

What's Doin' at the Brea Senior Center



Happy Valentine's Day!

February 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.



Valentine's Day Party Friday, February 14 10:30 a.m.-12:30 p.m.

Get your tickets early to enjoy a delicious Italian lunch!

Senior Tax Preparation Tuesdays, February 4-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.



Free! Hearing Screening Tuesday, Feb 11, 9-11:30 a.m. Sign-up at the front desk By Hear USA

New! Afternoons at the Movies

Join us for a movie after lunch with popcorn provided!



Fri, Feb 7, 12:45p.m.—"Judy"

Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children.

Fri, Feb 28, 12:45 p.m. —"Bohemian Rhapsody"

A chronicle of the rock band Queen, who rose to fame thanks to their revolutionary sound and the theatrics of their front man, the iconic Freddie Mercury, culminating in their reunion for the historic set they played at Live Aid in July 1985.



iPhone Class

Friday, February 21, 1-3 p.m.
Sign-up at the front desk
By CTAP

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.

Mature Driver Class Wed, Feb 12 and Thur, Feb 13 1-5 p.m.

Improvement classes for licensed drivers age 55 and older who wish to qualify for a reduced insurance premium.



**Reservations and \$2 Prepayment Required
By North Orange Continuing Education**

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

How to Keep Your Brain Healthy & Lower Your Risk of Cognitive Decline Thursday, Feb 6, 11-11:45 a.m.

Join us for a presentation presented by a special guest speaker from Alzheimer's Orange County. Understand age-related changes in memory and learning and discover lifestyle choices which can impact your risk for cognitive decline.
By Alzheimer's Orange County

Smart Phone Education Thursday, February 13, 10:45-11:45 a.m.



Learn tips and tricks on how to take photos, share them with friends and family, and store them!
By AGA Medicare Options

Fall Prevention Seminar Thursday, Feb 20, 11-11:45 a.m.

A quick review of potential trip hazards and ways to correct them in your home.

By Home Safety Advisors



Travel Show Tuesday, Feb 25, 10:30-11 a.m.

Come learn about our trips to Sedona & Grand Canyon, Yosemite, Albuquerque Balloon Festival and more!

By Friendly Excursions, Inc.

Nutrition & Healthy Aging Thursday, Feb 27, 10-11 a.m.

Learn more about how you can make a plan to eat healthy to support your brain health and overall quality of life.

By Professional Nurse Partners



Mayor's Update Thursday, Feb 27, 11-11:45 a.m.

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

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.

Pet Therapy February 5, 14, 21, and 26 10:30-11:30 a.m.



Come say hello to our new furry friends!

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.



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 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, Feb 4 & 18, 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 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 Health & Wellness Class Mondays, 10-11:50 a.m.

Specifically designed to improve movement and balance control.
By Older Adults Program

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.
By Older Adults Program

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.

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

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.



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

Birthdays Thursdays, 12:45-1:45 p.m. By Dwight Manley

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.



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

Practice in a local golf course range.

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.

February Activities

FAMOUS QUOTE

A rich man is nothing
but a poor man
with money.

William James

FEBRUARY IS NATIONAL BIRD FEEDING MONTH

- 1 Bubble Gum Day
- 6 Digital Learning Day
- 10 Plimsoll Day
- 12 IHOP Day
- 16 Innovation Day
- 26 For Pete's Sake 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

3
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)
2:00 Intermediate Line Dancing (PH)

10
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)
2:00 Intermediate Line Dancing (PH)

17
Closed for Presidents Day



24
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)
2:00 Intermediate Line Dancing (PH)

Tuesday

4
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)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (B)
1:00 Table Tennis (PH)

11
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:00 Hearing Screening (L)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
10:45 Golf Practice (L)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (B)
1:00 Table Tennis (PH)

18
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (B)
10:45 Sprouts Shopping (L)
11:00 Park-it Market (DR)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (B)
1:00 Table Tennis (PH)

25
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 (B)
10:30 Travel Presentation (DR)
10:45 Golf Practice (L)
12:00 Lunch (DR)
12:30 Senior Tax Preparation (L)
12:45 Bunco (B)
1:00 Table Tennis (PH)
1:00 Knitting Group (DR)

Wednesday

5
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 Crochet & Needlework (B)
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)

