

What's Doin' at the Brea Senior Center

Happy Labor Day!



September 2019

Announcements

Save the Date!
**2019 Health Fair
& Flu Clinic**
Friday, October 11
9 a.m.-12:30 p.m.



Discover ways to stay healthy while getting FREE Flu-shots (with Medicare-B), FREE wellness info, FREE health screenings, and FREE Omega-3 supplements.

**"It's your Estate" — 8 Week
Estate Planning Series**
Tuesdays, Sept 3-Oct 22
1:30-3 p.m.



Community education on estate planning, directives, conservatorships, and related financial issues. No cost, no sales pitches, no gifts will be solicited. Call 714-990-7750 to register.

**Korean Sister City Harvest
Holiday Luncheon**
"Chuseok" Fri, Sept 13, 11:30 a.m.

Korean meal, live entertainment,
and lots of raffle prizes!

Fresh Food To-Go
Wed, Sept 25, 10:30 a.m.
Sign-up at the front desk



Hula Fitness
Tuesday, September 10, 11 a.m.

iPhone Class
Friday, September 13, 1-3 p.m.
**Sign-up at the front desk
By CTAP**



Android Class
Friday, Oct 18, 10 a.m.-12 p.m.
**Sign-up at the front desk
By CTAP**

**Medicare Open Enrollment
Clinic**
Thursday, October 24
9 a.m.-4 p.m.

Review your current Medicare plan and compare plans with a knowledgeable HICAP counselor. Call 714-990-7750 to reserve your appointment.
By HICAP

Seniors on the Go!
Every Monday and Thursday
9 a.m.-3 p.m.

New van service available for 60+ Brea residents. \$2 per ride, limits to 10 miles within Orange County. Application is required, and reservations must be submitted at least 3 business days in advance. Call 714-990-7750 for more info. Does not operate on Holidays.

Massage Therapy
Fri, Sept 13, 10 a.m.-12 p.m.
**No sign-ups needed
By SCAN Healthplan**

Travel Group

Balboa Beach Pier Day Trip
Wednesday, September 25
10 a.m.-3 p.m.

Includes roundtrip trolley transportation from Senior Center and a boxed lunch. \$10 per person.

Big Sur and Central Coast
October 7-10

Highlights: Big Sur, Monterey Bay, Central Coast Wine Tasting, Monterey Bay Aquarium, Paso Robles-Atascadero, San Luis Obispo, McWay Falls, Cannery Row. \$889 per person based on double occupancy, \$1149 single occupancy.

**Palm Springs, Death Valley,
Joshua Tree, & Las Vegas**
November 4-7

Highlights: Windmills Tour, Cabot Pueblo Museum, Death Valley National Park, Joshua Tree National Park, Las Vegas, Downtown Palm Springs. \$999 per person based on double occupancy, \$1399 single occupancy.



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

Presentations

Breast Cancer Prevention
Thursday, September 5
11 a.m.-12 p.m.

Please join Dr. Paul Coluzzi as he shares his knowledge about breast cancer prevention.

By UCI Health

Fall Prevention
Thursday, September 12
11 a.m.-12 p.m.



Please join Dr. Bi-Ying Yeh as she shares her knowledge and learn about ways to minimize your risks of falls and maintain your mobility and independence for as long as possible!

By UCI Health

Medicare 101
Thur, Sept 19, 11 a.m.-12 p.m.
By AGA Medicare Options

Iceland Travelogue with Loreen
Friday, September 20, 11 a.m.

Come see and hear about Loreen's latest adventure abroad!

Mayor's Update
Thur, Sept 26, 11-11:45 a.m.



Come learn what's happening in the City of Brea.

Know the Facts: Medicare 2020
Thur, Oct 18, 10:30-11:30 a.m.

Join a free seminar to learn about Medicare 2020 changes.

By HICAP

Health Help

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

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

Call 714-990-7750 for more information.

Sign-up at the front desk

Sing Your Way to a Healthy Life!



Wednesdays, 12:45-2 p.m.

Pet Therapy
Every Monday and Thursday
Wed, Sept 4 & Fri, Sept 27
10:30 a.m.-11:30 a.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. Call 714-990-7750 to register.

Appointment Required By Health Insurance Counseling and Advocacy Program

Park-it Market
Tuesdays, 11 a.m.-12 p.m.

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

By Second Harvest



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

Shopping Trips
1st & 3rd Mondays, 12:45 p.m.
1st & 3rd Tuesdays, 10:45 a.m.
Wednesdays, 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.



