

What's Doin' at the Brea Senior Center

Happy Thanksgiving!



November 2018

Announcements

Medicare Annual Enrollment Clinic

Thur, Nov 15, 9 a.m.-12 p.m.

Review all your Health Plan Options with a knowledgeable HICAP Counselor. Sign-up at the front desk or call 714-990-7750.

By Council on Aging

Games & Trivia

Friday, Nov 2 & 30, 11 a.m.

Join Leadership Council President, Jim Sims, for some challenging fun.

Android Class

Friday, Nov 9, 10 a.m.-12 p.m.

By CTAP

Veterans Day Party

Monday, November 12

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



Get your tickets early for a delicious meal, live entertainment, and valuable raffle prizes!

Thanksgiving Day Party

Friday, November 16

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

Get your tickets early for a delicious meal, live entertainment, and valuable raffle prizes!

Safe Driver Class

Wed, Nov 14 and Thur, Nov 15

1-5 p.m.

Reservation and \$2 Prepayment Required



Review Traffic laws and Safety Techniques.

By School of Continuing Education

Brain Health Workshop

Thursday, November 15

9:30-11:30 a.m.

Get your FREE Brain Health Score! Sign up today! Call 714-990-7751

By-Cogniciti

Hearing Screening

Tue, Nov 27, 10 a.m.-12 p.m.

By HearUSA

Volunteers Needed for Home Delivered Meals



Need for the following positions:

- Tuesday Meal Packer, 9:45 am-1 pm
- Tuesday Meal Delivery Driver, 10:30 am-12:30 pm
- Friday Meal Delivery Driver, 10:30 am-12:30 pm
- Substitute Meal Delivery Drivers

For more information, please ask the front desk or call, 714-990-7750.

Travel Group

Pala Casino Resort

Wednesday, November 7

8:30 a.m.-5 p.m. (approx.)

Includes transportation and \$5 slot credit to Southern California's most spectacular playground, with 2,250 state-of-the-art slot machines, 85 table games, 8 great restaurants, and 2 lounges with live entertainment daily. \$10 per person.

Catalina & Queen Mary

November 12-15

Highlights: Visit the exciting Queen Mary, Catalina Island, Avalon City Tour, Avalon Visitors Center, and the beautiful ocean views of Avalon. \$799 per person, based on double occupancy.



Arizona Gems

January 20-22, 2019

Highlights: Qia's Pow Wow Show, Tyson Wells Sell-A-Rama Show, Gem and mineral shopping in Quartzsite, local tour of Quartzsite: Cella's Garden, and Quartzsite Museum. \$399 per person, based on double occupancy.

Shades of Ireland April 1-10, 2019



Highlights: Dublin, Irish Evening, Kilkenny, Ring of Kerry, farm visit, jaunting car ride, Limerick, Cliffs of Moher, Galway, and a castle stay. \$3,549 per person based on double occupancy—book now and save \$100.

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

Presentations

Medicare 101
Thur, Nov 1, 11-11:45 a.m.
By HICAP



Home Health Care
Thur, Nov 8, 11-11:45 a.m.
By Regal Medical Group

City Council Update
Friday, Nov 9, 11-11:45 a.m.

Come learn what's happening in the City of Brea.
By Mayor Glenn Parker

Health Help

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

Sing your Way to a Healthy Life!
Wednesdays, 12:45-2 p.m.



Pet Therapy
Wednesday Nov 7, Monday Nov 12, and Friday Nov 16
10:30-11:30 a.m.

Senior Services

Case Management Services

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

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



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.

By Health Insurance Counseling and Advocacy Program

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



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



Shopping Trips
1st & 3rd Mondays, 12:45 p.m.
1st & 3rd Tuesdays, 10:45 a.m.
Wednesdays, 12:30 p.m.

The Brea Shuttle provides 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.

The gift shop has a large assortment of quality items available at bargain prices including: jewelry, stuffed animals, wicker baskets, assorted handcrafted items, and many lovely gift items. 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.



Using a variety of standing and sitting exercises with some modified aerobics, each class has a variety of exercises with music.
By Older Adults Program

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.

Table Tennis
Every Tuesday/Thursday
1-4 p.m., Wednesdays 2-4 p.m.
Quarterly Fee, Resident-\$16
Non-Resident-\$26

Tai Chi for Every Body
Every Mon & Fri, 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.

Line Dancing Class
Mondays, 12:45-3 p.m.

The first half hour is dedicated for beginners to learn the basics of line dancing. Come energize your mind and feet!

Classes

Individual Computer & Gadget Tutoring
Wednesdays and Thursdays
Appointment and Refundable Deposit Required



Enhance your lifestyle and your discovery of the world of technology. Whether you're new to

computers or a veteran user, we can help with most anything: email, digital photos, web search, Facebook, Word, Excel, PowerPoint, etc. Appointment and refundable deposit required.

Crafts with Janice
Tuesdays, 9:30-11:30 a.m.

