



BREA CIVIC & CULTURAL CENTER | 1 Civic Center Circle | Brea, California 92821 | www.cityofbrea.net

Parks, Recreation & Human Services Commission Agenda

**Wednesday, August 23, 2023
5:30 p.m.**

Craig Livingston, Chair

Bill Higgins, Vice Chair

Eric Mason, Commissioner

Gill Realon, Commissioner

Irene Rifilato, Commissioner

This agenda contains a brief general description of each item the Commission will consider. The Community Services Department has on file copies of written documentation relating to each item of business on this Agenda available for public inspection. Contact the Community Services Department at (714) 990-7738 or view the Agenda and related materials on the City's website at www.cityofbrea.net. Materials related to an item on this agenda submitted to the Commission after distribution of the agenda packet are available for public inspection in the Community Services Department at 1 Civic Center Circle, Brea, CA during normal business hours. Such documents may also be available on the City's website subject to staff's ability to post documents before the meeting.

Procedures for Addressing the Commission

The Commission encourages interested people to address this legislative body by making a brief presentation under Matters from the Audience. State Law prohibits the Commission from responding to or acting upon matters not listed on this agenda.

The Commission encourages free expression of all points of view. To allow all persons the opportunity to speak, please keep your remarks brief. If others have already expressed your position, you may simply indicate that you agree with a previous speaker. If appropriate, a spokesperson may present the views of your entire group. Commission rules prohibit clapping, booing or shouts of approval or disagreement from the audience. Please silence all cell phones and other electronic equipment while the Commission is in session. Thank you.

Written comments may be submitted in advance of the meeting by emailing ashleyr@cityofbrea.net. Written comments received by 3 p.m. on the day of the meeting will be provided to the Commission, will be made available to the public at the meeting, and will be included in the official record of the meeting.

Special Accommodations

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Community Services Department at (714) 990-7738. Notification 48 hours prior to the meeting will enable City staff to make reasonable arrangements to ensure accessibility. (28 CFR 35.102.35.104 ADA Title II)

PARKS, RECREATION AND HUMAN SERVICES COMMISSION

MEETING AGENDA

Wednesday, August 23, 2023, at 5:30 p.m.

Council Chambers
1 Civic Center Circle, Brea, CA 92821

1. Call to Order
2. Pledge of Allegiance
3. Invocation
4. Informational
5. Matters from the Audience
6. School District Representative - **Dirks**
7. Correspondence - **Staff**
8. Action
 - A. Approval of the Minutes of the Meeting of July 26, 2023
9. Discussion
 - A. Gold Award Project Proposal - Girl Scout Sophia San Filippo
 - B. Special Events Update
 - C. Arovista Park Modernization Update
 - D. Tracks at Brea Western Extension Engagement
 - E. Commission Goals Preparation
10. Information Memorandum

11. Reports
 1. Commission Reports
 1. Park Ambassadors
 1. August 2 - Founders Park - **Mason**
 2. September 6 - Wildcatters Park - **Livingston**
 3. October 4 - Jr. High Park - **Livingston**
 2. Golf Courses Ambassadors - **Higgins/Mason**
 3. Art in Public Places Advisory Committee – **Rifilato**
 4. Country Fair Steering Committee - **Realon**
 5. Cultural Arts Master Plan Steering Committee - **Rifilato**
 6. User Groups – **Higgins**
 7. Pickleball – **Higgins/Realon**
 8. Senior Center Feasibility Study - **Rifilato**
 2. Staff
 1. Public Works - **Esparza**
 2. Community Services - **Staff**

12. Adjournment

Special Accommodations - in compliance with the Americans with the Disabilities Act, if you need special assistance to participate in this meeting, please contact the Community Services Administrative Offices at (71) 990-7738. Notification 48 hours prior to the meeting will enable City staff to make reasonable arrangements to ensure accessibility. (28 CFR 35.102.35.104 ADA Title II)

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members
FROM: Chris Emeterio
DATE: 08/23/2023
SUBJECT: Correspondence

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Heather Estrada, Community Services Specialist
Concurrence: Sean L Matlock, Deputy Director

Attachments

Correspondence

Comments or Suggestions:

Would love to have
a Yoga class after Zumba
I'm looking forward to
getting the most during
my free time to better
my health
Thank You So very Much
for any consideration

Not enough room for your comments?

You can e-mail our team of supervisors at:

BCCTellUs@cityofbrea.net

CE

Would you like us to get back to you?

We would be happy to respond, if you would please
fill out the information below:

Name: *Brenda M. Torres*

Comments or Suggestions:

I took Anna's Zumba
class for the first time
this morning.

She's an excellent
teacher when teaching
all the steps to each
dance. Her enthusiasm
is contagious and she
makes the class so
much fun!!!

Not enough room for your comments?

You can e-mail our team of supervisors at:

BCCTellUs@cityofbrea.net

Would you like us to get back to you?

We would be happy to respond, if you would please
fill out the information below:

Name: _____

Telephone: _____

Email Address: _____

**Please place this card in a "Tell Us" box.
Thank you for your input!**

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members
DATE: 08/23/2023
SUBJECT: Approval of the Minutes of the Meeting of July 26, 2023

RECOMMENDATION

Approve.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Heather Estrada, Community Services Specialist
Concurrence: Sean L. Matlock, Deputy Director

Attachments

Minutes

PARKS, RECREATION AND HUMAN SERVICES COMMISSION
Minutes of the Meeting of July 26, 2023

CALL TO ORDER

The Meeting of the Parks, Recreation & Human Services Commission was called to order by Chair Livingston at 5:31 p.m.

ROLL CALL

Parks, Recreation and Human Services Commission Chair Craig Livingston, Vice Chair Bill Higgins, and Irene Rifilato were present in the Council Chambers. Commissioner Chair Gill Realon and Commissioner Eric Mason were absent from this meeting.

STAFF PRESENT

Chris Emeterio, Assistant City Manager; Sean Matlock, Deputy Director; Carrie Hernandez, Deputy Director; Ashley Reid, Executive Assistant; Heather Estrada, Community Services Specialist; Billy Hutchinson, Community Services Supervisor; Kristin Steyerman, Community Services Specialist; Edgar Esparza, Public Works Parks Supervisor and Eric Aulls, Public Works Superintendent were present in the Council Chambers.

PLEDGE OF ALLEGIANCE

Bill Higgins

INVOCATION

Chair Livingston

INFORMATIONAL

Assistant City Manager Emeterio introduced Heather Estrada to the Commissioners.

MATTERS FROM THE AUDIENCE

None.

SCHOOL DISTRICT REPRESENTATIVE

None.

