

What's Doin' at the Brea Senior Center



Happy St. Patrick's Day!

March 2019

Announcements

"It's Your Money"
FREE 8-week
Workshop Series
Tuesday, April 2-May 21
1:30-3 p.m.



This series offers entertaining, informative, interactive sessions with guest speakers. Topics include: Annuities, Mutual Funds, Financial Planning, Long Term Care, Fixed Income & Equity Investing, Investment Rules, and the Stock Market. No sales pitches. No solicitations.

Senior Tax Preparation
Tuesdays, now thru April 9
12:30-3 p.m.

ARP tax-aides help low and moderate income taxpayers, with special attention to those 60+, to file basic personal income tax forms and schedules. Volunteers are trained and certified to assist. Taxpayers with complex tax returns are advised to seek paid tax assistance. Restrictions apply, call 714-990-7750 to register, and for required information to bring.

Fresh Food To Go
Wed, March 27, 10:30 a.m.
Sign-up at the front desk



NEW! Senior Van Service

Operates the 1st & 3rd Mondays of each month (except for major holidays), to assist with transportation to destinations within 10 miles of your home, within Orange County. Eligibility: Brea residency and 60+ years of age. For more information, call 714-990-7750.

St. Patrick's Day Party
Friday, March 15
10:30 a.m.-12:30 p.m.



Free! Memory Screening
Thur, Mar 21, 10 a.m.-12 p.m.
By ActivCare at Yorba Linda

NEW! Arts & Crafts with Carol

2nd Tuesday of each month
9:30-11:30 a.m.

March 12—Sand & Sea Shell
Art.
**\$2 per person. Register at
the front desk**



Hula Fitness

Tuesday, Mar 12, 11-11:45 a.m.

iPhone Class

Friday, Mar 8, 10 a.m.-12 p.m.
Register at the front desk
By CTAP

NEW! Coloring Therapy Class



Tue, Mar 26, 9:30-11:30 a.m.
Register at the front desk
By Lekili

Crazy Crafts with Leslie!
Wed, Mar 13, 9:30-11:30 a.m.
By LAB Insurance

Volunteers Needed for Home Delivered Meals

Need for the following positions:

- Tuesday Meal Packer, 9:45 am-1 pm
- Monday Meal Delivery Driver, 10:30 am-12:30 pm
- Substitute Meal Delivery Drivers

For more information, please ask the front desk or call, 714-990-7750.

Meals on Wheels

Openings available



now! Five days of meal support, including breakfast, lunch and dinner, delivered by volunteers to qualifying homebound older adults 60+.

Senior Lunch Café Program:

We invite older adults 60+ to meet people and join in activities that are provided with nutritious lunches Monday through Thursday at the Brea Senior Center. For details and to register, call 714-990-7750.

Reservations Required

Bereavement Group Thursday, March 28, 10 a.m.

Share your struggles with others who have experienced a loss.

Birthday Party Friday, March 29, 11:30 a.m. By Friends Community Church

Travel Group

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

California Missions Celebration June 4-9

Highlights: Visit 8 California missions including Our Lady of Guadalupe Los Angeles, San Francisco, and Wine tasting in Napa. \$1,499 per person based on double occupancy.



Yosemite Tour June 11-13

Highlights: Chuckchansi Gold Resort Casino, Yosemite National Park, Yosemite Valley floor tour, and Amtrak ride from Fresno to Bakersfield. \$649 per person based on double occupancy.

Yellowstone, Grand Tetons, and Mt. Rushmore July 27-August 4

Highlights: Mt Rushmore tour, Custer State Park, Crazy Horse Memorial, Deadwood South Dakota, Yellowstone National Park, Grand Teton National Park, Jackson Town Square, and Bar T5 Covered Wagon Cookout. \$2,999 per person based on double occupancy.

Presentations

My Gift to You Thursday, March 7, 10-11 a.m. Register at the front desk

Come learn the importance of advanced planning.
By Forest Lawn

Medicare Advantage & Open Enrollment Thursday, March 14, 11 a.m.

Come learn how to best select the coverage for your needs.
By HICAP

City Council Update Thur, March 28, 11-11:45 a.m. By Mayor Christine Marick

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, Mar 6; Thur, Mar 15 and Fri, Mar 29, 10:30-11:30 a.m.

Senior Services

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

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

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

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

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

Free transportation for Brea residents to Ralphs, Rite-Aid, Target, Wal-Mart, Sprouts, Albertsons, Trader Joe's, and the 99 Cent Store. Restrictions apply; call 714-990-7754 to register.

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. 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.

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, 12-3 p.m.: 12-1 p.m. Introduction 1-2 p.m. Beginning 2-3 p.m. Intermediate

Classes

Arts & Crafts Class Tuesdays, 9:30-11:30 a.m. Register at the front desk

NEW! Arts & Crafts with Carol 2nd Tuesday of each month 9:30-11:30 a.m. \$2 per person. Register at the front desk

Crazy Crafts with Leslie! 2nd Wednesday of each month 9:30-11:30 a.m. By LAB Insurance

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

Gatherings

Games & Trivia Friday, Mar 1 and 22, 11 a.m.

