

What's Doin' at the Brea Senior Center



Summer Time Fun!

August 2017

Announcements

Save the Date! 2017 Health Fair & Flu Clinic

Fri, Oct 13, 9 a.m.-12:30 p.m.



Discover Ways to stay healthy while getting FREE Flu Shots (with Medicare-B), FREE wellness info, FREE health screenings, and FREE Omega-3 supplements.

Safe Driver Class

Wednesday, August 9 and
Thursday, August 10, 1-5 p.m.
**Reservation and \$2
Prepayment Required**

Review Traffic Laws and Safety Techniques.

**By School of Continuing
Education**

Medication Review

Wednesday, August 16, 9 a.m.

Do you wonder if you are taking your prescription medicines, vitamins and supplements correctly? A Pharmacist will assess your medication regimen. Bring all your medications or a detailed list of what you are taking. Call 714-990-7750 for appointment.

**By Orange County Health
Care Agency**

Caregiver Resources

Wed, Aug 9, 10-11:30 a.m.

Improving the quality of life for families and communities by helping master the challenges.



**By St. Jude Caregiver
Resource Center**

Book Sale

Wednesday, August 9, 10 a.m.

Join the Brea Library for a book donation/sale of 50 cents.

**By Friends of the Brea
Library**



The Golden Age Classy Awards

Saturday, August 26, 6 p.m.

A FREE evening of Hollywood Glamour featuring scenes from Golden Age Films and Classic TV Shows.

**By The Beginning
Drama Class**

Travel Group

Balboa Beach Pier Trip

Tue, August 29, 10 a.m.-3 p.m.

Roundtrip transportation with Chef Francesco's Boxed Lunch! Feel sand between your toes, go window shopping, and enjoy a day out for just \$10.

Seal Beach

September 19, 10 a.m.-3 p.m.

Roundtrip transportation on the trolley to Seal Beach along with a Chef Francesco's Boxed Lunch! Feel the sand between your toes or go window shopping. \$10 per person.

Utah Canyon Royal

September 24-27



Four days & three nights for \$539.00 per person, based on double occupancy. Includes deluxe motorcoach, tour escort, 3 nights in the Casa Blanca Hotel & Casino Resort in Mesquite, Nevada, \$20 meal coupon, and luggage handling. Sightseeing highlights include Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, and Mesquite & Las Vegas, Nevada.

Group Painting at Pinot's Palette

Oct 10, 11:30 a.m.-3:30 p.m.

An experienced artist will walk you through replicating a painting from one of the Masters. All skill levels are welcome. Enjoy drinks and hors d'oeuvres while you create your very own Masterpiece. A Chef Francesco's Fresh Food to Go Lunch will be served at the Brea Senior Center before departure. \$28 per person.



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

Presentations

Medicare Made Clear
Tuesday, Aug 1, 1-11:45 a.m.

Have all your Medicare questions
answered!
By Covered California

Lower Back Pain
Tuesday, August 22
11-11:45 a.m.

Meet Dr. Eshraghi and learn
about low back pain.
BY UC Irvine

Aneurism Neurosurgery
Tuesday, Aug 15, 11-11:45 a.m.

Learn about minimally invasive
surgical approaches.
By UC Irvine

City Council Update
Thur, Aug 17, 11-11:45 a.m.
By Mayor Cecilia Hupp

Health Help

Blood Pressure Monitoring
Tuesdays, 9-11 a.m.

Hula Fitness
Tuesday, Aug 8, 11 a.m.

Get fit the hula way!
By Hula Kat



Pet Therapy
Wed Aug 2, and Fri Aug 25,
10:30-11:30 a.m.
By Kathy & Benjamin

Senior Services

Case Management Services

For Brea seniors and caregivers.
Achieve successful aging through
advocacy, assessment, facilitation,
and resource management.

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

Benefits anyone who has questions
or needs assistance regarding
Medicare, HMO's and secondary
and long-term care insurance. Call
714-990-7750 to register.

**By Health Insurance
Counseling and Advocacy
Program**

Legal Aid
4th Thursday of each
month, 12:30-2 p.m.

**Appointment Required
By Legal Aid Society of
Orange County**

Senior Grocery Program
Mons, Aug 14 & 28, 12-1 p.m.

For Brea seniors over age
60 with qualifying
income. Bring your own
reusable bags, insulated bags with
cold packs, or a personal cart to pick
up free food items.

By Second Harvest

Shopping Trips
1st & 3rd Mondays, 12:45 p.m.
1st & 3rd Tuesdays, 10:45 a.m.
Wednesdays, 12:30 p.m.