CORRESPONDENCE

Deputy Director Matlock mentioned comments and feedback from residents.

ACTION

Approval of the Minutes of the meeting of June 14, 2023

Motion was made by Vice Chair Higgins, seconded by Commissioner Rifialto to approve the Meeting Minutes of June 14, 2023, as amended.

Ayes: Chair Livingston, Vice Chair Higgins, Commissioner Rifilato

PASSED

Facility Use and Allocation Policy and Park Ordinance

Deputy Director Matlock introduced Community Services Supervisor Hutchinson to cover the Facility Use and Allocation Policy changes and updates.

In response to Commissioner Rifilato, Supervisor Hutchinson clarified the wording under the basketball courts use section.

In response to Rifialto, Deputy Director Matlock clarified the fee changes.

Motion was made by Vice Chair Higgins, seconded by Commissioner Rifilato to approve the Facility Use and Allocation Policy.

Ayes: Chair Livingston, Vice Chair Higgins, Commissioner Rifilato

PASSED

DISCUSSION

Special Events Updates

Community Services Supervisor Steyerma updated us on the Special Events and asked the Commissioners for help in securing more restaurants for Brea Fest as well as asking for available volunteers.

Helping Hands Scholarship

Community Services Supervisor Steyerma updated the Commissioners on the idea of changing the name to honor Gilbert Arriola due to the impact he had on the community.

In response to Commissioner Higgins, Deputy Director Hernandez explained the budget and current process for the program.

Project Updates

Deputy Director Hernandez provided Commissioners an update on the Seniorr Center Feasibility Study.

Deputy Director Matlock provided an update to Commissioners on the Arrovista Modernization project.

Deputy Director Matlock provided an update to Commissioners on our Goal Setting Timeline.

Deputy Director Hernandez provided an update to Commissioners on the Hope Center.

In response to Vice Chair Higgins, Deputy Director Hernandez clarified the process with homeless related concerns and further explained the potential new process.

Aulls provided an update on the Sports Park Tree Replacement/Asphalt Work.

Pickleball/Conversion Data

In response to Commissioner Rifilato's inquiry, Deputy Director Matlock discussed time restraints that would be put on pickleball usage on converted courts.

In response to Chair Livingston's concern, Deputy Director Matlock noted that at a minimum, lines would be placed on courts and pickleball users would need to bring the remaining needed supplies.

Commissioners expressed concern about pickleball conversion on existing courts creating conflict between community members.

INFORMATION MEMORANDUM

Deputy Director Matlock noted the items listed in the information memorandum.

REPORTS

Park Ambassadors

Chair Livingston noted the upcoming Park Ambassador dates.

Golf Courses Ambassadors

Vice Chair Higgins mentioned the questions regarding the benches.

Art in Public Places Advisory Committee

None.

Country Fair Steering Committee

Deputy Director Hernandez and Supervisor Steyermaier thanked Commissioner Realon on his involvement in the Country Fair.

Cultural Arts Master Steering Committee

Commissioner Rifialto provided an update on their last meeting.

User Groups

None.

Pickleball

None.

Staff

Public Works Parks Supervisor Esparza provided a parks maintenance update to Commissioners.

Community Services

None.

ADJOURNMENT

Chair Livingston adjourned the meeting at 7:23 p.m.

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members
DATE: 08/23/2023
SUBJECT: Gold Award Project Proposal - Girl Scout Sophia San Filippo

BACKGROUND/DISCUSSION

Girl Scout Sophia San Fillipo has a proposed Gold Award project that she will share with the Commission for any feedback. Staff from Public Works and Community Services met with Ms. San Fillipo earlier this month and wanted to share the information with the Commission.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Sean L. Matlock, Deputy Director

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members

DATE: 08/23/2023

SUBJECT: Special Events Update

BACKGROUND/DISCUSSION

Staff will provide Commissioners an update on Special Events.

RESPECTFULLY SUBMITTED

Prepared by: Kristin Steyerman, Community Services Supervisor
Concurrence: Carrie Hernandez, Deputy Director

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members

DATE: 08/23/2023

SUBJECT: Arovista Park Modernization Update

BACKGROUND/DISCUSSION

Staff will provide Commissioners an update on the Arovista Modernization project.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Sean L. Matlock, Deputy Director

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members
DATE: 08/23/2023
SUBJECT: Tracks at Brea Western Extension Engagement

BACKGROUND/DISCUSSION

Staff will provide the Commission with a verbal update on the engagement at Brea Fest as well as other upcoming community outreach opportunities.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Sean L. Matlock, Deputy Director

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members

DATE: 08/23/2023

SUBJECT: Commission Goals Preparation

BACKGROUND/DISCUSSION

As we prepare for the next Commission Goals discussion in the fall, staff would like to go over the matrix created during the 2022 process to assist the Commission for this annual exercise. Attached is the Parks, Recreation and Human Services Annual Goals Matrix dated December 7, 2022, to build upon for the September exercise.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager
Prepared by: Sean L. Matlock, Deputy Director

Attachments

Goals Matrix

Category	Action	FISCAL YEAR			
		23-24	24-25	25-26	2026-30
PROGRAMS: ENHANCEMENTS					
Human Services					
Implement Findings from Senior Center Feasibility Study	Begin to implement potential programmatic improvements based on findings from this study. U		X		
Academic Services	Explore opportunities to offer services which would address Brea’s changing demographic of students and families. Promote a “healthy community” by offering information and classes relevant to the current trends/hot topics (i.e. social media literacy)	Ongoing			
Mental Health Services	Explore opportunities to offer relatable services which will address the growing mental health need.	Ongoing			
Homeless Care Management	Continue partnering with the Brea Police Department and regional teams to address and support the homeless population. Create a uniformed, city-wide goal pertaining to homeless residents.	Ongoing			
Transportation	Explore opportunities to get residents of all generations and income levels around Brea.	Ongoing			
Social Services Partnerships	Partner with the Brea Police Department to explore how the Brea Resource Center can partner with other “social services” calls such as domestic violence, mental illness, etc. Actively seek partnerships with local businesses for support of City human services	Ongoing			
Volunteer Program	Continue promoting the volunteer program, encouraging residents to become more involved in their community.	Ongoing			
Senior Nutrition	Continue exploring new and supporting existing programming, such as the Home Delivered Meals program, which provides basic nutrition to our senior population.	Ongoing			
Housing	Continue partnering with Community Development and others to connect Brea residents with available resources to address their housing needs.	Ongoing			
Next Generation of Older Adults	Explore changing interests as it relates to programs and activities for the next generation of seniors	Ongoing			
Case Management	Explore the potential growth of case management services to support the growing needs for our seniors.	Ongoing			
Parks & Recreation					
Park Ordinance Update	Make necessary updates to Brea’s Park Ordinance to match current usage and industry standards. <i>Last updated in 2007</i>	X			
Facility Use and Allocation Policy Update	Make necessary updates to Brea’s Park Ordinance to match current usage and industry standards. <i>Last updated in 2016</i>	X			
Olinda Oil Museum and Trail	Prepare for a seamless transition of operation and volunteer management from the State Parks Department to the City of Brea. Contract with State expires October 31, 2023. U	X			
	Support funding for future of facility (staffing, ongoing maintenance, etc.) U		X		
Active Adult Mobility	Facilitate other ways that Active Adults can navigate Brea (i.e. added bike lanes, bike tours, etc.) U	Ongoing			

