

What's Doin' at the Brea Senior Center

Happy July 4th!



July 2019

Announcements

Save the Date!
**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.

Brain Health Workshops
Thursday, July 11
10-11 a.m. and 11 a.m.-12 p.m.

Are you age 50-80? Then come get your free brain health score!
**Registration Required
By Cogniciti**

Safe Driver Class
Wed, Aug 14 and Thur, Aug 15
1-5 p.m.

Review Traffic Laws and Safety Techniques.
**Reservations and \$2
Prepayment Required
By School of Continuing
Education**

Hula Fitness
Tuesday, July 9, 11 a.m.



**"It's your Estate"—8 Week
Estate Planning Series**
Tuesdays, Sept 3-Oct 22



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.

Fresh Food To Go
Wed, July 24, 10:30 a.m.
Sign-up at the front desk

iPhone Class
Friday, July 12, 10 a.m.-12 p.m.
By CTAP



Android Class
Friday, Aug 9, 10 a.m.-12 p.m.
By CTAP

Seniors on the Go!
Every Monday & 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.

Call for Volunteers!



The Brea Senior Center's Home Delivered Meal Program is a community-based volunteer effort distributing nutritious meals to seniors in Brea. Volunteer drivers can serve in short term, long-term, or substitute capacities. For details and requirements, call 714-990-7750.

Travel Group

**Yellowstone, Grand Tetons,
and Mt. Rushmore**
July 27-August 4



Highlights:
Mt. Rushmore tour, Custer State Park, Crazy Horse Memorial, Deadwood South Dakota, Yellowstone National Park, Grand Teton National Park, Jackson Town Square, and Bar T5 Covered Wagon Cookout. \$2,999 per person based on double occupancy.

Islands of New England
September 13-20

Highlights: Providence, Newport, Boston, Cranberry Bog, Plimoth Plantation, Cape Cod, Martha's Vineyard, and a lobster dinner. \$3,199 per person based on double occupancy. Book now and save \$200.

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

Presentations

City Council Update
Thursday, July 25, 11-11:45 a.m.

Come learn what's happening in
the City of Brea.
**By Mayor Christine
Marick**



Health Help

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

Free Hearing Screening
Tuesday, August 13
10 a.m.-12 p.m.
By Hear USA



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

Call 714-990-7750 for more
information.

Sign-up at the front desk

**Sing Your Way to a
Healthy Life!**
Wednesdays, 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!
Everyone is welcome. This is a casual
singing group focused on having fun!

Pet Therapy
Wed, July 3 and Fri, July 26
10:30-11:30 a.m.

Come say hello to Kathy
and Benjamin!



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
Tuesdays, 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

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.

Shopping Trips
1st & 3rd Mondays, 12:45 p.m.
1st & 3rd Tuesdays, 10:45 a.m.
Wednesdays, 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.

Fitness

**Health & Wellness
Exercise Classes**
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, each class has a
variety of exercises with music.
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.



Join us on Tuesdays and Thursdays
for a Yoga class for any level of
experience. Bring your own mat.

Table Tennis
Every Tuesday & Thursday
1-4 p.m., Wednesdays 2-4 p.m.
**Quarterly Fee, Resident-\$17
Non-Resident-\$27**

Tai Chi for Every Body
Every Mon & Fri, 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

Coloring Therapy Class
Last Tuesday of each month
9:30-11:30 a.m.
By Lekili



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

Gatherings

Ice Cream Social
Tuesday, July 9, 10-11:30 a.m.
By AGA Health

Open Enrollment Info
Monday, July 22, 9:30 a.m.
By HICAP



Spin to Win Social
Tuesday, Aug 13, 10-11:30 a.m.
By AGA Health

Independence Day Party
Wednesday, July 3
10:30 a.m.-12:30 p.m.
**By Dwight Manley &
Chevron**

Summer Party
Friday, July 26
10:30 a.m.-12:30 p.m.
**By Dwight Manley &
Chevron**

Birthday Party
Friday, July 19, 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



Veterans Club
Mondays, 11-11:45 a.m.

Bunco Group
Tuesdays & Fridays
12:45-2:30 p.m.



Timely Topics
Tuesdays, 10-11 a.m.

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

Book Club
4th Wednesday of each month
10:30-11:30 a.m.

Come and join in on the
conversation with your fellow
Vets, spouses are welcome.
By the Brea Public Library

Crochet Group
Wednesdays, 10-11:30 a.m.

Knitting Group
4th Tue of each month, 1-3 p.m.

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 Social
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!

July Activities

FAMOUS QUOTE

I generally avoid temptation unless I can't resist it.

