



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 April

ABC Adult School: Spring Break March 30-April 6

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 \$

APRIL 2018

MONDAY

2 7:30 am Tai Chi** 9 am Billiards Tourn't (Int)++ 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**

TUESDAY

3 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++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$

WEDNESDAY

4 7:30 am Tai Chi** 9 am Longevity Stick++ 10 am Guaranteed Income For Life+ 10 am Hula (Beg)++ 1 pm Guaranteed Income For Life+ 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++\$

THURSDAY

5 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 1 pm Bingo++ 1 pm Sock Bunny Craft++ 1 pm Heart Health+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++

FRIDAY

6 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 Savvy Caregivers+ 10 am Chorus++ 1 pm Movie Matinee++ "Jack"

9 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Backgammon++ 10 am Alzheimer's Research Update+ 1 pm Chair Exercise** 1 pm Dangers of Scams 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga**

10 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 Brain Health+ 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++ 2 pm Tech Workshop+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++\$

11 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 8 am Coffee with the Doc++ 9 am Longevity Stick++ 10 am Doodling For Relaxation+ 10 am Hula (Beg)++ 10:30 am Floral Arranging++\$ 1 pm Diabetes+ 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++\$

12 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 Wills & Trusts+ 1 pm Bingo++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++

13 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 Chorus++ 10 am Chinese Cultural Group++ 1 pm Movie Matinee++ "Safe Haven"

16 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Healthy Sleep+ 10 am Backgammon++ 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++\$

17 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 Medicare 101+ 10 am Art for Seniors++\$ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12 pm AARP Senior Drivers Safety Program++\$ 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++ 6 pm Knitting/Crocheting++\$

18 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Alternatives To Pain Medication+ 10 am Doodling For Relaxation+ 10 am Hula (Beg)++ 1 pm Ipad/Iphone Basics++ 1 pm Maximizing Your Memory+ 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** 6:30 pm Zumba++\$

19 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 Senior Drivers Safety Program++\$ 1 pm Bingo++ 1 pm iPad/iPhone Basics++ 1 pm Long Term Care+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++

20 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++ 10 am Savvy Caregivers+ 1 pm Movie Matinee++ "Dear John"

23 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Guided Autobiography+ 10 am Colorectal Cancer Prevention+ 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++\$

24 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 Stress Management & Diabetes+ 10 am Art for Seniors++\$ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 1 pm Chinese Wei Qi++ 1 pm Chinese Calligraphy++ 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++\$

25 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Doodling For Relaxation+ 10 am Hula (Beg)++ 1 pm Stroke 101+ 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 pm Air Plant Class++ 6:30 pm Medicare Basics+ 6:30 pm Bunco++ 6:30 pm Zumba++\$

26 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 Credit Basics+ 12:45 pm SPICE-Spring Is In The Air 1 pm Annuities+ 1 pm Bingo++ 1 pm Chinese Calligraphy++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++

27 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 Chorus++ 1 pm Movie Matinee++ "The Vow"

30 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Guided Autobiography+ 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++\$