

JUNE 2018



CERRITOS SENIOR CENTER
AT PAT NIXON PARK

12340 South St.
Cerritos, CA 90703
Ph: (562) 916-8550
FAX: (562) 916-8554

HOURS:
MON - THUR
7:30 a.m. - 9 p.m.
FRIDAY
7:30 a.m. - 4:30 p.m.
CLOSED SAT & SUN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd* 9 am Game Day++ 9 am Longevity Stick++ 10 am Savvy Caregivers+ 10 am Chorus++ 12 pm AARP CarFit Event++ (by appt.) 1 pm Movie Matinee++ "The Zookeeper's Wife"
4 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Billiards Tourn't (Int)++ 9 am Yoga for Beginners++ 10 am Backgammon++ 10 am Guided Autobiography+ 1 pm Balance & Mobility** 1 pm Chair Exercise** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$	5 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10 am Art for Seniors++\$ 10 am Emotions of Aging+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm IRA Tax Free+ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$	6 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Hula (Beg)++ 10 am Doodling For Relaxation++ 10 am Skin Cancer Care+ 1 pm Maximize Your Income & Minimize Your Taxes+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 5 pm Cerritos College Yoga** 5:30 pm Fitness Consultations++ (Members only by appt.) 6:30 pm Zumba++\$	7 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Floral Corsage Class++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 1 pm Do's & Don'ts of Healthy Dieting & Nutrition+ 1 pm Ice Cream Painting++ 1 pm Bingo++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	8 7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd* 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Savvy Caregivers+ 10 am Nutrition Basics+ 10 am Chorus++ 10 am Chinese Cultural Group++ 1 pm Movie Matinee++ "A Dog's Purpose"
11 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Yoga for Beginners++ 10 am Guided Autobiography+ 10 am Making Home Safe+ 10 am Backgammon++ 1 pm Balance & Mobility** 1 pm Chair Exercise** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$	12 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10 am Art for Seniors++\$ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12 pm AARP Smart Driver Course++\$ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	13 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 8 am Coffee with the Doc++ 9 am Longevity Stick++ 9:30 am Qi Gong++ 10 am Hula (Beg)++ 10 am Doodling For Relaxation++ 10:30 am Floral Arranging++\$ 1 pm Arthritis Management+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga** 6:30 pm Zumba++\$	14 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 12 pm AARP Smart Driver Course++\$ 1 pm Bingo++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	15 7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd* 8:30 am Ukulele (Beg)++ 9 am Game Day Tourn't++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 10 am Alzheimer's Support Group++ 1 pm Movie Matinee++ "Life of Pi"
18 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Yoga for Beginners++ 10 am Guided Autobiography+ 10 am Backgammon++ 10 am Preventing Falls+ 10 am DMV Senior Driving Ombudsman Program+ 1 pm Balance & Mobility** 1 pm Chair Exercise** 3 pm Search for Creative Aging** 4:30 pm Ask the Expert (appt. only)++ 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$	19 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10 am Art for Seniors++\$ 10 am Heart Healthy+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$	20 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 9:30 am Qi Gong++ 10 am Hula (Beg)++ 10 am Doodling For Relaxation++ 1 pm COPD and You+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 6:30 pm Zumba++\$	21 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 1 pm How to Prevent Fraud+ 1 pm Bingo++ 1 pm Ipad/Iphone Basics++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	22 7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd* 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 1 pm Movie Matinee++ "Hot Pursuit"
25 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Headaches Decoded+ 10 am Guided Autobiography+ 10 am Backgammon++ 1 pm Book Club++ 1 pm Balance & Mobility** 1 pm Chair Exercise** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$	26 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 1 pm Chinese Calligraphy++ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$	27 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 9 am Coffee with the Deputy++ 9:30 am Qi Gong++ 10 am Hula (Beg)++ 1 pm Stroke: Tips to Better Health+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 6:30 pm Bunco++ 6:30 pm Medicare Basics+ 6:30 pm Zumba++\$	28 7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 1 pm Bingo++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	29 7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd* 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 1 pm Movie Matinee++ "Hitch"

Note:
No excursion for the month of June

NOTE: SENIOR CLUBS

This calendar DOES NOT reflect Senior Club meeting dates and times. For a list of Senior Club meeting dates and times, please stop by the Reception Desk.

- ◆◆◆◆◆◆◆◆◆◆
- Lecture +**
- Senior Center Class ++**
- ABC Adult School Class ***
- Cerritos College Class ****
- Fee \$**
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