Category	Action	FISCAL YEAR			
		23-24	24-25	25-26	2026-30
PROGRAMS: NEW					
Human Services					
HOPE Center Opening & Support with Current Federal Funding	Support the opening and operation of the county-wide HOPE Center. <i>(Federal dollars currently earmarked through June 2025)*</i> F	X			
Support Future Funding for Homeless Outreach Coordinator	Support funding for outreach coordinator beyond available Federal dollars U			X	
Parks & Recreation					
FACILITIES & AMENITIES: RENOVATIONS/ENHANCEMENTS					
Human Services					
Complete Senior Center Feasibility Study	Complete this FY22/23 CDBG funded project F	X			
Security Upgrades to Senior Center	Improve existing security system at the Brea Senior Center F COMPLETED	X			
Senior Center and Pioneer Hall Roofs	Roof replacements at Brea Senior Center & Pioneer Hall F	X			
Implement Findings from Senior Center Feasibility Study	Begin to implement potential facility improvements based on findings from this study. U <i>(pending CIP approval)</i>		X		
Parks & Recreation					
Arovista Park Modernization	Complete Design Phase F	X			
	Go out to bid and award construction contract F				
	Begin construction F				
	Complete switchgear replacement F				
Birch Hills Golf Course	Tee Box Alignment (Hole #6) F	X			
	Remodel Restroom (Hole #2) F				
	Complete Cart Path Improvements (Holes #10 and #13) U				
	Selected turf removal F				
Brea Creek Golf Course	Install Added Poles and Safety Netting (w/ Arovista) F	X			
	Bridge Repair (Hole 4 to 5) F COMPLETED				
	Driving Range Netting (w/ Arovista) F				
	Ramp Improvements (Hole #1) F				
	ADA Concrete Improvements (Clubhouse) F				
	Install New Clubhouse Doors F				
City Hall Park	Replace with a pre-fabricated restroom U <i>(Pending Budget Approval)</i>	X			
	Refinish basketball court F				
	Irrigation Improvements F				
Country Hills Park	Replace Restroom Door F	X			
	Replace Barbecues F				
	Complete Switchgear Replacement F				
	Complete irrigation upgrades F				
	Tennis Court Resurfacing F				
Founders Park	Tennis Court Resurfacing F	X			
Greenbriar Park	Replacement of picnic table frames F	X			
	Concrete Floor Refinishing (Restroom) F COMPLETED				

Category	Action	FISCAL YEAR			
		23-24	24-25	25-26	2026-30
Olinda Oil Museum & Trail	Replacement of Worn/Damaged Interpretive Signs <i>F</i>	X			
	Approve Operations Funding <i>U (Pending Budget Approvals)</i>				
	Fund and Implement Tracks improvements <i>F</i>				
Tamarack Park	Parking Lot and Tree Replacement Project:	X			
	Remove and replace existing asphalt throughout Tamarack Parking Lot. <i>F</i>				
	Remove all Ficus trees and replace with new trees. <i>F</i>				
	ADA Improvements <i>F</i>				
	Replace Parking Lot Lighting <i>F</i>				
	Replace Concession Door <i>F</i>				
Tracks at Brea	Add signage and emergency call buttons. <i>F</i>	X			
Pickleball	Explore conversions of existing courts/facilities to accommodate pickleball demand, including evaluation of existing facility capacity, usage, etc. <i>U</i>	X			
Arovista Park Modernization	Wrap up construction <i>F</i>		X		
	Close out Proposition 68 grant				
Brea Creek Golf Course	ADA Design & Construction Improvements to Restrooms <i>U (Pending Budget Approval)</i>		X		
Jr. High School Park	Replace with a pre-fabricated restroom/concession stand <i>U (Pending Budget Approval)</i>		X		
Tracks at Brea	Fund and Implement Tracks improvements		X		
Tamarack Park	Replace with a pre-fabricated restroom/concession stand/storage <i>U (Pending Budget Approvals)</i>			X	
	Address shade over the play and picnic area <i>U (Pending Budget Approvals)</i>				
	Play equipment replacement <i>U (Pending Budget Approvals)</i>				
City Hall Park	ADA improvements <i>U</i>				X
	Area Security Lighting <i>U</i>				
	Replace playground surfacing to rubber surface <i>U</i>				
	Re-landscape <i>U</i>				
	Memorial Bench & Picnic Tables <i>U</i>				
	Update drinking fountains <i>U</i>				
Founders Park	Play Surfacing Replacement <i>U</i>				X
	Paint exterior restroom walls <i>F</i>				
Greenbriar Park	Play Structure Replacement <i>U</i>				X
	Electrical Panel Replacements (Restroom) <i>U</i>				
	Fencing/Gate Refinishing <i>U</i>				
	Interior and Exterior restroom wall improvements <i>F</i>				
	Replace irrigation system <i>U</i>				

Category	Action	FISCAL YEAR			
		23-24	24-25	25-26	2026-30
Jr. High School Park	ADA improvements U				X
	Relocate/Improve Playground U				
	Irrigation U				
	Pay to Play basketball courts U				
	Re-landscape U				
	Memorial benches & picnic tables U				
	Drinking fountains U				
	Shade for bleachers/benches/playground U				
	Trash enclosure U				
	Soccer/ball field upgrades U				
	Add DG walking track U				
	Parking Lot Fencing/Vehicle Access gate U				
	New block wall along Country Lane U				
	Switchgear Replacement U				
Tamarack Park	Irrigation improvements U				X
	Refinish basketball court F				
	Replace playground surfacing to rubber surface U				
	Re-landscape U				
	Memorial Benches and Picnic Tables U				
	Drinking Fountains U				
	Trash Enclosure U				
	Soccer/Ball field upgrades U				
	Barrier Netting Replacement F				
	ADD DG walking track U				
Tracks at Brea	Address lighting and shade U				X
Woodcrest Park	Playground Upgrades U				X
	Replace play surfacing with rubber surface U				
	Shade U				
	Irrigation U				
	ADA improvements U				
	Re-landscape U				
	Memorial Benches & Picnic Tables U				
	Drinking Fountains U				
	Concrete Gaming Tables U				
	Add Single-Stall Restroom U				

