

What's Doin' at the Brea Senior Center



Happy St. Patrick's Day!

March 2020

Announcements

Pardon our Dust!

The Senior Center is undergoing a kitchen remodel with an expected completion date in spring. The expanded kitchen space will enable us to serve more seniors, much more efficiently. We're looking forward to seeing the finished results! Regularly scheduled programs and lunch menus may be impacted. Thank you for your patience during this time.



St. Patrick's Day Party

Friday, March 13

10:30 a.m.-12:30 p.m.

Get your tickets early to enjoy a delicious festive lunch. Don't forget to wear green!

Senior Tax Preparation

Tuesdays, now thru April 7

12:30-3 p.m.

ARP Tax-Aides help taxpayers with low and moderate income file tax returns. Volunteers are trained and certified to assist in filing basic personal tax forms and schedules. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register and for required information to bring.



New! Afternoons at the Movies



Join us for a movie after lunch at 12:45 p.m. with popcorn provided!

Friday, March 6—"Green Book"

Bouncer Tony Lip is hired by African-American musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour. The mismatched men form a friendship as Tony learns first-hand the racism Don must endure to perform.

Friday, March 20—"Midway"

In 1942, a few months after the infamous Pearl Harbor attack and a few years before World War II ended, the Japanese forces were once again planning to stage a sudden attack against their opponents — this time near the Midway Atoll. Their plan, however, was intercepted, and the American forces arrived at the Pacific Ocean theater just in time to stop them.

Android Class

Friday, April 17, 1-3 p.m.

Register at the front desk
By CTAP



"It's Your Money"—8 Week Financial Planning Series

Tuesdays, April 14-June 2
1:30-3 p.m.

Community education on annuities, mutual funds, medical care planning, investments and related financial topics. No cost, no sales pitches, and no solicitations. Call 714-990-7750 to register.

By Financial & Estate Literacy

Wheelchair Tune-Up and Mobility Clinic

Friday, March 6

10:30 a.m.-12:30 p.m.



Power and manual wheelchairs, motor scooters, and walkers are all eligible to receive a free tune-up assessing brake function, proper use, frame integrity, and which parts need to be repaired or replaced.

By Aging Care

Seniors on the Go!

Every Mon and Thur, 9 a.m.-3 p.m.

New van service available for 60+ Brea residents. \$2 per one-way ride, limit to 10 miles within Orange County. Application is required, and reservations must be submitted at least 3 business days in advance. This service is available to go and enjoy community locales, run personal errands, visit friends, and more. For more information, call 714-990-7750. Does not operate on Holidays.

New! Francesco's Italian Language Class
Mon, Mar 2-May 25, 1-2:30 p.m.

Learn Italian from Chef Francesco!
No registration required.

Travel Group

Reservations Required
For details and to register, call 714-990-7750.

Sedona & Grand Canyon Railway
May 17-21

Highlights: Oak Creek, Red Rock Formations, the "Wild West" town of Jerome, Williams, Arizona, Grand Canyon Railroad Hotel, South Rim, Grand Canyon Village, and a cruise along the scenic Route 66. \$1,499 per person based on double occupancy.



Yosemite
June 10-12

Highlights: Day in Yosemite National Park, Park Ranger Yosemite Park Tram, and a stay at Chukchansi Gold Resort (restaurants and casino). \$659 per person based on double occupancy.

Presentations

Exploring Senior Living Options
Thur, Mar 5, 10:30-11:30 a.m.

Compare your living options with experts from in-home care, senior real estate, and board and care placement agencies.

By Nightingale Senior Care, Care Patrol, Susan & Annette Real Estate Group

Sleep Apnea Presentation
Thur, March 12, 11-11:45 a.m.
By Anaheim Smiles Dental

Medicare 101 Presentation
Wed, March 18, 10-11 a.m.
By AGA Medicare Options

Understanding Dementia & Alzheimer's Disease
Thur, Mar 19, 10:30-11:30 a.m.

Many myths and misconceptions surround Alzheimer's disease and dementia. This workshop will separate fact from fiction, and cover what you need to know about changes in memory.

By Alzheimer's Orange County

Balance, Dizziness, and Vertigo Workshop
Thur, March 26, 10-11 a.m.



Dizziness and imbalance is one of the most common complaints for people over the age of 75. Learn about common causes for dizziness and vertigo and how physical therapy can help. Presented by Joseph Park, DPT, owner of Ascend Physical Therapy.