Complete crafts from home with the help of the instructor.

Gatherings

Arts & Crafts Social
Wednesday, Nov 14, 9:30 a.m.
By Leslie with Home Health Care

Spin to Win Social
Tuesday, Nov 13, 10 a.m.
By AGA



Caregiver Social
Wednesday, Nov 14, 10 a.m.
By Caregiver Resource Center

Medicare Loteria Social
Tuesday, Nov 20, 10 a.m.
By HCA

CTAP Social
Tuesday, Nov 27, 10 a.m.
By California Telephone Access Program

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



Skip-Bo Card Game
Mondays, 12:45-1:45 p.m.

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

Bunco Group
Tuesdays & Fridays
12:45-2:30 p.m.



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

Come and join in on the conversation with your fellow Vets, spouses are welcome.

Timely Topics
Tuesdays, 10-11 a.m.

Discussion on current events, as well as memories of the past.

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

Knitting Group
4th Tues of each month, 1-3 p.m.

Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches From the Heart" 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.

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

Practice in a local golf course range.

Nintendo Wii Game Play

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

November Activities

FAMOUS QUOTE

Culture is the ability to describe Jane Russell without moving your hands.

Bob Hope

NOVEMBER IS NATIONAL DRUM MONTH

- 5 Gunpowder Day
- 8 Dunces Day
- 11 Air Day
- 17 Take A Hike Day
- 27 Pins & Needles Day
- 29 Square Dance 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

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

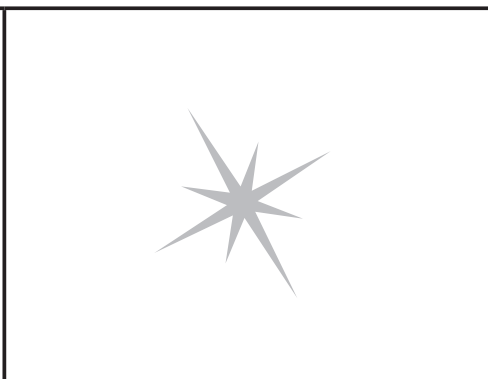
5	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 9:00 Leadership Council Meeting (CFR) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Introduction to Line Dancing (PH) 12:45 Beginning Line Dancing (PH) 12:45 Ralphs & Rite Aid (L) 12:45 Skip-Bo (B) 2:00 Intermediate Line Dancing (PH)
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12	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance DVD (PH) 10:30 Bingo (DR) 10:30 Pet Therapy (L) 10:30 Veterans Day Party (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Introduction to Line Dancing (PH) 12:45 Beginning Line Dancing (PH) 12:45 Skip-Bo (B) 2:00 Intermediate Line Dancing (PH)
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19	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Introduction to Line Dancing (PH) 12:45 Voter's Choice Shopping (L) 12:45 Beginning Line Dancing (PH) 12:45 Skip-Bo (B) 2:00 Intermediate Line Dancing (PH)
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26	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Introduction to Line Dancing (PH) 12:45 Beginning Line Dancing (PH) 12:45 Skip-Bo (B) 2:00 Intermediate Line Dancing (PH)
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Tuesday



6	7:00 Voting Poll (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 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 (B)
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13	8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Spin to Win (L) 11:00 Park-it Market (DR) 11:00 Hula Fitness (DR) 10:45 Golf Social (L) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH)
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20	8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Medicare Loteria (DR) 10:45 Sprouts Shopping (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH)
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27	8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 CTAP (L) 10:00 Hearing Screening (L) 10:45 Golf Social (L) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH) 1:00 Knitting Group (C)
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Wednesday

7	8:30 Tai Chi 42 (CY) 8:30 Pala Casino (L) 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) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Target Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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14	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 Crafts w/ Leslie (LIB) 10:00 Crochet & Needlework (C) 10:00 Caregiver Resources (L) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 1:00 Safe Driver Part 1 (B) 2:00 Table Tennis (PH)
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21	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) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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28	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Crochet & Needlework (C) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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28	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Crochet & Needlework (C) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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Thursday

1	8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Medicare 101 (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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8	8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Home Health Care (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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15	8:00 Yoga Class (PH) 9:00 Enrollment Clinic (CR) 9:30 Health & Wellness (PH) 9:30 Brain Health Workshop (B) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Safe Driver Part 2 (B)
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22	<p>Closed for Thanksgiving Holiday</p> 
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29	8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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Friday

2	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 Games & Trivia (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)
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9	8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:00 Android Class (C) 11:00 Zumba Gold (PH) 11:00 City Council Update (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)
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16	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 Thanksgiving Party (DR) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)
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23	<p>Closed for Thanksgiving Holiday</p> 
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30	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 Games & Trivia (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)
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Alignment Healthcare

Senior Lunch Menu November 2018

FAIRHAVEN MEMORIAL SERVICES - MISSION VIEJO MEMORIAL PARK & MORTUARY - SANTA ANA Dignity Memorial® Providers

Table with 4 columns (Monday-Thursday) and 10 rows of menu items. Includes illustrations of people at a table and a Thanksgiving turkey.