Category		Action	FISCAL YEAR			
			23-24	24-25	25-26	2026-30
Athletic Fields	With future growth in Brea, add athletic fields, courts and lights where available based on Brea’s Parks, Recreation and Human Services Facility and Program Needs Assessment U	Ongoing				
Athletic Fields Turf	In partnership with user groups and the community, add a regulation soccer/football synthetic turf field, a baseball/softball synthetic turf field for both youth and adults, and determine if natural turf or synthetic turf is appropriate replacement for other athletic fields in the City U	Ongoing				
Additional Trails and Trail Connections	Explore creative solutions for future trail crossings at City streets (pedestrian bridges, tunnels, etc.). Additionally, explore connections to other City, State and Regional trail and bike systems throughout Brea U	Ongoing				
ADA Improvements	Use current ADA transition plan for ADA improvements as renovations occur at various City Parks and Facilities F	Ongoing				
Active Adult/Senior Amenities	Explore various ideas such as pickleball, tartan track, outdoor fitness equipment, ping pong, chess, etc. in outdoor spaces. Continue to blend recreation with City’s Cultural Arts Programs U	Ongoing				
FACILITIES & AMENITIES: NEW						
Human Services						
Parks & Recreation						
Tracks Western Expansion	• Land Acquisition F	X				
	• Community Engagement (PW & CS) F					
	• Design F		X			
	• Construction U			X		
Brea 265 – Staging Area Park*	Oversee development of turn-key site Developer-Paid				X	
Brea 265 – Trails*	Oversee development of turn-key site Developer-Paid				X	
Brea 265 – Sports Park II*	Oversee development of turn-key site Developer-Paid				X	
Pickleball at Arovista*	New, dedicated Pickleball courts available for play May/June 2024 F		X			
Pickleball at Brea Sports Park II*	New, dedicated Pickleball courts available for play in 3+ years Developer-Paid				X	

City of Brea

COMMISSION COMMUNICATION

TO: Honorable Chair and Commission Members

DATE: 08/23/2023

SUBJECT: Information Memorandum

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

Prepared by: Heather Estrada, Community Services Specialist

Concurrence: Sean L. Matlock, Deputy Director and Carrie Hernandez, Deputy Director

Attachments

Information Memorandum

I. GENERAL

Park Development Fund (Fund 250) Update

The Park Development Fund has a balance of \$77,489. There are funds anticipated by Simon Mall and their upcoming improvements.

Park Development - Fund 250				
Item	Action	Date	Amount	Balance
	Fund Balance	6/30/2021		\$ 2,470,989
1	Lagos de Moreno Park Final Funding	10/27/2021	\$ (295,500)	\$ 2,175,489
2	Skate Park Final Funding	1/26/2022	\$ (1,145,000)	\$ 1,030,489
3	Arovista Modernization Design	6/8/2022	\$ (723,000)	\$ 307,489
4	Brea Creek/Arovista Safety Netting	6/8/2022	\$ (230,000)	\$ 77,489
5	Skate Park Under Budget	7/2023	\$ 60,000	\$ 137,989

- 1 Lagos de Moreno Park Final Funding - Commission meeting approval on 10/27/2021
 Skate Park Final Funding - Commission meeting approval on
 2 1/26/2022
 3 & 4 Commission meeting approval on 6/8/2022

Brea Golf Courses

The following information is collected from Western Golf, operator of both courses.

	<i>Birch Hills Golf Course</i>		<i>Brea Creek Golf Course</i>	
Item	June	July	June	July
Total Rounds	8,197	8,200	7,004	7,255
Total Bucket of Balls: Small	1,377	1,560	784	625
Total Bucket of Balls: Medium	1,864	1,133	619	561
Total Bucket of Balls: Large	1,384	1,191	1,202	1,260
Total Cart Rentals	6,379	6,629	3,735	4,061
Pay Your Age Rounds	173	199	220	258
Senior Rounds	2,078	2,018	2,378	2,283
Junior Rounds	300	362	717	784
Brea Rewards Renewals	94	85	16	14
Brea Rewards Members	108	85	25	25

Olinda Oil Museum & Trail

The open hours tours occur on Wednesdays from 10 a.m. to 2 p.m. and Sundays from 12 noon to 4:00 p.m. The total for the month totaled 115 visitors with Sundays remaining busy with the warm weather. Special group tours are on a request basis and this month there were no requests. The docents represented the site at the Country Fair event of July 4th at City Hall Park.

Special Events

Family Films

With tremendous enthusiasm, we hosted our final Family Films event of the summer at the Civic & Cultural Center Plaza on the evening of Friday, July 28th. The feature presentation was none other than the Super Mario Bros. Movie, and the response from the community was nothing short of extraordinary. This showing drew an impressive gathering of well over 300 local residents.

Witnessing our community come together for this occasion was a source of immense joy. The splendid weather added to the delight of the event, allowing everyone to relish the essence of summer. Attendees indulged in delectable cotton candy and popcorn, generously provided by our valued partner, the Sheila Bounauro Realty Team. Moreover, an array of enticing raffle prizes were distributed, contributing to the overall enjoyment experienced by all.



II. COMMUNITY CENTER/RECREATION SERVICES

Operations/Facility Reservations/Contract Classes

For the month of July, we offered many exciting recreation classes within our Contract Class program. Classes included Anime Art, Summer of Art Camp at the Brea Gallery, Intro to Ballet, Intro to Karate, Princess Camps, Horse Fun for Preschoolers to Adults, Cowboy/ Cowgirl Day Camps, Pokemon Engineering Using Legos, various Semi-Private Tennis Lessons, and some very popular, Gymnastics classes.

June was a busy month for the Facility Reservations Program! We hosted seven weddings, five birthday parties, two pre-wedding events, two engagement parties, a baby shower and a rehearsal dinner. Church rental clients, Saddleback, Renew, and Calvary Life Fellowship, continue to meet each Sunday at the Community Center, Civic & Cultural Center, and Senior Center, respectively.

Brea Fitness Center

Brea Fitness continues to increase in memberships, drop-in, and class participation. Teens, adults, and seniors came together to play basketball, volleyball, “hit the weights”, or take a group exercise class. All ages and all levels are getting fit together at Brea Fitness. The Fit-Team continues to provide a fun, safe and clean environment for community members to achieve their healthy lifestyles and Make Fit Happen.



