

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2018

Announcements

FREE Aqua Aerobics at the Brea Plunge!

Tuesdays & Thursdays 8-9 a.m.
Saturdays 10-11 a.m.

Enjoy this low impact workout at your desired level of intensity. You do not need to know how to swim. Water shoes are recommended. Call 714-990-7751 for more info.

Concerts in the Park! Wednesdays thru August 15 6:30-8 p.m.

By Various Artists

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

Luau Party Friday, August 31 10:30 a.m.-12:30 p.m.

Get your tickets early for a delicious meal, live entertainment, and raffle prizes!

Games & Trivia Fridays, Aug 3 & 10, 11 a.m.

Safe Driver Class Wednesday, August 8

Thursday, August 9, 1-5 p.m.
Reservations and \$2
Prepayment Required.



Review Traffic Laws and Safety Techniques.

By School of Continuing Education

Celebrate Social Security's 83rd Birthday

Tue, Aug 14, 12:30-1:30 p.m.

Free Entertainment with Shanana & Birthday Cake. Event held at Brea Community Center off Randolph and Madison.

By Social Security Works

Dental Screening Thursday, Aug 16, 9-11 a.m. By Mehta Dental



Hearing Screening Tue, Aug 28, 10 a.m.-12 p.m. By HearUSA

Seniors on the go!

Enroll in a new van service available for Brea residents, 60+ years of age. For \$2 per one-way, this service is available to go and enjoy community locales, run personal errands, visit friends, and more. Application is required, and ride

reservations must be submitted at least three business days in advance. Service Criteria: Days of service: 1st and 3rd Monday of each month (excluding major holidays), 9 a.m.-3 p.m.—Mileage limit: 10 miles (within Orange County) For more information, call 714-990-7750.

Volunteers Wanted!

Brea Senior Center and Volunteer Action for Aging are pleased to announce the launch of a new Friendly Caller Program for seniors in Brea! The goal of this program is to match a senior who may feel isolated with a volunteer who cares. As a trained Friendly Caller volunteer, you can reduce feelings of isolation and loneliness with a simple call, just once a week, which shows a lonely senior that someone cares. For more information, training, or to volunteer, please contact Stacey Knight at 714-990-7751.

Travel Group

Seal Beach Aug 13, 10 a.m.-3 p.m. (approx.)



Roundtrip transportation on the trolley and a delicious snack pack to enjoy along the way! Walk the pier, ride the street car, grab a bite to eat, and window shop. \$10 per person.

Pala Casino Spa and Resort
Thur, Aug 9, 8:30 a.m.-5 p.m.
(approx.)

With 2,250 state-of-the-art slot machines, 85 table games, eight great restaurants, two lounges with live entertainment daily, and a 2,000 seat event center there's always something fun to do at Pala. \$10 per person includes bus ride and \$5 slot credit.

San Manuel Resort & Casino
Thur, Sept 6, 8 a.m.-4 p.m.
(approx.)



A 120,000 square-foot casino featuring over 3,400 slot machines, 130 tables for blackjack, Let It Ride, Pai Gow Poker, Craps, plus state-of-the-art Bingo Hall with matinee games. \$15 per person.

Princess Cruises to Alaska
September 19-October 1

Highlights: Cruise theme—"Witnessing the Beautiful Glaciers, Waterways, & Wildlife." Round trip transfer to San Pedro. Round trip, 12-day cruise on Star Princess, meals and entertainment included on board, port taxes, gratuities and insurance included. \$1,999 per person, based on double occupancy.

Utah Canyon Royale
September 24-27



Highlights: Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Mesquite, Nevada, and Las Vegas, Nevada. \$539 per person, based on double occupancy.

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

Presentations

Electrical Safety
Thur, Aug 2, 10:45-11:45 a.m.
By Edison

Decluttering Your Home
Thursday, Aug 9, 11-11:45 a.m.
By American Red Cross

City Council Update
Friday, Aug 17, 11-11:45 a.m.
By Mayor Glenn Parker

Keeping Cool in the Summer Months
Thur, Aug 23, 11-11:45 a.m.
By Regal Medical Group



New Medicare Cards
Thur, Aug 30, 11-11:45 a.m.
By HICAP

Health Help

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

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



Pet Therapy
Wed Aug 1, Fri Aug 24 and Aug 31, 10:30-11:30 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.
Appointment Required

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.
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

Shopping Trips
1st & 3rd Mondays, 12:45 p.m.
1st & 3rd Tuesdays, 10:45 a.m.
Wednesdays, 12:30 p.m.