Free trips to local grocery and
discount stores offered. Restrictions
apply; call 714-990-7754 to register.



Senior Center Gift Shop
Open Mon thru Fri, 9-11:30 a.m.

Large assortment of quality
items available at bargain prices.
Donated items gratefully accepted
during business hours.

Fitness

**Health & Wellness
Exercise Classes**
Tuesdays, 10-11:50 a.m.
Thursdays, 9:30-11:30 a.m.

Exercise every part of the body by
standing and sitting with some
modified aerobics.

By Older Adults Program

**Better Balance
Health & Wellness Class**
Mondays, 10-11:50 a.m.
By Older Adults Program

Zumba® Gold
Wednesdays, 10:30-11:30 a.m.
Fridays, 11 a.m.-12 p.m.
Brea Resident Priority

Zumba Gold modifies the Zumba
formula to suit the needs of the
active older participants by bringing
exhilarating, easy-to-follow moves.

Longevity Stick Balance Class
Wednesdays, 9-10 a.m.
Fridays, 10-11 a.m.

Incorporates a series of twelve
movements designed to improve
balance, flexibility, strength, mental
focus, breathing capacity and vitality.

Table Tennis
Every Tuesday/Thursday
1-4 p.m., Wednesdays 2-4 p.m.
**Quarterly Fee, Resident-\$16
Non-Resident-\$26**



Tai Chi for Every Body
Every Mon/Fri, 8:30-10 a.m.

This ancient Chinese exercise
will help your body's joints and
muscles, develop your concentration,
memory, and improve your balance
and ability to relax.

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

Line Dancing Class
Mondays, 12:45-3 p.m.

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

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

Any level welcome! Bring your
own mat.



Classes

Crafts with Janice
Tuesdays, 9:30-11:30 a.m.

Make clay crafts and complete
crafts from home with the
help of the talented instructor, Janice.

Arts & Crafts Class
Thursdays, 10-11:30 a.m.

Learn the basics of watercolor,
acrylic, oil painting, and making
gift items, leather tooling, and other
various crafts from a professional artist.

**Individual Computer
& Gadget Tutoring**
Wednesdays and Thursdays
**Appointment and
Refundable Deposit
Required**



Gatherings

Ice Cream Social
Wednesday, Aug 2, 10 a.m.
By Blue Shield

Ice Cream Social
Tuesday, August 8, 12:15 p.m.
By Leadership Council

Spin to Win
Friday, Aug 11, 10 a.m.
By AGA Health

Jewelry Making Social
Wednesday, Aug 23, 10 a.m.
**By Bradford Square
Senior Living**

Bingo Social
Thursday, Aug 24, 12:45 p.m.
By Park Regency

Pizza Social
Thursday, Aug 31, 9 a.m.
By Season's Hospice

Birthday Party
Friday, Aug 18, 11:30 a.m.
**By Friends Community
Church**

50's Sock Hop Party
Friday, August 25, 10:30 a.m.
By UC Irvine

Bingo!
Mondays, 10:30 a.m.-11:30 p.m.
Wednesdays, 11 a.m.-12 p.m.
Thursdays, 12:45-1:45 p.m.

Veterans Club
Mondays, 11-11:45 a.m.

Join in on the conversation with
your fellow Vets. Spouses are also
welcome to share their memories.



Bunco Group
Tuesdays, 12:45-2:30 p.m.

Timely Topics
Tuesdays, 10-11 a.m.

Join this lively discussion group on
current events, as well as memories
of the past.

Book Club
Wednesday, August 23
10:30-11:30 a.m.
By the Brea Public Library



Crochet Group
Wednesdays, 10-11:30 a.m.

Knitting Group
4th Tue of each month, 1-3 p.m.

Create hand-made hats, booties,
sweaters and blankets for
newborn babies in over 1,200
hospitals nationwide.

Quilting Group
1st & 3rd Wednesday
of each month, 9 a.m.-12 p.m.



Spiritual Emphasis
Fridays, 10-11 a.m.

Discuss Biblical topics that are
non-denominational
By Brea Ministerial Assoc.

Sing-a-Long Group
Wednesdays, 12:45-2 p.m.

Golf Social
2nd & 4th Tuesdays of
each month, 10:45-11:45 a.m.

Meet in Senior Center lobby for
shuttle ride.

Nintendo Wii Game Play

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

August Activities

FAMOUS QUOTE

It is better to know some of the questions than all of the answers.

James Thurber

AUGUST IS NATIONAL FAMILY FUN MONTH

- 4 Sisters Day
- 10 Lazy Day
- 17 Natl. Thriftshop Day
- 23 Ride The Wind Day
- 27 Just Because Day
- 30 Frankenstein Day

MERCHANDISE NEEDED!

