JULY 2017

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

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July EXCURSION: Cabrillo Beach, Marina Museum, & San Pedro Fish Market Tuesday, July 25 10am - 4:30pm $6 per senior

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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.

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Lecture +

Senior Center Class ++

ABC Adult School Class *

Cerritos College Class **

Fee $

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++$ 9 am Billiards Tourn't (Adv)++ 10 am Backgammon++ 10 am Art for Seniors++$ 1 pm Balance & Mobility** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:45 pm Strength, Balance, & Core Training++$ 7 pm Pilates++$	**4** ***Senior Center CLOSED*** ***Independence Day*** ***4th of July Let Freedom Ring Celebration Cerritos Civic Center 4 - 9 pm Formal Ceremony - Main Stage 6:30 pm***	**5** 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)++ 1 pm Handcrafters++ 1 pm Balance & Mobility** 1 pm Mason Jar Craft++ 1 pm Advancements in Pain Medications+ 2 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** 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++ 1 pm Dancing Ballerina on Canvas++ 1 pm Wills & Trusts+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	**7** 7:30 am Tai Chi (Outdoors)** 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 Savvy Caregiver+ 1 pm Mahjong++ 1 pm Movie Matinee++ 1:30 pm Tech Workshop+ **"Finding Dory"**
10 7:30 am Tai Chi** 10 am Backgammon++ 10 am Art for Seniors++$ 10 am Plan Your Independence+ 1 pm Balance & Mobility** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:45 pm Strength, Balance, & Core Training++$ 7 pm Pilates++$	**11** 8 am Senior Walking Group++ 9 am Decorative Painting*$ 9 am Longevity Stick++ 9 am Bridge++ 9:15 am Line Dance (Beg)++$ 9:30 am Guitar++ 10 am Healthcare & Your Retirement+ 10:40 pm 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++$	**12** 7:30 am Tai Chi** 8 am Coffee with the Doc++ 9 am Longevity Stick++ 9:30 am Qi Gong++ 10 am Hula (Beg)++ 10 am Guided Autobiography+ 1 pm Handcrafters++ 1 pm Balance & Mobility** 1 pm Tax Offered Growth+ 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4 pm Family Forever+ 5 pm Cerritos College Yoga** 6:30 pm Zumba++	**13** 8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 10 am Stress Management & Diabetes+ 1 pm Long Term Care+ 1 pm Bingo++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	**14** 7:30 am Tai Chi (Outdoors)** 7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chinese Cultural Group++ 10 am Chorus++ 10 am Savvy Caregiver+ 1 pm Movie Matinee++ 1:30 pm Tech Workshop+ **"Sully"**
17 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++$ 10 am Backgammon++ 10 am Art for Seniors++$ 10 am Healthy Brain+ 1 pm Balance & Mobility** 4:30 pm Ask the Expert (appt. only)++ 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:45 pm Strength, Balance, & Core Training++$ 7 pm Pilates++$	**18** 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 Financial Elder Abuse+ 10:40 pm 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++$	**19** 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 Guided Autobiography+ 1 pm Handcrafters++ 1 pm Balance & Mobility** 1 pm Aneurysms+ 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4 pm Family Forever+ 4:30 pm Karaoke++ 5 pm Cerritos College Yoga** 6:30 pm Zumba++ 6:30 pm Rabies Clinic @CPE$	**20** 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++ 1 pm Ipad/Iphone Basics++ 1 pm Annuities+ 1 pm Stroke/Stress+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++	**21** 7:30 am Tai Chi (Outdoors)** 7:30 am Ping Pong (Singles)++ 8:30 am Ukulele (Beg)++ **9 am Grandparent's Game Day++** 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Savvy Caregiver+ 10 am Chorus++ 1 pm Mahjong++ 1 pm Movie Matinee++ 1:30 pm Tech Workshop+ **"Independence Day: Resurgence"**
24 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++$ 10 am Backgammon++ 10 am Art for Seniors++$ 1 pm Balance & Mobility** 1 pm Book Club++ 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:45 pm Strength, Balance, & Core Training++$ 7 pm Pilates++$	**25** 7:35 am Aerobics for Seniors++$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Decorative Painting* 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++$ 9:30 am Guitar++ 10 am ID Theft+ 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++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++ 6 pm Knitting/Crocheting++$	**26** 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 Guided Autobiography+ 11:30 am HICAP Meet & Greet+ 1 pm Handcrafters++ 1 pm Balance & Mobility** 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 5 pm Cerritos College Yoga** 6:30 pm Bunco++ 6:30 pm Medicare Basics+ 6:30 pm Zumba++	**27** 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++ 10 am Hearing Screening+ 10 am Low Income Subsidy+ 1 pm Bingo++ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++	**28** 7:30 am Tai Chi (Outdoors)** 7:30 am Ping Pong (Singles)++ 8:30 am Ukulele (Beg)++ 9 am Longevity Stick++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 10 am Getting Started with Medicare+ **12 pm Grandparent's Movie "Moana" & Craft++** 1 pm Movie Matinee++ 1:30 pm Tech Workshop+ **"Miss Peregrine's Home for Peculiar Children"**
31 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd++$ 10 am Backgammon++ 10 am Art for Seniors++$ 1 pm Balance & Mobility** 3 pm Search for Creative Aging** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:45 pm Strength, Balance, & Core Training++$ 7 pm Pilates++$				

Please Note: Friday Movie Matinee titles are subject to availability. Classes and services are subject to change. Please call for more information.