

What's Doin' at the Brea Senior Center

Happy Valentine's Day!



February 2022

Hours | Monday-Friday, 8 a.m.-3 p.m.

***Friendly reminders for in-person programming:**

- Check in at front desk
- Mask required indoors until February 15
- Respect others' spacing

*** Please note that these protocols may change with or without prior notice as updates from the State are released.**

Announcements

Resuming In-Person Hot Lunch Program!

Every Monday, Wednesday, and Thursday

Join us for a hot lunch on select weekdays served at 12 p.m. Menu found on page 6. Call for more details.

By Meals on Wheels Orange County

Frozen Meal Pick-Up

Tuesdays ONLY, 9 a.m.-2 p.m.

Once a week, pick up one set of frozen meals from the Senior Center to take home and enjoy. *An application is required.*

By Meals on Wheels Orange County

Senior Grocery Program

Tuesdays ONLY, 9 a.m.-2 p.m.

Once a week, individuals are able to pick up a selection of fresh produce, dairy products, and shelf-stable dry goods. *An application is required.*

By Second Harvest Food Bank

New! Brookdale B-Fit Exercise Class

Last Monday of each month, February 28, 1:30-2:30 p.m.

Encompassing current research and guidelines for physical health, B-Fit is an exercise program that strives to help you feel stronger in no time.

By Brookdale Brea

Save the Date! St. Patrick's Day Party

Friday, March 18, 10:30 a.m.-12:30 p.m.



Timely Topics!

Tuesdays, 10-11 a.m.

Join this lively discussion group on current events as well as memories of the past.



OCPL Mobile Library

Wed, Feb 2 and 16, 2-3 p.m.

In front of the Senior Center, visit the Mobile Library to get a library card, check out books, use free internet, and more!

By Orange County Public Libraries

Senior Tax Preparation

Tue, Feb 1-Apr 12, 12:30-3 p.m.

Priority registration for Brea residents! AARP Volunteer Tax-Aides help taxpayers with low and moderate incomes file their basic tax returns. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register.

Afternoons at the Movies
Wednesday, February 16,
12:45 p.m.: "Being the Ricardos"

Join us for a movie after lunch! Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin's behind-the-scenes drama.

Travel Group

Bowers Museum—The Crown Jewels of the Disney Archives
March 16, depart at 9 a.m., return at 2 p.m.

The entirely new exhibition *All That Glitters: The Crown Jewels of the Walt Disney Archives* lets visitors see the jewelry and accessories from *Titanic*, *The Princess Diaries* and some of their favorite Disney and 20th Century Studios films. In addition, enjoy 8 other permanent galleries of art and artifacts from around the world and a lunch! Transportation, museum admission, and lunch all for \$25 per person.

Washington D.C.
April 28-May 2



Highlights include: Washington D.C. City Tour, Arlington National Cemetery, Smithsonian Institute Museums, White House Visitor's Center, Library of Congress, Georgetown, and a dinner cruise on the Potomac River. \$2,499 per person based on double occupancy.

By Friendly Excursions

Best of Chicago
June 15-21

Highlights include: Chicago City Tour, Architectural Boat Tour along Chicago River, Navy Pier Food Tour, Millennium Park, Tommy Gun Dinner Show, Willis Tower Skydeck, Museum of Science and Industry. \$2,799 per person based on double occupancy.

By Friendly Excursions

Health Help

Blood Pressure Checks
Tuesdays, 10 a.m.-12 p.m.



Senior Services

Senior Van Service—Now Available!
Tue-Fri, 9 a.m.-1:30 p.m.

For \$2 per one-way, go to essential errands or appointments within 5 miles of your home (within Orange County). Eligibility includes 60+ years of age and Brea residency. Application required, as well as submitting your ride request 3 business days in advance. Service days and hours of operation are subject to change. Please call 714-990-7750 for more information.

Case Management Services

Are you a senior living in Brea? Are you a caregiver for a loved one? 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 info.

HICAP—Free, Unbiased Medicare Counseling
2nd and 4th Wednesday of each month, phone appointments available between 9:30 a.m.-12:30 p.m.



This service benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance.

By Health Insurance Counseling and Advocacy Program

Legal Aid (Room B)
4th Thursday of each month, 12:30-2 p.m.

Appointments are available with representatives from Legal Aid Society of Orange County for seniors 60+, who reside in Orange County.