Brea Fitness Center	June	July
Memberships	1052	1077
Insurance-Based Memberships	835	861
<i>Total</i>	1887	1938
Monthly Drop-Ins	839	861

Total Class Attendance:

Program	Classes Per Week	June 2023	Classes Per Week	July 2023
BodyPump	6	394	6	405
Barre	4	252	4	219
Cycle	6	289	6	114
Circuit Training	1	40	1	24
SilverSneakers	3	668	3	678
Super Sculpt	1	68	1	28
Functional Strength	1	47	1	37
TRX Total Body Strength	2	43	2	112
TRX Tone & Flow	1	45	1	31
TRX Strong: All Levels	1	56	1	79
Yoga	8	556	8	587
Zumba	9	1274	10	1183
Low Impact	4	211	3	162
Kickboxing	1	45	1	42
Kinstretch	2	51	2	55
Mat Pilates	2	226	2	183
Total	55	4295	55	4231

Personal Training & Massage Therapy Attendance:

Program	June 2023	July 2023
Personal Training	76	81
Massage Therapy	34	38

Youth Programs

Day Camp wrapped up with 90 participants attending each day. Each week campers enjoy the Plunge, the movies, and a trip to Lagos De Moreno Park along with a large excursion day- Including Santa Ana Zoo, Newport Dunes, and Edwards Theater for a new release. We even made a trip to our own Curtis Theatre to see a Youth Theatre performance and had a private tour of the Gallery followed by a special art project. Camp wrapped up on August 11. It was great summer! After School and Teen Programs started up a few days later on August 14. There are still a few spaces available in both programs.

Summer Tiny Tots and Summer Fun Club wrapped on August 11th like Summer Day Camp. Programs saw 44 students a day over the summer. The Tiny Tot staff is now busy prepping for the Fall session that starts the week of August 21. As of right now most Fall classes still have space available.

**Important Upcoming Dates:**

August 21 – First day of Fall Tiny Tots

September 22 – 1st 6th Grade Sneak Preview of the school year

Swim Lessons at the Plunge

July consists of our third and fourth sessions of our Summer Swim Lesson Program at the Brea Municipal Plunge. The third session of swim lessons started July 3rd, and the fourth session began on July 17th. In just these two sessions, we had 879 total participants! During our third session, our swim program did not hold swim classes on July 4th due to the Independence Day Holiday

and the Brea Country Fair Event. On that day we were able to offer free admission to the Plunge during our recreation swim time and we had over 292 visitors!

Summer Adult Sports

Mercury Insurance participated in their very own Summer COED Softball league at the Brea Sports Park on Sunday afternoons. The company partnered with the Athletics Department to hold a 10-week Summer season, with games running from 3pm to 9pm. The 8-team league allowed Mercury's staff members, as well as family and friends to come out to the sports park and enjoy some time outdoors in a structured, competitive setting. The league will be hosting playoffs and officially wrapping up at the end of August.

Brea Resource Center

The Brea Resource Center's Counseling Program continues to provide affordable individual and family counseling to the community. The Counseling Program provides both in-person and telehealth sessions for their clients. Our trainees consist of college students in their respective graduate programs attempting to complete their practicum hours to fulfill their graduation requirements.

Counseling Sessions	June	July
Number of Sessions	78	64
New Client Intakes	2	5

Veteran Service Officers Ron Garcia and Gary Colletti continue to provide veteran services to our local veterans at the Brea Resource Center and Senior Center. Ron, who conducts one-on-one veteran services counseling at the Brea Resource Center, will often counsel his clients over the phone to ensure they are provided the resources and information that they need. Through their services, both Ron and Gary provide benefit claims counseling and referral assistance to our local heroes.

Veteran Services	June	July
Gary	11	15
Ron	5	4
Total	16	19

The Brea Resource Center continues to provide the Soundbath experience for the community. The Soundbath allows individuals to participate in a heightened mind-body awareness experience.

Soundbath	June	July
Number of Participants	15	14

The Brea Resource Center continues its partnership with the Brea Police Department by participating in a weekly ride-along. Together, both departments work towards assisting the City's homeless population by providing resources and offering interim housing. Both agencies

frequently visit St. Angela Merci, City Hall Park, Tracks at Brea, and surrounding areas. In addition, they respond to phone calls and follow-up with local residents and private businesses.

Senior Center

Senior Center Numbers (At-a-Glance)	June 2023	July 2023
Total Transportation Trips Provided	667	540
New Registered Visitors	38	42
Total Meals Served	1,421	1,398
Program Attendance	4,254	4,515

JULY HIGHLIGHTS:

Fourth of July Party

The Senior Center hosted their Fourth of July Party on Friday, July 7 to a sold-out crowd of 167 seniors dining in and 14 seniors taking meals to-go. The All-American menu consisted of Fried Chicken & BBQ Sauce, Baked Beans, Macaroni Salad, Coleslaw, Watermelon, and a Fruit Popsicle. Seniors danced to live entertainment by “Tony Rogers O’Dell” and enjoyed many raffle prizes of cash and gift cards.



Senior Center visits Downtown Seal Beach!

A packed Brea trolley took 30 seniors to Seal Beach's Main Street on Wednesday, July 12, to explore the quaint three-block stretch lined with specialty boutiques, restaurants, and galleries, that runs onto a picturesque wooden pier over the ocean. On the pier, seniors enjoyed a to-go lunch made by Chef Francesco provided with each ticket. It was the perfect hot summer day out at the beach!

Senior Center Hole in One!

Seniors are back on the Brea Creek Golf Course every Tuesday morning after the long-awaited return of our Golf Practice with driver/instructor Vern King. From beginners to experienced golfers, the seniors are enjoying a fun time together with this friendly and competitive golf practice. It's been a great way for our seniors to stay active and they look forward to the challenge of improving their game!



A Day of Adventure at the Aquarium of the Pacific!

30 seniors filled the Brea trolley for a trip to the Aquarium of the Pacific on Monday, July 31, where they spent the day exploring exhibits and learning about marine life. Seniors even got up close and personal with the chance to hand feed parakeets and touch live sharks, sting rays and jellyfish! After the morning at the aquarium, seniors enjoyed a to-go lunch made by Chef Francesco provided with each ticket. Everyone is looking forward to the next trip!



