

What's Doin' at the Brea Senior Center

Happy Halloween!



October 2018

Announcements

2018 Health Fair & Flu Clinic

Friday, October 12
9 a.m.-12:30 p.m.

FREE Flu-shots (with Medicare-B), FREE wellness info, FREE health screenings, and FREE Omega-3 supplements.



"It's Your Estate"

Tuesdays, now thru Oct 23
1:30 -3 p.m.

Community Education on estate planning, directives, conservatorships, and related financial issues. No cost, no sales pitches, no gifts will be solicited. Call 714-990-7751 to register.

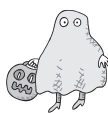
Games & Trivia

Friday, October 5 & 19, 11 a.m.

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

Halloween Party

Wednesday, October 31
10:30 a.m.-12:30 p.m.



Wear your favorite costume and get your ticket for a delicious meal, live entertainment, and raffle prizes!

iPhone Class

Friday, Oct 19, 10 a.m.-12 p.m.
By CTAP

Francesco's Fresh Food to Go is back!

Wednesday, October 24

Order NOW! Cobb Salad for \$4.00.

New! Introduction to Line Dancing

Mondays, 12-12:45 p.m. in PH

Medicare Annual Enrollment Clinic

Thur, Nov 15, 9 a.m.-12 p.m.

Review all your Health Plan Options with a knowledgeable HICAP Counselor. Sign-up at the front desk or call 714-990-7750.

By Council on Aging

Call for Volunteers!

The Senior Center is in need of volunteers for the Home Delivered Meals program. Opportunities range from a regular weekly basis to a substitution basis. For more information, please ask the front desk or call, 714-990-7750.



Reservations Required

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

Seal Beach

Tuesday, October 2
10 a.m.-3 p.m. (approx.)



Roundtrip transportation on the Trolley with a snack pack to enjoy along the way! Walk the pier, ride the street car, grab a bite to eat, and window shop at the wonderful antiques stores. \$10 per person.

Nashville & Branson October 19-25

Highlights: The Grand Ole Opry, Hermitage Home-President Andrew Jackson, The Country Music Hall of Fame, city tour of Nashville, Johnny Cash & Patsy Cline Museums, Branson Shows, College of the Ozarks, Stone Hill Winery, and Branson city tour. (\$2,999 per person, based on double occupancy.)

Pala Casino Resort

Wednesday, November 7
8:30 a.m.-5 p.m. (approx.)



Includes transportation and \$5 slot credit to Southern California's most spectacular playground, with 2,250 state-of-the-art slot machines, 85 table games, 8 great restaurants, and 2 lounges with live entertainment daily. \$10 per person.

Travel Group

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.

Presentations

Growing Vegetables from your Groceries Thursday, Oct 18, 11-11:45 a.m.

Come learn how to shop, grow, and eat fresh veggies!

**By Cultive Insurance
Group**



City Council Update Friday, Oct 26, 11-11:45 a.m.

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

By Mayor Glenn Parker

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, October 3 Friday, October 26 & 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**



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.

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 Joes, 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.



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

Spin to Win Social
Tuesday, Oct 9, 10 a.m.
By AGA

Arts & Crafts Social
Wednesday, Oct 10, 9:30 a.m.
By Leslie with Home Health Care

Bingo Social
Wednesday, Oct 17, 10 a.m.
By Humana



Medicare Social
Monday, Oct 22, 10 a.m.
By HICAP

Sweet Social
Tuesday, October 23, 9 a.m.
By Team M & M

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.

Book Club
Wed, Oct 24, 10:30-11:30 a.m.
By the Brea Public Library



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.

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.



Practice in a local golf course range.

Nintendo Wii Game Play

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

October Activities

FAMOUS QUOTE

Youth is like spring,
an over praised season.

Samuel Butler

OCTOBER IS NATIONAL ADOPT-A-DOG MONTH

- 2 Name Your Car Day
- 8 American Tag Day
- 17 Gaudy Day
- 21 Babbling Day
- 24 Natl. Bologna Day
- 31 Psychic Powers 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





Tuesday

<p>1</p> <p>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) 12:00 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)</p>	<p>2</p> <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) 10:30 Seal Beach (L) 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) 1:30 It's Your Estate (DR)</p>
<p>8</p> <p>8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (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)</p>	<p>9</p> <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) 11:00 Park-it Market (DR) 10:45 Golf Social (L) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH) 1:30 It's Your Estate (DR)</p>
<p>15</p> <p>8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Introduction to Line Dancing (PH) 12:45 Voter's Choice Shopping (L) 12:45 Beginning Line Dancing (PH) 12:45 Skip-Bo (B) 2:00 Intermediate Line Dancing (PH)</p>	<p>16</p> <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 Medicare Loteria (DR) 10:45 Sprouts Shopping (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH) 1:30 It's Your Estate (DR)</p>
<p>22</p> <p>8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 HICAP Social (L) 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)</p>	<p>23</p> <p>8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:00 Sweet Social (L) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Hula Fitness (DR) 10:45 Golf Social (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH) 1:00 Knitting Group (C) 1:30 It's Your Estate (DR)</p>
<p>29</p> <p>8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (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)</p>	<p>30</p> <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) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:45 Bunco (B) 1:00 Table Tennis (PH)</p>