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.

Special Friday Lunches section with a grey background. Includes menu items for Friday and a \$3 fee for seniors over 60.

Fun Stuff

J.E. Sims

WORDS WITH 'PP'

Grid of words containing 'PP' such as N R Y S W C Q Q Z R P M V O S P V V H R E B V T M X, L I Z P G N I P P A T S R I Z F L B Q A I C X K K D, etc.

- APPEAR APPEND APPLE APPLY APPOINT CHOPPER CHOPPY CLIPPER COPPER CUPPED DAPPER DIPPING FLIPPED FRAPPE GRIPPE GUPPY HAPPY HIPPO NIPPLE OPPOSE PEPPER PIPPIN POPPY PUPPET RIPPLE SAPPED SAPPY SLIPPED SNAPPY SUPPER SUPPLE TAPPING TOPPLE TRAPPED WHIPPED ZIPPER

Diwali, also known as the “Festival of Lights,” is an important Hindu festival that embodies the victory of good over evil. Celebrations of Diwali include lighting lamps and fireworks to invoke hope and restoration. It has become a national festival, enjoyed by Hindus, Buddhists, Jains, and Sikhs. Diwali is not only celebrated in India, but also the countries of Nepal, Sri Lanka, Thailand, Malaysia, Fiji, Mauritius and Guyana. It is a popular and eagerly awaited holiday, as important to Hindus as Christmas is to Christians.

The Festival of Lights is observed over a five-day period during October or November, depending on the cycle of the moon. It comes at the end of the last month, Aasho, in the Hindu lunar calendar. In 2018, Diwali occurs on November 7, but takes place on October 27 in 2019. It is a joyful festival that strengthens family relationships. In Southern India, the holiday is referred to as Deepavali. Although popularly called the “Festival of Lights,” its true meaning is “the awareness of the inner light.”

Dhanteras is the first day of the festival. People clean their homes and shop for gold or kitchen utensils. Dhan means ‘wealth’, so this day is most favorable for shopping. Kali Choudas, the second day, is set aside for decorating homes with clay lamps and intricate floor patterns using colored sand, powders and sometimes

flower petals. In western India, sweets are prepared from semi-cooked rice and distributed to everyone. Some individuals cannot curtail their enthusiasm, so a few firecrackers are heard in anticipation of activities scheduled midweek.



Diwali is the main celebration day with families and friends gathering together for feasting and festive fireworks displays. Prayers or ‘puja’ are said. Family members will often exchange gifts and sweet treats. Business people close their old accounts book, and start new.

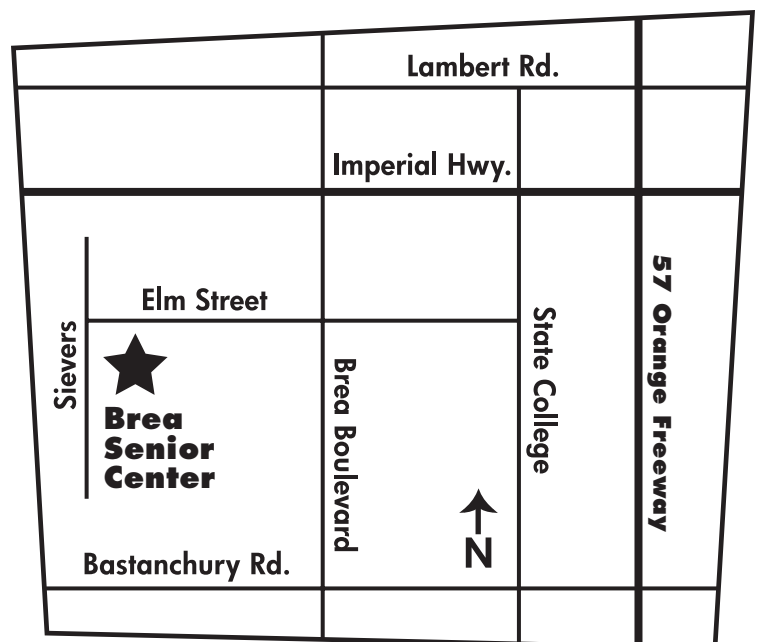
Padwa, the first day of the new year, is when friends and relatives visit each other, bring gifts, and express best wishes for the upcoming year. Workers and employees receive bonuses from their work. Bhai Dooj, the fifth and final day, is devoted to brothers and sisters expressing love and affection for each other.

Diwali is still a religious but festive holiday, one to celebrate the Hindu belief that good ultimately wins over evil. The lights and fireworks remind Hindus of the importance of knowledge, self-inquiry, resisting evil, and having compassion for others. Diwali celebrates right over wrong, knowledge over ignorance—that is worth celebrating.

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.