Consider donating some of your treasures to the Gift Shop when you clean out those closets and drawers! Small items such as jewelry, ceramics and handcrafted items are greatly appreciated. All proceeds benefit programs at the Brea Senior Center.

Donations accepted during regular gift shop hours.

Monday



Tuesday

Wednesday

Thursday



Friday


	1 8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Crafts & Clay Class with Janice (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 11:00 Medicare Info (DR) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)	2 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Ice Cream Social (L) 10:30 Zumba Gold (PH) 10:30 Pet Therapy (L) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Albertsons & Trader Joes (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)	3 8:00 Aqua Aerobics (P) 8:00 Yoga Class (PH) 9:00 Dental Screening (WR) 9:30 Health & Wellness (PH) 10:00 Arts & Crafts Class (B) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Beginning Drama (B)	4 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 11:00 Zumba Gold (PH) 11:00 Games & Trivia (DR) 12:00 Special Friday Lunch (DR) 1:45 Italian Class (C)
7 8:30 Tai Chi for Every Body (PH) 10:00 Better Balance (PH) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:45 Beginning Line Dancing (PH) 12:45 Ralphs & Rite Aid (L) 2:00 Intermediate Line Dancing (PH)	8 8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Crafts & Clay Class with Janice (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Social (L) 11:00 Hula Fitness (DR) 12:00 Lunch (DR) 12:15 Ice Cream Social (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)	9 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:00 Caregiver Resources (L) 10:00 Book Sale (L) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Target Shopping (L) 12:45 Sing-a-Long Group (C) 1:00 Safe Driver Class P1 (B) 2:00 Table Tennis (PH)	10 8:00 Aqua Aerobics (P) 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Arts & Crafts Class (B) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Beginning Drama (B) 1:00 Safe Driver Class P2 (B)	11 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:00 Spin to Win (L) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 1:45 Italian Class (C)
14 8:30 Tai Chi for Every Body (PH) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Grocery Program (DR) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	15 8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Crafts & Clay Class with Janice (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Sprouts Shopping (L) 11:00 Aneurysm Info (DR) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)	16 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 9:00 Medication Review (WR) 10:00 Crochet & Needlework (C) 10:30 Zumba Gold (PH) 10:30 Fresh Food to Go (L) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)	17 8:00 Aqua Aerobics (P) 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Arts & Crafts Class (B) 11:00 Computer Tutoring (CR) 11:00 City Council Update (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Beginning Drama (B)	18 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 11:00 Zumba Gold (PH) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR) 1:45 Italian Class (C)
21 8:30 Tai Chi for Every Body (PH) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:15 Ice Cream Social (DR) 12:45 Beginning Line Dancing (PH) 12:45 Voters Choice Shopping (L) 2:00 Intermediate Line Dancing (PH)	22 8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Crafts & Clay Class with Janice (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Social (L) 11:00 Lower Back Pain (DR) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Knitting Group (C) 1:00 Table Tennis (PH)	23 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:00 Jewelry Making (L) 10:30 Zumba Gold (PH) 10:30 Book Club (B) 11:00 Computer Tutoring (CR) 11:00 Bingo (DR) 12:00 Lunch (DR) 12:30 Walmart Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)	24 8:00 Aqua Aerobics (P) 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Arts & Crafts Class (B) 11:00 Computer Tutoring (CR) 11:00 Living w/ Diabetes (DR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 12:45 Bingo Social (L) 1:00 Table Tennis (PH) 1:00 Beginning Drama (B)	25 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:30 Pet Therapy (L) 10:30 50's Sock Hop Party (DR) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 1:45 Italian Class (C)
28 8:30 Tai Chi for Every Body (PH) 10:00 Better Balance (PH) 10:00 Sweet Social (L) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Grocery Program (DR) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	29 8:00 Aqua Aerobics (P) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:00 Hearing Screening (L) 9:00 California Phones (L) 9:30 Crafts & Clay Class with Janice (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Balboa Beach (L) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)	30 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 10:30 Zumba Gold (PH) 10:30 Fresh Food to Go (L) 11:00 Bingo (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH)	31 8:00 Aqua Aerobics (P) 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Arts & Crafts Class (B) 10:00 Pizza Social (L) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) 1:00 Beginning Drama (B)	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 PHC - PH Conference WR - Wellness Room



