



**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

Note:
**No Excursion
for the month
of February**

**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.

February 2019

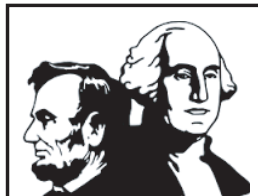
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 8:30 am AARP Smart Driver Course+ 9 am Billiards Tourn't (Int)++ 9 am Yoga for Beginners++ 10 am Backgammon++ 1 pm Balance & Mobility** 1 pm Chair Aerobics** 2 pm Tech Workshop+ 3 pm Search for Creative Aging** 5 pm Cerritos College Yoga** 5 pm Quilting++ 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$</p>	<p>5</p> <p>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++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++</p>	<p>6</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 10 am Hula (Beg)++ 10:30 am Floral Arranging++\$ 1 pm Chair Aerobics** 1 pm Handcrafters++ 1 pm Felting++ 1 pm Rehab after Hospitalization+ 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Tourn't++ 4 pm Karaoke++ 5 pm Cerritos College Yoga** 5:30 pm Fitness Consultations++ (Members only by appt) 6:30 pm Zumba++\$</p>	<p>7</p> <p>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++ 11 am Estate Planning+ 1 pm Bingo++ 1 pm Bookmark Craft+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++</p>	<p>1</p> <p>7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd*\$ 8:30 am Ukulele (Beg)++ 9 am Game Day++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++</p> <p>No Movie due to Dance</p> <p>"Valentines & 25th Anniversay Dance" 6 - 9 pm</p>
<p>11</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga for Beginners++ 10 am Backgammon++ 1 pm Balance & Mobility** 1 pm Caregiving+ 1 pm Chair Aerobics** 2 pm Tech Workshop+ 3 pm Search for Creative Aging** 5 pm Cerritos College Yoga** 5 pm Quilting++ 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$</p>	<p>12</p> <p>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 Battling the Aging Brain+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$</p>	<p>13</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 8 am Coffee with the Doc++ 9 am Longevity Stick++ 10 am Hula (Beg)++ 10:30 am Floral Arranging++\$ 1 pm Chair Aerobics** 1 pm Handcrafters++ 1 pm Felting++ 1 pm Secure Retirement+ 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Tourn't++ 5 pm Cerritos College Yoga** 6:30 pm Tax Strategies+ 6:30 pm Zumba++\$</p>	<p>14</p> <p>7:35 am Aerobics for Seniors*\$ 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Bible Study++ 10 am Hula (Adv)++ 1 pm Wills & Trusts+ 1 pm Bingo++ 1 pm Healthy Living+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++</p>	<p>8</p> <p>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++ 10 am Chinese Cultural Group++ 1 pm Movie Matinee++ "The Stray"</p> <p>1:40 pm S.P.I.C.E. Mental Challenge</p>
<p>18</p> <p>Senior Center CLOSED</p>  <p>in Observance for President's Day</p>	<p>19</p> <p>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 Resources for Caregivers+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$</p>	<p>20</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 10 am Hula (Beg)++ 1 pm Chair Aerobics** 1 pm Handcrafters++ 1 pm Felting++ 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Tourn't++ 4 pm Karaoke++ 5 pm Cerritos College Yoga** 6:30 pm Zumba++\$</p>	<p>21</p> <p>7:35 am Aerobics for Seniors*\$ 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Bible Study++ 10 am Dementia Friends+ 10 am Hula (Adv)++ 1 pm Bingo++ 1 pm Ipad/Iphone Basics++ 1 pm Long Term Care+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++</p>	<p>15</p> <p>7:30 am Ping Pong (Doubles)++ 7:35 am Morning Workout w/Todd*\$ 8:30 am Ukulele (Beg)++ 9 am Game Day++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Alzheimer's Support Group+ 10 am Chorus++ 11:10 am S.P.I.C.E. Balancing your Diet 1 pm Movie Matinee++ "Chappaquiddick"</p>
<p>25</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga for Beginners++ 10 am Backgammon++ 10 am Banking Basics+ 1 pm Book Club++ 1 pm Chair Aerobics** 1 pm Balance & Mobility** 2 pm Tech Workshop+ 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++\$</p>	<p>26</p> <p>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++ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$</p>	<p>27</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Coffee with the Deputy+ 9 am Longevity Stick++ 10 am Hula (Beg)++ 10 am Property Assessment+ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Aerobics** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Tourn't++ 5 pm Cerritos College Yoga** 6:30 pm Bunco++ 6:30 pm Medicare Basics+ 6:30 pm Zumba++\$</p>	<p>22</p> <p>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++ "Here We Go Again"</p> <p>1:05 pm S.P.I.C.E. Serrano Indians</p>	<p>28</p> <p>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 Annuities+ 1 pm Bingo++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++</p>