

What's Doin' at the Brea Senior Center

Happy Halloween!



October 2017

Announcements

2017 Health Fair & Flu Clinic

Friday, October 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.

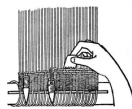
NEW! Living Well With Early Memory Loss

Thurs, Oct 5-26, 10-11:30 a.m.
Registration Required

Learn how to deal with these challenges through help with professional facilitators with experience in memory loss. Call 949-757-3759 to register.

NEW! Intro to Weaving Workshop

Monday, Nov 6, 9 a.m.-3 p.m.



Come learn how to weave on a small and easy to use rigid heddle loom. You'll be able to make your own set of impressive dish towels. Sign-up at the front desk or call 714-990-7750.

By Nancy Moren

"It's your Estate"

Tuesdays, through October 24

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

Medicare Annual Enrollment Clinic

Tuesday, Nov 7, 9 a.m.-3 p.m.

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

By Council on Aging

Safe Driver Class

Wednesday, Nov 8 and
Thursday, Nov 9, 1-5 p.m.

Reservation and \$2 Prepayment Required



Review Traffic Laws and Safety Techniques.

By School of Continuing Education

NEW! Senior Topics

Thursdays, 10-11:50 a.m.

Do you like movies? History? Join us for a fun-filled journey down memory lane discussing film history and reviewing clips of famous films.

By OAP

Travel Group

Group Painting at Pinot's Palette

Tuesday, October 10
11:30 a.m.-4 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. \$25 per person.

By Pinot's Palette

Fullerton Arboretum

Wednesday, November 15
12-3:30 p.m.

Enjoy a Francesco's Fresh Food to Go Meal and tour the beautiful grounds at the Fullerton Arboretum and Heritage House. \$10 per person.

San Manuel Casino

Tuesday, November 21
10:30 a.m.-5:30 p.m.



Gaming, dining, entertainment! So many thrills, so many ways to win! Come join the fun! Must carry a current and valid photo ID. \$20 per person.

Tales From The Canyon— The Olinda Story Curtis Theatre

Sunday, November 5, 3-5 p.m.

Join us for a delicious lunch and a trip down memory lane to the stillness of the hills, the opportunity of oil, the Great Depression, the flood of 1938, and the Second World War seen through the lives of Brea's earliest residents. \$10 per person. For more information call 714-990-7750.

Hearst Castle at Christmastime December 13-15



Sightseeing Highlights include: Coastal California, Santa Barbara, Cambria, Solvang, a Christmastime Night Tour of Hearst Castle, and an Elephant Seals Docent Tour. \$599 per person, based on double occupancy.

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

Presentations

Medicare 101
Tuesday, October 17, 11 a.m.
By AGA

City Council Update
Thur, Oct 19, 11-11:45 a.m.

**Medicare Annual
Enrollment Info**



Thursday, October 26, 11 a.m.

Learn about your 2018 plan costs, new options, changes you're allowed to make, and how to save money.

By HICAP

Health Help

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

Hula Fitness
Tuesday, Oct 10, 11 a.m.

Get fit the hula way!
By Hula Kat



Pet Therapy
Wednesday, Oct 4; Friday,
Oct 27; Tuesday, Oct 31
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, Oct 9 & 23, 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

Yoga Class
Tuesdays, 8:30-9:30 a.m.
Thursdays, 8-9 a.m.
Any level welcome! Bring your own mat.

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.

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



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

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

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



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

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

Classes

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.

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.

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

Gatherings

Cookie Social
Thursday, October 5, 10 a.m.
By Voya Financial

Spin to Win
Friday, Oct 6, 10 a.m.
By AGA Health



Jewelry Making Social
Wednesday, Oct 18, 10 a.m.
By Sunrise Villa Bradford

Arts & Crafts Social
Wednesday, October 25, 9 a.m.
By Leslie w/Lab Insurance

Spooky Social
Tuesday, October 31
By Park Regency

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



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

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

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

Timely Topics
Tuesdays, 10-11 a.m.

Discussion of current events, and memories of the past.

Book Club
Wednesday, October 25
10:30-11:30 a.m.
By the Brea Public Library



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

Help create hand-made hats, booties, sweaters and blankets to be donated through the non-profit organization "Stitches From the Heart" to newborn babies in over 1,200 hospitals nationwide.

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



Spiritual Emphasis
Fridays, 10-11 a.m.

Discuss Biblical topics that are non-denominational
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!

October Activities

FAMOUS QUOTE

The only thing money gives you is the freedom of not worrying about money.

