

# What's Doin' at the Brea Senior Center

## Merry Christmas!



### December 2018

## Announcements

### Happy Holidays!

The Brea Senior Center will be closed from Monday, December 24 through Tuesday, January 1. We will re-open on Wednesday, January 2, 2019.

### Senior Tax Preparation Tuesdays, February 5-April 9 12:30-3 p.m.

ARP Tax-Aides help taxpayers with low and moderate income, file 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 and for required information to bring.

### Gift Shop Christmas Boutique Daily thru December 9-11:30 a.m.



Shop for great deals on Holiday merchandise and other special gifts.

### NEW! Bereavement Group Thursday, December 20, 10 a.m.

Share your struggles with others who have experienced a loss.

### Angel Wish Tree & Adopt-a-Senior December 7-16



Grant a wish for a senior and support those in need this holiday season by selecting an 'Angel' from the Wish Tree located in the Brea Mall or sign up to greatly enhance the life of a senior. Call 714-990-7750 for all sponsorship and volunteer opportunities.

### PULS Cardiac Test Thursday, December 13, 10 a.m.

### iPhone Class Friday, December 21 10 a.m.-12 p.m. By CTAP



### NEW! Senior Van Service

Sign-up for the Senior Van Service! Operates the 1st & 3rd Mondays of each month (except for major holidays), to assist with transportation to destinations within 10 miles of your home, within Orange County. Eligibility: Brea residency and 60+ years of age. For more information, please call 714-990-7750.

### Birthday Party Friday, December 21, 11:30 a.m. By Friends Community Church

### Christmas Party Friday, December 14 10:30 a.m.-12:30 p.m.

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

### Volunteers Needed for Home Delivered Meals

Need for the following positions:

- Tuesday Meal Packer, 9:45 am-1 pm
- Tuesday Meal Delivery Driver, 10:30 am-12:30 pm
- Friday Meal Delivery Driver, 10:30 am-12:30 pm
- Substitute Meal Delivery Drivers



For more information, please ask the front desk or call, 714-990-7750.

### Volunteers Needed!

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 is to match a senior who may be 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. Training will take place at the Brea Senior Center. For more information or to volunteer, please contact Stacey Knight at 714-990-7751.

## Travel Group

### Arizona Gems

January 20-22, 2019

Highlights: Qia's Pow Wow Show, Tyson Wells Sell-A-Rama Show, Gem and mineral shopping in Quartzsite, local tour of Quartzsite: Cella's Garden, and Quartzsite Museum. \$399 per person, based on double occupancy.



### Shades of Ireland

April 1-10, 2019

Highlights: Dublin, Irish Evening, Kilkenny, Ring of Kerry, farm visit, jaunting car ride, Limerick, Cliffs of Moher, Galway, and a castle stay. \$3,549 per person, based on double occupancy—book now and save \$100.

### Islands of New England

September 13-20, 2019

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

Friday, Dec 7, 11-11:45 a.m.

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

By Mayor Glenn Parker

### Healthy Smoothie Demo

Thursday, Dec 6, 10:30 a.m.

By Senior Helpers

## 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

Wednesday Dec 5, Friday Dec 14 and 21, 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

### 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

### 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 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.

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.

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.

By 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

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.

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, 12:45-3 p.m.

The first half hour is dedicated for beginners to learn the basics of line dancing. Come energize your mind and feet!

## 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

### Games & Trivia

Friday, December 21, 11 a.m.

Join Leadership Council President, Jim Sims for some challenging fun.

### Arts & Crafts Social

Wednesday, Dec 12, 9:30 a.m.

By Leslie with Home Health Care

### Medicare Loteria Social

Tuesday, December 4, 10 a.m.

By HCA

### Bingo!

Mondays, 10:30-11:30 a.m.

Wednesdays, 11-11:45 a.m.

Thursdays, 12:45-1:45 p.m.

### Skip-Bo Card Game

Mondays, 12:45-1:45 p.m.

### Bunco Group

Tuesdays & Fridays

12:45-2:30 p.m.

### Veterans Club

Mondays, 11-11:45 a.m.

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

### Timely Topics

Tuesdays, 10-11 a.m.

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

### 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.

### 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.

Practice in a local golf course range.

### Nintendo Wii Game Play

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



# December Activities

## FAMOUS QUOTE

Those that vow the most are the least sincere.

