

What's Doin' at the Brea Senior Center

Merry
Christmas!



December 2025

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

Announcements

Happy Holidays!

The Brea Senior Center will be closed Wednesday, December 24 through Friday, January 2. We will reopen on Monday, January 5, 2026.

See's Candy & Chocolates Sale

See's
CANDIES

The retail price is \$30, but you can purchase them at our front desk for only \$28. The one-pound candy boxes come in either Assorted or Nuts & Chews varieties.

Christmas Trivia

Tuesday, Dec 9, 10:30 a.m.

Test your knowledge of classic holiday movies, carols, traditions, and seasonal facts.

By **CareMore**

Christmas Cookie Decorating

Tuesday, Dec 23, 10:30 a.m.

We'll provide all the supplies, you bring the creativity and festive ideas. Sign-up by calling 714-990-7750.

By **Brea's Student Advisory Board**



NEW! Senior Topics for Older Adults: Internet Class
Fridays, 9-10:50 a.m., starting on Jan 16, 2026

A hands-on class designed especially for older adults who want to feel more confident online. Please call 714-808-4679 to register.
By **NOCE**

Christ Brea Children's Choir Performance

Monday, December 8, 10 a.m.

By **Christ Lutheran School**

"Allstars" Christmas Choir Performance

Wednesday, Dec 10, 9:30 a.m.

By **Arovista Elementary School**

"Capri Strings" Orchestra Performance

Friday, December 19, 9:30 a.m.

HICAP Medicare Outreach Table

Wed, Dec 17, 9 a.m.-12 p.m.

By **Health Insurance Counseling and Advocacy Program (HICAP)**



Ukulele & Recorder Performance

Thursday, Dec 18, 11:15 a.m.

FREE Hearing Screenings

Tuesday, Jan 13, 10-11:30 a.m.

Call 714-990-7750 for Appointment.

By **Hearing Life Brea**

Keeping the Keys Workshop

Thursday, January 29, 10 a.m.

This workshop designed to help keep senior drivers on the road for as long as safely possible. The free hour-long presentation is filled with tips and resources for older drivers and their families. All attendees will receive a free resource packet. Workshop topics include:

- How driving changes with age
- How to safely adapt driving
- How medications may impact driving
- Vehicle safety, comfort, and fit
- Resources to extend driving career

Please call 714-885-2313 to register.

In partnership with **AAA**

NOCE Classes Taking a Holiday Break!

From Monday, Dec 22, 2025 to Friday, Jan 9, 2026

Presentations

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

Discuss planning for triggers and connecting to various forms of support to help manage depression.
By SCAN Independence at Home

2026 Trip Preview with Collette Thursday, Dec 11, 11 a.m.

Learn about upcoming trips.
By Collette Travel and Tours

Aches, Pains, & How to Avoid Falls Thursday, Jan 15, 10:30 a.m.

Join Physical Therapist, Anant Desai, as he discuss how simple steps and exercises can prevent falls.
By Maxum Therapy

Travel Group

Spring Training March 16-20



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

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 Wed, Dec 10, 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) 12:30-2 p.m. (Canceled in Dec)

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 Wednesday, Dec 10, 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. (Class on break from 12/22/2025-1/9/2026)

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. (Class on break from 12/22/2025-1/9/2026)

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.
(Class on break from 12/22/2025-1/9/2026)

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

Painting for Older Adults Class
Tuesdays, 1-2:50 p.m.
(Class on break from 12/22/2025-1/9/2026)



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.
(Class on break from 12/22/2025-1/9/2026)
Registration req. 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.

Gatherings

Afternoons at the Movies
Wed, Dec 17: "Oh. What. Fun."
(2025) PG-13

Claire Clauster (Michelle Pfeiffer) is the glue that holds her chaotic, lovable family together every holiday season. Fed up and feeling underappreciated, she sets off on an impromptu adventure of her own. As her family scrambles to find her, Claire discovers the unexpected magic of a Christmas gone off-script.

Bible Study (Room B)
Wednesday, December 10
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

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

Birthday Party
Friday, Dec 12, 11:30 a.m.
By Cause Church Senior Ministry

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 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.

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.

December Activities

FAMOUS QUOTE

“Christmas is not a time or a season, but a state of mind.”

