

# What's Doin' at the Brea Senior Center

## Happy Father's Day!



### June 2018

### Announcements

**NEW! Senior Grocery Program: PARK-IT MARKET**  
Tuesdays, 11 a.m.-12 p.m.

Bring only one normal-sized bag to fill with fresh fruit, produce, dairy products, and frozen food items.  
**By Second Harvest**

**Father's Day Party**  
Friday, June 15  
10:30 a.m.-12:30 p.m.

Get your tickets early for a delicious meal, live entertainment, and valuable raffle prizes!

**iPhone Class**  
Friday, June 22, 10 a.m.-12 p.m.  
**By CTAP**



**Free Stroke Screening**  
Thursday, June 28, 9 a.m.  
**By UC Irvine**

**Android Phone Class**  
Friday, June 29, 10 a.m.-12 p.m.  
**By CTAP**

**Games & Trivia**  
Fridays, June 1, 8, & 29, 11 a.m.

Join Leadership Council President, Jim Sims for some challenging fun.

**Hula Fitness**  
Tuesday, June 12, 11 a.m.

Enjoy a great way to exercise, the hula way!  
**By Hula Kat**

**NEW! Calligraphy Brush Class**  
Mondays, 9 a.m.



**Check it out!**

The Brea Senior Center Loan Closet provides mobility assistive equipment such as walkers, canes, portable commodes, and bathing benches to assist with activities of daily living. Limited to Brea residents. Call (714) 990-7750 for more details.

**Get a Boost with Housing Rehab**



Federal funds available to qualifying families for repair or refurbishment of an owner-occupied home. Funds are based on availability. Visit [www.cityofbrea.net/housingrehab](http://www.cityofbrea.net/housingrehab) for an application.

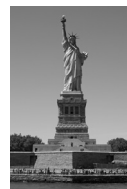
### Travel Group

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

**Angels vs. White Sox**  
Thursday, July 26  
11:30 a.m.-5:30 p.m. (approx.)

We'll take the Trolley to Angel Stadium where you'll be greeted with tickets for your Terrace Level seats. The game starts at 1:07 pm. Don't forget to show your spirit and dress up in Angels colors, and be sure to watch the Jumbotron during the top of the 3rd inning. You might just see the Brea Senior Center name appear! \$20 per person.

**New York City**  
May 17-21



Highlights: The Big Apple, Times Square, Manhattan, Madison Square Garden, the Flatiron building, Greenwich Village, So-Ho, Little Italy, The National 9/11 Memorial, Ellis Island, Immigration Museum, and the Statue of Liberty. \$2,499 per person, based on double occupancy.

**Yosemite**  
June 12-14



Highlights: Chuckchansi Gold Resort Casino Luxury Hotel, Coarsegold, California, Yosemite National Park, Yosemite Valley floor tour, Amtrak train to Bakersfield, hotel, casino package, food coupons, and casino play slot card. \$599 per person, based on double occupancy.

## Princess Cruises to Alaska September 19-October 1

Highlights: Cruise theme—“Witnessing the Beautiful Glaciers, Waterways, & Wildlife.” Round trip transfer to San Pedro. Round trip 12-day cruise on Star Princess, meals and entertainment included on board, port taxes, gratuities and insurance included. \$1,999 per person, based on double occupancy.

## Utah Canyon Royale September 24-27

Highlights: Valley of Fire State Park, Zion National Park, Cedar Breaks National Monument, Mesquite, Nevada, and Las Vegas, Nevada. \$539 per person, based on double occupancy.

## Nashville & Branson October 12-18

Highlights: The Grand Ole Opry, Hermitage Home—President Andrew Jackson, The Country Music Hall of Fame, city tour of Nashville, Johnny Cash & Patsy Cline Museums, Branson Shows, College of the Ozarks, Stone Hill Winery, and Branson city tour. \$2,999 per person, based on double occupancy.