Summer Party with Visit from Friendship City Namyangju

The Senior Center hosted their Summer Party on Friday, July 28 to a sold-out crowd of 169 seniors dining in and 14 seniors taking meals to-go. The Summer BBQ menu consisted of a Grilled Cheeseburger, Waffle Fries, Veggie with Ranch, Fruit Medley, and Sorbet. Seniors danced to live entertainment by “Matt Gray” and enjoyed many raffle prizes of cash and gift cards. 24 students from friendship city Namyangju City, Korea paid a special visit to the Senior Center as part of Brea’s ongoing cultural Sister City program. The students shared special performances like opera and dance, helped serve lunch, and mingled with the seniors. The visit was a great success, with some of the students even setting up pen pals with seniors! It was a wonderful example of how cultural exchange can bring cultures together. We hope to host more events like this in the future!



CASE MANAGEMENT:

Home Delivered Meals	June 2023	July 2023
Number of Meal Clients	30	31
Total Deliveries	601	530
Total Meals Delivered	1,803	1,590
Number of Volunteers	30	31
Case Management Activity	June 2023	July 2023
Number of Active Clients	52	54
New Cases	2	3
Closed Cases	3	1



MEMORANDUM

DATE: August 1, 2023

TO: Parks, Recreation, and Human Services Commission

FROM: Edgar Esparza, Parks Supervisor

SUBJECT: Park Update, July 2023

Sports Park

Replace light bulb in restroom, repair turf on field 4,5, clean parking lot planters, clean monument signs and perform routine maintenance throughout park.

Arovista Park

Repair door lock, repair men's restroom plumbing, repair irrigation valve, clean monument sign and perform routine maintenance throughout park.

Tamarack Park

Replace base pegs on softball fields, repair chain link fence, clean monument sign and perform routine maintenance throughout park.

Jr. High Park

Trim slope planter, remove bee hive from building, clean monument sign and perform routine maintenance throughout park.

Country Hills Park

Repair door lock, add sand to playground, clean monument sign and perform routine maintenance throughout park.

City Hall Park

Replace outlet covers, add woodchips to playground, clean monument signs and perform routine maintenance throughout park.

Greenbriar Park

Repair sewer mainline, clean monument sign and perform routine maintenance throughout park.

Woodcrest Park

Clean monument sign, check irrigation schedule, sift playground sand and perform routine maintenance throughout park.

Olinda Ranch Park

Repair barbeque pit, pressure wash gazebos, clean monument sign and perform routine maintenance throughout park.

Olinda Ranch Oil Museum and Trail

Prune trees, perform routine maintenance throughout park and trail.

Founders Park

Repair sprinkler, replace basketball nets, adjust tennis nets and perform routine maintenance throughout park.

Wildcatters Park

Repair restroom signs, adjust irrigation schedule, clean monument signs and perform routine maintenance throughout park.

Lagos De Moreno Park

Clean monument sign, repair playground equipment and perform routine maintenance throughout park.

Dog Parks

Power broom artificial turf, repair Decomposed Granite, pressure wash hardscape, clean drinking fountain, clean monument sign and performed routine maintenance throughout parks.

Tracks

Level ruts in DG trail, clean trolley display and perform routine maintenance throughout Tracks.

**Routine maintenance may include one or more of these tasks at each site: trash removal, restroom cleaning, mowing, edging, weeding, trimming, irrigation repairs, playground checks and repairs, ball field dragging, and court cleaning.

Upcoming Events			
August 19	11:00am	Brea Pop Warner's Opening Day	Wildcatter's Park
August 25		Luau Lunch Party	Brea Senior Center
September 22	9:00-11:00am	Health Fair and Flu Clinic	Brea Senior Center
September 29		Western Day Lunch Party	Brea Senior Center
October 27		Halloween Lunch Party	Brea Senior Center
November 10		Veterans Day Lunch Party	Brea Senior Center
November 11	10:00am	Veterans Day Ceremony	Civic & Cultural Center
November 17 & 18		Nutcracker Craft Boutique	Brea Community Center
November 17		Thanksgiving Party Lunch	Brea Senior Center
December 7	6:30pm	Tree Lighting Ceremony	Civic & Cultural Center
December 15		Christmas Party Lunch	Brea Senior Center

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2023

Hours | Monday-Friday, 8 a.m.-3 p.m.

Announcements

NEW! Painting for Older Adults Class
Tuesdays 1-2:50 p.m.,
starting August 14

This class offers older adults an individualized approach to learning painting at their own pace and within their interest and style. Learn techniques in drawing, brush strokes, color mixing and application. Registration required. Please call 714-808-4679 to register.

By NOCE

Save the Date!
Brea Health Fair & Flu Clinic
Fri, Sept 22, 9 a.m.-12:30 p.m.



Discover new ways to stay on top of your health while getting a flu shot, FREE health screenings, FREE wellness information, and FREE Omega-3 supplements.

Hearing Aid Clean & Check
Mon, Aug 21, 11 a.m.-1 p.m.

Stop by to get your hearing aids cleaned and checked by a local Hearing Instrument Specialist. No appointments needed.

By Hearing Life

BACK AFTER COVID!

Sign-up at front desk required.
First-time students only.

Android Class

Wed, Aug 2, 1-3 p.m.

iPhone Class

Thu, Aug 3, 10 a.m.-12 p.m.

By California Connect



Guided Autobiography Class—5 Week Course
Fridays, now thru Aug 25
9-11 a.m.

Are you 55+ and looking for a way to make a record of your life story? Guided Autobiography. (GAB) is a process that helps you recall and record the significant moments of your life. A new life story topic is assigned each week. Space is limited.

Sign-ups required

By SCAN Independence at Home

NEW! Lotería
Select Thursdays,
10:45-11:45 a.m.



A traditional game of chance, Lotería—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated cards are pulled to try to find a winner. Cash prizes given!

BACK AFTER COVID!

Golf Practice

1st & 3rd Tuesdays of each month, 10:15-11:45 a.m.

Play in a local golf course practice range! Meet in the lobby for a ride over together.

Luau Party

Friday, August 25, 10:30 a.m.-12:30 p.m.

Get your ticket early for a delicious meal, live entertainment by “Anthony Bernasconi,” and a chance to win valuable raffle prizes! \$5 per ticket for 60+, \$6 for those under 60.

Sponsored by Dwight Manley

Presentations

Senior Home Care Options
Thu, Aug 10, 10:30-11:30 a.m.

Confused about the different home care options? Shana will discuss the differences between home care, assisted living, nursing homes, etc., so you can make the most informed decision.

By Assisting Hands Home Care

Medi-Cal in Orange County **Thu, Aug 17, 10:45-11:45 a.m.**

Learn how to enroll in Medi-Cal. If you're already enrolled, learn more about the Medi-Cal benefits you already have!

By CalOptima Health

Travel Group

Festival of Arts—Laguna Beach

Friday, Sept 1, 8:30 a.m.-3 p.m.