Senior Lunch Menu – August 2017



Monday	Tuesday	Wednesday	Thursday
Sponsored by:  Alignment Healthcare	1 Chef's Salad (Turkey Strips, Chopped Eggs, Shredded Cheese, Carrots, Tomatoes) Raspberry Salad Dressing Wheat Dinner Roll, Canned Peach Half/Blueberries	2 Vegetarian Chili with Cheese and Onion Spinach and Tomato with Vinaigrette Corn Muffin Fruit Cup	3 Cream of Spinach w/Salt Free Crackers Potato Crusted Pollack Tabouli Salad (Chopped Parsley, Onions, Mint w/Lemon Juice) Sugar Free Apple Crisp
7 Roast Pork Loin w/Raisin Sauce Roasted Baby Bakers Baby Carrots Chocolate Chip Cookie Diet: Lemon Cookie	8 Mexican Tortilla Soup w/Tortilla Strips Chicken Fiesta Salad on top bed of Spinach Wheat Dinner Roll Melon	9 Vegetarian Lasagna 50/50 Mixed Salad w/Shredded Carrots, Cucumbers Breadstick Lemon Pudding Diet: Lemon Pudding	10 Fish w/Chipotle Mango Sauce Wild Rice California Blend Vegetable Wheat Dinner Roll Fruit Cocktail
14 Open Face Turkey w/Turkey Gravy and Cranberry Sauce Mashed Potatoes Whole Grain Bread (1) Garden Blend Vegetables Melon	15 Corn Chowder Soup Tuna Stuffed Tomato On Bed of Lettuce Sliced Cucumbers Wheat Dinner Roll Apricot Halves	16 Grilled Chicken Breast w/Mushroom & Parsley Gravy Roasted Red Skin Potatoes Broccoli and Carrots Orange Juice Chocolate Pudding Diet: Chocolate Pudding	17 Lentil Soup w/Salt Free Crackers Chopped Salad with Feta Cheese (Cucumber, Corn Tomatoes, Peas, Red Onions, Cilantro) Wheat Dinner Roll Pineapple Chunks
21 Chicken Marsala Parsley Noodles Italian Blend Vegetables Coleslaw with Pineapple Orange Juice Canned Peaches	22 Breaded Fish w/Tartar Sauce Baked Potato with Sour Cream Seasoned Carrots Mixed Fruit Cup	23 Spinach and Cheese Quiche Spinach Salad with Dried Cranberries Almond Lemon Vinaigrette Mini Bran Muffin Butterscotch Pudding Diet: Pudding	24  Pork Chili Verde Spanish Rice Pinto Beans Tortilla Orange-Pineapple Juice Custard Diet Custard
28 Meatball atop on Spaghetti w/Marinara Sauce Broccoli WW Dinner Roll Promise Orange Juice Fruit Cocktail	29 Turkey Pot Roast w/Gravy Mashed Potatoes Brussels Sprouts Melon	30 Chili Relleno Casserole Black Beans Tomato and Zucchini Salad Orange-Pineapple Juice Lemon Pudding Diet: Lemon Pudding	31 Egg Drop Soup w/Salt Free Crackers Chinese Chicken Salad (Napa & Red Cabbage, Green Onions, Slivered Almonds, Mandarin Oranges) Oatmeal Cookie Diet: Oatmeal Cookie

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.
Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.  Indicates sodium content over 1,000 mg.
*indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.
www.SeniorServ.org

Special Friday Lunches

Friday
4 Chef Francesco Italian Sub Potato Chips Italian Salad Cookies Fruit
11 Del Taco Beef Taco Chicken Roller Spanish Rice Black Beans Catalina Salad Melon
18 Chef Francesco Chinese Chicken Salad Wonton Soup Mandarin Oranges Almond Cookie Birthday Cake
25 50's Sock Hop Party BBQ Bacon Cheeseburgers French Fries 1000 Island Salad Vegetable Strips w/Ranch Peaches Root Beer Float

\$3 fee for seniors over 60, \$5 fee for anyone under 60.
Pre-registration and pre-payment required at least one full day in advance. No refunds or exchanges. *Friday lunch menu not associated with SeniorServ.*

Fun Stuff

Sudoku Number Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3 x 3 square. Each puzzle has a unique solution that can be determined without guessing.

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

Crazy Sayings. . .

- Alarms – what an octopus is.*
- Toboggan – why we go to an auction.*
- Hangover – the wrath of grapes.*
- Dockyard – a physician's garden.*
- Propaganda – a gentlemanly goose.*
- Khakis – what you need to start the car in Boston.*
- Pasteurize – too far to see.*
- Oboe – an English tramp.*
- Shotgun wedding – wife or death.*
- Optimist – woman who regards a bulge as a curve.*
- Self-control – ability to eat only one peanut.*
- Flying Saucers – wife on a rampage.*

Word Puzzles

Answers available on last page.