12
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 (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)
1:00 Mature Driver Class—Part 1 (DR)
2:00 Table Tennis (PH)

19
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 Crochet & Needlework (B)
10:30 Zumba Gold (PH)
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)

26
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

6
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
11:00 Brain Health Presentation (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

13
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:45 Smart Phone Education (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)
1:00 Mature Driver Class—Part 2 (DR)

20
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
11:00 Fall Prevention Seminar (DR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

27
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Bereavement Group (B)
10:00 Nutrition & Healthy Aging Presentation (DR)
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


7
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)

14
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 Valentine's Day Party (DR)
11:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:45 Bunco (B)

Happy Valentines Day

21
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:30 Pet Therapy (L)
11:00 Zumba Gold (PH)
12:00 Lunch (DR)
12:45 Bunco (B)
1:00 iPhone Class (B)

28
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
11:00 Zumba Gold (PH)
11:30 Birthday Party (DR)
12:00 Lunch (DR)
12:45 Bunco (B)
12:45 Afternoon Movie (DR)



- 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 – February 2020



Fun Stuff

J.E. Sims

VALENTINE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Tenderloin w/Mushroom Sauce Mashed Potatoes Winter Vegetable Blend WW Dinner Roll SF Fruit Crisp	4 Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Mandarin Oranges	5 Butternut Squash Soup w/SF Crackers Kung Pao Chicken Jasmine Rice Sliced Carrots Tropical Fruit Mix	6 Fish Tacos w/Shredded Cabbage, Salsa & Pico De Gallo Corn Tortilla Mexican Street Corn SF Pudding	7 Tomato Plum Soup w/SF Crackers Heart Health Salad Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese on a bed of Spinach w/Olive Oil & Lemon Juice Pineapple Chunks
10 Lemongrass Grilled Chicken Breast Brown Rice Oriental Vegetable Blend Apricots	11 Black Bean Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, spring mix, diced tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Seasonal Fresh Fruit	12 Zucchini, Corn & Egg Casserole Redskin Potatoes Spring Mix Salad w/ Raspberry Vinaigrette WW Dinner Roll w/Promise Pico De Gallo Melon	13 Beef Goulash Mashed Potatoes Spinach Ambrosia	14 Fratellino's Italian Restaurant Chicken Alfredo w/Pink Sauce Italian Salad Garlic Bread Fresh Fruit Cheesecake w/Cherries <i>(Not Provided by Meals on Wheels)</i>
17 Closed for Holiday!	**18** Roast Beef w/Mushroom Gravy Baked Potato w/Sour Cream Chef's Cut Vegetables WW Dinner Roll w/Promise Apple Pie Diet: Fresh Fruit	19 Tomato Florentine Soup w/SF Crackers Spud Stuffers Baked Potatoes stuffed w/Vegetarian Chili Shredded Cheese Sour Cream Broccoli Spears SF Custard	20 Baked Fish w/ Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise Mandarin Oranges	21 Chipotle BBQ Chicken Spanish Rice Mexican Zucchini, Corn & Tomato Salad WW Flour Tortilla SF Fruited Gelatin
24 Vegetarian Lasagna Spring Mix w/ Garbanzo Beans Balsamic Vinaigrette Orange Juice Italian Ice Diet: Apricots	25 Farmers Soup w/SF Crackers Homemade Chicken Drumsticks Baked Sweet Potatoes Mixed Vegetables Pineapple Chunks	26 Thai Chicken Salad (Chicken Strips Chinese Cabbage, Red Cabbage, Red Peppers, Diced Cucumbers, Chopped Green Onions, Chopped Peanuts & Thai Dressing) WW Dinner Roll w/Promise Canned Fruit Mix	27 Mexican Beef Enchilada Casserole Spanish Rice Broccoli Spears Melon	28 Moroccan Lentil Soup w/SF Crackers Turkey Wrap w/ Hummus Spread (Sliced Turkey, Red Bell Peppers, Diced Tomatoes, Romine Lettuce) WW Flour Tortilla Ranch Dressing SF Fruited Gelatin
	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 & 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.

www.MealsOnWheelsoc.org

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

PINK
POEMS
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ROMANCE
ROSES
SECRET
SWEET
WIFE
WISHES