Take a docent-led tour of the Festival of Arts, a beautiful open-air gallery with highly acclaimed fine art featuring the work of over 100 Orange County artists. There will be art demonstrations by Festival exhibitors. Lunch is purchased separately and NOT included with ticket. \$20 per person.

Utah Canyon Royale **September 24-27**

Highlights: Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Casa Blanca Resort & Casino, Mesquite, Nevada, and Las Vegas, Nevada. \$799 per person, based on double occupancy.



St. Louis, Branson, Memphis, & Nashville **October 1-8**

Highlights: St. Louis Gateway Arch & Museum, 3 Branson shows, Memphis city tour, Graceland (Elvis Presley Home), Johnny Cash Museum, visit to the Country Music Hall of Fame and Museum, Nashville city tour, Grand Ole Opry, Peabody Hotel, Beale Street in Memphis. \$3,699 per person, based on double occupancy.

By Friendly Excursions

Health Help

Blood Pressure Checks **Tuesdays, 11 a.m.-12 p.m.**



Senior Services

Case Management Services

Are you a senior living in Brea? Are you a caregiver for a loved one? 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 info.

BACK AFTER COVID! **Medicare & Health Insurance Assistance** **2nd & 4th Wednesday of each month, 9:30-11:30 a.m.**

This service benefits anyone who has questions or needs assistance regarding Medicare, HMO's and secondary and long-term care insurance.

Appointment Required **By Health Insurance Counseling and Advocacy Program**

Legal Aid (Wellness Room) **4th Thursday of each month, 12:30-2 p.m.**



Appointments are available with representatives from Legal Aid Society of Orange County for seniors 60+, who reside in Orange County.
By Community Legal Aid SoCal

Senior Center Gift Shop **Monday-Friday, 8:30-11:30 a.m.**

Large assortment of quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items gratefully accepted during business hours.

Senior Grocery Program **2nd & 4th Tue of each month, 10:30-11:30 a.m.**

Twice a month, pick up a selection of fresh produce, dairy products, and shelf-stable dry goods. Please bring your own grocery bags!

By Second Harvest Food Bank



Shopping Trips! **Every Monday, 12:45 p.m.** **1st & 3rd Wed, 12:45 p.m.**

Free transportation for Brea residents to Walmart, Ralphs, Rite Aid, Albertsons, and Trader Joe's. Shopping trips limited to one hour. Call 714-990-7754 to register.

Senior Van Service **Tue-Fri, 9 a.m.-1 p.m.**

For \$2 per one-way, go to essential errands or appointments within 5 miles of your home (within OC). 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. Call 714-990-7750 for more information.

Fitness

Better Balance with Dan **Mondays, 10-11:50 a.m.**

Specifically designed to improve movement and balance control.
By Older Adults Program

Health & Wellness w/ Eunice
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.
By Older Adults Program

Line Dancing Class
Wednesdays, 12-3 p.m.
Introduction: 12-1 p.m.
Beginning: 1-2 p.m.
Intermediate: 2-3 p.m.



Longevity Stick Balance Class
Every Monday (ZOOM only),
Wednesdays and Fridays,
9-10 a.m.

Table Tennis
Every Tue & Thu, 12:30-3:30 p.m.
Resident Quarterly Fee: \$20
Non-Resident Quarterly Fee: \$30

Tai Chi for Every Body
***NO class on 8/28 or 8/29**
Mon, 10-11:30 a.m. (ZOOM only)
Tue & Fri, 1-3 p.m. (ZOOM only)

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

Yoga Class
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8:30-9:15 a.m.

Join us for a yoga class for any level of experience. Bring your own mat.

Zumba® Gold  **ZUMBA®**
gold
Mondays, 12-1 p.m.
Wednesdays, 10:30-11:30 a.m.

Classes

NEW! Recorder Music Practice
Wednesdays, 9-11:30 a.m.
Intermediate: 9-10:30 a.m.
Beginning: 10:30-11:30 a.m.

The ability to read music is a plus, but not necessary.

FREE Tech Tutoring

Receive one-on-one assistance on our new computers in our computer lab or bring in your own laptop, tablet, or cell phone to receive help. Examples of topics we can assist with include Facebook, sending and receiving email, web searching, digital photos, and how to use flash drives. Appointments available on Mondays!

Gatherings

Afternoons at the Movies
Wed, Aug 9: "80 for Brady"
(2023) PG-13

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Starring Jane Fonda, Rita Moreno, Sally Field, and Lily Tomlin.

Wed, Aug 23: "The Outlaws"
(2023) R

Owen Browning is a straight-laced bank manager about to marry the love of his life, Parker. When his bank is held up by the Ghost Bandits during his wedding week, he believes his future in-laws who just arrived in town are the infamous outlaws. Starring Pierce Brosnan, Adam DeVine, and Nina Dobrev.

Bible Study (Room B)
3rd Wednesday of each month
12:30-1:30 p.m.
By Cause Church
Senior Ministry



Bingo! (Dining Room)
Mondays, Wednesdays, and
Fridays, 10:30-11:30 a.m.

Thursdays, 12:30-1:30 p.m.

Birthday Party
Friday, Aug 11, 11:30 a.m.
By Cause Church Senior Ministry

Book Club (Courtyard)
4th Wednesday of each month

Discuss the book and pick up next month's book selection on the 4th Wednesday of every month from 11-11:30 a.m., in the Senior Center courtyard.

By the Brea Public Library

Bunco Group (Room B)
Every Tue & Fri, 12:45-2:30 p.m.

Crochet Group (Room C)
Mondays, 10 a.m.-12 p.m.

Hooks and Needles—Knitting Group
3rd and 4th Tuesday of each month, 1-3 p.m.

Loose Threads—Quilting Group (Room B)
1st and 3rd Wednesday of each month, 9 a.m.-12 p.m.

Sewing & Embroidery Group
Thursdays, 9 a.m.-3 p.m.



Bring your own sewing machine and projects you're working on. Basic knowledge of sewing required.

Sing-a-Long Group (Room C)
Fridays, 12:45-2 p.m.

Timely Topics (Room C)
Tuesdays, 10-11 a.m.

Veterans Club (Room B)
Mondays, 11-11:45 a.m.

August Activities

FAMOUS QUOTE

“By the time you’re eighty years old you’ve learned everything. You only have to remember it.”

