

Wednesday, May 22, 2024, 5:30 PM COUNCIL CHAMBERS 1 Civic Center Circle Brea, California 92821

Parks, Recreation and Human Services Commission

Bill Higgins, Chair

Irene Rifilato, Vice Chair

Craig Livingston, Commissioner

Gill Realon, Commissioner Eric Mason, 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 CFR35. 102.35. 104 ADA Title 11)

1: Call to Order

2: Pledge of Allegiance

3: Invocation

4: Informational

5: Presentations

5A. Presentation: Recognition of Assistant City Manager Chris Emeterio's 43 Years of Service to the City of Brea

5B. Presentation: Arbor Day

6: Matters from the Audience

7: School District Representative

8: Correspondence - Staff

8A. Correspondence

9: Action

9A. Approval of Minutes of March 27, 2024 Meeting

10: Discussion

10A. Arovista Park Modernization Update

10B. Tracks at Brea Update

11: Information Memorandum

11A. April 2024 Informational Memorandum

12: Reports

13: Adjournment

Date Posted: May 17, 2024



Correspondence

Meeting	Agenda Group	
Wednesday, May 22, 2024, 5:30 PM	Correspondence - Staff Item: 8/	
FROM		
Chris Emeterio, Assistant City Manager/Community Services Director		

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

Prepared by: Carrie Hosozawa, Administrative Assistant

Concurrence: Sean L. Matlock, Deputy Director of Community Services

Attachments

Correspondence.pdf

Matlock, Sean

Subject:

Newest Yelp Review



Jim W. Corona, CA

May 12. 2024

Customer service to start, was amazing and attentive to our needs. Heather was a fantastic and knowledgeable person who helped us decide, without a doubt this was where we were welcomed.



Helpful 0

E

Thanks 0

Love this 0

Oh no 0

6.9

Comments or Suggestions: Comments or Suggestions: udy's BF Lumba need Japp antan hopetu ontine WII Der ma mila h Ora Not enough room for your comments? Not enough room for your comments? You can e-mail our team of supervisors at: You can e-mail our team of supervisors at: BCCTellUs@cityofbrea.net BCCTellUs@cityofbrea.net Would you like us to get back to you? Would you like us to get back to you? We would be happy to respond, if you would please We would be happy to respond, if you would please fill out the information below: fill out the information below: VA 4/30/2024 2/2024 Name: Name: **Telephone: Telephone: Email Address:** Email Address: Please place this card in a "Tell Us" box. Please place this card in a "Tell Us" box. Thank you for your input! Thank you for your input!



Approval of Minutes of March 27, 2024 Meeting

Meeting	Agenda Group	
Wednesday, May 22, 2024, 5:30 PM	Action	ltem: 9A
FROM		
Chris Emeterio, Assistant City Manager/Community Services Director		

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

Prepared by: Ashley Reid, Community Services Specialist

Concurrence: Sean L. Matlock, Deputy Director of Community Services

<u>Attachments</u>

Draft Minutes 3-27-24 PRHS.pdf

** The following document is a draft of the minutes and the not the official approved minutes

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Minutes for the Parks, Recreation and Human Services Commission

1 Civic Center Circle, Brea, California 92821 March 27, 2024, 5:32 PM - March 27, 2024, 6:51 PM

Roll Call: (The following members were in attendance)

- Craig Livingston, Chair Parks, Recreation and Human Services Commissioner
- Bill Higgins, Vice Chair Parks, Recreation and Human Services Commissioner
- Eric Mason, Parks, Recreation and Human Services Commissioner
- Gill Realon, Parks, Recreation and Human Services Commissioner
- Irene Rifilato, Parks, Recreation and Human Services Commissioner

Commissioner Rifilato arrived at 5:47 PM.

1. Call to Order

Chair Livingston called the meeting to order at 5:32 p.m.

2. Pledge of Allegiance

Chair Livingston

3. Invocation

Chair Livingston

4. Informational

Assistant City Manager Emeterio provided Commissioners an update on staffing changes and discussed the upcoming celebration of the 100 year anniversary of the "Big Game" in October and noted that more details would be provided.

Deputy Director Hernandez provided Commissioners an update on the unfilled vacancy on the Cultural Arts Commission.

4A. Student Advisory Board

Supervisor Mendoza introduced Jazmine Serna, Community Services Specialist, in after school programming.

Students from the Student Advisory Board provided Commissioners an update on activities the board has planned.

5. Matters from the Audience

None.

6. School District Representative

Amber Gonzales Duong, Brea Olinda Unified School District representative, provided Commissioners an update.

7. Correspondence - Staff

7A. Correspondence

Deputy Director Matlock noted the correspondence that was received by the community.