## Presentations

**Friendly Caller Program**  
Thur, June 7, 11-11:45 a.m.  
**By Volunteer Action For Aging**



**Living Pain Free in Your Golden Years**  
Thur, June 28, 11-11:45 a.m.  
**By UCI Medical**

**Healthy Cooking**  
Thur, June 14, 11-11:45 a.m.  
**By Cultive/Regal Medical**

**City Council Update**  
Friday, June 22, 11-11:45 a.m.

Come learn what's happening in the City of Brea.  
**By Mayor Glenn Parker**

## Health Help

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



**Sing your way to a Healthy Life!**  
Wednesdays, 12:45-2 p.m.

**Pet Therapy**  
Wed, June 6 and Fri, June 15  
10:30-11:30 a.m.

Come say hello to Kathy and Benjamin!

## Senior Services

**Case Management Services**

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

**NEW! Senior Grocery Program: PARK-IT MARKET**  
Tuesdays, 11 a.m.-12 p.m.

For Brea seniors over age 60 with qualifying income. Bring only one normal-sized bag to fill with fresh fruit, produce, dairy products, and frozen food items.

**By Second Harvest**



**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**

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

The Brea Shuttle provides free transportation for Brea residents to Ralphs, Rite-Aid, Target, Wal-Mart, Sprouts, Albertsons, Trader Joes, and the 99 Cent Store. Restrictions apply, call 714-990-7754 to register.

**Senior Center Gift Shop**  
Open Monday through Friday  
9-11:30 a.m.


The gift shop has a large assortment of quality items available at bargain prices including: jewelry, stuffed animals, wicker baskets, assorted handcrafted items, and many lovely gift items. 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.  
**By Older Adults Program**

**Better Balance Health & Wellness Class**  
Mondays, 10-11:50 a.m.  
Specifically designed to improve movement and balance control.  
**By Older Adults Program**

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

Modifies the Zumba formula to suit the needs of the active older participant.  
**Brea Resident Priority**

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

Incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality.

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

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

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

## Classes

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

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

## Gatherings

**Spin to Win Social**  
Monday, June 11, 10 a.m.  
**By AGA**

**Arts & Crafts Social**  
Wednesday, June 13, 10 a.m.  
**By Leslie w/LAB Insurance**

**Sweet Social**  
Thursday, June 20, 10 a.m.  
**By Horizon Senior Services**



**Shredding Social**  
Thursday, June 21, 10 a.m.

Bring in your paperwork to be shredded.  
**By Humana**

**Information Social**  
Monday, June 25, 10 a.m.  
**By SCAN Health**

**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.

**Timely Topics**   
Tuesdays, 10-11 a.m.

Discussion on current events as well as memories of the past.

**Book Club**  
Wed, June 27, 10:30-11:30 a.m.  
**By the Brea Public Library**

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

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


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

**Spiritual Emphasis**  
Fridays, 10-11 a.m.

Discuss Biblical topics that are non-denominational.

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

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

**Nintendo Wii Game Play**

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



# June Activities

## FAMOUS QUOTE

Everyone has talent at twenty-five. The difficulty is to have it at fifty.

*Hilaire G. Edgar Degas*

## JUNE IS NATIONAL PEST CONTROL MONTH

- 1 Natl. Fritters Day
- 10 Natl. Yo-Yo Day
- 12 Machine Day
- 19 World Sauntering Day
- 25 Log Cabin Day
- 29 Camera 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

<b>A</b> - Room A <b>B</b> - Room B <b>C</b> - Room C <b>CFR</b> - Conference Room <b>CR</b> - Computer Room <b>CY</b> - Courtyard <b>DR</b> - Dining Room <b>L</b> - Lobby Area <b>LIB</b> - Library <b>P</b> - Plunge Pool <b>PH</b> - Pioneer Hall <b>PHCR</b> - PH Conference Room <b>WR</b> - Wellness Room	
<b>4</b> 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 9:30 Leadership Council Meeting (CFR) 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 Ralphs & Rite Aid (L) 2:00 Intermediate Line Dancing (PH)	
<b>11</b> 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 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)	
<b>18</b> 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:30 Voter's Choice Shopping (L) 12:45 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH)	
<b>25</b> 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 Information Social (L) 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


