

What's Doin' at the Brea Senior Center

Happy Halloween!



October 2019

Announcements

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, now thru 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.

HICAP 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

Halloween Party

Thursday, October 31
10:30 a.m.-12:30 p.m.

Wear your favorite costume and get your ticket for a delicious meal, live entertainment, and raffle prizes!

Android Class

Friday, Oct 18, 1-3 p.m.
Sign-up at the front desk
By CTAP



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.

Check out our Medical Equipment Closet!

The Brea Senior Center Loan Closet provides mobility assistive equipment such as walkers, canes, portable commodes, and bathing benches to assist with activities of daily living. Limited to Brea residents. Call 714-990-7750 for more details.



Hula Fitness

Tuesday, October 1, 11 a.m.

Enjoy a great way to exercise, the hula way!

Fresh Food To-Go

Friday, October 11, 12 p.m.

Sign-up at the front desk



Travel Group

Reservations Required

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

Pala Casino Resort

Wednesday, October 30
9 a.m.-5:30 p.m.

Includes roundtrip transportation from Senior Center and \$5 gaming credit. \$15 per person.

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.



Hearst Castle at Christmas Time December 16-18



Highlights: Downtown Santa Barbara, San Simeon, Cambria, Holiday Twilight Tour at Hearst Castle, Cambria Christmas Market, and Solvang's Winterfest Celebration. \$739 per person based on double occupancy, \$949 single occupancy.

Presentations

Travel Safety Tips Thursday, October 17 10-11 a.m.

Learn valuable safety tips, and see how Virtual Reality can take you around the world without getting up from your seat!

By Reluxe Travel

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

Join a free seminar to learn about Medicare 2020 changes.

By HICAP



Mayor's Update Thur, Oct 24, 11-11:45 a.m.

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

Health Help

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

Call 714-990-7750 for more information.

Sign-up at the front desk

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

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



Pet Therapy Wed, Oct 2 & Fri, Oct 11 & 25 10:30 a.m.-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.



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

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, Oct 8 & 22, 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. 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

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

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, 12-3 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!

Classes

Crazy Crafts with Leslie 2nd Wednesday of each month 9:30-11:30 a.m. By LAB Insurance

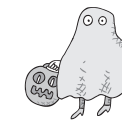
Crazy Crafts & Coloring Therapy Last Tuesday of each month 9:30-11:30 a.m. By Leslie



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

Gatherings

Halloween Party Thursday, October 31 10:30 a.m.-12:30 p.m.



Wear your favorite costume and get your ticket for a delicious meal, live entertainment, and raffle prizes!

Spin to Win Cookie Social Tuesday, Oct 15, 10-11:30 a.m. By AGA Medicare Options

Birthday Party Friday, Oct 25, 11:30 a.m. By Friends Community Church

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.



Book Club 4th Wednesday of each month 10:30-11:30 a.m. By the Brea Public Library

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 Practice

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!

October Activities

FAMOUS QUOTE

For every joy there is a price to be paid.

Proverb

OCTOBER IS NATIONAL BOOK MONTH

- 7 World Habitat Day
- 10 Mental Health Day
- 14 Native American Day
- 23 iPod Day
- 28 Lung Health Day
- 29 Natl. Cat 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






Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>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 Hula Fitness (DR) 12:00 Lunch (DR) 12:45 Bunco (DR) 1:00 Table Tennis (PH) 1:30 It's Your Estate (DR)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>4</p> <p>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)</p>
<p>7</p> <p>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)</p>	<p>8</p> <p>8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Practice (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)</p>	<p>9</p> <p>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)</p>	<p>10</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>11</p> <p style="text-align: center;">HEALTH FAIR 9 a.m.-12:30 p.m.</p>  <p style="text-align: center;">BREA Health Fair & Flu Clinic</p>
<p>14</p> <p>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)</p>	<p>15</p> <p>8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Spin to Win Cookie Social (L) 10:45 Sprouts Shopping (L) 12:00 Lunch (DR) 12:45 Bunco (DR) 1:00 Table Tennis (PH) 1:30 It's Your Estate (DR)</p>	<p>16</p> <p>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)</p>	<p>17</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Travel Safety (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>18</p> <p>8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:30 Medicare 2020 (DR) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B) 1:00 Android Class (C)</p>
<p>21</p> <p>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)</p>	<p>22</p> <p>8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Practice (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)</p>	<p>23</p> <p>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) 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)</p>	<p>24</p> <p>8:00 Yoga Class (PH) 9:00 Medicare Open Enrollment (L) 9:30 Health & Wellness (PH) 10:00 Bereavement Group (B) 11:00 Mayor's Update (DR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>25</p> <p>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) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)</p> 
<p>28</p> <p>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)</p>	<p>29</p> <p>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) 12:00 Lunch (DR) 12:45 Bunco (DR) 1:00 Table Tennis (PH)</p>	<p>30</p> <p>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) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)</p>	<p>31</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:30 Halloween Party (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p> 	<p>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</p>