Wednesday

Thursday

Friday

<p>3</p> <p>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)</p>	<p>4</p> <p>8:00 Yoga Class (PH) 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)</p>	<p>5</p> <p>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) 12:45 Bunco (B)</p>
<p>10</p> <p>8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Arts & Crafts Social (LIB) 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) 1:00 Friendly Caller (B) 2:00 Table Tennis (PH)</p>	<p>11</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR)</p>	<p>12</p> <p style="text-align: center;">HEALTH FAIR 9 a.m.-12:30 p.m.</p> <p style="text-align: center;"> BREA Health Fair & Flu Clinic</p>
<p>17</p> <p>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) 11:00 Computer Tutoring (CR) 11:00 Bingo Social (L) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)</p>	<p>18</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Growing Vegetables (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>19</p> <p>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) 12:45 Bunco (B)</p>
<p>24</p> <p>8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Crochet & Needlework (C) 10:30 Book Club (B) 10:30 Fresh Food To Go (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) 2:00 Table Tennis (PH)</p>	<p>25</p> <p>8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)</p>	<p>26</p> <p>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) 11:00 City Council Update (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B)</p> <p style="text-align: right;"></p>
<p>31</p> <p>8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:00 Crochet & Needlework (C) 10:30 Zumba Gold (PH) 10:30 Halloween Party (DR) 10:30 Pet Therapy (L) 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)</p> <p style="text-align: right;"></p>	<p style="text-align: center;"></p>	<p>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</p>




Senior Lunch Menu October 2018

Alignment HealthCare

Special Friday Lunches

Monday	Tuesday	Wednesday	Thursday
1 Turkey Pot Roast w/ Gravy Baby Baker Potato Broccoli Fruit Cup	2 Mediterranean Tuna Salad on 50/50 Tomato and Zucchini Salad WW Bread (1 slice) Diet: Diet Fruit Pie	*3 Cheeseburger Whole Wheat Bun Shredded Lettuce Sliced Tomatoes Onions, Carrot and Raisin Salad Tropical Fruit Mix	4 Butternut Squash Soup SF Crackers Couscous, Peas, Carrots Parmesan Salad w/ Shredded Chicken WW Dinner Roll Promise, Ambrosia
*8 Italian Sausage w/ Marinara Sauce over Linguine Italian Vegetables Breadstick Italian Ice Diet: Fresh Fruit	9 Baked Chicken Drumsticks Mashed Potatoes Carrots and Broccoli Fresh Fruit	10 Pork Chile Verde Corn, Lima Beans Peas & Carrots Pinto Beans Corn Tortilla (1) Canned Pineapple Chunks	*11 Zucchini & Mushroom Quiche Red Skin Potatoes Baby Carrots WW Dinner Roll Melon
15 Kung Pao Chicken w/ Vegetables Jasmine Rice Cucumber Salad Mandarin Orange	16 Lentil Soup SF Crackers Crab Salad on a bed of Spinach Cherry Tomatoes Whole Wheat Roll Fruit Crisp Diet: Diet Fruit Crisp	17 Salisbury Steak w/ Gravy Sweet Potato Mash Green Beans 50/50 Whip	18 Sig. Chicken Salad on Tossed Green Salad (Diced Cucumber & Tomatoes) Slivered Almonds w/ Red Wine Vinaigrette WW Dinner Roll Fresh Fruit
22 Egg Drop Soup SF Crackers Zesty Asian Chicken Salad (Red Peppers, Carrots, Broccoli) Asian Dressing Sunshine Gelatin Salad Oatmeal Cookie Diet: Diet Cookie	23 Baked Ziti Garden Mixed Salad w/ Dressing Italian Veg. Blend Bread Stick Chocolate Pudding Diet: Diet Pudding	24 Roast Turkey w/ Gravy Mashed Potatoes Broccoli/Cauliflower Cranberry Sauce WW Dinner Roll Tropical Fruit Mix Orange Juice	25 Chili Con Carne on Baked Potato California Salad Condiments (Shredded Cheese & Chopped Onions) Fresh Fruit
29 Herb Roasted Pork w/ Gravy Cilantro Rice Carrots Orange Pineapple Juice Cake, Diet: Diet Cake	30 Split Pea Soup SF Crackers Salmon Boat w/ Pesto Sauce Quinoa Pilaf Mixed Vegetables Canned Pineapple Chunks	31 Halloween Party Chef Francesco Chicken Alfredo, Tri-color Rotini, Italian Romaine Salad, Garlic Bread, Mixed Fruit, Pumpkin Spice Cookies, Ice Cream Cup <i>*(Not Provided by SeniorServ)*</i>	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00

Friday
5 Chef Francesco Bratwurst & Sauerkraut German Potato Salad Soft Pretzel w/ Mustard Applesauce & Cookie Butter Beer
12 Health Fair Chef Francesco Chicken Salad Lettuce Wraps Pita Chips/Fruit/Cookie Brea Baptist Church Hot Dog & Condiments Nachos/Chips/Soda
19 Chef Francesco Vegetable Lasagna Garlic Bread Italian Salad Seasonal Fruit Yogurt
26 Chef Francesco BBQ Ribs Ranch Salad Onion Rings Potato Salad Fruit Birthday Cake

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

\$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.*

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.

