

What's Doin' at the Brea Senior Center

Happy Halloween!



October 2021

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

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

- Check in at front desk
- Wear your mask if unvaccinated
- Respect others' spacing

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

Announcements

Korean Harvest Luncheon (Chuseok Festival)

Fri, Oct 8, 11 a.m.-1 p.m.

Enjoy a Korean meal, games, giveaways, and goodie bags!

By Brea Korea Sister City Association

Halloween Party

Fri, Oct 9, 10:30 a.m.-12:30 p.m.

Wear your favorite costume and join us for a costume contest, entertainment, raffle prizes, and lots of fun! Tickets available for purchase at the front desk.

"It's Your Estate"—8 Week Financial Planning Series

**Mondays, now thru
November 8
1:30-3 p.m.**



The "It's Your Estate!" sessions cover all the legal documents you will need to set up an estate plan using a variety of local Orange County estate planning attorneys as instructors. No cost, no sales pitches, and no solicitations. Register by calling the front desk.

By Financial & Estate Literacy

New! Brookdale B-Fit Exercise Class

**Last Monday of each month,
October 25, 2:30-3:30 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

New! Walking Group **Wednesdays, 8-9 a.m.**

Join us for a one mile walk through Arovista Park, with options to

walk longer if desired. Meet in front of the Senior Center at 8 a.m.

Pfizer Booster Vaccine Clinic

**Friday, October 22
10 a.m.-12 p.m.**



For more information, contact
714-990-7750.

By Albertsons Pharmacy

Mini-Carnival

**Thursday, October 28
10:30 a.m.-12:30 p.m.**

Join us for carnival games, raffle prizes, candy, and a hot dog lunch!
By CarePatrol of North OC

HICAP Medicare Information Table

**Friday, October 15
10 a.m.-12 p.m.**

New! Afternoons at the Movies



Join us for a movie at 11:30 a.m. with popcorn provided!

Wed, Oct 13: Cruella (PG-13)

Witness the origin of Disney's most notorious and notoriously fashionable villain, Cruella de Vil.

Wed, Oct 27: The Addams Family (PG-13)

When long-lost Uncle Fester reappears after twenty-five years in the Bermuda Triangle, Gomez and Morticia plan a celebration to wake the dead.

Presentations

Brain Health Presentation
Wednesday, October 20
11:30 a.m.-12:30 p.m.

Join us to review age-related changes in memory and learning, explore possible risks and threats to brain health, and outline practical steps to protect brain health.

By Alzheimer's Orange County

Health Help

Pet Therapy
Fridays, 10 a.m.-12 p.m.



Come meet Greeley, our new Pet Therapy dog!

Senior Services

Senior Van Service—Now Expanded!
Mon-Fri, 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.

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 Wed 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 (Wellness Room)
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.

Lunch Café Program
Every Tue & Wed, 9 a.m.-2 p.m.

Our congregate hot-lunch program has been converted to a pack of frozen meals to be picked up from the Senior Center and taken home. An application is required.
By Meals on Wheels Orange County

Senior Grocery Program
Every Tue & Wed, 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

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
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
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

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.

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),
Wednesday & Friday, 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 & Thur, 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 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.

Zumba® Gold
Mondays with Terri—
12:30-1:30 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, Twitter, sending and receiving email, web searching, digital photos, and how to use flash drives. Call to make an appointment.

Snappy Tappers
1st & 3rd Tue of each month,
9:30-11 a.m. (CY)

Join this tap dancing group to learn the basics!

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!



Birthday Party
Friday, October 22, 11:30 a.m.
By The Cause Church

Book Club (Courtyard)
4th Wednesday of each month

Join the Book Club in reading October's book selection: *An Unwanted Guest* by Shari LaPena. 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 Tuesday & Friday
12:45-2:30 p.m.



Everyone has a chance to win some great free prizes!

Hooks and Needles—Knitting Group (Room C)
4th Tue of each month, 1-3 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 & 3rd Wed of each month,
9 a.m.-12 p.m.

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

Timely Topics (Room C)
Tuesdays, 10-11 a.m.

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

Come and join in on the conversation with your fellow Vets. Spouses are also welcome to share their memories.

October Activities

FAMOUS QUOTE

“How beautiful the leaves grow old. How full of light and color are their last days.”

John Burroughs

OCTOBER IS NATIONAL ADOPT-A-DOG-MONTH

- 1 International Coffee Day
- 5 World Teachers Day
- 10 Mental Health Day
- 16 Boss's Day
- 21 National Apple Day
- 29 National Cat 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

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

4
 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)
 12:30 Zumba Gold (PH)
 1:30 It's Your Estate (DR)

11
 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)
 12:30 Zumba Gold (PH)
 1:30 It's Your Estate (DR)

18
 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)
 12:30 Zumba Gold (PH)
 1:30 It's Your Estate (DR)

25
 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)
 12:30 Zumba Gold (PH)
 1:30 It's Your Estate (DR)
 2:30 Brookdale B-Fit (PH)

Tuesday

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

5
 8:30 Yoga Class (PH)
 9:30 Snappy Tappers (CY)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)

12
 8:30 Yoga Class (PH)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)

19
 8:30 Yoga Class (PH)
 9:30 Snappy Tappers (CY)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:00 Health & Wellness (PH)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)

26
 8:30 Yoga Class (PH)
 10:00 Health & Wellness (PH)
 10:00 Timely Topics (C)
 10:00 Health & Wellness (PH)
 12:30 Table Tennis (PH)
 12:45 Bunco (B)
 1:00 Knitting Group (C)