Johnny Carson

OCTOBER IS NATIONAL AWARENESS MONTH

- 3 Techies Day
- 7 Bald & Free Day
- 11 it's My Party Day
- 16 Dictionary Day
- 27 Mother-in-law Day
- 29 Hermit 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

2
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)
12:45 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

9
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)

16
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)
12:45 Beginning Line Dancing (PH)
12:45 Voters Choice Shopping (L)
2:00 Intermediate Line Dancing (PH)

23
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)

30
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)
12:45 Beginning Line Dancing (PH)
2:00 Intermediate Line Dancing (PH)

Tuesday

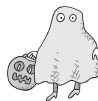
3
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Special Crafts with Janice (B)
10:00 Health & Wellness DVD (PH)
10:00 Timely Topics (C)
12:00 Lunch (DR)
12:45 Bunco Group (B)
1:00 Table Tennis (PH)
1:30 It's Your Estate (DR)

10
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Special Crafts with Janice (B)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:45 Golf Social (L)
11:00 Hula Fitness (DR)
11:30 Pino's Palette (DR)
12:00 Lunch (DR)
12:45 Bunco Group (B)
1:00 Table Tennis (PH)
1:30 It's Your Estate (DR)

17
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Special Crafts with Janice (B)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:45 Sprouts Shopping (L)
11:00 Medicare 101 (DR)
12:00 Lunch (DR)
12:45 Bunco Group (B)
1:00 Table Tennis (PH)
1:30 It's Your Estate (DR)

24
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Special Crafts with Janice (B)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:45 Golf Social (L)
12:00 Lunch (DR)
12:45 Bunco Group (B)
1:00 Knitting Group (C)
1:00 Table Tennis (PH)
1:30 It's Your Estate (DR)

31
8:30 Yoga Class (PH)
9:00 Blood Pressure (WR)
9:30 Special Crafts with Janice (B)
9:30 Spooky Social (L)
10:00 Health & Wellness (PH)
10:00 Timely Topics (C)
10:30 Halloween Party (DR)
10:30 Pet Therapy (L)
10:45 Golf Social (L)
12:00 Lunch (DR)
12:45 Bunco Group (B)
1:00 Knitting Group (C)
1:00 Table Tennis (PH)



Wednesday

4
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
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)

11
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:30 HICAP Counseling (WR)
10:00 Crochet & Needlework (C)
10:30 Zumba Gold (PH)
11:00 Bingo (DR)
11:00 Computer Tutoring (CR)
12:00 Lunch (DR)
12:30 Target Shopping (L)
12:45 Sing-a-Long Group (C)
2:00 Table Tennis (PH)

18
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Quilting Group (B)
10:00 Crochet & Needlework (C)
10:00 Jewelry Social (A)
10:30 Zumba Gold (PH)
11:00 Bingo (DR)
11:00 Computer Tutoring (CR)
12:00 Lunch (DR)
12:30 Voters Choice Shopping (L)
12:45 Sing-a-Long Group (C)
2:00 Table Tennis (PH)

25
8:30 Tai Chi 42 (CY)
9:00 Longevity Stick Balance (PH)
9:00 Arts & Crafts (A)
9:30 HICAP Counseling (WR)
10:00 Crochet & Needlework (C)
10:30 Zumba Gold (PH)
10:30 Book Club (B)
10:30 Fresh Food to Go (L)
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)

Thursday

5
8:00 Yoga Class (PH)
9:30 Health & Wellness DVD (PH)
10:00 Arts & Crafts Class (B)
10:00 Living w/ Memory Loss (PHCR)
10:00 History of Movies (C)
10:00 Cookie Social (L)
11:00 Computer Tutoring (CR)
12:00 Lunch (DR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)

12
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Arts & Crafts Class (B)
10:00 Living w/ Memory Loss (PHCR)
10:00 History of Movies (C)
11:00 Computer Tutoring (CR)
12:00 Lunch (DR)

19
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Arts & Crafts Class (B)
10:00 Living w/ Memory Loss (PHCR)
10:00 History of Movies (C)
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)

26
8:00 Yoga Class (PH)
9:30 Health & Wellness (PH)
10:00 Arts & Crafts Class (B)
10:00 Living w/ Memory Loss (PHCR)
10:00 History of Movies (C)
11:00 Computer Tutoring (CR)
11:00 Medicare Enrollment Info (DR)
12:00 Lunch (DR)
12:30 Legal Aid (WR)
12:45 Bingo (DR)
1:00 Table Tennis (PH)
1:00 Beginning Drama (B)



Friday

6
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)