The Brea Shuttle provides free transportation for Brea residents to Ralphs, Rite-Aid, Target, Wal-Mart, Sprouts, Albertsons, Trader Joes, 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.

The gift shop has a large assortment of quality items available at bargain prices including: jewelry, stuffed animals, wicker baskets, assorted handcrafted items, and many lovely gift items. 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.

Table Tennis
Every Tuesday/Thursday 1-4 p.m., Wednesdays 2-4 p.m.
Quarterly Fee, Resident-\$16 Non-Resident-\$26



Tai Chi for Every Body
Every Mon & Fri, 8:30-10 a.m.

Tai Chi 42
Wednesdays, 8:30-10 a.m.

Line Dancing Class
Mondays, 12:45-3 p.m.

Classes

Crafts with Janice
Tuesdays, 9:30-11:30 a.m.

Complete crafts from home with the help of the instructor.

Individual Computer & Gadget Tutoring
Wednesdays and Thursdays
Appointment and Refundable Deposit Required



Gatherings

Shredding Social
Monday, Aug 13, 10 a.m.
By Humana

Spin to Win Social
Tuesday, August 14, 10 a.m.
By AGA

Medicare Social
Monday, August 20, 10 a.m.
By HICAP

Sweet Social
Thursday, August 23, 10 a.m.
By Senior Helpers



Information Social
Monday, Aug 27, 10 a.m.
By SCAN Health

Bingo!
Mondays, 10:30-11:30 a.m.
Wednesdays, 11-11:45 a.m.
Thursdays, 12:45-1:45 p.m.

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

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

Timely Topics
Tuesdays, 10-11 a.m.



Discussion on current events, as well as memories of the past.

Book Club
Wed, Aug 22, 10:30-11:30 a.m.
By the Brea Public Library

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

Knitting Group
4th Tues 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.

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 Tuesdays of each month, 10:45-11:45 a.m.



Nintendo Wii Game Play
Wii games include: bowling, tennis, golf, baseball, board games, billiards, and many more!

August Activities

FAMOUS QUOTE

We always hold hands.
If I let go, she shops.

Red Skelton

AUGUST IS NATIONAL EYE EXAM MONTH

- 1 Friendship Day
- 4 Twins Day Festival
- 7 Sea Serpent Day
- 10 Lazy Day
- 22 Be An Angel Day
- 27 Petroleum 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

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

6	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 9:00 Leadership Council Meeting (CFR) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:45 Beginning Line Dancing (PH) 12:45 Ralphs & Rite Aid (L) 2:00 Intermediate Line Dancing (PH)
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13	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 Shredding Social (DR) 10:00 Seal Beach (L) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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20	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 Medicare Social (L) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:45 Voter's Choice Shopping (L) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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27	8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 Information Social (L) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)
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Tuesday



7	8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 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 Group (DR) 1:00 Table Tennis (PH)
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14	8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Spin to Win (L) 10:00 Ice Cream Social (L) 11:00 Park-it Market (DR) 10:45 Golf Social (L) 12:00 Lunch (DR) 12:45 Bunco Group (DR) 1:00 Table Tennis (PH)
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21	8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Sprouts Shopping (L) 11:00 Park-it Market (DR) 11:00 Hula Fitness (DR) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)
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28	8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 CTAP Social (L) 10:00 Hearing Screening (L) 10:45 Golf Social (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH) 1:00 Knitting Group (C)
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Wednesday

1	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) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Target Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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8	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:00 Caregiver Resources (L) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 1:00 Safe Driver (B) 2:00 Table Tennis (PH)
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15	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Crochet & Needlework (C) 10:30 Book Club (B) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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22	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:30 Book Club (B) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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29	8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Crochet & Needlework (C) 10:30 Book Club (B) 10:30 Zumba Gold (PH) 11:00 Bingo Social (L) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)
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Thursday

2	8:00 Yoga Class (PH) 8:00 Aqua Aerobics (P) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 10:45 Electrical Safety (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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9	8:00 Yoga Class (PH) 8:00 Aqua Aerobics (P) 8:30 Pala Casino (L) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Decluttering Your Home (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Safe Driver (B)
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16	8:00 Yoga Class (PH) 8:00 Aqua Aerobics (P) 9:00 Dental Screening (L) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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23	8:00 Yoga Class (PH) 8:00 Aqua Aerobics (P) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 10:00 Sweet Social (L) 11:00 Computer Tutoring (CR) 11:00 Keeping Cool (DR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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30	8:00 Yoga Class (PH) 8:00 Aqua Aerobics (P) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 New Medicare Card (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
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Friday