Mayor's Update
Fri, March 27, 11-11:45 a.m.

Health Help

Bereavement Group
4th Thursday of each month, 10-11 a.m.

Call 714-990-7750 for more information.

Pet Therapy
March 4, 13, 18, and 25
10:30-11:30 a.m.



Blood Pressure Monitoring
Tuesdays, 9-11 a.m.

Senior Services

Case Management Services

For Brea seniors and caregivers. Achieve successful aging through advocacy, assessment, facilitation, and resource management.

California Telephone Access Program (CTAP) Information Table
Tue, March 3, 11 a.m.-1 p.m.

Orange County Transportation Authority (OCTA) Information Table
Tue, March 17, 10 a.m.-12 p.m.

Learn about new OCTA bus routes and get a free one day pass!

Medicare & Health Insurance Assistance
2nd & 4th Wednesday of each month, 9:30-11:30 a.m.



Answer questions regarding Medicare, HMO's and secondary and long-term care insurance. Call 714-990-7750 to register.
Appointment Required
By HICAP

Legal Aid
4th Thursday of each month, 12:30-2 p.m.
Appointment Required
By Legal Aid Society of Orange County



Park-it Market
Tue, Mar 3 & 17, 11 a.m.-12 p.m.

Bring only one normal-sized bag to fill with fresh fruit, produce, dairy products, and frozen food.

By Second Harvest Food Bank



Shopping Trips
1st & 3rd Monday, 12:45 p.m.
1st & 3rd Tuesday, 10:45 a.m.
Every Wednesday, 12:30 p.m.

Free transportation for Brea residents to Ralphs, Rite-Aid, Target, Wal-Mart, Sprouts, Albertsons, Trader Joe's, and the 99 Cent Store. Restrictions apply; call 714-990-7754 to register.

Senior Center Gift Shop
Open Monday through Friday
9-11:30 a.m.

Large assortment of quality and lovely gift items available at bargain prices. Donated items gratefully accepted during business hours.

Fitness

Better Balance Class
Mondays, 10-11:50 a.m.
By North Orange Continuing Education

Line Dancing Class
Mondays, 12-3 p.m.:
12-1 p.m. Introduction
1-2 p.m. Beginning
2-3 p.m. Intermediate



The first half hour is for beginners to learn the basics.

Longevity Stick Balance Class
Wednesdays, 9-10 a.m.
Fridays, 10-11 a.m.



Table Tennis
Tuesdays & Thursdays 1-4 p.m.
Wednesdays 2-4 p.m.

Quarterly Fee, Resident-\$17
Non-Resident-\$27

Health & Wellness Exercise Classes
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.
By North Orange Continuing Education



Tai Chi for Every Body
Mondays & Fridays, 8:30-10 a.m.

Tai Chi 42
Wednesdays, 8:30-10 a.m.

Yoga Class
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8-9 a.m.

Bring your own mat.

Zumba® Gold
Wednesdays, 10:30-11:30 a.m.
Fridays, 11 a.m.-12 p.m.
Brea Resident Priority



Classes

Crazy Crafts with Leslie
2nd Wednesday of each month
9:30-11:30 a.m.
By LAB Insurance

Crazy Crafts & Coloring Therapy
Last Tuesday of each month
9:30-11:30 a.m.
By Leslie

Individual Computer & Gadget Tutoring
Available every Tue, Wed & Thur
By Appointment Only
and Refundable Deposit Required



Gatherings

Bingo!
Mondays, 10:30-11:30 a.m.
Wednesdays, 11-11:45 a.m.
Thursdays, 12:45-1:45 p.m.
By Dwight Manley

Birthday Party
Friday, March 27, 11:30 a.m.
By Friends Community Church



Book Club
4th Wednesday of each month
10:30-11:30 a.m.
By the Brea Public Library

Bunco Group
Every Tue & Fri, 12:45-2:30 p.m.

Crochet Group
Wednesdays, 10-11:30 a.m.

Hooks and Needles—Knitting Group
4th Tue of each month, 1-3 p.m.

Loose Threads—Quilting Group
1st & 3rd Wednesday of each month, 9 a.m.-12 p.m.

Spiritual Emphasis
Fridays, 10-11 a.m.



Discuss Biblical topics that are non-denominational.

Timely Topics
Tuesdays, 10-11 a.m.

Veterans Club
Mondays, 11-11:45 a.m.

Sing-a-Long Group
Wednesdays, 12:45-2 p.m.