Sweet Social Tuesday, March 5, 10 a.m. By AAG

Cookie Social Tuesday, March 19, 10 a.m. By AGA

Bingo Social Monday, March 25, 10 a.m. By Humana

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

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

Skip-Bo Card Game Mondays, 12:45-1:45 p.m.

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

Timely Topics Tuesdays, 10-11 a.m.

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

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

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

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.

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

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

Practice in a local golf course range.

Nintendo Wii Game Play

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



March Activities

FAMOUS QUOTE

Corruption is nature's way of restoring our faith in democracy.

Peter Ustinov

MARCH IS NATIONAL KITE MONTH

- 1 Dress In Blue Day
- 4 Natl. Grammar Day
- 7 Nametag Day
- 11 World Plumbing Day
- 18 Natl. Biodiesel Day
- 21 Memory 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

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| 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 |

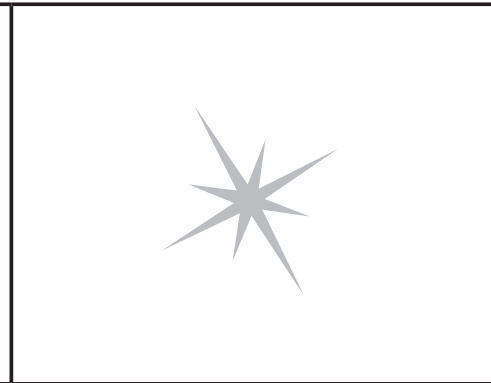
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| 4 | 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:45 Ralphs & Rite Aid (L) 12:45 Skip-Bo (B) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) |
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| 11 | 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) 12:00 Intro to Line Dancing (PH) 12:45 Skip-Bo (B) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) |
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| 18 | 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) 12:00 Intro to Line Dancing (PH) 12:45 Voter's Choice Shopping (L) 12:45 Skip-Bo (B) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) |
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| 25 | 8:30 Tai Chi for Every Body (PH) 9:00 Calligraphy Class (C) 10:00 Better Balance (PH) 10:00 Bingo Social (L) 10:30 Bingo (DR) 11:00 Veterans Club (B) 12:00 Lunch (DR) 12:00 Intro to Line Dancing (PH) 12:45 Skip-Bo (B) 1:00 Beginning Line Dancing (PH) 2:00 Intermediate Line Dancing (PH) |
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Tuesday



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| 5 | 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Sweet Social (L) 10:45 99 Cent Store Shopping (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:30 Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Table Tennis (PH) |
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| 12 | 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts w/Carol (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Social (L) 11:00 Park-it Market (DR) 11:00 Hula Fitness (DR) 12:00 Lunch (DR) 12:30 Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Table Tennis (PH) |
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| 19 | 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:00 Cookie Social (L) 10:45 Sprouts Shopping (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:30 Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Table Tennis (PH) |
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| 26 | 8:30 Yoga Class (PH) 9:00 Blood Pressure (WR) 9:30 Arts & Crafts (B) 9:30 Coloring Therapy (B) 10:00 Health & Wellness (PH) 10:00 Timely Topics (C) 10:45 Golf Social (L) 11:00 Park-it Market (DR) 12:00 Lunch (DR) 12:30 Tax Prep (B & C) 12:45 Bunco (DR) 1:00 Table Tennis (PH) 1:00 Knitting Group (DR) |
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Wednesday

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| 6 | 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) 12:00 Lunch (DR) 12:30 Target Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH) |
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| 13 | 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 Crazy Crafts w/Leslie (LIB) 9:30 HICAP (WR) 10:00 Crochet & Needlework (C) 10:30 Zumba Gold (PH) 11:00 Bingo (DR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH) |
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| 20 | 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) 11:00 Bingo (DR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH) |
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| 27 | 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (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 Bingo (DR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH) |
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| 28 | 8:30 Tai Chi 42 (CY) 9:00 Longevity Stick Balance (PH) 9:30 HICAP (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 Bingo (DR) 12:00 Lunch (DR) 12:30 Voters Choice Shopping (L) 12:45 Sing-a-Long Group (C) 2:00 Table Tennis (PH) |
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Thursday

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| 7 | 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Advanced Planning (B) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) |
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| 14 | 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Medicare Advantage (B) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) |
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| 21 | 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Memory Screening (L) 12:00 Lunch (DR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) |
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| 28 | 8:00 Yoga Class (PH) 9:30 Health & Wellness (PH) 10:00 Bereavement Group (B) 11:00 City Council Update (DR) 12:00 Lunch (DR) 12:30 Legal Aid (WR) 12:45 Bingo (DR) 1:00 Table Tennis (PH) |
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| 29 | 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 Games & Trivia (DR) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B) |
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Friday

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| 1 | 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) 12:45 Bunco (B) |
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| 8 | 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:00 iPhone Class (B) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B) |
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| 15 | 8:30 Tai Chi for Every Body (PH) 10:00 Spiritual Emphasis (B) 10:00 Longevity Stick Balance (PH) 10:30 St. Patrick's Day Party (DR) 10:30 Pet Therapy (L) 11:00 Zumba Gold (PH) 12:00 Special Friday Lunch (DR) 12:45 Bunco (B) |
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Happy St. Patrick's Day!

