### 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, Nov 5: "A Beautiful Day in the Neighborhood" (2019) PG

After a jaded magazine writer is assigned to profile Fred Rogers (Tom Hanks), he overcomes his skepticism, learning about kindness, love, and forgiveness from America's most beloved neighbor.

### Wed, Nov 19: "The Penguin Lessons" (2024) PG-13

During the 1976 coup in Argentina, an English teacher rescues a penguin and brings it to his school. His life begins to change when the bird's presence starts to have a positive effect on the school.

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

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

This is a casual, open-play event — no sign-ups needed.

### 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.



Help create hand-made hats, booties, sweaters and blankets to be donated 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 Thur, 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.

Beginner vocalists are welcome. This is a casual singing group focused on having fun!

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

Everyone is welcome to share or simply to listen.

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

Spouses are also welcome to share their memories too.

# November Activities

## FAMOUS QUOTE

“The most important thing in life is not knowing everything, it’s having the phone number of somebody who does!”

ANONYMOUS

**NOVEMBER IS NATIONAL...  
FAMILY CAREGIVERS  
MONTH**

**BIRTHSTONE**  
Topaz and Citrine

**FLOWERS**  
Chrysanthemum

## Monday

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

**10**  
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)

**17**  
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)

**24**  
9:00 Longevity Stick Balance (ZOOM)  
10:00 Tai Chi for Every Body (ZOOM)  
~~10:00 Better Balance (PH) ON BREAK~~  
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

**4**  
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)

**11**



Closed in Observance of  
Veterans Day

**18**  
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)

**25**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure Checks (WR)  
~~10:00 Health & Wellness (PH) ON BREAK~~  
10:00 Reminiscing the Past (C)  
10:30 Karaoke (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)~~  
ON BREAK  
1:00 Knitting Group (C)

## Wednesday

**5**  
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)

**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 (DR)

**19**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Quilting Group (B)  
9:00 Recorder Practice (C)  
9:00 NOCE Info Table (L)  
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)

**26**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:00 Recorder Practice (C)  
9:30 HICAP Counseling (WR)  
9:30 Tea Sampling Class (DR)  
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) ON BREAK~~  
1:00 Senior Grocery Program (DR)

## Thursday

**6**  
8:30 Yoga Class (PH)  
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)

**13**  
8:30 Yoga Class (PH)  
9:00 Sewing & Embroidery (B)  
9:30 Health & Wellness (PH)  
11:00 Need a Break? Respite Care Guide (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)  
11:00 Origami for Therapy (DR)  
12:00 Lunch (DR)  
12:30 Table Tennis (PH)  
12:30 Bingo (DR)  
12:30 Ukulele Class (D)  
12:30 Legal Aid (WR)

**27**



Closed in Observance of  
Thanksgiving Holiday

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

## 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 (B)  
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 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)

**21**  
9:00 Longevity Stick Balance (PH)  
9:00 Mobile Technology Class (D)  
10:30 Thanksgiving Party—  
SOLD OUT (DR)  
12:45 Bunco (B)  
1:00 Sing-a-Long Group (C)  
1:00 Tai Chi for Every Body (ZOOM)