CALVIN COOLIDGE

DECEMBER IS NATIONAL...
EGGNOG MONTH

BIRTHSTONE

Turquoise, Tanzanite, & Zircon

FLOWERS

Holly and Narcissus

Monday

1
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)

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 Christ Lutheran Children's Choir (DR)
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)

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)
10:30 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)~~ 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)

29

Closed for Holidays
(Reopen on January 5)

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)
10:30 Christmas Trivia (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)

16
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)

23
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 Cookie Decorating Activity (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)~~ ON BREAK
1:00 Knitting Group (C)

30

Closed for Holidays
(Reopen on January 5)

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)
12:45 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)
9:30 Arovista Choir Performance (DR)
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)
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)
9:00 HICAP Info Table (L)
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 Albertsons/Trader Joe's Shopping (L)

24

Closed for Holidays
(Reopen on January 5)

31

Closed for Holidays
(Reopen on January 5)

Thursday

4
8:30 Yoga Class (PH)
9:00 Sewing & Embroidery (B)
9:30 Health & Wellness (PH)
11:00 Beating the Holiday Blues (DR)
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)
11:00 2026 Trip Preview with Collette (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)
11:15 Ukulele & Recorder Performance (DR)
12:00 Lunch (DR)
12:30 Table Tennis (PH)
12:30 Bingo (DR)
12:30 Ukulele Class (D)

25

Closed for Holidays
(Reopen on January 5)

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

Friday

5

Closed for Annual Christmas Party
Held at Brea Improv
180 S. Brea Blvd.
9 a.m.-1 p.m.

12
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)

19
9:00 Longevity Stick Balance (PH)
9:00 Mobile Technology Class (D)
9:30 Orchestra Performance (DR)
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)

26

Closed for Holidays
(Reopen on January 5)

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	Tuesday	Wednesday	Thursday	Friday
1 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	2 Turkey Roast Brown Gravy Lentil Soup Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk	3 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	4 Baked Tilapia Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	5
8	9	10	11	Special Friday Lunches are Listed on the Next Page
Chicken Breast Parmesan Sundried Tomato Sauce Peas and Carrots Tri- Color Pasta Tropical Fruit Mix 1% Milk	Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	Chicken Cordon Bleu Mixed Vegetables Baby Whole Potatoes WW Dinner Roll Creamy Mushroom Soup Red Velvet Cake Canned Apricot 1% Milk	
15	16	17	18	
Veggie Egg Salad Baked Red Potato Moroccan Lentil & Vegetable soup WW Bread Fresh Orange 1% Milk	Pork Loin Citrus Sweet Glaze 5-way Mixed Veg Quinoa Pilaf Canned Madrin Orange 1% Milk	Chicken Breast Florentine Sauce Peas & Carrot Cream of Spinach Soup Brown Rice Tropical Fruit Mixed 1% Milk	Beef Cheeseburger Slice Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato Cucumber Salad Fresh Apple 1% Milk	
22	23	24	25	
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortilla (2) Fresh Apple 1% Milk	Turkey Bolognese Parmesan Cheese Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Canned Pineapple Chunks 1% Milk		
29	30	31	 <p>Voluntary Contribution - \$3.00</p> <p>Meal Cost for Under Age 60 - \$5.00</p> <p> 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.

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.

DEC

SOLD OUT!

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

JAN

Friday, Jan 9—Dollar Lunch Sponsored by Dwight Manley

Bacon Grilled Cheese, Tomato Bisque Soup, Roasted Root Vegetables, Fruit, Birthday Cake

\$1

Friday, Jan 16—New Year's Day Party

Beef Short Rib Lasagna, Squash Medley, Garlic Breadstick, Caesar Salad, Fresh Berries, Cheesecake

\$7

Friday, Jan 23

Chicken Teriyaki, White Rice, Potstickers, Sautéed Veggies, Asian Salad, Mandarin Oranges, Green Tea Ice Cream

\$7

Friday, Jan 30—Dollar Lunch Sponsored by Dwight Manley

Roast Beef & Cheese Sandwich, Baked Potato Soup, Roasted Carrots, Green Salad, Fruit, Cream Puffs

\$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.)

XMAS CAROL

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

ANCIENT
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 WHILE
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 WITH
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 YULE

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