Case Management Services

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

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

Health & Wellness Exercise Classes
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.
By Older Adults Program

Table Tennis
Every Tuesday & Thursday
1-4 p.m., Wednesdays 2-4 p.m.
Quarterly Fee, Resident-\$17 Non-Resident-\$27



Better Balance Health & Wellness Class
Mondays, 10-11:50 a.m.
Specifically designed to improve movement and balance control.
By Older Adults Program

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

Modifies the Zumba formula to suit the needs of the active older participant.
Brea Resident Priority

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

Incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

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



Bring your own mat.

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 dedicated for beginners to learn the basics of line dancing. Come energize your mind and feet!

Tai Chi for Every Body
Every Monday & Friday
8:30-10 a.m.



This ancient Chinese exercise will help your body's joints and muscles, develop your concentration, memory, and improve your balance and ability to relax.

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

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

"Design Your Own Towel" with Carol
Tue, Sept 17, 9:30-11:30 a.m.

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

Gatherings

Sock Hop Party
Friday, September 27
10:30 a.m.-12:30 p.m.
By Dwight Manley & Chevron

Birthday Party
Friday, Sept 20, 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

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

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

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

Timely Topics
Tuesdays, 10-11 a.m.



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

Knitting Group
4th Tue 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.

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.

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

Golf Social
2nd & 4th Tuesday of each month, 10:45-11:45 a.m.

Practice in a local golf course range.

Nintendo Wii Game Play

Includes: bowling, tennis, golf, baseball, board games, billiards, and many more!

September Activities

FAMOUS QUOTE

Believe you can and you're halfway there.

Theodore Roosevelt

SEPTEMBER IS HISPANIC HERITAGE MONTH

- 1 Emma Nutt Day
- 9 Teddy Bear Day
- 15 Felt Hat Day
- 21 World Gratitude Day
- 23 Checkers Day
- 25 Natl. Comic Book 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

Closed for Labor Day



9

8:30 Tai Chi for Every Body (PH)
 10:00 Better Balance (PH)
 10:30 Bingo (DR)
 10:30 Pet Therapy (L)
 11:00 Veterans Club (B)
 12:00 Lunch (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

16

8:30 Tai Chi for Every Body (PH)
 10:00 Better Balance (PH)
 10:30 Bingo (DR)
 10:30 Pet Therapy (L)
 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)
 2:00 Intermediate Line Dancing (PH)

23

8:30 Tai Chi for Every Body (PH)
 10:00 Better Balance (PH)
 10:30 Bingo (DR)
 10:30 Pet Therapy (L)
 11:00 Veterans Club (B)
 12:00 Lunch (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

30

8:30 Tai Chi for Every Body (PH)
 10:00 Better Balance (PH)
 10:30 Bingo (DR)
 10:30 Pet Therapy (L)
 11:00 Veterans Club (B)
 12:00 Lunch (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 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 (C)
 10:45 99 Cent Store Shopping (L)
 11:00 Park-it Market (DR)
 12:00 Lunch (DR)
 12:45 Bunco (DR)
 1:00 Table Tennis (PH)
 1:30 It's Your Estate (DR)

10

8:30 Yoga Class (PH)
 9:00 Blood Pressure (WR)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:45 Golf Social (L)
 11:00 Park-it Market (DR)
 11:00 Hula Fitness (DR)
 12:00 Lunch (DR)
 12:45 Bunco (DR)
 1:00 Table Tennis (PH)
 1:30 It's Your Estate (DR)

17

8:30 Yoga Class (PH)
 9:00 Blood Pressure (WR)
 9:30 "Design Your Own Towel" Craft (B)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:45 Sprouts Shopping (L)
 11:00 Park-it Market (DR)
 12:00 Lunch (DR)
 12:45 Bunco (DR)
 1:00 Table Tennis (PH)
 1:30 It's Your Estate (DR)

24

8:30 Yoga Class (PH)
 9:00 Blood Pressure (WR)
 9:30 Crazy Crafts & Coloring Therapy (B)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:45 Golf Social (L)
 11:00 Park-it Market (DR)
 12:00 Lunch (DR)
 12:45 Bunco (DR)
 1:00 Table Tennis (PH)
 1:00 Knitting Group (DR)
 1:30 It's Your Estate (DR)

Wednesday

4

8:30 Tai Chi 42 (CY)
 9:00 Longevity Stick Balance (PH)
 9:00 Quilting Group (B)
 10:00 Crochet & Needlework (C)
 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 (C)
 2:00 Table Tennis (PH)

11

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

Thursday

5

8:00 Yoga Class (PH)
 9:30 Health & Wellness (PH)
 10:30 Pet Therapy (L)
 11:00 Breast Cancer Prevention (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)
 10:30 Pet Therapy (L)
 11:00 Fall Prevention 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 Pet Therapy (L)
 11:00 Medicare 101 Presentation (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)
 10:30 Pet Therapy (L)
 11:00 Mayor's Update (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)
 11:00 Zumba Gold (PH)
 12:00 Special Friday Lunch (DR)
 12:45 Bunco (B)