3	8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 11:00 Zumba Gold (PH) 11:00 Games & Trivia (DR) 12:00 Special Friday Lunch (DR)
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10	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) 11:00 Games & Trivia (DR) 12:00 Special Friday Lunch (DR)
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17	8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 11:00 Zumba Gold (PH) 11:00 City Council Update (DR) 12:00 Special Friday Lunch (DR)
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24	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)
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31	8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:30 Luau Party (DR) 10:30 Pet Therapy (L) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR)
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Monday	Tuesday	Wednesday	Thursday
	Sponsored by:  Alignment Healthcare	1 Egg Drop Soup/Crackers, Zesty Asian Chicken Salad with, Red Peppers, Carrots, Broccoli Asian Dressing, Sunshine Gelatin Salad Oatmeal Cookie Diet: Diet Cookie	2 Braised Beef with Peppers and Onions Sauce Brown Rice, Carrots Mandarin Orange
6 Herb Roasted Pork with Gravy, Brown Rice, Carrots, Orange Pineapple Juice, Cake Diet: Diet Cake	7 Split Pea Soup/ Crackers, Salmon Boat with Pesto Sauce, Quinoa Pilaf, Mixed Vegetables, Canned Pineapple Chunks	8 Chicken with Potatoes & Pea in Coconut Curry Sauce, Oriental Vegetables, Cucumber Salad, Fruited Gelatin,	9 Beef Fajitas Fajita Vegetables Pinto Beans Tortilla 6" Salsa Fresh Melon
13 Cream of Spinach / SF Crackers, Turkey Sandwich, Shredded Lettuce and Tomato, Bow Tie Pasta, Whole Wheat Bread, Fresh Melon	14 Macaroni and Cheese, (Stouffer) Stewed Tomatoes 50/50 (Romaine) with Croutons Dressing, Mandarin Orange	15 Baked Meatloaf/Gravy Mashed Potatoes Broccoli Whole Wheat Bread Orange Juice Cookie, Diet: Diet Cookie	16 Chile Relleno Casserole Spanish rice Pinto Beans Salsa Fresh Melon
20 Turkey Pot Roast with Gravy, Baby Baker Potato, Broccoli, Fruit Cup	21 Mediterranean Tuna Salad on 50/50 Tomato and Zucchini Salad Whole Wheat Bread/Promise Fruit Pie Diet: Diet Fruit Pie	22 Grilled Hamburger, WW Bun, Shredded Lettuce, Sliced Tomatoes, Onions, Carrot and Raisin Salad, Tropical Fruit Mix	23 Butternut Squash Soup/SF Crackers, Couscous/Peas/Carrot, Parmesan Salad with Shredded Chicken, WW Dinner Roll/Promise, Ambrosia
27 Homemade Beef Stew, Garden Tossed Salad with Vinaigrette, Cornbread, Applesauce, Orange Juice	28 Baked Chicken Drumsticks, Mashed Potatoes, Carrots and Broccoli, Fresh Fruit	29 Pork Chile Verde, Corn, Lima Beans, Peas & Carrots, Pinto Beans, Corn Tortilla, Canned Pineapple Chunks	30 Meatballs with Marinara Sauce over Linguine, Italian Vegetables, Breadstick, Italian Ice, Diet: Diet Dessert

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
3 Chef Francesco Chinese Chicken Salad Wonton Soup Roll w/ Butter Mandarin Oranges Almond Cookie
10 Chef Francesco Fish & Chips Coleslaw Veggie Strips w/ Ranch Fruit Cream Puffs w/ Caramel
17 Chef Francesco Italian Sub Sandwich Potato Chips Italian Salad Fruit Ice Cream
24 Taco Bell Beef Taco & Taquito Spanish Rice Pinto Beans Chipotle Ranch Salad Birthday Cake
31 Luau Party Sweet & Sour Chicken w/ Steamed Rice Vegetables Hawaiian Salad Tropical Fruit Hawaiian Roll Popsicle

**\$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

Sudoku Number Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3 x 3 square. Each puzzle has a unique solution that can be determined without guessing.

3			9		5			8
8	2			3				1
		6	8			5	4	
	5					1		
7				8				2
		1						3
	7	8			9	3		
5				7			2	9
6			2		1			4

Word Puzzles

Answers available on last page.