8. Action

8A. Approval of the Minutes of the Meeting of February 28,2024

Abstained by Gill Realon

Motion was made by Vice Chair Higgins, seconded by Commissioner Mason to approve the Minutes of February 28, 2024. Ayes: Chair Livingston, Vice Chair Higgins, Commissioner Mason, Commissioner Rifilato Absent: Commissioner Realon Motion Passed

8B. Commission Reorganization

Motion was made by Commissioner Realon, seconded by Commissioner Mason to appoint Bill Higgins as Chair. Ayes: Chair Livingston, Vice Chair Higgins, Commissioner Mason, Commissioner Rifilato, Commissioner Realon Motion Passed Motion was made by Commissioner Livingston, seconded by Commissioner Mason to appoint Irene Rifilato as Vice Chair. Ayes: Chair Higgins, Commissioner Livingston ,Commissioner Mason, Commissioner Rifilato, Commissioner Realon Motion Passed

9. Discussion

9A. Focused General Plan Update - Community Steering Committee Appointment

City Planner Hwang provided Commissioners an update on the City of Brea Focused General Plan and requested the Parks, Recreation and Human Services Chair to appoint one Commissioner to the Focused General Plan Community Steering Committee.

Chair Higgins appointed Commissioner Rifilato and Commissioner Realon as an alternate.

9B. Tracks at Brea Western Extension Update

Deputy Director Matlock provided Commissioners an update on the Tracks at Brea western extension.

9C. Brea Resource Center and HOPE Center Update

Deputy Director Hernandez introduced Community Services Specialist/Homeless Outreach Coordinator, Damian Fonseca.

Community Services Specialist/Homeless Outreach Coordinator Fonseca provided Commissioners an update on the HOPE Center.

Community Services Supervisor Espitia provided Commissioners an update on the Brea Resource Center services that are provided to the community.

9D. Arovista Park Modernization Project Update

Senior Management Analyst Colacion provided Commissioners an update on the Arovista Park Modernization Project.

9E. Ad Hoc Committee and Park Ambassador Appointments -

Commissioners concurred that the only change to the Ad Hoc Committee appointments was the addition of Vice Chair Rifilato to the Community Center, Olinda Oil Museum & Trail, Olinda Ranch Park, and Tamarack Park Ambassador Committee.

10. Information Memorandum

10A. Information Memorandum - March 2024

Deputy Director Matlock discussed items listed in the Information Memorandum.

11. Reports

11A. Park Ambassadors

In response to Commissioner Realon's inquiry, Public Works Supervisor Esparza noted that damage due to rain at Arovista Park was completed.

11B. Golf Course Ambassadors

Chair Higgins provided an update to Commissioners on Brea Creek and Birch Hills Golf Courses.

11C. Art in Public Places Committee - Rifilato -

None.

11D. Country Fair Steering Committee - Realon -

Commissioner Realon noted that the Country Fair Steering Committee is working on the planning of the Country Fair.

11E. User Groups - Higgins -

None.

11F. Public Works - Esparza-

Public Works Supervisor Esparza provided Commissioners an update on Brea Little League Opening Day and the scoreboards at Brea Sports Park.

11G. Community Services Staff

Community Services Specialist Reid informed Commissioners that the Pet Expo was Saturday, April 6, from 9:00 a.m. to 3:00 p.m.

12. Adjournment

Chair Higgins adjourned the meeting at 6:51 p.m.



Arovista Park Modernization Update

Meeting	Agenda Group	
Wednesday, May 22, 2024, 5:30 PM	Discussion	Item: 10A
FROM]	
Chris Emeterio, Assistant City Manager/Community Services Director		

BACKGROUND/DISCUSSION

Staff will provide the Commission with a verbal update on the Arovista Modernization Project.

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

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Prepared by: Jenn Colacion, Senior Management Analyst

Concurrence: Sean L. Matlock, Deputy Director of Community Services



Tracks at Brea Update

Meeting	Agenda Group	
Wednesday, May 22, 2024, 5:30 PM	Discussion	ltem: 10B
FROM		
Chris Emeterio, Assistant City Manager/Community Services Director		

BACKGROUND/DISCUSSION

Staff will provide the Commission with a verbal update on the Tracks at Brea Western Extension effort, as well as Friends of the Tracks 501c(3).