Mae West

JULY IS NATIONAL FAMILY REUNION MONTH

- 2 I Forgot Day
- 6 World Kiss Day
- 13 Bald Is In Day
- 20 Moon Day
- 24 Natl. Drive-Thru Day
- 30 Father-In-Law 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

1
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 Ralphs & Rite Aid (L)
1:00 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

8
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)

15
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)

22
8:30 Tai Chi for Every Body (PH)
9:30 HICAP (L)
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)

29
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)

Tuesday

2
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 Park-it Market (DR)
12:00 Lunch (DR)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

9
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:00 Ice Cream Social (L)
10:45 Golf Social (L)
11:00 Park-it Market (DR)
11:00 Hula Fitness (DR)
12:00 Lunch (DR)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

16
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:45 Sprouts Shopping (L)
11:00 Park-it Market (DR)
12:00 Lunch (DR)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

23
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:45 Golf Social (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)

30
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Coloring Therapy (B)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
11:00 Park-it Market (DR)
12:00 Lunch (DR)
12:45 Bunco (DR)
1:00 Table Tennis (PH)

Wednesday

3
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)
10:30 Independence Day Party (DR)
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)

10
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)

17
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 Voters Choice Shopping (L)
12:45 Sing-a-Long Group (C)
2:00 Table Tennis (PH)

24
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)
10:30 Fresh Food to Go (L)
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)

31
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)

Thursday

4
Closed for 4th of July


11
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Brain Health (L)
11:00 Brain Health (L)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

18
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

25
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Bereavement Group (B)
11:00 City Council Update (DR)
12:00 Lunch (DR)
12:30 Legal Aid (WR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)



Friday

5
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)

12
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:00 iPhone Class (C)
11:00 Zumba Gold (PH)
12:00 Special Friday Lunch (DR)
12:45 Bunco (B)

19
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
11:00 Zumba Gold (PH)
11:30 Birthday Party (DR)
12:00 Special Friday Lunch (DR)
12:45 Bunco (B)


26
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:30 Pet Therapy (L)
10:30 Summer Party (DR)
11:00 Zumba Gold (PH)
12:00 Special Friday Lunch (DR)
12:45 Bunco (B)

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



Alignment Healthcare

Senior Lunch Menu – JULY 2019

Monday 1	Tuesday 2	Wednesday 3	Thursday ** 4 **
Chicken Breast w/ Creamy Cilantro Lime Sauce Pinto Beans Spinach Orange Juice SF Pudding	Tomato Florentine Soup w/SF Crackers Mediterranean Tuna Salad (Chopped bell peppers, olives, cucumber & egg) on Spring Mix Lettuce WW Bread w/Promise Ambrosia	Independence Day Party Raising Cane's Fried Chicken Coleslaw & Roll Potato Wedges Corn Cobette Watermelon Rocket Pop Popsicle <i>*(Not Provided by SeniorServ)*</i>	
8	9	10	11
Veggie Chili w/SF Crackers w/chopped onions & shredded cheese Tossed Salad w/Vinaigrette Corn Muffin w/Promise Mandarin Oranges	Baked Fish w/Corn Salsa Mexican Rice Green Beans & Mushrooms WW Bread w/Promise Orange Juice SF Fruit Crisp	Cream of Pumpkin Soup w/SF Crackers Chicken Deli Sandwich w/lettuce & tomato on WW Bread (2) Mayonnaise Tropical Fruit Mix	Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, w/cilantro lime dressing) Tortilla Chips SF Fruited Gelatin
** 15 **	16	17	18
Cheese Enchiladas Spanish Rice Pinto Beans Spring Mix Salad w/Vinaigrette Dressing SF Fruit Crisp	"Sunday" Brunch Cheese Omelet Tator Tots Apple Chicken Sausage Garden Salad w/Dressing WW Bread w/Promise Fresh Melon	Butternut Squash Soup w/SF Crackers Crab, Corn & Tomato Salad w/Lemon Basil Dressing on a bed of Spinach Mini Blueberry Muffin Tropical Fruit	Beef Chunks w/Burgundy Sauce Mashed Potatoes Brussel Sprouts SF Fruited Gelatin
22	23	24	25
Pulled Pork BBQ Sandwich on WW Bun Coleslaw Cantaloupe	Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, chopped romaine, diced tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Banana	Savory Tomato Braised Tilapia Barley Mango Salad Peas & Carrots Ambrosia	Chicken Pineapple Curry w/bell peppers, onion & carrots Brown Rice Tomato & Zucchini Salad Peach Crisp
29	30	31	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal
Cream of Spinach Soup w/SF Crackers Open Faced Turkey Sandwich w/Mashed Potatoes & Gravy on WW Bread Cranberry Sauce SF Cookies	Black Bean Soup Zucchini, Corn, Egg Casserole Tomato & Onion Salad Biscuit w/Promise Tropical Fruit Mix	Meatballs w/Hawaiian Sauce Rice Pilaf Oriental Vegetable Blend WW Bread w/Promise Fresh Melon	

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 5
Chef Francesco Vegetable Lasagna Garlic Toast Italian Salad Sliced Pears Cream Puffs w/ Chocolate
12
Chef Francesco Orange Chicken EggRoll Fried Rice Asian Salad Mandarin Oranges Fortune Cookie
19
Chef Francesco Chicken Alfredo w/ Cheese Ravioli Caprese Salad Bread Stick Vegetable Medley Fruit Cocktail Birthday Cake
26
Chef Francesco Summer Party BBQ Cheeseburger Potato Salad BBQ Beans Ranch Salad Watermelon Ice Cream
\$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. <i>Friday lunch menu not associated with SeniorServ.</i>

