

What's Doin' at the Brea Senior Center



Happy July 4th!

July 2020

In accordance to Governor Newsom's direction regarding COVID-19 and seniors over the age of 65, the City of Brea Senior Center has CLOSED and SUSPENDED all classes and activities out of concern for public health and safety, until further notice.

Blood Drive & COVID-19 Antibody Test

Join us on Thursday, July 16 from 9 a.m.-3 p.m. for a blood drive, where every donor will receive a free COVID-19 antibody test! Schedule an appointment online by visiting www.redcrossblood.org and entering sponsor code: BSC or by calling 1-800-RED-CROSS. A picture ID is required. Only healthy donors who have made an appointment will be allowed inside.



American Red Cross

The following essential services related to nutrition and social services will continue on a limited basis:

Meals on Wheels Orange County Lunch Café Program

The congregate lunch program has been converted to frozen meals to take home. Meals can be picked up at the Senior Center Monday-Friday from 10:30 a.m.-12:30 p.m. *An application is required.*

Home Delivered Meals

Five days of meal support, including breakfast, lunch and dinner, delivered to the home of qualifying homebound older adults 60+ years of age. Call 714-990-7785 or 714-990-7781 to inquire about availability and the eligibility screening process.

Senior Grocery Program

In partnership with Second Harvest Food Bank of Orange County, one box of fresh produce is available per senior household, while supplies last. Boxes can be picked up at the Senior Center Monday-Friday from 10:30 a.m.-12:30 p.m. *An application is required.*

Case Management Services

For Brea seniors and caregivers. 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 information.

Senior Shuttle

Transportation for Brea seniors to be shuttled from their residence

to the Center to pick up lunches and groceries will continue on a reservation basis by calling 714-990-7754. *An application is required.*

Senior Van Service

Enroll in the Van Service available for Brea residents, 60+ years of age. Currently, for a suggested donation of \$2 per one-way, this service is available to use for your essential errands or appointments. An application is required, and ride reservations must be submitted at least 3 business days in advance. Mileage limit: 10 miles (within Orange County). To get the most up to date information about service day and times, call 714-990-7750.

Senior Taxi Program

Discounted taxi rides are available for eligible Brea residents. Eligibility is income-based and includes being 60+ years of age and being unable to drive. Most ride destination types are covered, but must be located within Brea or neighboring cities. An application is required along with supporting documents. Call 714-990-7781 for more information.

Legal Aid

Appointments available over the phone with representatives from Legal Aid Society of Orange County for seniors 60 years and older, who reside in Orange County. Call 714-990-7750 to set up an appointment.

HICAP

Medical and Health Insurance Counseling available over the phone brought to you by Council on Aging. Call 714-990-7750 to set up an appointment with a trained HICAP counselor.

Alzheimer's OC Virtual Support Groups

Looking for connection and support with other caregivers of individuals with memory loss? Join a virtual Zoom support group via video call or telephone put on by Alzheimer's OC! Various dates and times are available, call 844-435-7259 if you are interested.

Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and

instructors from the comfort of your own home! Call 714-990-7753 to get a link emailed to you to join the class from your computer, laptop, tablet, or mobile phone.

Longevity Stick Balance Class:

Mondays, Wednesdays, Fridays 9-10 a.m.

Tai Chi for Every Body:

Mondays and Fridays 10:15-11:45 a.m.

Better Balance:

Various days and times

Health & Wellness:

Various days and times

Sponsor Thank You!

Islands Restaurant Brea

Islands Restaurant Brea has donated around 1,120 fresh meals to our senior center over the past three months. Because of them, we are able to better support our home-bound and vulnerable senior population during this time when food access is limited. Thank you Islands for being a thoughtful business partner during this tough time!



Senator Ling Ling Chang

Senator Ling Ling Chang donated an additional 58 cases of La Brea Bakery Bread to enhance our normal food distribution. Thank you Senator Chang!

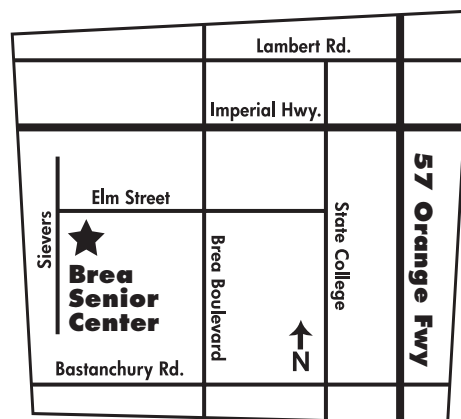


Rooftop Church

Rooftop Church gave a monetary donation to the Senior Center this month to further our mission of enhancing the quality of life for active and frail seniors. We appreciate you, Rooftop Church!

Come by and learn...

Hours: Mon-Fri / 10:30 a.m.-12:30 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.