13

8:30 Tai Chi for Every Body (PH)
 10:00 Spiritual Emphasis (B)
 10:00 Longevity Stick Balance (PH)
 10:00 Massage Therapy (L)
 11:00 Zumba Gold (PH)
 11:30 Korean Sister City Luncheon (DR)
 12:00 Special Friday Lunch (DR)
 12:45 Bunco (B)
 1:00 iPhone Class (C)

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)
 11:00 Iceland Travelogue (DR)
 11:30 Birthday Party (DR)
 12:00 Special Friday Lunch (DR)
 12:45 Bunco (B)



27

8:30 Tai Chi for Every Body (PH)
 10:00 Spiritual Emphasis (B)
 10:00 Longevity Stick Balance (PH)
 10:30 Pet Therapy (L)
 10:30 Sock Hop Party (DR)
 11:00 Zumba Gold (PH)
 12:00 Special Friday 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



Alignment Healthcare

Senior Lunch Menu – SEPTEMBER 2019

Monday ** 2 **	Tuesday ** 3 **	Wednesday 4	Thursday 5
 CLOSED for Labor Day!	BBQ Pulled Pork Sandwich on WW Bun Potato Salad Green Salad w/Dressing Apple Crisp	Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Spring mix, rice, black beans, shredded chicken, tomatoes, corn, cilantro lime dressing & sour cream) Banana	Savory Tomato Braised Tilapia Barley & Mango Salad Peas & Carrots Ambrosia
9 Black Bean Soup w/SF Crackers Zucchini, Corn & Egg Casserole [Salsa] Tomato & Onion Salad Biscuit w/Promise Tropical Fruit Mix	10 Chicken Meatballs w/Hawaiian Sauce Rice Pilaf Oriental Vegetable Blend WW Bread w/Promise Fresh Melon	** 11 ** Grilled Cheeseburger on WW Bun w/Shredded Lettuce, Sliced Tomato, & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Fruited Gelatin	12 Baked Chicken Drumstick Baked Sweet Potato w/Promise Winter Blend Vegetables (Cauliflower & Broccoli) SF Chocolate Pudding
16 Breaded Fish Tacos w/Shredded Cabbage Salsa & Pico de Gallo on Soft Flour Tortillas (2) Cilantro Lime Rice Canned Pineapple Chunks	17 Cranberry Basil Chicken Salad w/ "Yogurt" Dressing Served on Fresh Spinach WW Dinner Roll w/Promise Cantaloupe	18 Cream of Carrot Soup w/SF Crackers Turkey Wrap on Flour Tortilla (Sliced turkey, peppers, tomatoes, spring mix & ranch dressing) Fig Newton	19 Moroccan Lentil Vegetable Soup w/SF Crackers Veggie Egg Salad Couscous w/Parmesan & Peas Salad WW Dinner Roll w/Promise Tropical Fruit Mix
** 23 ** Beef Stew w/Potatoes & Veggies Autumn Salad w/Butternut Squash, Cranberries & Vinaigrette Dressing Corn Muffin w/Promise Pumpkin Pie	24 Baked Meatloaf w/Mushroom Gravy Sweet Mashed Potatoes 5 Way Mixed Vegetables Mandarin Oranges	25 Vegetarian Lasagna Spring Mix Salad w/Garbanzo & Dressing Orange Pineapple Juice Italian Ice Diet: Canned Apricots	26 Sweet & Sour Pork (cubed) Broccoli Spears & Sliced Carrots Steamed Rice Fresh Melon
30 Veggie Chili w/SF Crackers w/Chopped Onions & Shredded Cheese Tossed Green Salad w/Vinaigrette Dressing Corn Muffin Mandarin Oranges	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal		

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free gelatins 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% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.SeniorServ.org

Special Friday Lunches

Friday 6
Chef Erin Vegetable Lasagna Cheese Breadstick Fruit Cocktail Italian Salad Brownie w/Whipped Cream
13
Korean Sister City Korean BBQ Beef Rice & Kimchi Clear Noodle Salad Asian Salad Dessert
20
Chef Francesco Orange Chicken Fried Rice Spring Roll Asian Salad Mandarin Oranges Fortune Cookie
27
Sock Hop Party Barbeque Ribs Potato Salad Baked Beans Coleslaw Hawaiian Roll Watermelon Ice Cream
\$3 fee for seniors over 60, \$5 fee for anyone under 60. Pre-registration and pre-payment required at least one full day in advance. No refunds or exchanges. <i>Friday lunch menu not associated with SeniorServ.</i>