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

Concurrence: Sean L. Matlock, Deputy Director of Community Services



April 2024 Informational Memorandum

Meeting	Agenda Group	
Wednesday, May 22, 2024, 5:30 PM	Information Memorandum Item: 11	
FROM]	
Chris Emeterio, Assistant City Manager/Community Services Director		

RESPECTFULLY SUBMITTED

Chris Emeterio, Assistant City Manager

Prepared by: Carrie Hosozawa, Executive Assistant

Concurrence: Sean L. Matlock, Deputy Director of Community Services

Attachments

April 2024 PRHS Information Memorandum (1).pdf

I. GENERAL

Brea Golf Courses

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

	Birch Hills Golf Course		Brea Cree	k Golf Course
Item	March	April	March	April
Total Rounds	4,446	6,908	5,577	6,599
Total Bucket of Balls: Small	631	1,798	491	547
Total Bucket of Balls: Medium	1,265	1,295	665	841
Total Bucket of Balls: Large	639	571	917	986
Total Cart Rentals	4,425	4,834	2,463	2,839
Pay Your Age Rounds	296	331	358	144
Senior Rounds	511	530	1,023	1,469
Junior Rounds	345	300	600	906
Brea Rewards Renewals	109	89	24	24
Brea Rewards Members	80	66	22	22

Olinda Oil Museum and Trail

The regular open hours tours for the month totaled 72 visitors. It was a busy month with a consistent turnout on the weekends. The warmer weather will increase the number of visitors. There were no special group tours in April. The City of Brea is assisting the American Association of Petroleum Geologist AAPG with their planning stages preparing for their centennial event at the OOMT in September.

The trail's popularity remains high with it being a favorite for walkers and hikers in and around Brea. Along with Rattle Snake warnings, 'Tick Warning' signs have been placed at the trail entry points as this season the Tick abundance is a concern across the full Puente Hills. The warning is especially an issue with kids and dogs, and adults are told to check the group for Ticks after every hike. The Oil Workers Cottage wash porch has been fully accessorized to include laundry on the clothesline. Brea's Parks Maintenance is working on reported repairs. The issues with water leaks and runoff drainage control are being worked. The public water fountain has been repaired making the picnic area fully functional again.

The OOMT docents continue to support the Community Services organization to assure the transition to City of Brea operations are complete, affective, and transparent. The OOMT staff is arranging working meetings to develop an operation Handbook to go along with the guidelines being put together by City staff. The Teamwork room is set up.

Special Events

Spring Craft Boutique

The Spring Craft Boutique was a two-day event this year, held on March 15th and 16th at the

Brea Community Center. There were over 2,100 customers and community members who shopped at the 24th annual City of Brea Spring Craft Boutique. The boutique featured 200 vendors, selling unique one-of-a-kind seasonal and year-round gifts and décor, wearable art, jewelry, florals, baby items, tasty goodies, and much more. This is an enjoyable event where the community can shop locally, sample, and purchase unique items from small business owners.



Family Films of 2024

We are so excited to announce the 2024 summer Family Film Series starting June 21st through July 19th at the Civic and Cultural Center. We will be showing Cars 3, Shrek, Moana, and Inside Out. Please bring a chair or a blanket and be ready to watch these films under the stars at 8 p.m. or when dark. We love it when our community is able to come together and enjoy a summer evening. We are also very grateful for our partner Sheila Bounauro Realty Team who provides cotton candy, popcorn and other awesome items. If you would like to participate in this event or need more information please reach our Special Events team at BreaSpecialEvents@cityofbrea.net or 714-990-7771.



Fifth Annual Pet Expo

Community Services held the fifth Annual Pet Expo on Saturday, April 6th from 9 a.m. to 3 p.m. at the Brea Community Center. There were over 1,500 community members who participated in this fun event. The Pet Expo featured over 113 vendors, highlighting pet products, learning opportunities and pet adoptions. Adoptions resulted in 50 animals finding new homes, including dogs, cats and rabbits. We beat all 2023 numbers with community

members, vendors and adoptions, so we know that our community loves this one!

Three K-9 demonstrations took place, one at 10 a.m. with Anaheim Police Department and then at 12 p.m. and 2 p.m. with Brea Police Department and they were all a huge success with the community. Both agencies were able to walk the community through a variety of K-9 techniques, including a drug sniffing drill, dog obedience and simulation bite.

The event was a success due to the teamwork of Community Services, the Print Shop, the Police Department and Public Works. Thank you all for your hard work!



2024 Country Fair—July 4th

The 44th Annual Country Fair will be held on Thursday, July 4th at City Hall Park. The day will begin with the Kiwanis Club serving a pancake breakfast, followed by the Brea Ministerial Association morning service. There will be a variety of non-profit food booths out at the event, serving various foods. Continuous entertainment will be held in the bandstand featuring Anthony Riveria and the Raining Horseshoes, PAVA and other guest performances will be on centerstage as well. Guests of all ages will be able to enjoy food, games, the Beautiful Baby Contest, carnival rides, Pony Ride, Petting Zoo, Pie Eating Contest, Hula Hoop Contest (a Collectible Car Show and an antique car display), free swimming in the Brea Plunge. Captain America, Captain Marvel, Superman, Wonder Woman, Spiderman and Supergirl will all be at this very fun and patriotic event. We will also be hosting our Patriotic Pooch Parade from 10:15-10:45 a.m. and the Kiddie Parade from 10:45-11 a.m. We would love for everyone to join in for this, and lots of fun prizes will be handed out. We will also be hosting our Patriotic Pooch Parade from 10:15-10:45 a.m., and we hope lots of our community members are able to kick off their 4th of July celebrations with us and make memories with friends and neighbors.