*Richard Sheridan*

## DECEMBER IS NATIONAL HI NEIGHBOR MONTH

- 2 Natl. Fritters Day
- 6 Mitten Tree Day
- 9 Natl. Pastry Day
- 12 Ding-A-Ling Day
- 17 Underdog Day
- 31 Unlucky 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

**3**  
8:30 Tai Chi for Every Body (PH)  
9:00 Calligraphy Class (C)  
9:00 Leadership Council (CFR)  
10:00 Better Balance DVD (PH)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Introduction to Line Dancing (PH)  
12:45 Beginning Line Dancing (PH)  
12:45 Ralphs & Rite Aid (L)  
12:45 Skip-Bo (B)  
2:00 Intermediate Line Dancing (PH)

**10**  
8:30 Tai Chi for Every Body (PH)  
9:00 Calligraphy Class (C)  
10:00 Better Balance DVD (PH)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Introduction to Line Dancing (PH)  
12:45 Beginning Line Dancing (PH)  
12:45 Skip-Bo (B)  
2:00 Intermediate Line Dancing (PH)

**17**  
8:30 Tai Chi for Every Body (PH)  
9:00 Calligraphy Class (C)  
10:00 Better Balance DVD (PH)  
10:30 Bingo (DR)  
11:00 Veterans Club (B)  
12:00 Lunch (DR)  
12:00 Introduction to Line Dancing (PH)  
12:45 Beginning Line Dancing (PH)  
12:45 Voter's Choice Shopping (L)  
12:45 Skip-Bo (B)  
2:00 Intermediate Line Dancing (PH)

**24**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

**31**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

## Tuesday

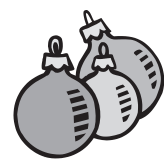
**4**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure (WR)  
9:30 Arts & Crafts (B)  
10:00 Health & Wellness DVD (PH)  
10:00 Timely Topics (C)  
10:00 Medicare Loteria (DR)  
10:45 99 Cent Store Shopping (L)  
11:00 Park-it Market (DR)  
12:00 Lunch (DR)  
12:45 Bunco (B)  
1:00 Table Tennis (PH)

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

**18**  
8:30 Yoga Class (PH)  
9:00 Blood Pressure (WR)  
9:30 Arts & Crafts (B)  
10:00 Health & Wellness DVD (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 (B)  
1:00 Table Tennis (PH)

**25**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

**31**  
**Closed for Christmas Holidays (Reopen on Jan 2)**



## Wednesday

**5**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
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)

**12**  
8:30 Tai Chi 42 (CY)  
9:00 Longevity Stick Balance (PH)  
9:30 Arts & Crafts (LIB)  
9:30 HICAP (WR)  
10:00 Crochet & Needlework (C)  
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)

**19**  
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)  
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)

**26**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

**31**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

## Thursday

**6**  
8:00 Yoga Class (PH)  
9:30 Health & Wellness DVD (PH)  
10:30 Smoothie Demo (DR)  
11:00 Computer Tutoring (CR)  
12:00 Lunch (DR)  
12:45 Bingo (DR)  
1:00 Table Tennis (PH)

**13**  
8:00 Yoga Class (PH)  
9:30 Health & Wellness DVD (PH)  
10:00 PULS Cardiac Test (B)  
11:00 Computer Tutoring (CR)  
12:00 Lunch (DR)  
1:00 Table Tennis (PH)

**20**  
8:00 Yoga Class (PH)  
9:30 Health & Wellness DVD (PH)  
10:00 Bereavement Class (B)  
11:00 Computer Tutoring (CR)  
12:00 Lunch (DR)  
12:45 Bingo (DR)  
1:00 Table Tennis (PH)

**27**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

**31**  
**Closed for Christmas Holidays (Reopen on Jan 2)**



## Friday

**7**  
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)  
12:45 Bunco (B)

**14**  
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 Christmas Party (DR)  
11:00 Zumba Gold (PH)  
12:00 Special Friday Lunch (DR)  
12:45 Bunco (B)

**21**  
8:30 Tai Chi for Every Body (PH)  
10:00 Spiritual Emphasis (B)  
10:00 Longevity Stick Balance (PH)  
10:00 iPhone Class (C)  
10:30 Pet Therapy (L)  
11:00 Zumba Gold (PH)  
11:00 Games & Trivia (DR)  
11:30 Birthday Party (DR)  
12:00 Special Friday Lunch (DR)  
12:45 Bunco (B)