- | | | |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 1. <div style="border: 1px solid black; padding: 10px; text-align: center;">tiVALne</div> | 2. <div style="border: 1px solid black; padding: 10px; text-align: center;">IRIGHTI</div> | 3. <div style="border: 1px solid black; padding: 10px; text-align: center;">Feet
Teef
Teef</div> |
| 4. <div style="border: 1px solid black; padding: 10px; text-align: center;">D D
O O
O O
G G

O O
N N</div> | 5. <div style="border: 1px solid black; padding: 10px; text-align: center;">pas</div> | 6. <div style="border: 1px solid black; padding: 10px; text-align: center;">ECLART</div> |

Crazy Sayings. . .

The journey of a thousand miles begins with a broken fan belt and a leaky tire.

It's always darkest before the dawn. So if you're going to steal your neighbor's paper, that's the time to do it.

Always remember you're unique – just like everyone else.

No man is truly married until he understands every word his wife is not saying.

Constant change is here to stay.

If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix the boat?

Already with three daughters, it was an anxious April day for Hachiro Sawamura, waiting for the birth of his fourth child. Good fortune smiled upon them both as mother, Tomoe, gave birth to a boy. “Such a lucky day for us,” exclaimed the proud father. That was how Lucky Sawamura got his birth name – he was the ‘lucky’ child.

Born and raised in Houston, Texas, the Sawamura family was the only Japanese family in their neighborhood. Blessed with a keen mind and strong determination, Lucky obtained his B.S. from Rice University. The end of WWII did not keep Lucky from being drafted in 1946. Sent to Camp Roberts, CA, Lucky remarked, “I did spend about two months on KP duty.” His strong office skills got him sent to the Panama Canal because they needed a clerk typist. By late 1947, his soldiering days completed, Lucky returned to college, completing his MS in Mechanical Engineering from the University of Texas.

Lucky parlayed his name into a series of fortunate engineering jobs over the next forty years. Working at General Dynamics initially, then in Chicago at Armour Research, and then back to General Dynamics, Lucky worked on the turboprop B-36, re-coiless rifle casings (in Chicago), and back to the B-36 swept wing version. Moving from Texas to Illinois and then to California,

Lucky worked at Honeywell in the early 1960s on Project Gemini, designing environmental capsule controls. This more than likely led to the successful moon lander, Eagle. Lucky was also blessed during this time by his marriage to Fumi Usishiyama in 1959 and raising a daughter, Carol, and two sons, Mark and John. By 1987, it was time to retire – but only from work.

“I was tired of being a ‘couch potato,’ Lucky said. So he decided in 1990, along with Fumi, to run LA Marathons. He would train from August to February, and completed 15 marathons. As he states though, “I walked faster than I ran!” Hip bursitis prevented Lucky from running faster.

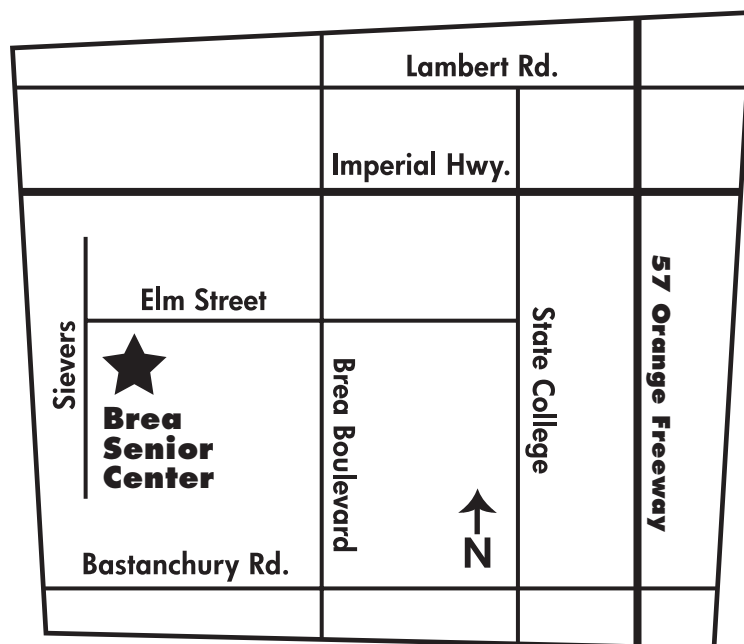
Encompassing 30 years of his life, Lucky spent time in the scouting arena, serving as parent leader up to Scout Leader. He once took 43 boys to the 8th and 9th Nippon Scout Jamboree in Japan. He was awarded the Silver Spur for Best Scout Master and soon won the distinguished Silver Beaver for making an impact on youthful lives and dedication to community service. Of his Boy Scouts, fifty made Eagle rank. Both of Lucky’s sons achieved the coveted Eagle award.

Lucky, we’re the lucky ones to know a man of your skills and devotion.

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)



More details and information available online.