13
HEALTH FAIR
9 a.m. - 12:30 p.m.

BREA
Health Fair
& Flu Clinic


20
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
11:00 Zumba Gold (PH)
12:00 Special Friday Lunch (DR)

27
8:30 Tai Chi for Every Body (PH)
10:00 Spiritual Emphasis (B)
10:00 Longevity Stick Balance (PH)
10:30 Pet Therapy (L)
11:00 Zumba Gold (PH)
11:30 Birthday Party (DR)
12:00 Special Friday Lunch (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

Monday	Tuesday	Wednesday	Thursday
2 *Dietitian Finally Said YES!!* Hot Dog WW Hot Dog Bun Diced Onions Baked Chips Coleslaw with Pineapple Orange Juice Canned Peaches	3 Breaded Fish with Tartar Sauce Baked Potato with Sour Cream Seasoned Carrots Mixed Fruit Cup	4 Spinach and Cheese Quiche Spinach Salad with Dried Cranberries Almond Lemon Vinaigrette Mini Bran Muffin Butterscotch Pudding Diet: Butterscotch Pudding	5  Pork Chili Verde Spanish Rice Pinto Beans Tortilla Orange-Pineapple Juice Diet: Custard
9 Meatball atop on Spaghetti with Marinara Sauce Broccoli WW Dinner Roll/Promise Orange Juice Fruit Cocktail	10 Turkey Pot Roast with Gravy Mashed Potatoes Brussels Sprouts Melon	11 Chile Relleno Casserole Black Beans Tomatoes and Zucchini Salad Orange-Pineapple Juice Lemon Pudding Diet: Lemon Pudding	12 Egg Drop Soup w/SF Crackers Chinese Chicken Salad (Napa & Red Cabbage, Green Onions, Slivered Almonds, Mandarin Oranges) Oatmeal Cookie Diet: Oatmeal Cookie
16 Hamburger/Lettuce Red Onion and Tomatoes on WW Bun Carrot Raisin Salad Cucumber Salad Butterscotch Pudding Diet: Butterscotch Pudding Orange Juice	17 Split Pea Soup w/SF Crackers Chicken Tri-Color Pasta Salad (Red, Green Pepper, Green Onion, Sliced Mushrooms, Broccoli Florets) w/Red Wine Vinaigrette WW Dinner Roll/Promise Tropical Fruit Mix	18 Fast 5 Pepperoni or Cheese Pizza Green Salad Onion Rings Fruit Cocktail Ice Cream *(Not Provided by SeniorServ)*	19 Beef Taco Shredded Beef, Black Beans, Cilantro Tomato Salsa Mexican Salad (Lettuce, Tomatoes, Tortilla Chips & Dressing) Flour Tortilla (1) Melon
23 Chicken Parmesan With Marinara Sauce Penne Pasta Italian Blend Vegetables Italian Ice Diet: Fresh Fruit	24 Chef's Salad (turkeys trips, chopped eggs & shredded cheese, carrots, tomatoes, Raspberry Salad Dressing) Whole Wheat Roll Promise Canned Peach Half/Blueberries	25 Vegetarian Chili w/ Cheese and Onion Spinach and Tomato with Vinaigrette Corn Muffin/Promise Fruit Cup	26 Cream of Spinach with SF Crackers Potato Crusted Pollack Tabouli Salad (Chopped Parsley, Onions, Mint with Lemon Juice) Sugar Free Apple Crisp
30 Roast Pork Loin with Raisin Sauce Roasted Baby Bakers Baby Carrots Chocolate Chip Cookie Diet: Lemon Cookie	31 Halloween Party Chicken Alfredo, Tri-color Tortellini, Italian Romaine Salad, Garlic Bread, Fruit, Pumpkin Spice Cookie, Ice Cream *(Not Provided by SeniorServ)*	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00	 Alignment Healthcare

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
6 Octoberfest Bratwurst & Sauerkraut German Potato Salad Soft Pretzel Seasonal Fruit Iced Molasses Cookies
13 Health Fair Options Sausage, Cheese & Egg Breakfast Muffin Hot Dog/Nachos/Chips/Soda - or - Chicken Cesar Wrap Caprese Salad Kabobs Fruit/Drink/Dessert
20 Chef Francesco Pancakes & Eggs Sausage Hash Browns Fruit Danish Roll
27 Chef Francesco Roast Beef Dip Sandwich Pumpkin Soup Potato Wedges Honey Mustard Salad Fruit Birthday Cake

\$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.

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

Word Puzzles

Answers available on last page.

- | |
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Crazy Sayings. . .