If you would like to participate in this event or need more information please reach our Special Events team at <u>BreaSpecialEvents@cityofbrea.net</u> or 714-990-7771.



Home Beautification

We are so excited to be hosting our fourth Annual Home Beautification Challenge for our community. We are asking all residents to decorate the outside of their homes with a patriotic flair. Please send in photos of your home to <u>BreaSpecialEvents@cityofbrea.net</u> by Tuesday, June 25th for a chance to win a \$100 Home Depot gift card and major bragging rights. Winners will be announced at the Country Fair at 10:15 a.m. We can't wait to see what everyone shares this



year!

II. COMMUNITY CENTER/RECREATION SERVICES

Youth Sports

The second session of our Youth Basketball program held at the Brea Community Center began on March 9th. The 7-week program is held on Saturdays in the Gymnasium, where almost 180 participants and their families visit the Brea Community Center to participate in this fundamentals-focused program designed to foster the love for the game of basketball for kids ages 4-12 years old. Each hour, teams of 10 players develop their skills in dribbling, passing, shooting, and gameplay strategy in the first half of each day, then move on to play a game against another team during the second half of the day.

Operations/Facility Reservations/Contract Classes

In March, our Contract Class program featured a diverse array of youth enrichment classes, such as Pee Wee Tennis Lessons, Cheernastics Gymnastics, Crafts, T-Ball, and Horse Fun. Adults had their pick of special interest classes like Intro to Golf, Country Western Line Dancing, Social Ballroom Dancing, and Intro to Guitar.

The Facility Reservations program continues to receive a high volume of inquiries and bookings for our facilities. During the month of March, the facility hosted three weddings, two banquets, one birthday party, a start-up market, a baby shower, and a quinceanera. Business and non-profit clients Heritage Oak, Excel Academy, Cravitz Financial, and Sonora High School all held events at the Brea Community Center. Church rental clients, Saddleback, Renew, and Calvary Life Fellowship, meet each Sunday at the Brea Community Center, Civic & Cultural Center, and Brea Senior Center.

Brea Fitness Center

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



Brea Fitness Center	February	March
Memberships	1052	1051
Insurance-Based Memberships	1020	1006
Total	2072	2057
Monthly Drop-Ins	704	676

Total Class Attendance:

Program	Classes Per Week	February 2024	Classes Per Week	March 2024
BodyPump	6	343	6	409
Barre	4	181	4	180
Cycle	6	243	6	49
Circuit Training	1	50	1	251
SilverSneakers	3	772	3	788
Super Sculpt	1	73	1	56
Functional Strength	1	57	1	71
TRX Total Body Strength	2	63	2	51
TRX Strength &	4	54	4	49
Conditioning				
TRX Tone & Flow	1	73	1	64
TRX Strong: All Levels	2	53	2	573
Yoga	8	587	8	573
Zumba	9	1167	10	1038
Low Impact	4	189	3	218
Kickboxing	1	40	1	44
Kinstretch	2	51	2	50
Mat Pilates	2	180	2	179
Total	57	4150	57	4112

Personal Training & Massage Therapy Attendance:

Program	February 2024	March 2024
Personal Training	90	85
Massage Therapy	36	36

BREA SENIOR CENTER

Senior Center Numbers (At-a-Glance)	February	March
Total Transportation Trips Provided	503	647
New Registered Visitors	41	34

Total Meals Served	1,613	1713
Program Attendance	4,501	4970

March Highlights:

Our Senior Center Goes Green for St. Patrick's Day!

The luck of the Irish was strong at our senior center this St. Patrick's Day! A sold-out event of 169 lucky attendees donned their finest green and enjoyed a day brimming with fun. Energetic entertainment by Tony O'Dell had toes tapping and hearts light as seniors danced and sang along. Festivities continued with a delicious St. Paddy's Day feast featuring corned beef brisket and cabbage, mashed potatoes, mac and cheese, all perfectly complemented by soda bread, green grapes and a mint chocolate chip brownie. It was a truly delightful day



Seniors Discover Sherman Gardens and Feast at Avila's El Ranchito

Thirty adventurous seniors recently embarked on a fun-filled excursion to Sherman Gardens and Avila's El Ranchito in Corona Del Mar. Their day began with a guided tour through the picturesque Sherman Gardens. Docents led the group along winding walkways, showcasing vibrant flower beds and soothing fountains. The seniors were immersed in the beauty of this nationally recognized botanical haven, enjoying the explosion of color, texture, and fragrance.

