

30

YEARS OF SERVICE

1994-2024

CERRITOS

SENIOR

CENTER

at Pat Nixon Park

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

HOURS:
MONDAY, WEDNESDAY,
& FRIDAY
7:30 a.m. - 5 p.m.
TUESDAY & THURSDAY
7:30 a.m. - 8 p.m.
CLOSED SAT & SUN



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 +
Virtual Lecture (V)+

Senior Center
Class ++


ABC Adult School
Class *

Cerritos College
Class **

Fee \$



July 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
7:30 am Tai Chi** 9 am Billiards Tournament++ 9 am Yoga w/Latha++ 10 am Increase Cash Flow & Manage Debt+ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2 pm Life Stories++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 9 am Bridge++ 9 am Senior Band++ 9:30 am Country Guitar++ 11:15 am Keyboard Piano ++\$ 12 pm Keyboard Piano ++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$		7:30 am Tai Chi** 9 am Zumba Gold++\$ 9 am Longevity Stick++ 10 am Living Trust+ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**		<div>Senior Center CLOSED Independence Day</div> <div></div> <div>4th of July Let Freedom Ring Celebration Cerritos Civic Center 4 - 9 pm Formal Ceremony - Main Stage 6:30 pm</div>		7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Boys in the Boat"	
8		9		10		11		12	
7:30 am Tai Chi** 9 am Yoga w/Latha++ 10 am Preparing with Proper Protection+ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Self Defense For Seniors** 2:15 pm Balance & Mobility 2** 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 9 am Bridge++ 9 am Senior Band++ 9:30 am Country Guitar++ 10 am Controlling Cholesterol+(V) 11:15 am Keyboard Piano++\$ 12 pm Keyboard Piano++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Brush Calligraphy++ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$		7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Brain Health Screening+ 10 am Floral Arranging++\$ 10 am Beginner Hula++ 11 am Yoga with Anjana++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Fall Prevention+ 10 am Ultimate Optimist++ 4:30 pm Ping Pong (Doubles)++		7:30 am Tai Chi** 7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Arthur the King"	
15		16		17		18		19	
7:30 am Tai Chi** 9 am Yoga w/Latha++ 10 am Late-Life Transitions+ 10 am Sewing++\$ 1 pm Cal Fresh Info. Table++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2 pm Life Stories++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 9 am Bridge++ 9 am Senior Band++ 9:30 am Country Guitar++ 10 am Aging & Vision Loss+ 11:15 am Keyboard Piano++\$ 12 pm Keyboard Piano ++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$		7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Beginner Hula++ 10 am Wills & Trusts+ 11 am Yoga w/Anjana++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Memory Matters: Caring for Your Brain+ 10 am Ultimate Optimist++ 4:30 pm Ping-Pong (Doubles)++		7:30 am Tai Chi** 7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Adam Project"	
22		23		24		25		26	
7:30 am Tai Chi** 9 am Yoga w/Latha++ 10 am Your Health & Wealth+ 1 pm Book Club++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 9 am Bridge++ 9 am Senior Band++ 9:30 am Country Guitar++ 11:15 am Keyboard Piano++\$ 12 pm Keyboard Piano++\$ 1 pm Chinese Brush Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 2 pm Emergency Prep+ 3 pm Tech Workshop++ 4:30 pm Mozart; Hollywood Bowl Excursion++\$ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$		7:30 am Tai Chi** 9 am Longevity Stick++ 10 am Beginner Hula++ 10 am Long Term Care+ 11 am Yoga w/Anjana++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense for Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 4:30 pm Ping-Pong (Doubles)++		7:30 am Tai Chi** 7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 11 am Grand Parents Event "Elemental" Movie, Craft & Lunch++ 1 pm Movie Matinee++ <div>*Movie is Separate from GrandParents Event*</div> "Elemental"	
29		30		31					
7:30 am Tai Chi** 9 am Yoga w/Latha++ 10 am Understanding Asset Accumulation Strategies+ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**		8 am Senior Walking Group++ 9 am Bridge++ 9 am Senior Band++ 9:30 am Country Guitar++ 12:30 pm Chair Yoga++\$ 1 pm Chinese Brush Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$		7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Annuities+ 10 am Beginner Hula++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Practice++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense for Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**					

Please Note: Friday Movie Matinee showings are subject to change. Classes and services are subjected to change. Please call for updated information.