<b>5</b> 8:00 Primary Elections (B) 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 ZenCat Social (L) 10:45 99 Cent Store Shopping (L) 11:00 Park-it Market (L) 12:00 Lunch (DR) 12:45 Bunco Group (DR) 1:00 Table Tennis (PH)
<b>12</b> 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 Park-it Market (L) 11:00 Hula Fitness (DR) 12:00 Lunch (DR) 12:45 Bunco Group (DR) 1:00 Table Tennis (PH)
<b>19</b> 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 Park-it Market (L) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH)
<b>26</b> 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 Park-it Market (L) 12:00 Lunch (DR) 12:45 Bunco Group (B) 1:00 Table Tennis (PH) 1:00 Knitting Group (C)

## Wednesday

<b>6</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Crochet & Needlework (C) 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)
<b>13</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:00 Arts & Crafts Social (LIB) 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)
<b>20</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:00 Quilting Group (B) 10:00 Crochet & Needlework (C) 10:00 Sweet Social (L) 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)
<b>27</b> 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP Counseling (WR) 10:00 Crochet & Needlework (C) 10:00 HICAP Social (L) 10:30 Book Club (B) 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)

## Thursday

<b>7</b> 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Watercolor Painting (B) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Friendly Caller (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
<b>14</b> 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Watercolor Painting (B) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Healthy Cooking (DR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
<b>21</b> 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Watercolor Painting (B) 10:00 History of Movies (C) 10:00 Shredding Social (DR) 11:00 Computer Tutoring (CR) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)
<b>28</b> 8:00 Yoga Class (PH) 9:00 Stroke Screening (WR) 9:30 Health & Wellness (PH) 10:00 Watercolor Painting (B) 10:00 History of Movies (C) 11:00 Computer Tutoring (CR) 11:00 Living Pain Free (DR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH)

## Friday

<b>1</b> 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)
<b>8</b> 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)
<b>15</b> 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 Father's Day Party (DR) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR)

<b>22</b> 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:00 iPhone Class (C) 11:00 Zumba Gold (PH) 11:00 City Council Update (DR) 12:00 Special Friday Lunch (DR)
<b>29</b> 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:00 Android Phone Class (C) 11:00 Zumba Gold (PH) 11:00 Games & Trivia (DR) 11:30 Birthday Party (DR) 12:00 Special Friday Lunch (DR)




Monday	Tuesday	Wednesday	Thursday
	Sponsored by:  Alignment Healthcare		<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>*7</b>
Baked Pollack topped with Pico de Gallo Mexican Rice Brussels Sprouts Chilled Canned Apricots	Rita's Spinach Casserole Romaine Salad with Red Wine Vinaigrette Whole Wheat Crackers Apple Crisp Diet; Diet Crisp	Fettuccini / Roasted Butternut Squash with Feta Cheese/Basil Cobb Salad/ Ranch Dressing Mini Bran Muffin Trifle Diet: Diet Trifle	Stouffer's Macaroni and Cheese Casserole Stewed Tomatoes with Croutons California Blend Vegetables WG Bread Seasonal Fresh Fruit
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Fajita with Fajita Vegetables Spanish Rice and Black Beans Flour Tortilla Custard Diet: Diet Custard	Clam Chowder Soup/ SF Crackers editerranean Tuna salad on bed of Spinach Tomato and Zucchini Salad Chilled Tropical Fruit Mix	Sweet and Sour Pork Brown Fried Rice Oriental Blend Vegetables Oatmeal Cookie Diet: Diet Cookie	Baked Chicken Drumsticks Carrot and Raisin Salad Mashed Potatoes/Gravy Whole Grain Bread Fruited Gelatin Diet: Diet Fruited Gelatin
<b>18</b>	<b>19</b>	<b>20</b>	<b>*21</b>
Cream of Carrot/SF Crackers Beef, Mango & Barley Salad WW Dinner Roll Fresh Melon	Stuffed Salmon Boat with Newburg Sauce Baked Red Potatoes Spinach Banana Pudding/Vanilla Wafers Diet: Diet Pudding Cranberry Juice	Turkey Pot Roast with Gravy Mashed Potatoes Capri Blend Vegetables Nectarine	Hamburger / WW Bun Lettuce, Tomato & Onion Coleslaw Baked Chips Ice Cream (No Sugar Added)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Baked Meatloaf with Mushroom Gravy Egg Noodles Brussels Sprout Chilled Mandarin Orange	Creamed of Asparagus/SF Crackers Veggie Egg Salad with Whole Grain Flatbread Cherry Tomatoes Quinoa salad Seasonal Fresh Fruit	Pork Tenderloin with Apple Raisin Sauce Brown Rice Cucumber and Black-Eye Pea Salad Whole Grain Bread Chilled Fruit Mix	Mrs's Friday Couscous with Peas and Parmesan Cheese Broccoli Blueberry Pie Diet: Chilled Fruit Cocktail