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

Crazy Sayings. . .

GROUND BEEF—a cow with no legs

SHIN—a device for finding furniture in the dark

BAGELS—seabirds that live near a bay

ALARMS—what an octopus is

COUNTERFEITERS—workers who install kitchen cabinets

MEDIEVAL—not completely wicked

DIET SODA—a drink you buy to go with one pound of M&Ms

PHONY—related to telephones

DIETING—penalty for exceeding the feed limit

MOTHBALL—special dance for moths

PRIMATE—removing your husband away from the TV

Word Puzzles

Answers available on last page.

1.

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2.

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3.

ii ii
○ ○

4.

H	DINNER
S	DINNER
A	DINNER
W	DINNER

5.

Potooooooooo

6.

REET
T
S



Whether it is dropping your loose change into the bell ringer's kettle, tithing money to your church, or funding some institution's cause, it is a donation of your monies to help someone. By definition, that is charity. Henry Ford once said, "The highest use of capital is not to make more money, but to make money do more for the betterment of life." Curiosity got the better of me once again, so I decided to find out what organizations receive contributions from our people.

John Bravo, our resolute shuttle driver, said, "I donate to CHOC (Children's Hospital of Orange County—ranked nationally #8 in pediatric specialties), the Anaheim White House Restaurant because it gives food to needy children (now reopened after a fire), and Grossman Burn Center in Los Angeles, a leader in surgical burn care." Ramon Olavydez and Liz Durrell also selected CHOC, with Liz adding, "I give two large bags of toys at Christmas for the children, from babies to teens."

The favorite charity of Stacey Knight is the Susan G. Komen Breast Cancer Center. Dani Kunz and Howard McCart give to the American Cancer Society. Howard also contributes to the Alzheimer's Association. Emily Gonzales gives to the various churches she attends while Rosey Jurado donates her time and care to a variety of hospice centers she visits.

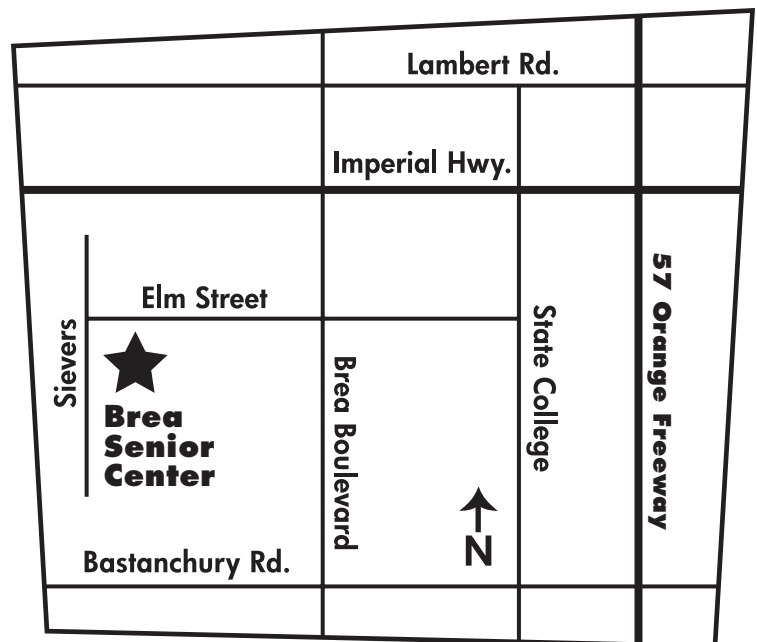
Be Our Guest!

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)

Boys Town in Nebraska was the choice charity of Jim Schutt. Mike Wyatt selected the Mormon Relief Society and Joe Calvo, who paused momentarily, then said, "VFW and the American Legion and AARP." The Wounded Warriors Project was a favorite with Margaret Higgins as was the Diabetes Association because "of diabetes in the family." Karen Spraggins selected the Salvation Army as did Jon Railsback. Jon added that he liked them "because 85-90% of their money goes to its intended source."

This highlights an important aspect of charity giving. Andrew Carnegie (1889) said, "It is difficult to give money away intelligently." One has to give to charities that do the most good with the money given to them. If you want to see how well your charity is doing financially with the monies given to them, go to the Charity Navigator website. It ranks over 8,300 charities. On your computer, enter the name of the charity, and check its rating. One well-known charity that I have been giving to for over 15 years had a one star, 68% rating. Time for me to select a different charity, but with greater care and certainly more caution.



More details and information available online.

Answers for Word Puzzles:
 1. I'm in town 2. it's all backwards 3. circles under the eyes
 4. wash up for dinner 5. Pot 80's Potatoes 6. street corner