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

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

Fitness

Better Balance with Dan
Starting February 7, Mondays, 10-11:50 a.m.

Designed to improve movement and balance control and help prevent falls, sustain independence, reduce joint and muscle pain, increase strength, flexibility and stamina.

By Older Adults Program

Health & Wellness with Eunice
Starting February 8,
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
Wednesdays, 12-3 p.m.

Introduction: 12-1 p.m.
Beginning: 1-2 p.m.
Intermediate: 2-3 p.m.



Join us to learn the basics of line dancing. Come energize your mind and feet!

Longevity Stick Balance Class (Pioneer Hall)
Every Monday (ZOOM only), Wednesdays and Fridays, 9-10 a.m.

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

Table Tennis
Every Tue & Thu, 12:30-3:30 p.m.
Resident Quarterly Fee: \$20
Non-Resident Quarterly Fee: \$30

The club is dedicated to health through exercise and improved flexibility in a welcoming and friendly environment. Players of all levels are welcome.

Tai Chi for Every Body (Pioneer Hall)

Mondays, 8:30-10 a.m.
Fridays (ZOOM only), 10:15 a.m.-12 p.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 (Courtyard)
Wednesdays, 8:30-10 a.m.

Discovery a new challenging and fluid form of Tai Chi.

Yoga Class (Pioneer Hall)
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8:15-9:15 a.m. (donation-based)

Join us for a Yoga class for any level of experience. Bring your own mat.

Zumba® Gold
Mondays with Terri—12-1 p.m.
Wednesdays with Letty—10:30-11:30 a.m.

Modified Zumba formula to suit the needs of the active older participant by bringing exhilarating, easy-to-follow moves in an invigorating, party-like atmosphere.

Classes

FREE Tech Tutoring

We have volunteers ready to answer your questions. Receive one-on-one assistance on our new computers in our computer lab or bring in your own laptop, tablet, or cell phone to receive help. Examples of topics we can assist with include Facebook, sending and receiving email, web searching, digital photos, and how to use flash drives. Call 714-990-7750 to make an appointment.



Gatherings

Bingo! (Dining Room)
Mondays, Wednesdays, and Fridays, 10:30-11:30 a.m.
Thursdays, 12:45-1:45 p.m.

Join us for a chance to win cash prizes!



Book Club (Courtyard)
4th Wednesday of each month

Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., in the Senior Center courtyard.

By the Brea Public Library

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

Everyone has a chance to win some great free prizes!

Hooks and Needles—Knitting Group (Room C)
3rd and 4th Tuesday of each month, 12-2 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.

Loose Threads—Quilting Group (Room B)
1st and 3rd Wednesday of each month, 9 a.m.-12 p.m.

Sing-a-Long Group (Room C)
Fridays, 12:45-2 p.m.

Do you love to sing? Well, this group is just for you! Join us each week as we sing our hearts out! Beginner vocalists are welcome. This is a casual singing group focused on having fun!

Veterans Club (Room B)
Mondays, 11-11:45 a.m.



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

February Activities

FAMOUS QUOTE

“Tis better to have loved
and lost
Than never to have loved
at all.”

ALFRED, LORD
TENNYSON

FEBRUARY IS BLACK HISTORY MONTH

- 1 Lunar New Year
- 2 Groundhog Day
- 13 Galentine’s Day
- 14 Valentine’s Day
- 20 “Love Your Pet” Day
- 23 Banana Bread Day

VOLUNTEERS NEEDED!

Seeking Substitute
Drivers to deliver meals to
homebound seniors on an
as-needed basis for the Brea
Home Delivered Meals
program.

**For more information, call
714-990-7750.**

Monday

7 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Zumba Gold (PH) 12:00 Lunch (DR)
14 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Zumba Gold (PH) 12:00 Lunch (DR)
21 Closed for President’s Day 
28 8:30 Tai Chi for Every Body (PH) 9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Zumba Gold (PH) 12:00 Lunch (DR) 1:30 Brookdale B-Fit (PH)

Tuesday

1 8:30 Yoga Class (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (B)
8 8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (B)
15 8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 12:00 Knitting Group (C) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (B)
22 8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Blood Pressure (WR) 12:00 Knitting Group (C) 12:30 Table Tennis (PH) 12:30 AARP Tax Prep (B & C) 12:45 Bunco (B)