Following their exploration of the gardens, the group headed to Avila's El Ranchito for a delicious buffet lunch. The menu featured a delightful spread of Mexican favorites, including salads, enchiladas and burritos, rice and beans, and soft drinks. It was a perfect finale to a day filled with culture and beauty.



Case Management:

Home Delivered Meals	February	March
Number of Meal Clients	29	32
Total Deliveries	576	631
Total Meals Delivered	1557	1608
Number of Volunteers	25	25
Case Management Activity	February	March
Number of Active Clients	59	60
New Cases	1	3
Closed Cases	3	2

Informational Memo April 2024



MEMORANDUM

DATE: April 11, 2024

TO: Parks, Recreation, and Human Services Commission

FROM: Edgar Esparza, Parks Supervisor.

SUBJECT: Park Update, March 2024.

Sports Park

Rebuild pitching mounds on fields 1 and 3. repair parking lot light, replace basketball nets, pressure wash dug out benches, clean monument signs, and perform routine maintenance throughout park.

Arovista Park

Repair drinking fountain valve, clean amphitheater BBQs, paint restrooms, clean monument sign, clean vee ditches and drains and perform routine maintenance throughout park.

Tamarack Park

Repair restroom door, replace basketball nets, clean monument sign, and perform routine maintenance throughout park.

Jr. High Park

Replace irrigation valve, add Infield dirt to fields 1,2. replace basketball nets, clean monument sign, and perform routine maintenance throughout park.

Country Hills Park

Repair restroom light, paint park bench, repair playground swing, clean monument sign and perform routine maintenance throughout park.

City Hall Park

Repair benches, trim roses, pressure wash gazebo, replace infant swings, and perform routine maintenance throughout park.

Greenbriar Park

Clean drains, repair drinking fountain, and perform routine maintenance throughout park.

Woodcrest Park

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

Olinda Ranch Park

Repair walkway cement, replace basketball nets, pressure wash picnic area, repair ruts on horse trail, clean monument sign, and perform routine maintenance throughout park.

Olinda Ranch Oil Museum and Trail

Perform routine maintenance throughout park and trail.

Founders Park

Repair tennis court light, replace tennis net reel, sift playground sand, and perform routine maintenance throughout park.

Wildcatters Park

Repair irrigation valve, add infield dirt to field 1, clean monument signs, and perform routine maintenance throughout park.

Lagos De Moreno Park

Clean monument sign, pressure wash playground, and perform routine maintenance throughout park.

Dog Parks

Power broom artificial turf, repair dog waste station, pressure wash picnic tables, clean monument sign, and performed routine maintenance throughout parks.

<u>Tracks</u>

Re-stake trees, repair erosion control, clean storm drain inlets, level ruts in DG trail, clean Trolley display, pressure wash restrooms, 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.

*Arbor Day- April 25th 2024 at the Civic Center. 3pm Exterior P2 Parking.

Informational Memo April 2024

at the Brea Senior Center



May 2024

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

Announcements

Changes Coming to Friday Bingo and Dining Room Access!

Beginning May 1, Friday Bingo will become a ticketed event and dining room access will be closed off for Friday Lunch Ticketholders only. These changes must be made to create a more enjoyable and streamlined Friday experience. Don't worry, our classic bingo sessions Mon-Thurs will continue as usual, open to everyone!

Mother's Day Trivia Thursday, May 9, 10:30 a.m.

Test your knowledge! Win prizes! Have fun! Call 714-990-7750 to register.

By JSA and Optum

HICAP Medicare Outreach Table Wed, May 15, 9:30-11:30 a.m.

HICAP is here to help! Learn about the free, unbiased counseling and assistance for any Medicare related question or issue that their counselors can provide.

By Health Insurance Counseling and Advocacy Program (HICAP)

lappy

Mother's Day.

Free Memory Screening Thursday, May 16 9 a.m.-12 p.m.

Appointment required. Please call 714-990-7750 to register. By Syrentis Clinical Research

"It's Your Money" 6-week Financial Literacy Workshop Series Now thru June 3, 1:30-3 p.m.

This free series is designed to prevent financial abuse by educating seniors to take control of their financial and estate decisions. NO sales pitches or solicitations will take place. Jump into these ongoing sessions by calling 714-990-7750 to register.