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| 22 | 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) 12:45 Bunco (B) |
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|-----------|---|
| 29 | 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) 12:45 Bunco (B) |
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Alignment Healthcare

Senior Lunch Menu – March 2019

| Monday | Tuesday | Wednesday | Thursday |
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| Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00 Vegetarian Meal | | | |
| 4 Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix | 5 Cream of Pumpkin Soup w/Salt-Free Crackers Turkey Wrap (Peppers, diced tomatoes, chopped romaine, & ranch dressing) Flour Tortilla Fruited Gelatin | 6 Mrs. Friday's Breaded Pollock Potato Scallops Scandinavian Vegetable Blend Parker House Roll Fresh Fruit | 7 Coconut Chicken Curry (w/Peas & Potato Curry Sauce) Brown Rice Oriental Vegetable Blend Pineapple Chunks |
| 11 Grilled Hamburger (w/shredded lettuce, sliced tomato & onion) on a WW Bun Baked Chips Mayonnaise & Relish Melon | 12 Chicken Fajitas (w/Fajita Vegetables) Pinto Beans Garden Green Veg Salad w/Italian Dressing Flour Tortilla (1) Tropical Fruit Mix | 13 Tomato Florentine Soup w/Salt-Free Crackers Open Face Turkey San. (w/Turkey Gravy & Mashed Potatoes) on a WW Bread (1) Cranberry Sauce SF Cookie | 14 Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing) Orange Juice SF Custard |
| 18 Egg Drop Soup w/Salt-Free Crackers Chinese Chicken Salad (Napa cabbage, red cabbage, shredded carrots, mandarin oranges, slivered almonds & sesame dressing) WW Dinner Roll Canned Pineapple | 19 Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Orange Juice SF Fruit Crisp | 20 Homemade Beef Stew (w/Potato & Stew Veggies) Winter Vegetable Blend Biscuit Melon | 21 Orange Chicken w/Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding Diet: Diet Pudding |
| 25 Pork Tenderloin w/Apricot Sauce Baby Baker Potatoes Carrot Coins WW Dinner Roll Ambrosia | 26 Chicken Enchilada Casserole Spanish Rice Zucchini, Corn & Tomato Salad Melon | 27 Beef Bolognese Pasta w/Parmesan Cheese 50/50 Salad w/Vinaigrette Orange Juice Breadstick SF Fruit Crisp | 28 Homemade Vegetable Soup Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Fresh Fruit |

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 |
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| 1 Chef Francesco Panini Ham & Cheese Sandwich Tomato Basil Soup Caesar Salad Pears w/ Berries Chips Dessert |
| 8 Chef Francesco Shrimp Taco Chicken Taquito Mexican Corn Black Beans Fruit Mexican Dessert |
| 15 Chef Francesco St. Patrick's Day Party Corned Beef & Cabbage Chunk Potatoes Carrot Coins Spinach Salad Fruit Lime Sherbet |
| 22 Chef Francesco Cheese Tortellini w/ Meatballs Marinara Sauce Italian Salad Garlic Bread Creampuffs w/ Chocolate |
| 29 Chef Francesco Birthday Party Orange Chicken Chow Mein Asian Salad Mandarin Oranges Almond Cookie 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

J.E. Sims

ECOLOGY

E T U L L O P F L W G F M R Q O E H F C C R T C V Y
 G A L I Q T Y S N W P N G Z Y W I G Y I G H Z I U K
 O H J U E V U W B X L K W K E N N P G Y A D W F X R
 E P H Q A E R A T E B O R E A U O E U B Z C R A I H
 F F Q C N S S R L K W E D C B N X E I S I R J B N E
 C Y I B I A X H P B O S Y F A A L T I Y M M M O U A
 F B I O M E O A C L W C S C L I A K W W V D K P T C
 D B L H A M W R T I L L W L P T A K Z F E Q Y O S K
 T O U H L Z D L K E H Q S W I E D O R E F H I G F E
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 S E E R T Y D L A F L A D W E C K N B N V X E L G W
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 S Y Q A F E M O W E A G L A N W H N C E S S D M D M
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 S W E D S O A F D S N I C H E U Z C V K T B N Y B M
 I G K E S Y W X G A H P R U J B S O U A I I S N A J
 R M E M S G O E V J R S D M U W L M T H M O I S Q Q
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 S W F S N N O Y K M N O T F U W T O U V A A Y N A A
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 M N O V Q R E C L A I M I L V L E T J E J S R A S I
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| AEROBE | CLIMAX | GRASS | POWER |
| ALGAE | COMPOST | HABITAT | RECLAIM |
| ALPINE | CYCLE | LITTER | SEEDS |
| ANIMALS | DEME | LOAM | SERE |
| AQUIFER | DENSITY | MULCH | SMOG |
| BIOMASS | ENERGY | NICHE | TILL |
| BIOME | ERODE | OZONE | TREES |
| BIOTA | FAUNA | POLLUTE | WEB |
| CANOPY | FLORA | POND | WEEDS |