March Activities

FAMOUS QUOTE

The person who has no enemies has no followers.

Don Piatt

MARCH IS NATIONAL CRAFT MONTH

- 1 Natl. Pig Day
- 6 Dentist's Day
- 11 Worship of Tools Day
- 13 Ear Muff Day
- 22 Natl. Goof Off Day
- 23 Near Miss Day

MERCHANDISE NEEDED!

Consider donating some of your treasures to the Gift Shop when you clean out those closets and drawers! Small items such as jewelry, ceramics and handcrafted items are greatly appreciated. All proceeds benefit programs at the Brea Senior Center.

Donations accepted during regular gift shop hours.

Monday

2
8:30 Tai Chi for Every Body (PH)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
12:45 Voter's Choice Shopping (L)
1:00 Beginning Line Dancing (PH)
1:00 Francesco's Italian Language (B)
2:00 Intermediate Line Dancing (PH)

9
8:30 Tai Chi for Every Body (PH)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
1:00 Beginning Line Dancing (PH)
1:00 Francesco's Italian Language (B)
2:00 Intermediate Line Dancing (PH)

16
8:30 Tai Chi for Every Body (PH)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
12:45 Voter's Choice Shopping (L)
1:00 Beginning Line Dancing (PH)
1:00 Francesco's Italian Language (B)
2:00 Intermediate Line Dancing (PH)

23
8:30 Tai Chi for Every Body (PH)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
1:00 Beginning Line Dancing (PH)
1:00 Francesco's Italian Language (B)
2:00 Intermediate Line Dancing (PH)

30
8:30 Tai Chi for Every Body (PH)
10:00 Better Balance (PH)
10:30 Bingo (DR)
11:00 Veterans Club (B)
12:00 Lunch (DR)
12:00 Intro to Line Dancing (PH)
1:00 Beginning Line Dancing (PH)
1:00 Francesco's Italian Language (B)
2:00 Intermediate Line Dancing (PH)

Tuesday

3
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
10:45 99 Cent Store Shopping (L)
11:00 Park-it Market (DR)
11:00 CTAP Information Table (L)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

10
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

17
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
10:00 OCTA Information Table (L)
10:45 Sprouts Shopping (L)
11:00 Park-it Market (DR)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

24
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (DR)
1:00 Table Tennis (PH)
1:00 Knitting Group (DR)

31
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Crazy Crafts & Coloring Therapy (A)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

Wednesday

4
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 Crochet & Needlework (LIB)
10:30 Zumba Gold (PH)
10:30 Pet Therapy (L)
11:00 Bingo (DR)
12:00 Lunch (DR)
12:30 Target Shopping (L)
12:45 Sing-a-Long Group (B)
2:00 Table Tennis (PH)

11
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:30 Crazy Crafts w/Leslie (A)
9:30 HICAP (WR)
10:00 Crochet & Needlework (B)
10:30 Zumba Gold (PH)
11:00 Bingo (DR)
12:00 Lunch (DR)
12:30 Voters Choice Shopping (L)
12:45 Sing-a-Long Group (B)
2:00 Table Tennis (PH)

18
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 Crochet & Needlework (LIB)
10:00 Medicare 101 Presentation (DR)
10:30 Zumba Gold (PH)
10:30 Pet Therapy (L)
11:00 Bingo (DR)
12:00 Lunch (DR)
12:30 Walmart Shopping (L)
12:45 Sing-a-Long Group (B)
2:00 Table Tennis (PH)

25
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:30 HICAP (WR)
10:00 Crochet & Needlework (B)
10:30 Zumba Gold (PH)
10:30 Book Club (B)
10:30 Pet Therapy (L)
11:00 Bingo (DR)
12:00 Lunch (DR)
12:30 Voters Choice Shopping (L)
12:45 Sing-a-Long Group (B)
2:00 Table Tennis (PH)

Thursday

5
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:30 Senior Living Options Presentation (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

12
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
11:00 Sleep Apnea Presentation (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

19
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:30 Dementia & Alzheimer's Disease (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

26
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Bereavement Group (B)
10:00 Balance Workshop (DR)
12:00 Lunch (DR)
12:30 Legal Aid (WR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)



Friday

6
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:30 Wheelchair Tune-Up/Mobility Clinic (L)
11:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:45 Bunco (B)
12:45 Afternoon Movie (DR)

13
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:30 St. Patrick's Day Party (DR)
10:30 Pet Therapy (L)
11:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:45 Bunco (B)



