

# What's Doin' at the Brea Senior Center

## Happy Easter!



### April 2021

**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 in-person classes and activities out of concern for public health and safety, until further notice.**

#### **Easter To-Go Meal**

Celebrate Easter with us by reserving a holiday to-go meal prepared by Chef Francesco! Meal will include a Rustic Ham Sandwich with Swiss and Spinach, Broccoli Cheddar Soup, Asparagus & Carrots, Hard-Boiled Eggs, Fruit, and an Easter Dessert! Meal can be picked up at the Senior Center on Friday, April 9 between 10:30 a.m.-12:30 p.m. \$5 for people over 60 and \$6 for people under 60. Reserve yours today by calling the front desk.

#### **Extended Senior Tax Prep Appointments Tuesdays, April 20-May 11**

ARP Tax-Aides help taxpayers with low- and moderate-income file their 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.

*\*Appointments will be modified for COVID-19\**

#### **Brea Senior Center Book Club**

Join the Book Club in reading this month's book selection: *The Whisper Network* by Chandler Baker. Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., outside the Senior Center at the shuttle stop.

#### **Virtual Facetime and Skype Lesson**

Join us on Wednesday, April 28 at 3:30 p.m. over Zoom to learn how to "Facetime," pick up/decline a "Facetime" call, and how to use Skype on a computer or phone. Call 714-990-7750 to RSVP and to get the Zoom link to join the lesson. Brought to you by Teens Teach Technology.

#### **Virtual Fall 2021 Travel Presentation**

Join us on Tuesday, April 20 at 1 p.m. over Zoom for an overview of the extended travel tours offered this Fall with Collette Travel. Learn about the trips to the Grand Canyon, Washington DC, Niagara Falls, and San Antonio, as well as the current safety measures in place. Call 714-

990-7750 to RSVP and to get the Zoom link to join the presentation.

#### **Virtual It's Your Money/ Estate Series**

Our biannual series is back—this time over Zoom! Brought to you by Financial & Estate Literacy, these series are pure education in a safe environment to avoid the predatory sales practices of the financial service industry. "It's Your Money" will run on Wednesdays from 10-11:30 a.m. starting April 14. "It's Your Estate" will run on Thursdays from 10-11:30 a.m. starting on April 15. Call the front desk for the Zoom link to access the class.

#### **Virtual "Healthy Habits for Healthy People" Class**

Join us on Thursday, April 29 at 2 p.m. over Zoom for a class designed to help older adults eat healthy and be active. Learn how to limit sugar in your diet, tips for when you have trouble eating, and how to fit exercise into a busy schedule. Registration includes access to the class via Zoom, a workbook, a cookbook, and an exercise stretch band. Call 714-990-7750 to register! Brought to you by HealthNet.

## Get a Boost with Housing Rehab

Federal funds are available to qualifying Brea families for repair or refurbishment of an owner-occupied home. Funds are based on availability. Visit [www.cityofbrea.net/housingrehab](http://www.cityofbrea.net/housingrehab) or call 714-671-4461 for more information or an application.

## Gift Shop Sale: Easter Décor & Decorations

Visit the Senior Center lobby during the month of April and browse our gift shop's selection of Easter décor items and decorations. Each month will feature a new selection of products from our gift shop, so get your favorites while they last!

## Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and instructors from the comfort of your home! Call 714-990-7753 to get a link emailed to you to join the class from your computer, laptop, tablet, or mobile phone.

## Yoga Class with Caitlin:

Tuesdays at 8:30 a.m.

## Zumba Gold Class with Terri:

Wednesdays at 10:30 a.m.

## Zumba Gold Class with Letty:

Thursdays at 10:30 a.m.

## Longevity Stick Balance

**Class with Kathe:** Mondays, Wednesdays, and Fridays at 9 a.m.

## Tai Chi for Every Body:

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

## Better Balance:

Wednesdays at 10 a.m.

## Health & Wellness:

Various days and times

## Have You Been Putting Off Learning How to Use Your Smartphone?

Let the expert trainers at California Phones help you make the most of your Smartphone. Android and iPhone Webinar trainings are offered FREE from the comfort of your own home. Call 1-866-271-1540 or email [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org) now to register.

**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.*

## Senior Grocery Program

In partnership with Second Harvest Food Bank of Orange County, one box of dry, shelf-stable goods per week is available per senior household, while supplies last. Boxes can be picked up at the Senior Center Mon-Fri 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.

## 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 receive lunches and groceries delivered to their residence from the Center will continue on a reservation basis by calling 714-990-7754. *An application is required.*

## Senior Van Service—Now Expanded!

Now available Monday-Friday, 9 a.m.-12:30 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.

## 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.

# Community Resources

## Medicare & Health Insurance Counseling

**H**ICAP provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Call 714-990-7750 to set up an appointment with a trained HICAP volunteer counselor.

## Legal Aid

**A**ppointments are 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.

## Osher Lifelong Learning Institute (OLLI)

The Osher Lifelong Learning Institute (OLLI) at Cal State Fullerton is offering over 90 enrichment classes through Zoom to retired and semi-retired adults. Many of these classes are free and open to the public, and will continue to be offered virtually until in-person classes return. Call 657-278-2446 for more information.

## Alzheimer's OC Virtual Support Groups

**L**ooking 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.

## Come by and learn...

- Hours:** Mon-Fri / 10:30 a.m.-12:30 p.m.  
**Location:** 500 S. Sievers Avenue, Brea, California 92821  
**Telephone:** 714-990-7750  
**Website:** [www.BreaSeniorCenter.com](http://www.BreaSeniorCenter.com)  
**Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)  
**Instagram:** [instagram.com/breaseniorcenter/](https://www.instagram.com/breaseniorcenter/)

More details and information available online

