



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 August

Shred Event:
Saturday
August 11
8 a.m. - Noon

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 \$

AUGUST 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 9 am Longevity Stick++ 9:30 am Chi Kung & Gentle Yoga++\$ 10 am Hula (Beg)++ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Exercise** 1 pm Medicare 101+ 2 pm Ice Cream Social++ 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++\$	2 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++	3 8:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Game Day++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 1 pm Mahjong++ 1 pm Movie Matinee++ "Suicide Squad"
6 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 8:30 am AARP Smart Driver Course++\$ 9 am Yoga for Beginners++ 9 am Billiards Tourn't (Int)++ 10 am Backgammon++ 10 am Guided Autobiography+ 10 am Matter of Balance+ 1 pm Chair Aerobics** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$	7 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 Low Back Pain & Sciatica+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	8 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 Chi Kung & Gentle Yoga++\$ 10 am Hula (Beg)++ 10 am High Cholesterol+ 10:30 am Floral Arranging++\$ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Aerobics** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga** 5 pm AARP Smart DriverTEK++\$	9 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 (Singles)++ 5:30 pm Volleyball at CHS++	10 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 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++ "Breakfast at Tiffany's"
13 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 10 am Backgammon++ 10 am Matter of Balance+ 1 pm Chair Aerobics** 1 pm Balance & Mobility** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga**	14 7:35 am Aerobics for Seniors++\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:30 am Guitar++ 10 am Managing Diabetes+ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	15 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 9 am Longevity Stick++ 10 am Hula (Beg)++ 10 am Matter of Balance+ 1 pm Colon Cancer+ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Aerobics** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 5 pm Cerritos College Yoga**	16 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++	17 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Game Day++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 10 am Alzheimer's Support Group++ 1 pm Mahjong++ 1 pm Movie Matinee++ "The Hunstman: Winter's War"
20 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 10 am Backgammon++ 1 pm Chair Aerobics** 1 pm Balance & Mobility** 3 pm Search for Creative Aging** 4:30 pm Ask the Expert (appt. only)++ 5 pm AARP DriverTek+ 5 pm Quilting++ 5 pm Cerritos College Yoga**	21 7:35 am Aerobics for Seniors++\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:30 am Guitar++ 12 pm Computer Group++ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	22 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++\$ 9 am Longevity Stick++ 10 am Hula (Beg)++ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Aerobics** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga**	23 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 (Singles)++ 5:30 pm Volleyball at CHS++	24 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 1 pm Movie Matinee++ "Wonder"
27 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 10 am Backgammon++ 1 pm Balance & Mobility** 1 pm Chair Aerobics** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga**	28 7:35 am Aerobics for Seniors*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:30 am Guitar++ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 2 pm Life Stories++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	29 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 10 am Hula (Beg)++ 1 pm Handcrafters++ 1 pm Felting++ 1 pm Chair Aerobics** 2:30 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga** 6:30 pm Bunco++	30 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++	31 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 1 pm Movie Matinee++ "Murder on the Orient Express (2017)"