Fun Stuff

J.E. Sims

WORDS ENDING IN 'I'

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

- | | | | |
|--------|--------|---------|---------|
| AGOUTI | ENNUI | NUCLEI | SORI |
| ALIBI | FUNGI | OCTOPI | SPUMONI |
| ALUMNI | KABUKI | OKAPI | SWAMI |
| ANTI | KHAKI | PANINI | TAXI |
| BIKINI | KIWI | PAPYRI | TIKI |
| BONSAI | LOCI | QUASI | TRIPOLI |
| CACTI | MAGI | RABBI | WADI |
| CHILI | MINI | SAFARI | WAPITI |
| DELI | NAZI | SAMURAI | VILLI |

“July is designated as National Hot Dog Month. Called a frankfurter, weenie, dog, wiener, or red hot, if that cooked sausage is placed in a bun, it’s a hot dog. Americans eat about 20 billion hot dogs each year, on average, with the major summer ‘hot dog’ season lasting between Memorial Day and Labor Day. Nearly 40% of ‘red hots’ are sold during this time frame. Hot dogs are inexpensive, easy to prepare - chances are these were the first items you tried to heat in the microwave - and always linked to baseball season.

Chicago is third on the list, after Los Angeles and New York City, for hot-dog consumption. Hot dog purists, which Chicago seems to be populated with, have one cardinal sin when it comes to condiments on their hot dogs – it’s never ketchup! Ashak Selvam, in a recent Eater Chicago article, wrote, “Grilled onions and sport peppers can be optional. But the ‘salad on a bun’ (mustard, pickle spear, neon-green relish, tomatoes, celery salt, raw onions) is a masterpiece. Don’t ruin the Mona Lisa with cheap red lipstick.” According to Mr. Selvam, ketchup is for kids and French fries.

Heinz ketchup company is trying to make inroads on this tradition by producing what Heinz calls ‘Chicago Dog Sauce.’ This marketing device is really just Heinz ketchup

bottle sporting a new label. Josh Hafner of USA TODAY tried the reddish condiment and said that ‘it looks like ketchup, tastes like ketchup, and is ketchup.’ Nice try, Heinz, but mustard is the way to go.



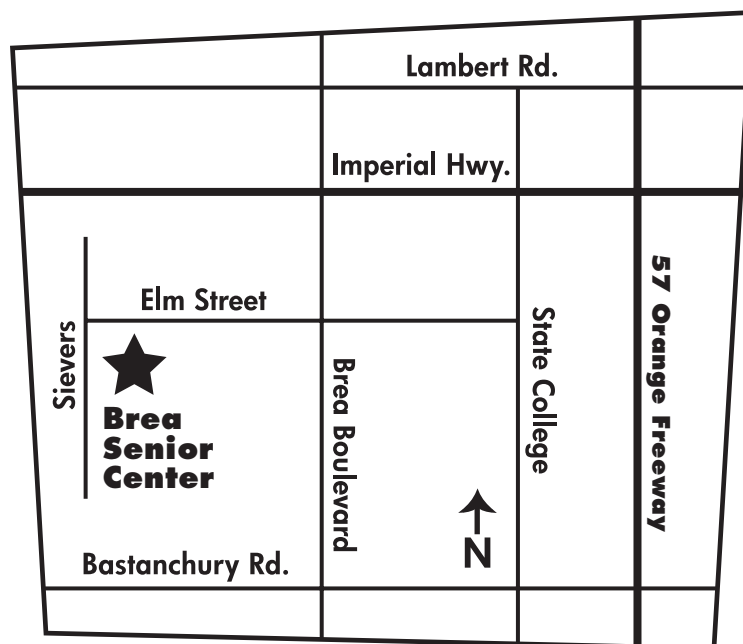
Realizing we’re not in Chicago, it was time to poll some seniors about their hot dog condiment selection. Dani Kunz, Nancy Roeder, Waylin Chu and Nancy Kuriki prefer both ketchup and mustard, along with relish and occasionally diced onions. Marlene Sims wants only ketchup and some relish adorning her hot dog. In the other camp, Dolly Van Doren, Liz Durrell, Vince Bonaventura and Tim Takahashi choose mustard as basic, adding some relish, maybe onions, even some sauerkraut. Michael Costello is a purist – only mustard on his dog. Grace McKenzie threw my survey for a loop when she said, “I like my hot dog plain.”

Perhaps I’ll have to attend a baseball game, stand by a hot dog vendor and keep a tally of how many fans use mustard or ketchup. Incidentally, the National Hot Dog and Sausage Council states that condiments, mustard or ketchup or both, must be added directly to the hot dog, never the bun. We’ll take up soggy buns next time.

Be Our Guest!

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.
- Computer Room:** Mon-Fri / 8 a.m.-2:45 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)



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