

What's Doin' at the Brea Senior Center

Happy Mother's Day!



May 2021

In accordance to Governor Newsom's direction regarding COVID-19 and seniors over the age of 65, the City of Brea Senior Center has closed and suspended all in-person classes and activities out of concern for public health and safety, until further notice.

Older Americans Month 2021



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength" because older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others which is why, throughout the month of May, we are highlighting Brea seniors on our social media pages. Check out our Facebook and Instagram pages (@breaseniocenter) to follow along!

Mother's Day To-Go Brunch

Celebrate Mother's Day with us by reserving a to-go brunch prepared by Chef Francesco! Meal will include a Sausage & Cheese Omelet, Sautéed Vegetables, Roasted Potatoes, Yogurt Parfait, Fresh Fruit, and Cheesecake with Cherries! Meal can be picked up at the Senior Center on Friday, May 7 between 10:30 a.m.-12:30 p.m. \$5 for people over 60 and \$6 for people under 60. Reserve yours today by calling the front desk.

Extended Senior Tax Prep Appointments

Tuesdays, until May 11

ARP Tax-Aides help taxpayers with low- and moderate-income file their 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.

Appointments will be modified for COVID-19

Brea Senior Center Book Club

Join the Book Club in reading this month's book selection: *Lady Clementine* by Marie Benedict. Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., outside the Senior Center at the shuttle stop.

Fall 2021 Travel Presentation

Interested in traveling domestically this Fall? Learn about Collette's trips to the Grand Canyon, San Antonio, Washington DC, Niagara Falls, and New York City, as well

as the current safety measures in place by receiving a pre-recorded presentation sent to your email. Call 714-990-7750 to get the presentation emailed to you and see what travel options are out there!

Virtual It's Your Money/ Estate Series

Our biannual series is back – this time over Zoom! Brought to you by the Financial & Estate Literacy nonprofit, these series are pure education in a safe environment to avoid the predatory sales practices of the financial service industry. "It's Your Money" will run on Wednesdays from 10-11:30 a.m. until June 2. "It's Your Estate" will run on Thursdays from 10-11:30 a.m. until June 3. Call the front desk for the Zoom link to access the class.

Get a Boost with Housing Rehab

Federal funds are available to qualifying Brea families for repair or refurbishment of an owner-occupied home. Funds are based on availability. Visit www.cityofbrea.net/housingrehab or call 714-671-4461 for more information or an application.

Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and instructors from the comfort of your home! Call 714-990-7753 to get a link emailed to you to join the class from your computer, laptop, tablet, or mobile phone.

Yoga Class with Caitlin:

Tuesdays at 8:30 a.m.

Zumba Gold Class with Terri:

Wednesdays at 10:30 a.m.

Zumba Gold Class with Letty:

Thursdays at 10:30 a.m.

Longevity Stick Balance

Class with Kathe: Mondays, Wednesdays, and Fridays at 9 a.m.

Tai Chi for Every Body:

Mondays and Fridays
10:15-11:45 a.m.

Better Balance:

Wednesdays at 10 a.m.

Health & Wellness:

Various days and times

Have You Been Putting Off Learning How to Use Your Smartphone?

Let the expert trainers at California Phones help you make the most of your Smartphone. Android and iPhone Webinar trainings are offered FREE from the comfort of your own home. Call 1-866-271-1540 or email smartphonetraining@ddtp.org now to register.

The following essential services related to nutrition and social services will continue on a limited basis:

Meals on Wheels Orange County Lunch Café Program

The congregate lunch program has been converted to frozen meals to take home. Meals can be picked up at the Senior Center Monday-Friday from 10:30 a.m.-12:30 p.m. *An application is required.*

Senior Grocery Program

In partnership with Second Harvest Food Bank of Orange County, one box of dry, shelf-stable goods per week is available per senior household, while supplies last. Boxes can be picked up at the Senior Center Mon-Fri from 10:30 a.m.-12:30 p.m. *An application is required.*

Home Delivered Meals

Five days of meal support, including breakfast, lunch and dinner, delivered to the home of qualifying homebound older adults 60+ years of age. Call 714-990-7785 or 714-990-7781 to inquire about availability and the eligibility screening process.

Case Management Services

For Brea seniors and caregivers. 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 information.

Senior Shuttle

Transportation for Brea seniors to receive lunches and groceries delivered to their residence from the Center will continue on a reservation basis by calling 714-990-7754. *An application is required.*

Senior Van Service—Now Expanded!

Now available Monday-Friday, 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.

Senior Taxi Program

Discounted taxi rides are available for eligible Brea residents. Eligibility is income-based and includes being 60+ years of age and being unable to drive. Most ride destination types are covered, but must be located within Brea or neighboring cities. An application is required along with supporting documents. Call 714-990-7781 for more information.

Community Resources

Medicare & Health Insurance Counseling

HICAP provides free and objective information and counseling about Medicare. Volunteer counselors can help you understand your specific rights and health care options. Call 714-990-7750 to set up an appointment with a trained HICAP volunteer counselor.

Legal Aid

Appointments are available over the phone with representatives from Legal Aid Society of Orange County for seniors 60 years and older, who reside in Orange County. Call 714-990-7750 to set up an appointment.

Osher Lifelong Learning Institute (OLLI)

The Osher Lifelong Learning Institute (OLLI) at Cal State Fullerton is offering over 90 enrichment classes through Zoom to retired and semi-retired adults. Many of these classes are free and open to the public, and will continue to be offered virtually until in-person classes return. Call 657-278-2446 for more information.

Alzheimer's OC Virtual Support Groups

Looking for connection and support with other caregivers of individuals with memory loss? Join a virtual Zoom support group via

video call or telephone put on by Alzheimer's OC! Various dates and times are available, call 844-435-7259 if you are interested.

Come by and learn...

Hours: Mon-Fri / 10:30 a.m.-12:30 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