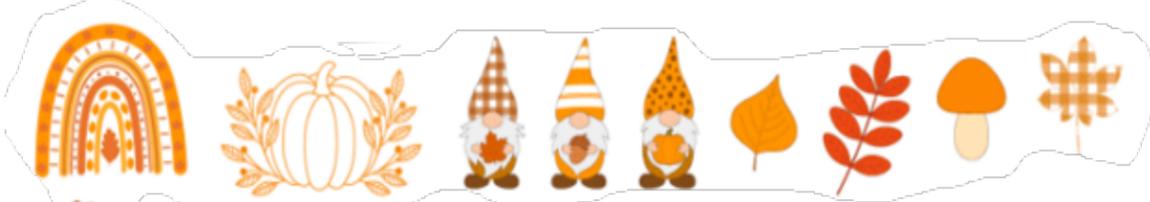
**28**



Closed in Observance of  
Thanksgiving Holiday

**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



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
<b>Veggie Egg Salad</b> Baked Red Potato Moroccan Lentil & Vegetable soup WW Bread Fresh Orange 1% Milk	<b>Pork Loin</b> Citrus Sweet Glaze 5-way Veg Quinoa Pilaf Canned Madrin Orange 1% Milk	<b>Chicken Breast</b> Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	<b>Beef Cheeseburger</b> Slice Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato Cucumber Salad Fresh Apple 1% Milk	<b>Special Friday Lunches are Listed on the Next Page</b>
<b>Roast Beef</b> Mushroom Gravy Baby Baked Potatoes Broccoli Apple Pie WW Dinner Roll Fresh Apple 1% Milk	 <b>HAPPY VETERANS DAY</b>	<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	
<b>Chicken Strips</b> Lemongrass Sauce Creamy Cauliflower Soup Oriental Vegetable Blend Brown Rice Fresh Apple 1% Milk	<b>Roast Turkey</b> Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	<b>Turkey Pot Roast</b> Brown Gravy Mashed Potatoes Green Beans & Carrot Healing Chicken Rice Soup Hawaiian Roll Pumpkin Pie Canned Apricot 1% Milk	
<b>White Chicken Chili</b> w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Beef Enchilada</b> Casserole Peas and Carrots WW Dinner Roll Fresh Apple 1% Milk	<b>Slice Ham</b> Apricot Sauce Collard Greens Sweet Potatoes Egg Drop Soup WW Dinner Roll RS Fruit Gelatin 1% Milk		
<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>				
<p>All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 &amp; Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency &amp; 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 &amp; rolls. A weekly average lunch meal provides &gt;550 calories. Please note condiments are not analyzed and may increase sodium.</p> <p style="text-align: center;"><a href="http://www.MealsOnWheelsOC.org">www.MealsOnWheelsOC.org</a></p>				

## 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.

NOV

**Friday, Nov 7—Dollar Lunch Sponsored by Dwight Manley**  
Orange Chicken, Fried Rice, Stir-Fried Veggies, Asian Salad,  
Fortune Cookie, Birthday Cake

**\$1**

**Friday, Nov 14—Dollar Lunch Sponsored by Dwight Manley**  
Loaded Baked Potato, Beef Chili with Cheese, Green Salad,  
Seasonal Fruit, Fall Dessert

**\$1**

**SOLD OUT!**

**Friday, Nov 21—Thanksgiving Party**  
Honey Glazed Ham, Yams with Marshmallows, Green Bean Casserole,  
Dinner Roll, Honey Mustard Salad, Pumpkin Cheesecake

**\$7**

DEC

**Friday, Dec 5—Christmas Party**

Roasted Turkey, Mashed Potatoes & Gravy, Green Bean Casserole,  
Stuffing, Cranberry Sauce, Roll, Seasonal Dessert

**Friday, Dec 12—Dollar Lunch Sponsored by Dwight Manley**  
Pot Roast with Carrots & Potatoes, Cornbread, Caesar Salad,  
Mixed Fruit, Birthday Cake

**\$1**

**Friday, Dec 19—Dollar Lunch Sponsored by Dwight Manley**  
Chicken & Cheese Enchiladas, Refried Beans, Spanish Rice,  
Mexican Salad, Jell-O Parfait

**\$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.)

## COOKING

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

BIND	GRIND
BAKE	KNEAD
BASTE	MASH
BEAT	MINCE
BRAISE	MIX
BLANCH	PARE
BLEND	PEEL
BOIL	POACH
CONFIT	ROUX
BROIL	SAUTE
CHOP	SEAR
DICE	SHRED
DUST	SIFT
FLAMBE	SKIM
FOLD	STIR
FRY	TOSS
GLAZE	WHIP
GRATE	WHISK

### 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](http://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