- sinowheregt**
- GUN JUNIOR**
- big horn**
- saheadnd**
- dumps dumps
goosefeathers
dumps dumps**
- chance**



Comparing the scenic magnificence of one national park to another resides in the eye of the beholder. Are the swampy wetlands of the Everglades less attractive than the lonely desolation of Death Valley? Can one even compare the beauty of the Olympic National Park to the splendor of Shenandoah National Park? My wife and I have been fortunate in having visited twenty-six of the fifty-eight national parks. My curiosity flared and I had to ask other seniors what national park they liked the best.

“Yellowstone is my choice,” said John Chavez, “but Yosemite is the prettiest.” Bert Lowe thought for a moment and likewise replied Yellowstone, saying “I spent a lot of time there.” Joyce Morary also chose Yellowstone, but added the Grand Canyon.

Miko Downey has been on the Grand Canyon Skywalk which is a horseshoe-shaped bridge with a glass walkway that extends out over the canyon where you can look down some 700 feet into the canyon and hope the glass doesn’t shatter! Vivian Colella mentioned she would “like to visit the Grand Canyon.” Gloria Love picked the Grand Canyon, but added she likes the Crater Lake Park.

“Point Lobos is so beautiful,” exclaimed Dixie Chaet. “You have to go to Discover Point and the tide pools are fantastic. Everyone should discover this park.” Dixie

was so enthralled with Point Lobos that I couldn’t tell her it was just a California State Park. Manny Rivas likes White Sands which is actually a national monument. It’s easy to confuse park versus monument. A national park is designated by congress while a national monument is established by presidential proclamation.

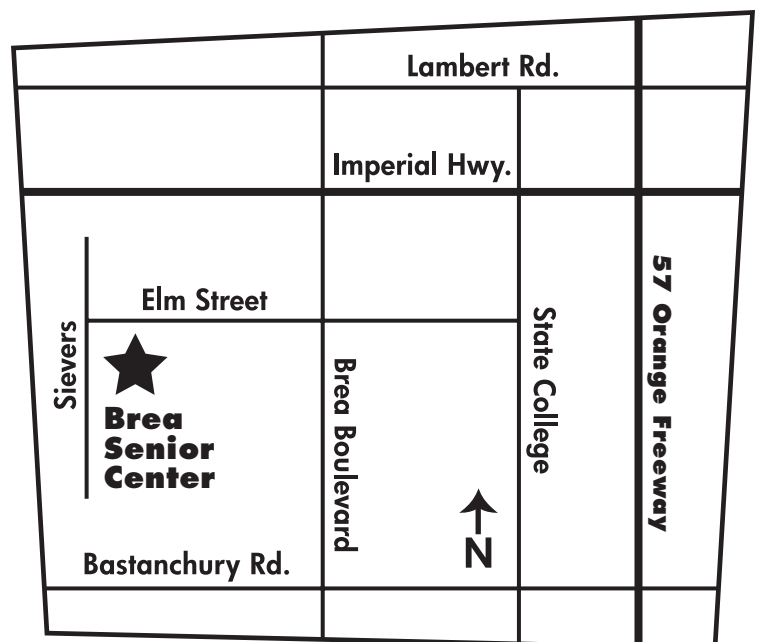
Vera Tamoush said, “Yosemite is beautiful and so is Sequoia. Wait – Bryce is beautiful, too. The pictures I’ve seen of Yellowstone are breath-taking, even though I’ve never been there. I pick Yosemite.” Frances Chavez “loves the waterfalls” found in Yosemite and Velma Larsen remembers the “evening fire-fall over the big waterfall” in Yosemite (which they do not allow anymore). David Orris selected Yosemite, exclaiming “it’s a beautiful park, quite majestic.”

Glacier National Park is a favorite of Darlene Riley, adding that “I still have my bear stick with its bells.” Ralph and Grace McKenzie favor Mt. Rainier Park, particularly the campsite called Coffee Campground. Of course, Joe France selected “Jellystone Park and Yogi Bear.” Mike Wyatt liked skipping stones at Puddingstone Park. Time for me and the wife to visit those remaining thirty-two national parks.

Be Our Guest!

The Brea Senior Center is open to all senior and pre-senior community members. Come by and learn more about the many programs, services and events available for you.

- Hours:** Monday-Friday
8:00 a.m.-3:00 p.m.
- Location:** 500 Sievers Avenue
Brea, California 92821
- Telephone:** 714-990-7750
- Website:** www.BreaSeniorCenter.com
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details and information available online.