GEORGE BURNS

AUGUST IS NATIONAL EYE EXAM MONTH

- 3 Watermelon Day
- 4 International Beer Day
- 13 Left Hander’s Day
- 17 Thrift Shop Day
- 19 World Photography Day
- 31 Eat Outside Day

BIRTHSTONE

Peridot, Spinel, and Sardonyx

FLOWERS

Gladiolus and Poppy

Monday


Tuesday

<p>All programs and activities subject to change and cancellation without prior notice.</p>	<p>1</p> <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p>7</p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)</p>	<p>8</p> <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)</p>
<p>14</p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)</p>	<p>15</p> <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:15 Golf Practice (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Painting for Older Adults (DR) 1:00 Knitting Group (C)</p>
<p>21</p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Tai Chi for Every Body (ZOOM) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 11:00 Hearing Aid Clean & Check (L) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)</p>	<p>22</p> <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:30 Senior Grocery Program (L) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM) 1:00 Knitting Group (C) 1:00 Painting for Older Adults (DR)</p>
<p>28</p> <p>9:00 Longevity Stick Balance (ZOOM) 10:00 Better Balance (PH) 10:00 Crochet Group (C) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Zumba Gold (PH) 12:45 Walmart Shopping (L)</p>	<p>29</p> <p>8:30 Yoga Class (PH) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 11:00 Blood Pressure (WR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:45 Bunco (B) 1:00 Painting for Older Adults (DR)</p>

Wednesday

Thursday

Friday

2 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:45 Ralphs/Rite Aid Shopping (L) 1:00 Android Class (C) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	3 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:00 iPhone Class (C) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)	4 9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (DR) 1:00 Tai Chi for Every Body (ZOOM)
9 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 9:30 HICAP Counseling (WR) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	10 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:30 Senior Care Presentation (L) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)	11 9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
16 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Bible Study (B) 12:45 Albertsons/Trader Joe's Shopping (L) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	17 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Medi-Cal Presentation (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)	18 9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Bingo (DR) 12:00 Special Dollar Lunch (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM)
23 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 9:00 Pacific Marine Mammal Center (L) 9:30 HICAP Counseling (WR) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 11:00 Book Club (CY) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	24 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 12:30 Legal Aid (WR)	25 9:00 Longevity Stick Balance (PH) 9:00 Guided Autobiography Class (C) 10:30 Luau Party (DR) 12:45 Sing-a-Long Group (C) 12:45 Bunco (B) 1:00 Tai Chi for Every Body (ZOOM) 
30 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Intermediate Recorder Practice (C) 10:30 Beginning Recorder Practice (C) 10:30 Bingo (DR) 10:30 Zumba Gold (PH) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	31 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:30 Health & Wellness (PH) 10:45 Loteria (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR)	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



Senior Lunch Menu – August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00	Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley WG Tortilla SF Custard Orange Juice	Split Pea Soup w/ SF Crackers Provencal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	Diced Chicken A La King Sauce Egg Noodles Squash Medley WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	<div>Special Friday Lunches are Listed on the Next Page</div>
7	8	9	10	
Cheese Ravioli Savory Tomato Sauce Broccoli Italian Veg. Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese Tropical Fruit Mix	Cheeseburger Beef Patty Swiss Cheese Potato Salad Shredded Lettuce Tomato & Red Onion Mayonnaise, Mustard & Ketchup WG Hamburger Bun SF Fruited Gelatin	Breakfast for Dinner Omelet Chicken Apple Sausage Baked Red Skin Potatoes Sliced Carrots WW Blueberry Muffin SF Pear Crisp	Braised Cubed Beef Burgundy Gravy Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit	
14	15	16	17	
Pork Tenderloin Creamy Mushroom Sauce Rice Pilaf Mixed Veg. WW Dinner Roll w/ Smart Balance SF Cookie	Ground Turkey Bolognaise Bow Tie Pasta Italian Veg. Blend Parmesan Cheese WW Dinner Roll w/ Smart Balance Tropical Fruit Mix	Baked Tilapia Savory Tomato Sauce Sweet Potatoes Broccoli WW Dinner Roll w/ Smart Balance SF Pudding Orange Juice	Salisbury Steak Mushroom Brown Gravy Mashed Potatoes Carrots WW Dinner Roll w/ Smart Balance Pineapple Chunks	
21	22	23	24	
Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries & Almonds w/ Balsamic Dressing) WW Crackers (2) SF Fruited Gelatin	Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower Blend WW Dinner Roll w/ Smart Balance Canned Pears	Beef Stew Stew Vegetables Stew Gravy Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange	Diced Orange Chicken Orange Sauce Brown Rice Oriental Veg. Blend SF Pudding	
28	29	30	31	
Vegetarian Lasagna Scandinavian Veg. Blend Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp	Vietnamese Chicken Strips w/ Pineapple Coconut Curry Sauce Brown Rice Spinach Orange Juice SF Pudding	Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg. Mix WG Tortilla Sour Cream Seasonal Fresh Fruit	Breaded Fish Tacos Black Beans 3-Way Cabbage Corn Tortillas (2) Pico de Gallo Pineapple Chunks	

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts 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% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

Special Friday Lunches



Friday, Aug 4

Dollar Lunch Sponsored by Dwight Manley

Lemon Chicken Pesto Tortellini, Garlic Breadstick,
Vegetable Medley, Italian Salad, Mini Eclairs

***\$1
LUNCH**

Friday, Aug 11

Ground Beef Taco Bowl with Spanish Rice, Black Beans,
Cheese, Avocado, Lettuce, Sour Cream, & Pico de Gallo
Chips & Salsa, Mexican Dessert

***\$4
LUNCH**

Friday, Aug 18

Dollar Lunch Sponsored by Dwight Manley

Hot Dog, Chili with Cheese, Fries, Green Salad,
Mixed Fruit, Ice Cream Sandwich

***\$1
LUNCH**

Friday, Aug 25

Luuu Party

Teriyaki Chicken with Pineapple, White Rice,
Macaroni Salad, Hawaiian Salad, Tropical Fruit,
Popsicle, Hawaiian Punch

***\$5
LUNCH**

Join us every Friday at the Brea Senior Center for a Special Friday Lunch!

Lunch service starts at **12 p.m.** Pre-registration and pre-payment are preferred at least one day in advance. Friday meals can be eaten in-person at the Senior Center or taken ***to-go for an added charge. Anyone under 60 will have an added charge of \$1.00.** Vegetarian options are available with advanced notice.

JET SET

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

AIRPORT	LUGGAGE
ARRIVAL	MOVIE
BOARD	PILOT
BRAKE	PLANE
CLOUD	PORTER
CRAFT	RADAR
CRUISE	ROUTE
CUSTOMS	RUNWAY
DRINKS	SEAT
EXPRESS	SKYCAP
FARE	SOAR
FOIL	STEWARD
FREIGHT	TAKEOFF
GATE	TICKET
JET	TRAVEL
LANDING	TRIP
LAYOVER	VISA
LINE	WING

Come by and learn...

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.

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