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](http://www.SeniorServ.org)

**Special Friday Lunches**

<b>Friday</b>
<b>1</b>
<b>Chef Francesco</b> Cobb Entrée Salad w/ Ranch Soup & Roll Fruit Popsicle
<b>8</b>
<b>Chef Francesco</b> Chicken Parmigiana Orzo Pasta w/Marinara Garlic Bread Italian Salad Cream Puffs w/ Chocolate Drizzle
<b>15</b>
<b>Father's Day Party</b> Polish Sausage w/ Sauerkraut Potato Salad Baked Beans Watermelon Ice Cream Sandwich
<b>22</b>
<b>Chef Francesco</b> Pulled Pork Sandwich Corn Cobbette Chips Caesar Salad Fudgsicle
<b>29</b>
<b>Chef Francesco</b> Orange Chicken Chow Mein Veggie Spring Rolls Asian Salad w/ Mandarin Oranges Birthday Cake
<b>\$3 fee for seniors over 60, \$5 fee for anyone under 60.</b> Pre-registration and pre-payment required at least one full day in advance. No refunds or exchanges. <i>Friday lunch menu not associated with SeniorServ.</i>

**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.

<b>6</b>	<b>3</b>				<b>1</b>	<b>9</b>		
<b>9</b>		<b>4</b>		<b>5</b>	<b>6</b>	<b>1</b>	<b>3</b>	
					<b>9</b>			<b>8</b>
<b>1</b>				<b>8</b>		<b>7</b>		<b>9</b>
	<b>6</b>					<b>2</b>	<b>1</b>	
<b>2</b>		<b>5</b>	<b>1</b>					
	<b>5</b>					<b>4</b>		
	<b>2</b>	<b>1</b>	<b>7</b>		<b>5</b>			
<b>8</b>		<b>6</b>		<b>1</b>	<b>4</b>		<b>2</b>	

**Word Puzzles**

Answers available on last page.

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**Crazy Sayings. . .**

*I used to be indecisive, but now I'm not too sure.*

*My idea of housework is to sweep the room with a glance.*

*Marriages are made in heaven. So again are thunder and lightning.*

*Never test the depth of the water with both feet.*

*Many people lose their tempers merely from seeing you keep yours.*

*A closed mouth gathers no foot.*

*A good lawyer knows the law; a clever one takes the judge to lunch.*

*Life is just a phase you're going through...you'll get over it.*

*Can you get cornered in a round room?*

*Do fish ever get thirsty?*

“Mom said don’t kill the cricket, but it jumped up and got caught and tangled in my long hair,” said Andrea Nino. “I was screaming and crying. I hate crickets and grasshoppers.” James Schutt dislikes centipedes “because they bite.” Lani Gormsen doesn’t like June bugs because “they’re just big and they surprise you and bump into your face!” Lola Andres used to “get bitten all the time by mosquitos on the Arkansas farm.” Carmen Ramirez doesn’t like mosquitos either. One insect, the mosquito, causes the highest human mortality rate.