By Financial & Estate Literacy



Let's Roll! Senior Center Trip to Pala Casino! Wed, May 22, 8 a.m.-4:30 p.m. Join us for a fun-filled day trip to Pala Casino for just \$35! Take a charter bus with friends to a world of thrilling slots and classic table games. We're offering a comfortable charter bus ride and a light snack, so you can focus on the real fun—exploring the thrilling games and delectable restaurants at Pala Casino! Round trip transportation and a light snack are included. Lunch sold separately.

are included. Lunch sold separately. Spaces are limited, so call or visit the Senior Center to book yours today!

Tanaka Farms Tuesday, June 4, 8 a.m.-2 p.m.

 Λ ll aboard the city trolley for an adventure to Tanaka Farms in Irvine! At the farm, ride along on a scenic wagon tour, pick your own seasonal veggie, and indulge in strawberry picking straight from the vine (you even get to take a pound home!). Visit the barnyard animals, browse the gift shop, and share a delicious Chef Francesco sack lunch with friends. Fresh air, sunshine, and farm fun await! Tickets are \$30 and include round trip transportation and Chef Francesco boxed lunch. Call or visit us to reserve your spot. Space is limited!

Calling All Beach Lovers! Tuesday, Jun 18 8:30 a.m.-3:30 p.m.

Join us for a delightful trip aboard the city trolley to Balboa Beach! Relax on the sand, explore the pier, browse the shops on the boardwalk, or savor a delicious lunch. We'll provide round-trip transportation and a Chef Francesco boxed lunch. It's a day of seaside fun for only \$20! Space is limited, so call or visit us today to reserve your spot.

∐ealth ∐elp

Free Nail Painting 1st & 3rd Monday of each month, 9-10 a.m.

Blood Pressure Checks Tuesdays, 10 a.m.-12 p.m.



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.

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

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 Orange County 60+ seniors.

By Community Legal Aid SoCal

Senior Center Gift Shop Open Monday through Friday

Quality items available at bargain prices including: jewelry, home decorations, glassware, and assorted handcrafted items. Donated items accepted during business hours.

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

Pick up a selection of fresh produce, dairy products, and shelf-stable dry goods, while supplies last. Bring your own grocery bags!

By Second Harvest Food Bank

Shopping Trips! Mondays, 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.



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

Registration Required. Please call 714-808-4679 to register.

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

Registration Required. Please call 714-808-4679 to register. **By NOCE**

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 Mondays (ZOOM only) Wednesdays & 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

Yoga Class

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

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

Tai Chi for Every Body 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.

Zumba[®] Gold Mondays, 12-1 p.m. Wednesdays, 10:30-11:30 a.m.



Painting for Older Adults Class Tuesdays, 1-2:50 p.m.



Registration required. Please call 714-808-4679 to register. **By NOCE**

Staying Mentally Sharp for Older Adults Class Wednesdays, 12:30-2:20 p.m.

Provide older adults with the tools to reach their optimum levels of brainpower. Registration required. Please call 714-808-4679.

By NOCE

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

Creative Arts for Older Adults Class Thursdays, 9-11:50 a.m.

This class encourages art appreciation, self-expression, and creativity. Registration required. Please call 714-808-4679.

By NOCE

Beginning Ukulele Class Thursdays, 1-2:30 p.m.

N eed to purchase a ukulele, music stand, tuner, and a book "Essential Elements for Ukulele Book 1" published by Hal Leonard Corp. No registration required.



Afternoons at the Movies Wed, May 8: "The Boys in the Boat" (2023) PG-13

During the Great Depression, the JV rowing squad from the University of Washington are thrown into the worldwide spotlight as they go up against elite teams from around the world competing for a Gold Medal at the 1936 Summer Olympics in Berlin.

Wed, May 22: "Mother of the Bride" (2024) PG-13

Lana's daughter Emma returns from abroad and drops a bombshell: she's getting married. In Thailand. In a month! Things only get worse when Lana learns that the man who captured Emma's heart is the son of the man who broke hers years ago.

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

Bingo! (Dining Room) Mondays & Wednesdays, 10:30-11:30 a.m. Thursdays, 12:30-1:30 p.m. Fridays, 10:30-11:30 a.m. only for lunch ticketholders.

Birthday Party Friday, May 3, 11:30 a.m. By Cause Church Senior Ministry

Book Club (Courtyard) 4th Wednesday of each month 11-11:30 a.m. By the Brea Public Library Bunco Group Every Tue & Fri, 12:45-2 p.m.

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

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

Meet in the lobby for a ride over to Brea Creek Golf Course together.

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.

Lotería Select Thu, 10:45-11:45 a.m.

Mother's Day Party—SOLD OUT!