Fun Stuff

J.E. Sims

GREAT & LARGE

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

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|--------|--------|---------|----------|
| ABLE | BULLY | HUGE | SPECIAL |
| ABOUND | DANDY | HUNDRED | STRONG |
| AUGUST | DUPLEX | JUMBO | SURFEIT |
| AWE | EXCESS | KILL | SURPLUS |
| AWFUL | FULL | LARGE | TERRIBLE |
| BIG | GIANT | LIKE | THOLE |
| BOODLE | GILT | LOOT | TITANIC |
| BOON | GLUT | LOVE | TOP |
| BULKY | GOOD | MAMMOTH | VAST |



If you're a baseball fan, you certainly know the Dodgers and Angels, and could probably name many other teams in MLB. But do you know the El Paso Chihuahuas or the Albuquerque Isotopes? What about the Charlotte Knights or the Buffalo Bisons? The funny baseball movie, 'Bull Durham' was based indirectly on the directors experience on the Durham Bulls who play in a 10,000 seat capacity stadium in Durham, North Carolina, and are affiliated with the Tampa Bay Rays. You have probably guessed I'm talking about the MiLB, and no, I didn't mistype that.

While MLB stands for Major League Baseball, MiLB is Minor League Baseball. It is often referred to as triple-A League or AAA Ball. This is the highest level in the minors that prepares baseball players for the next step, major league baseball. It is estimated that only one in 33 minor league participants ever get to play in the big leagues.

Quoting from the Pro Baseball Insider, "MiLB is a hierarchy of professional baseball teams that are affiliated with Major League Baseball. Every MiLB team is contracted to one of the major League teams." The hierarchy consists of the triple-A, double-A, Class A-Advanced, Class A, and two Rookie levels. For example, the Los Angeles Dodgers minor league teams play their rookies in Utah (Oregon Raptors) or in Arizona (Arizona League Dodgers) up through Class A in Michigan (Great Lake Loons), Class AA

in Oklahoma (Tulsa Drillers), and triple-A in Oklahoma (Oklahoma City Dodgers).

There are two AAA-ball leagues, the International League consisting primarily of teams from the East and Midwest, and the Pacific Coast League which consists of the western teams. Where can you go to see a Pacific League AAA game? The El Paso Chihuahuas, affiliated with the Padres, play in El Paso, Texas. The Sacramento River Cats, playing in Sacramento, is the farm team of the San Francisco Giants. The Angels AAA-team is the Salt Lake Bees (Utah).

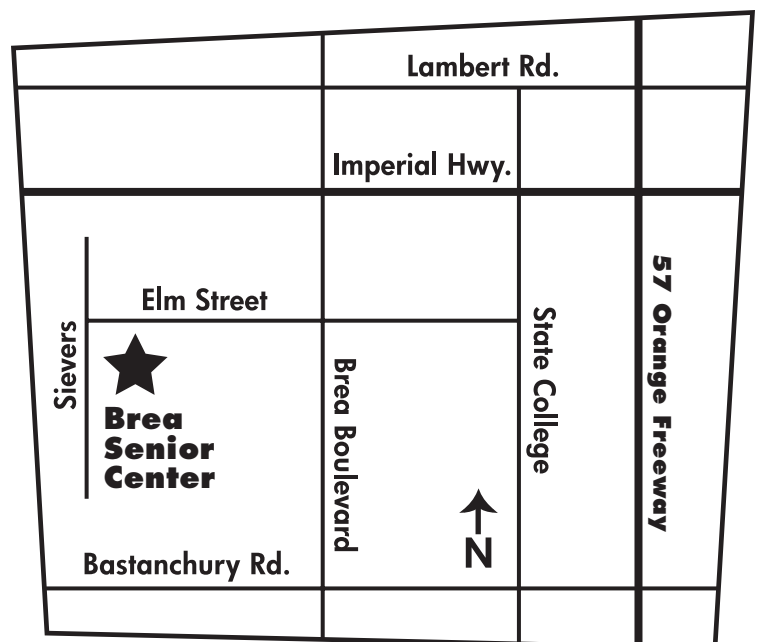
Tom McMahan, an Angels fan, did know that their MiLB team was the Salt Lake Bees. Joe Calvo, a fan of the New York Yankees, thought and shrugged an 'I don't know' look. It's the Scranton/Wilkes-Barre Rail Riders, out of Moosic, Pennsylvania. As a once-upon-a-time follower of the Cleveland Indians, I didn't have a clue about their AAA team either (it's the Columbus Clippers).

Would you like to attend a minor league baseball game? For about half the price of a Dodger game, take the 45 minute drive out to Rancho Cucamonga and watch the Class A-Advanced Quakes play at LoanMart Field. Enjoy the game.

Be Our Guest!

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.
- Computer Room:** Mon-Fri / 8 a.m.-2:45 p.m.
- Location:** 500 Sievers Avenue
Brea, California 92821
- Telephone:** 714-990-7750
- Website:** www.BreaSeniorCenter.com
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details and information available online.