Wednesday

6
 8:00 Walking Group (L)
 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 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

13
 8:00 Walking Group (L)
 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)
 11:30 Afternoon Movie (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

20
 8:00 Walking Group (L)
 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)
 11:30 Brain Health (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

27
 8:00 Walking Group (L)
 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 (Outdoors)
 11:30 Afternoon Movie (DR)
 12:00 Intro to Line Dancing (PH)
 1:00 Beginning Line Dancing (PH)
 2:00 Intermediate Line Dancing (PH)

Thursday



7
 8:15 Yoga Class (PH)
 9:30 Health & Wellness (PH)
 12:30 Table Tennis (PH)
 12:45 Bingo (DR)

14
 8:15 Yoga Class (PH)
 9:30 Health & Wellness (PH)
 12:30 Table Tennis (PH)
 12:45 Bingo (DR)

21
 8:15 Yoga Class (PH)
 9:30 Health & Wellness (PH)
 12:30 Table Tennis (PH)
 12:45 Bingo (DR)

28
 8:15 Yoga Class (PH)
 9:30 Health & Wellness (PH)
 9:30 Bingo (DR)
 10:30 Mini-Carnival (CY)
 12:30 Legal Aid (WR)
 12:30 Table Tennis (PH)

Friday

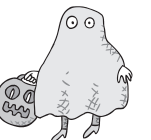
1
 9:00 Longevity Stick Balance (PH)
 10:00 Pet Therapy (L)
 10:15 Tai Chi for Every Body (ZOOM)
 10:30 Bingo (DR)
 12:00 Special Friday Lunch (DR)
 12:45 Sing-a-Long Group (C)
 12:45 Bunco (B)

8
 9:00 Longevity Stick Balance (PH)
 10:00 Pet Therapy (L)
 10:15 Tai Chi for Every Body (ZOOM)
 10:30 Bingo (DR)
 11:00 Korean BBQ Lunch (DR)
 12:45 Sing-a-Long Group (C)
 12:45 Bunco (B)

15
 9:00 Longevity Stick Balance (PH)
 10:00 Pet Therapy (L)
 10:00 HICAP Medicare Info Table (L)
 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)

22
 9:00 Longevity Stick Balance (PH)
 10:00 Pet Therapy (L)
 10:00 Pfizer Booster Vaccine Clinic (CY)
 10:15 Tai Chi for Every Body (ZOOM)
 10:30 Bingo (DR)
 11:30 Birthday Party (DR)
 12:00 Special Friday Lunch (DR)
 12:45 Sing-a-Long Group (C)
 12:45 Bunco (B)

29
 9:00 Longevity Stick Balance (PH)
 10:00 Pet Therapy (L)
 10:15 Tai Chi for Every Body (ZOOM)
 10:30 Halloween Party (DR)
 12:45 Sing-a-Long Group (C)
 12:45 Bunco (B)



Special Friday Lunches

Join us every Friday at the Brea Senior Center for a Special Friday Lunch Menu! We cater out to local restaurants or have our very own Chef Francesco whip up a delicious meal. 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 required 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

10/1 Chef Francesco

Oktoberfest

Bratwurst & Sauerkraut
German Potato Salad
Soft Pretzel with Mustard
Apple Slices with Caramel
German Chocolate Cake

10/8 Chuseok Holiday Meal

Korean BBQ Beef
Rice & Kimchi
Clear Noodle Salad
Asian Salad
Dessert

10/15 Chef Francesco

Tri-Color Tortellini with Meatballs
Caprese Salad
Garlic Breadstick
Fruit
Chocolate Cream Puffs

10/22 Chef Francesco

Chicken Taquitos with Mexican Rice
Mexican Corn
Pinto Beans
Catalina Salad
Dulce de Leche

10/29 Halloween Party

Roast Beef Sandwich with Au Jus
Pumpkin Soup
Scalloped Potatoes
Honey Mustard Salad
Fruit
Pumpkin Cookies

Fun Stuff

HALLOWEEN

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

BAT	MOON	MUMMY	ZOMBIE
BLACK	MASK	NIGHT	WIZARD
BONES	MAGIC	OWL	WITCH
BOO	HAUNT	POTION	VAMPIRE
BROOM	GRAVE	PUMPKIN	TRICK
CANDY	GOBLIN	RIP	TREAT
COFFIN	GHOUL	SCARY	SPOOKY
DEMON	GHOST	SCREAM	SPIRIT
EVIL	FANGS	SKULL	SPIDER

RHYMES WITH HALLOWEEN

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

BALEEN	LATRINE
BEAN	LIEN
BENZENE	MACHINE
BETWEEN	MARINE
CAFFEINE	MEAN
CAREEN	PREEN
CASEIN	QUEEN
CITRINE	RAVINE
CLEAN	ROUTINE
COLLEEN	SALINE
CONVENE	SARDINE
CUISINE	SCENE
CYSTINE	SCREEN
FIFTEEN	SERENE
FIGURINE	SHEEN
GELATINE	SKEIN
GENE	SLOVENE
GLEAN	SPLEEN
GREEN	VACCINE
KEEN	WEAN

Come by and learn...

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

Hours: Mon-Fri / 8 a.m.-3 p.m.
Location: 500 S. Sievers Avenue, Brea California 92821
Telephone: 714-990-7750
Website: 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