Friday, May 10, 10:30 a.m.-12:30 p.m. By Dwight Manley & Alignment Health

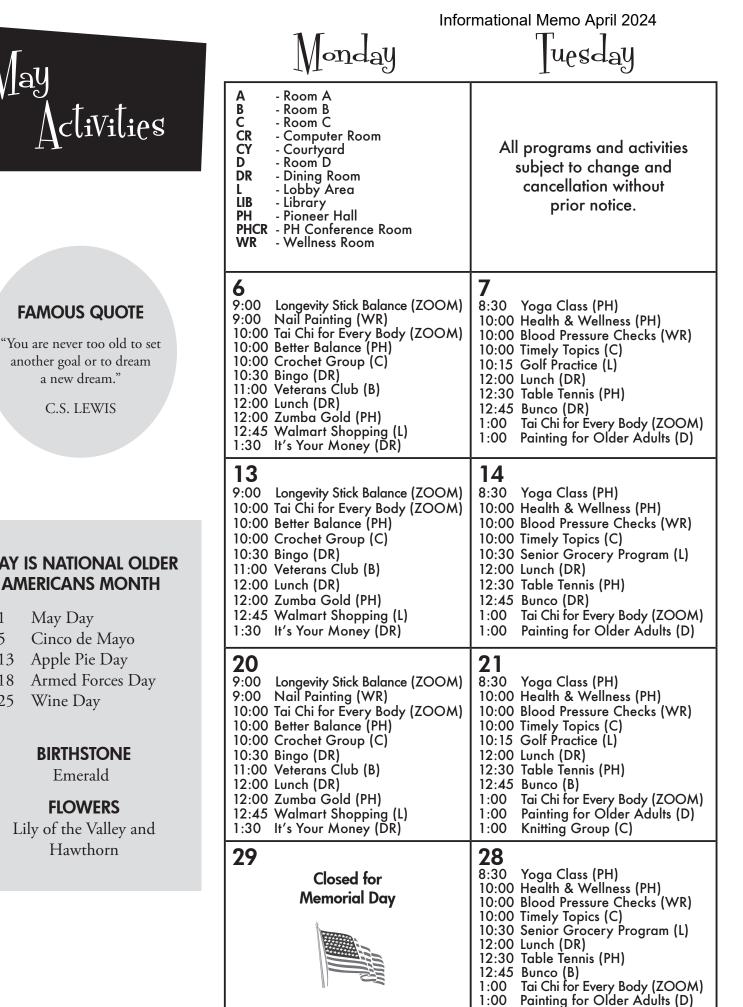
Sewing & Embroidery Group Thursdays, 9 a.m.-3 p.m.

Bring your own sewing machine. Knowledge of sewing required.

Sing-a-Long Group (Room C) Fridays, 1-2 p.m.

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

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



Knitting Group (C)

1:00

MAY IS NATIONAL OLDER

1	May Day

ay

- 5 Cinco de Mayo
- 13 Apple Pie Day
- 18 Armed Forces Day
- 25 Wine Day

BIRTHSTONE

Emerald

FLOWERS Lily of the Valley and Hawthorn

Informational Memo April 2024

Wednesday	Thursday	Friday
18:30Tai Chi 42 (CY)9:00Longevity Stick Balance (PH)9:00Guilting Group (B)9:00Intermediate Recorder Practice (C)10:30Beginning Recorder Practice (C)10:30Jumba Gold (PH)11:30Angels Game Trip (L)12:00Lunch (DR)12:00Introduction Line Dancing (PH)12:45Ralphs/Rite Aid Shopping (L)1:00Beginning Line Dancing (PH)2:00Intermediate Line Dancing (PH)	2 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)	3 9:00 Longevity Stick Balance (PH) 10:30 Bingo w/ Lunch Ticket (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (DR) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
8 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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (D) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	9 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 10:30 Mother's Day Trivia (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)	 10 9:00 Longevity Stick Balance (PH) 10:30 Mother's Day Party (DR) SOLD OUT! 12:45 Bunco (DR) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
15 8:30Tai Chi 42 (CY)9:00Longevity Stick Balance (PH)9:00Quilting Group (B)9:00Intermediate Recorder Practice (C)9:30HICAP Medicare Outreach (DR)10:30Beginning Recorder Practice (C)10:30Bingo (DR)10:30Zumba Gold (PH)12:00Lunch (DR)12:00Introduction Line Dancing (PH)12:30Bible Study (C)12:45Albertsons/Trader Joe's Shopping (L)1:00Beginning Line Dancing (PH)2:00Intermediate Line Dancing (PH)	16 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:00 Memory Screenings (WR) 9:30 Health & Wellness (PH) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)	 17 9:00 Longevity Stick Balance (PH) 10:30 Bingo w/ Lunch Ticket (DR) 12:00 Special Dollar Lunch (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
22 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) 11:00 Book Club (CY) 12:00 Lunch (DR) 12:00 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (D) 12:30 Afternoon Movie (DR) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	23 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 10:45 Lotería (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Legal Aid (WR) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)	24 9:00 Longevity Stick Balance (PH) 10:30 Bingo w/ Lunch Ticket (DR) 12:00 Special Dollar Lunch (DR) 12:45 Bunco (B) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)
29 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 Introduction Line Dancing (PH) 12:30 Mentally Sharp Class (D) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	30 8:30 Yoga Class (PH) 9:00 Sewing & Embroidery (B) 9:00 Creative Arts Class (C) 9:30 Health & Wellness (PH) 10:45 Lotería (DR) 12:00 Lunch (DR) 12:30 Table Tennis (PH) 12:30 Bingo (DR) 1:00 Beginning Ukulele (D)	31 9:00 Longevity Stick Balance (PH) 10:30 Bingo w/ Lunch Ticket (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (DR) 1:00 Sing-a-Long Group (C) 1:00 Tai Chi for Every Body (ZOOM)