In response to my computer inquiry as to why people dislike insects, Minnie (on Yahoo Answers) gave a “Best Answer” response. She said, “I think most do because they are small, yucky and crawl and can get everywhere, sting you or breed in your house! Maybe they are scared they’re gonna’ go on their food or crawl on their bed in the middle of the night. Their look is important too. I mean, I don’t know a lot of people that hate butterflies!” I decided to ask some individuals what insect they disliked and why, expecting to get an outpouring of revulsion against bed bugs, lice, and fleas.

“Ants,” said Marie Lopez. “I don’t like any of them.” Lois Bowman agreed, adding “ants get into everything, in my closet and food. They’re so tiny.” Elizabeth Turner

didn’t like ants either, saying “they are everywhere.” Connie McDonald responded quickly. “Ticks! They cause disease and the Arkansas fields are loaded with them.”



Diane Lamon said, “I was stung by a hornet and my arm swelled up. I have been stung several times by bees. I have a bad allergic reaction to them.” Her husband, Chuck Lamon, thought a moment, and said, “the housefly – they bother you all the time and get in your food.” Vera Tamoush was cringing as she mentioned that she did not like termites. “They’re under my house and at my beach rental in Cayucos.”

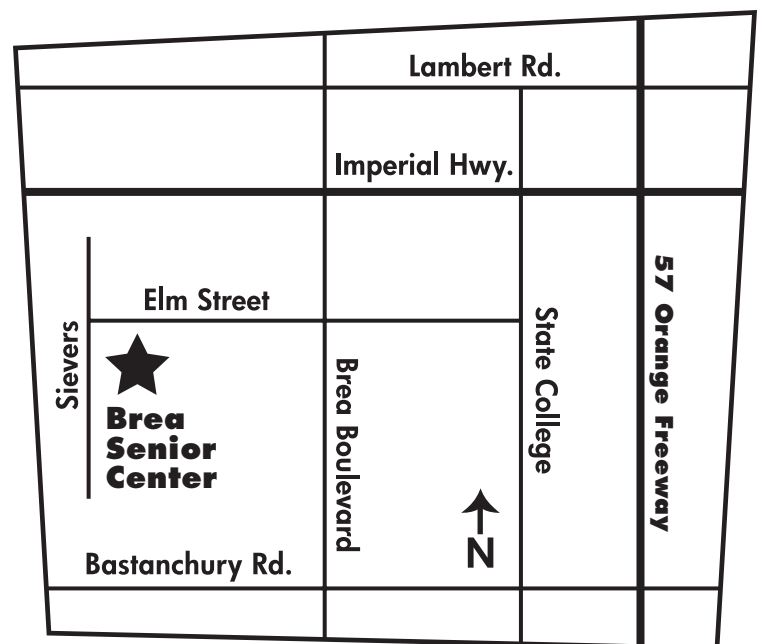
The insect most disliked is the cockroach. “I can’t stand them. They’re filthy and carry disease,” said Michael Costello. Joanne Todd doesn’t like cockroaches and neither does Dolores Wandrie who used to “get them in the house. I’m glad we moved!” Mercedes Espinosa believes the cockroach “multiplies too fast and they live in the dark.” Nell Berberidge also dislikes cockroaches “because they’re bugs – who likes bugs?”

Cynthia Williams provided us with an arm-shaking, hand-shivering motion when she said, “I do the dance to get away from cockroaches, fast!” With that said, I’ll get away fast also!

## 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](http://www.BreaSeniorCenter.com)
- Facebook:** [Facebook.com/BreaSeniorCenter](https://www.facebook.com/BreaSeniorCenter)



More details and information available online.