**28**  
**Closed for Christmas Holidays (Reopen on Jan 2)**

**31**  
**Closed for Christmas Holidays (Reopen on Jan 2)**



- 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



**FAIRHAVEN**  
MEMORIAL SERVICES · MISSION VIEJO  
MEMORIAL PARK & MORTUARY · SANTA ANA  
Dignity Memorial® Providers  
FD 1912 · FD 1313 / COA 659

**Senior Lunch Menu – December 2018**

	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>3</b>	<b>*4</b>	<b>5</b>	<b>6</b>
Baked Ziti, Garden Mixed Salad With/ Dressing Italian Vegetable Blend Bread Stick, Chocolate Pudding, Diet: Diet Pudding	Hearty Vegetable Soup W/ SF Crackers Chicken Salad Sandwich W/ Pita Pocket Tri Color Pasta Salad Oatmeal Raisin Cookie Diet: Lemon Cookie	Chili Con Carne on Baked Potato, California Salad, Condiments (Shredded Cheese & Chopped Onions) Fresh Fruit	Braised Beef with Peppers and Onions Sauce Brown Rice Carrots Mandarin Orange
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Moroccan Lentil Soup W/ SF Crackers Veggie Egg Salad Cucumber Black-Eyed Pea Salad WW Dinner Roll NS Added Ice Cream Diet: Apricots	Beef Fajita Fajita Vegetables Pinto Beans Tortilla Salsa Fresh Fruit	Herb Roasted Pork w/ Gravy Cilantro Rice Diced Carrots Orange Pineapple Juice Cake Diet: Cake	Split Pea Soup SF Crackers Salmon Boat w/ Pesto Sauce Quinoa Pilaf Mixed Vegetables Pineapple Chunks
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Macaroni and Cheese Stewed Tomatoes 50/50 Salad with Croutons Salad Dressing Mandarin Orange	Mexican Fiesta Casserole, Spanish Rice Pinto Beans Salsa Fresh Fruit	Mrs. Friday's Fish W/ Tartar Sauce Sweet Potatoes Peas and Carrots Banana Pudding Diet: Banana Pudding	Baked Meatloaf with Gravy Mashed Potatoes Broccoli WW Bread Orange Juice Chocolate Chip Cookie Diet: Diet Cookie
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Closed for Christmas Holidays</b>	<b>Closed for Christmas Holidays</b>	<b>Closed for Christmas Holidays</b>	<b>Closed for Christmas Holidays</b>
<b>****31</b>			
<b>Closed for Christmas Holidays</b>			Sponsored by:  Alignment Healthcare

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](http://www.SeniorServ.org)

**Special Friday Lunches**

**Friday**  
7

**Chef Francesco**  
Fish & Chips  
Peas, Carrots & Onions  
Ranch Salad  
Pears w/ Berries  
Cream Puffs

14

**Christmas Party**  
**Chef Francesco**  
Roasted Turkey  
Mashed Potatoes & Gravy  
Green Bean Casserole  
Caesar Salad  
Cranberry Sauce  
Rolls & Butter  
Apple Pie a la mode

21

**Chef Francesco**  
Cheese Ravioli w/  
Meatballs & Marinara  
Sauce  
Soup & Roll  
Italian Salad  
Birthday Cake

28

**Closed for Christmas Holidays**

**\$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**

J.E. Sims

**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.

								<b>6</b>
	<b>6</b>			<b>4</b>	<b>5</b>			<b>8</b>
				<b>7</b>			<b>3</b>	<b>2</b>
	<b>5</b>		<b>2</b>				<b>7</b>	
	<b>1</b>	<b>4</b>					<b>6</b>	<b>5</b>
		<b>8</b>				<b>3</b>		<b>9</b>
	<b>7</b>	<b>5</b>		<b>3</b>				
	<b>9</b>		<b>8</b>	<b>2</b>				<b>7</b>
<b>2</b>								

**Crazy Thoughts. . .**

- By the time you make ends meet, they move the ends.*
- I used to think I was indecisive, but now I'm not so sure.*
- Don't hate yourself in the morning. Sleep until noon.*
- Everyone seems normal until you get to know them.*
- There is no snooze button on a cat who wants breakfast.*
- Why is it called a building when it's already built?*
- Never miss a good chance to shut up.*
- Does your train of thought have a caboose?*
- Never trust a dog to watch your food.*
- My husband said it was him or the cat... I miss him sometime.*

**Word Puzzles**

Answers available on last page.

- \$0 all all all all
- uPLATm
- ISSUES ISSUES  
ISSUES ISSUES  
ISSUES ISSUES  
ISSUES ISSUES
- (HEAD) ¼s
- lean  
revo
- cl ud