Senior Lunch Menu – May 2024



	•			
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00	Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	Baked Tilapia Ranchera Sauce Mexican Rice Broccoli Tortilla SF Pudding Orange Juice 1% Milk	
6	7	8	9	10
Pork Chile Verde Verde Sauce Pinto Benas Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) WW Crackers (2pk) SF Fruited Gelatin 1% Milk	Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Cubed Beef Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/Smart Balance Mandarin Orange 1% Milk	Special
13	14	15	16	
Mexican Corn Soup w/SF Crackers Signature Chicken Salad Barley Mushroom Salad WW Dinner Roll w/Smart Balance Canned Peaches 1% Milk	Vegetable Lasagna 3-Way Tossed Salad Balsamic Dressing Broccoli & Cauliflower WW Crackers (2) SF Apple Crisp 1% Milk	Chinese Orange Chicken Orange Sauce Brown Rice Spinach SF Pudding Orange Juice 1% Milk	Pork Carnitas Bowl Tomato Cilantro Rice Fiesta Veg Mix Tortilla (1) Sour Cream (1pk) Seasonal Fresh Fruit 1% Milk	Friday Lunches are Listed on the
20	21	22	23	Next
Vietnamese Caramel Pork Caramel Sauce Jasmine Rice Broccoli Tropical Fruit Mix 1% Milk	Turkey Pot Roast Brown Gravy Sweet Potatoes Collard Greens SF Fruited Gelatin 1% Milk	Macaroni & Cheese Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice 1% Milk	Chicken Meatballs Sweet Citrus Glazed Mashed Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Page
27	28	29	30	31
* * * memorial DAY	Diced Chicken Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin 1% Milk	Split Pea Soup w/ SF Crackers Mexican Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple 1% Milk	Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk	
IN HONOR OF OUR HEROES	the Dietary Guidelines for Am	ericans (DGA) 2020-2025 &	Dietary Reference Intakes (D	I DRI) for older adults as

IN HONOR OF OUR HERCES 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 reasons 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 Cholesteroi, 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

MAY LUNCH TICKETS AVAILABLE April 1 (Brea residents) & April 11 (non-residents)



Friday, May 3 Fish Tacos, Pinto Beans, Corn Medley, Mexican Salad, Fresh Fruit, Popsicle



*S6

LUNCH

SOLD OUT!

Friday, May 10 Mother's Day Party

Lasagna Primavera, Veggie Medley, Italian Salad, Garlic Bread, Chocolate Drizzled Strawberries

> Friday, May 17 Dollar Lunch Sponsored by Dwight Manley

Orange Chicken, Steamed Rice, Broccoli, Potstickers, Cookie



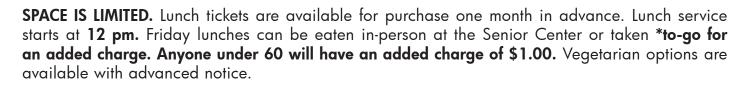
Friday, May 24 Dollar Lunch Sponsored by Dwight Manley

Italian Sub Sandwich, Pasta Salad, Chips, Grapes, Italian Ice



Friday, May 31

Fried Chicken, Mashed Potatoes with Gravy, Corn, Dinner Roll, Watermelon, Ice Cream Sandwich



Save the Date... JUNE LUNCH TICKETS AVAILABLE May 1 (Brea residents) & May 11 (non-residents)



Informational Memo April 2024



FRIENDSHIP

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.m3 p.m.
Location:	500 S. Sievers Avenue, Brea, California 92821
Telephone:	714-990-7750
Website:	www.BreaSeniorCenter.com
Facebook:	Facebook.com/BreaSeniorCenter
Instagram:	instagram.com/breaseniorcenter/

More details and information available online

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