Senior Lunch Menu – OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 Beef Taco Salad (Ground beef, lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing & sour cream) Orange Juice SF Ice Cream	2 Chicken Breast w/Lemon Herb Sauce Baked Potato w/Sour Cream Sliced Carrots SF Custard	** 3 ** Bratwurst / Sauerkraut German Potato Salad Creamy Cucumber Salad WG Pretzel German Chocolate Cake Diet: Fresh Fruit
	7 Butternut Squash Soup w/SF Crackers Lemon Basil, Crab, Corn & Tomato Salad on Fresh Spinach Mini Blueberry Muffin Tropical Fruit Mix	8 Beef Chunks w/Burgundy Sauce Mashed Potatoes Brussel Sprouts SF Fruited Gelatin	9 Hearty Vegetable Soup w/SF Crackers Farro w/Butternut Squash Salad Cherry Tomato Salad w/Shredded Mozzarella SF Cookie
** 14 ** Linguini w/Creamy Alfredo Sauce & Sliced Mushrooms Italian Vegetable Blend Caesar Salad Garlic Breadstick Melon	15 Pulled BBQ Pork Sandwich on WW Bun Coleslaw Salad Cantaloupe	16 Chicken Strips w/Pineapple Curry (Diced peppers, onions, & carrots) Brown Rice Tomato & Zucchini Salad Peach Crisp	17 Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Spring mix, rice, black beans, shredded chicken, tomatoes, corn & cilantro lime dressing) Banana
21 Meatballs w/Hawaiian Sauce Rice Pilaf Oriental Vegetable Blend WW Bread w/Promise Fresh Melon	22 Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato, & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Fruited Gelatin	23 Chicken Drumstick Baked Sweet Potato w/Promise Winter Blend Vegetables (Cauliflower & Broccoli) SF Chocolate Pudding	24 Cream of Spinach Soup w/SF Crackers Open Face Turkey Sandwich w/Mashed Potatoes Turkey Gravy on WW Bread Cranberry Sauce SF Cookie
28 Moroccan Lentil Vegetable Soup w/SF Crackers Veggie Egg Salad Couscous w/Parmesan & Peas Salad WW Dinner Roll w/Promise Tropical Fruit Mix	29 Cream of Carrot Soup w/SF Crackers Turkey Wrap on Flour Tortilla (Sliced turkey, peppers, tomatoes, chopped romaine & ranch dressing) Fig Newton	30 Breaded Fish Tacos w/Shredded Cabbage Salsa & Pico de Gallo on Soft Flour Tortillas (2) Cilantro Lime Rice Canned Pineapple Chunks	31 Halloween Party Pastrami Sandwich w/ Sauerkraut Butternut Squash Soup Green Salad Chips & Apple Slices Pumpkin Spice Cookie <i>(Not Provided by SeniorServ)</i>

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

4

Chef Francesco
 Tri-color Tortellini w/ Meatballs
 Caprese Salad
 Garlic Breadstick
 Sliced Fruit
 Caramel Cream Puffs

11

Health Fair
Chef Francesco
 Chicken Salad Wrap
 Pita Chips/Fruit/Cookie

Brea Baptist Church
 Hot Dog & Condiments
 Nachos/Chips/Soda

18

Chef Francesco
 Orange Chicken
 Chow Mein
 Dumpling Soup
 Asian Salad
 Fruit
 Almond Cookie

25

Chef Francesco
 Chicken Fajitas
 Flour Tortillas
 Fresh Sides
 Chips & Salsa
 Mexican Dessert
 Birthday Cake

\$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. *Friday lunch menu not associated with SeniorServ.*

Fun Stuff

BREA MALL

M E V N K V S X W E H T C S Y J J H B L D T E Z Y
 T N Q N U D C W K I Y K P D H G G S S B E X Q Z G
 K J C M T F F W X R A M P N Q Y G X H T H K N G E
 P C B A G K P Q O F A F A A D O G A P P G E P I K
 E O V C J T O W Z H N S U N D N I S N W C V C N U
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FANZZ
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 GAP
 GODIVA
 GUESS
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 JUSTICE
 KAY
 KEVIN

KULA
 LIDS
 MACYS
 OAKLEY
 PACSUN
 PANDORA
 PAPYRUS
 PAGODA
 REGIS

SBARRO
 SEARS
 SEPHORA
 TALBOTS
 TESLA
 TORRID
 VANS
 WINDSOR
 ZUMIEZ