- I find that movies about submarines always go down well.*
- My glasses make me see sick.*
- The weed whacker is cutting hedge technology.*
- I saw a sheep scratching itself— turns out it had fleece.*
- Marriage is the mourning after the knot before.*
- I'm reading a book about anti-gravity — can't put it down.*
- Bread recipes are traded on a knead to know basis.*
- A gossip is someone with a sense of rumor.*
- A boiled egg in the morning is hard to beat.*
- Stable relationships are for horses.*
- If you can't fix it with a hammer, you've got an electrical problem.*



“b home wed 143 D” That was the text message from my long-haul truck-driving son. I understood that it actually meant “Be home Wednesday. David” but I had no clue what the 143 meant. At first I hypothesized it referred to Highway 143 he was traveling down. When he later explained what it meant, I realized that texting had really passed me by. 143 means “I love you” and is referencing the number of letters in each of the words. Now when he texts 143, I always add 1432 in my return cell phone texts.

It dawned on me that I really knew a lot more text messages—actually abbreviations or slang usage of common phrases. It doesn’t matter if ‘u’ is used instead of ‘you’ as long as the reader understands it. Remember XOXO (kisses and hugs) and SWAK (sealed with a kiss)? I found those in my fifty-five-year old yearbook! IOU is self-explanatory as is B4 or GR8. In the local newspaper I found FYI (for your information), NIMBY (not in my back yard), and ASAP (as soon as possible). Since you are a VIP (very important person) you’ve undoubtedly received some notice with a RSVP at the bottom (répondez, s’il vous plait or please respond).

But all this texting can backfire if you guess at the meaning. I always thought LOL meant lots of luck

when in fact it stands for laughing out loud. That misconception can mess up a message rapidly. To my senior friends it could even mean living on Lipitor! Does SM refer to the shopping mall or just a senior moment? What could some of these texts say if used with seniors?

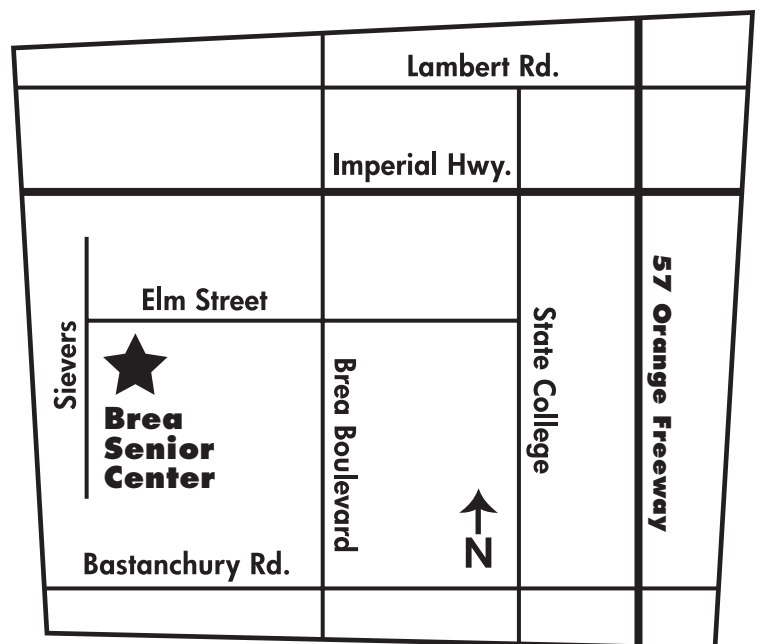
Starting with something common like BYOB, a senior might write BYOA (bring your own aspirin) or BYOT (bring your own teeth). TTYL (talk to you later) becomes (talk to you louder). By the way (BTW) could actually mean bring the wheelchair. BFF in senior-speak is best friend fell, not the usual best friends forever. Some other senior texts might be GGP (gotta’ go pee), GHA (got heartburn again), and ATD (at the doctor’s). TGIF, a favorite local restaurant, could also indicate thank goodness it’s four (the early bird special at four o’clock). My favorite, for what it’s worth (FWIW), is really forgot where I was!

Texting has become almost SOP. I see it happening 24/7. I still have no clue as to why youngsters text 303 for mom. I learned that HAK means the same as XOXO! And with that, I can only text, 2DLu.

Be Our Guest!

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

- Hours:** Mon-Fri / 8 a.m.-3 p.m.
- Computer Room:** Mon-Fri / 8 a.m.-2:45 p.m.
- Location:** 500 Sievers Avenue
Brea, California 92821
- Telephone:** 714-990-7750
- Website:** www.BreaSeniorCenter.com
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details and information available online.