20
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
11:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:45 Bunco (B)
12:45 Afternoon Movie (DR)

27
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
11:00 Zumba Gold (PH)
11:00 Mayor's Update (DR)
11:30 Birthday Party (DR)
12:00 Lunch (DR)
12:45 Bunco (B)



- A** - Room A
- B** - Room B
- C** - Room C
- CFR** - Conference Room
- CR** - Computer Room
- CY** - Courtyard
- DR** - Dining Room
- L** - Lobby Area
- LIB** - Library
- P** - Plunge Pool
- PH** - Pioneer Hall
- PHCR** - PH Conference Room
- WR** - Wellness Room







MEALS
on **WHEELS**
ORANGE COUNTY



Alignment Healthcare

BREA

Senior Lunch Menu – March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	**6**
Veggie Egg Salad Carrot Raisin Salad WW Dinner Roll Tropical Mix 1% Milk	Cobb Salad (Diced Chicken, eggs, tomatoes, red onion, shredded cheese, spring mix & ranch dressing) WW Crackers (2) Applesauce 1% Milk	Turkey Salami Sandwich w/ Swiss Cheese WW Bread Coleslaw Salad Mandarin Oranges 1% Milk	Signature Chicken Salad Orange and Beet Salad WW Dinner Roll Pineapple Chunks 1% Milk	Quinoa Salad w/ Chicken Strips Tomato & Onion Salad WW Dinner Roll Fruit Mix 1% Milk
9	10	11	12	13
Tuscan Tuna & Bean Salad Spring Mix WW Dinner Roll Applesauce 1% Milk	Veggie Egg Salad Coleslaw Salad WW Bread Pineapple Chunks 1% Milk	Chicken Salad Sandwich Carrot Raisin Salad WW Bread Mandarin Oranges 1% Milk	Beef Taco Bowl (Ground beef, pinto beans, corn, shredded cheese, tortilla strips & cilantro lime dressing) WW Crackers (2) SF Fruited Gelatin 1% Milk	Chef Francesco Pastrami Sandwich Chips Coleslaw Green Salad Green Grapes Mint Ice Cream Sandwiches <i>(Not Provided by Meals on Wheels)</i>
16	**17**	18	19	20
Butternut Squash Pasta w/Feta Cheese WW Dinner Roll Fresh Fruit SF Apple Crisp 1% Milk	“St. Patrick’s Day” Heart Healthy Salad (Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese w/Olive Oil & Lemon Juice) WW Crackers Fresh Fruit SF Pistacho Pudding 1% Milk	Chicken Fiesta Salad WW Dinner Roll Orange Pineapple Juice Applesauce 1% Milk	Turkey Sandwich Coleslaw Salad WW Bread Mandarin Oranges 1% Milk	Chicken Salad Sandwich Carrot Raisin Salad WW Bread Pineapple Chunks 1% Milk
23	24	25	26	27
Tuscan Tuna & Bean Salad Spring Mix WW Crackers Mandarin Oranges 1% Milk	Signature Chicken Salad Orange and Beet Salad WW Dinner Roll Pineapple Chunks 1% Milk	Veggie Egg Salad Couscous w/Parmesan & Pea Salad WW Dinner Roll Fruit Mix 1% Milk	Turkey Salami Sandwich w/ Swiss Cheese WW Bread Coleslaw Salad Fresh Fruit SF Custard 1% Milk	Raising Cane’s Chicken Tenders Veggies w/Dip Sun Chips Caesar Salad Fresh Fruit Birthday Cake & Ice Cream <i>(Not Provided by Meals on Wheels)</i>
30	31			Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal
<p>All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ’s Lunch Program may change the menu for reason 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.</p> <p>www.MealsOnWheelsoc.org</p>				

Fun Stuff

J.E. Sims

BREA STORES

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

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|---------|---------|---------|---------|
| AVENUE | DURANGO | MADCLAW | STAR |
| AVONTI | DVINE | ORTHO | SUBWAY |
| BEUNA | ELBOWS | POKIAVE | TAPS |
| BIGO | FRESHII | RALPHS | TARGET |
| BRUNOS | GEIGER | REGIS | TEMPO |
| BRUXIE | HAT | ROSS | TJMAXX |
| CHACHAS | IHOP | RITEAID | VONS |
| DEANDA | IMPROV | SEIKO | WALMART |
| DSW | KAITLYN | SPROUTS | ZARA |