Wednesday

2 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) 2:00 OCPL Mobile Library (L)
9 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (phone) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 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 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 1:00 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) 2:00 OCPL Mobile Library (L)
23 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (phone) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 11:00 Book Club (CY) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)

Thursday

3 8:15 Yoga Class (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bingo (DR)
10 8:15 Yoga Class (PH) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bingo (DR)
17 8:15 Yoga Class (PH) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bingo (DR)
24 8:15 Yoga Class (PH) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Legal Aid (B) 12:45 Bingo (DR)






Friday


4 9:00 Longevity Stick Balance (PH) 10:15 Tai Chi for Every Body (ZOOM) 10:30 Bingo (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)
11 9:00 Longevity Stick Balance (PH) 10:15 Tai Chi for Every Body (ZOOM) 10:30 Valentine’s Day Party (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)
18 9:00 Longevity Stick Balance (PH) 10:15 Tai Chi for Every Body (ZOOM) 10:30 Bingo (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)
25 9:00 Longevity Stick Balance (PH) 10:15 Tai Chi for Every Body (ZOOM) 10:30 Bingo (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B)

Happy
Valentine’s
Day

More programs and
details to come.
All programs and activities
subject to change and
cancellation without
prior notice.

- 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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Egg Drop Soup w/ SF Crackers Pecan Chicken Salad Asian Marinated Cucumber Salad Pineapple Chunks	3 Macaroni & Cheese Stewed Tomatoes Broccoli Breadsticks Banana	4
7 Pork Chile Verde Spanish Rice Oregon Bean Medley Tortilla 6" Tropical Fruit Mix	8	9 Cream Celery w/ SF Crackers Winter Chicken Citrus w/ Celery Salad Quinoa, Corn, Mango Salad SF Fruited Gelatin	10 Baked Fish Savory Braised Tomato Sauce Cilantro Lime Rice Succotash WW Dinner Roll w/ Promise SF Custard	Special Friday Lunches are Listed on the Next Page
 14 *Valentine's Day* Stuffed Cabbage Mashed Potatoes Chef's Cut Vegetable Blend WW Dinner Roll w/Promise IW Cheese Cake Diet: Fresh Fruit	15	16  Red Pepper, Zucchini, Cheddar Cheese Frittata Roasted Potatoes Spinach WW Dinner Roll w/ Promise SF Apple Crisp	17 Cream of Pumpkin Soup w/ SF Crackers Healthy Veggie Salad w/ Shredded Chicken WW Dinner Roll w/ Promise Mandarin Orange	
21  PRESIDENT'S DAY CLOSED	22	23  Grilled Veggie Burger on WW Bun Shredded Lettuce Sliced Tomato and Red Onion California Salad Tropical Fruit Mix	24 Cream of Carrot Soup w/ SF Crackers Salisbury Steak w/Mushroom Gravy Winter Vegetable Blend Mandarin Orange	
28 Beef Stew w/ Stew Vegetables Baby Potatoes Broccoli WW Dinner Roll w/ Promise Ambrosia	BLACK HISTORY MONTH			

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. Meals on Wheels Orange County 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

Special Friday Lunches

Chef Francesco

FABULOUS FRESH FOOD

Friday, February 4

Happy Lunar New Year!

Orange Chicken, Rice, Wonton Soup, Spring Rolls w/Dip, Asian Salad, Fortune Cookie

Friday, February 11

VALENTINE'S DAY PARTY

Roast Beef w/Gravy, Scalloped Potatoes, Peas & Carrots, Roll w/Butter, Garden Salad, New York Cheesecake

Friday, February 18

Fish Fillets w/Tartar Sauce, Clam Chowder w/Bacon, Bread, Mixed Veggies, Cream Puffs & Berries

Friday, February 25

\$1 Lunch Sponsored by Dwight Manley

Scrambled Eggs & Bacon, Waffles w/Syrup, Sausage, Hash Brown, Fruit & Yogurt

\$1.00 LUNCH

Join us every Friday at the Brea Senior Center for a Special Friday Lunch Menu! Seniors 60 and older may purchase a Friday Lunch for \$4.00. Anyone under the age of 60 may purchase a meal for \$5.00. Pre-registration and pre-payment are preferred at least one day in advance. Friday meals can be eaten in-person at the Senior Center or taken to-go for an added charge of \$1.00. Friday Lunches served on party days will cost \$1.00 extra.

*Vegetarian options are available