



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 January



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 \$



JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Senior Center CLOSED</p>	<p>2</p> <p>7:35 am Aerobics for Seniors* 8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:30 am Guitar++ 10 am Guided Autobiography 1+ 12 pm Computer Group++ 12:30 pm Guided Autobiography 2+ 1 pm Chinese Wei Qi++ 1 pm Magic++\$ 2 pm Life Stories++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++</p>	<p>3</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Hula (Beg)++ 10 am Partner with Your Doctor+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 5:30 pm Fitness Consultations++ (Members only by appt.) 6:30 pm Zumba++\$</p>	<p>4</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 Conversations about Elder Care+ 1 pm Bingo++ 1 pm New Years' Resolution Jar Craft++ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++</p>	<p>5</p> <p>7:30 am Ping Pong (Singles)++ 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++ 10 am Getting Started with Medicare+ Mahjong++ 1 pm Movie Matinee++ "Shut In"</p>
<p>8</p> <p>7:30 am Tai Chi** 9 am Billiards Tourn't (Adv)++ 10 am Backgammon++ 10 am Art for Seniors++\$ 10 am Memory Loss & Alzheimer's+ 1 pm Balance & Mobility** 1 pm Chair Exercise** 5 pm Quilting++ 5 pm Cerritos College Yoga** 5:30 pm Strength, Balance, & Core Training++\$ 6:45 pm Pilates++\$</p>	<p>9</p> <p>8 am Senior Walking Group++ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10 am Guided Autobiography 1+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12:30 pm Guided Autobiography 2+ 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>10</p> <p>7:30 am Tai Chi** 8:00 am Coffee with the Doc++ 9 am Longevity Stick++ 10 am Hula (Beg)++ 10 am Stroke Prevention & Carotid Artery Screening+ 10:30 am Floral Arranging++\$ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 6:30 pm Zumba++\$</p>	<p>11</p> <p>8 am Senior Walking Group++ 9 am Longevity Stick++ 9 am Ultimate Optimist++ 10 am Hula (Adv)++ 10 am Bible Study++ 11 am Medicare Fraud+ 1 pm Bingo++ 1 pm Wills & Trusts+ 5:15 pm Ping Pong (Singles)++ 5:30 pm Volleyball at CHS++</p>	<p>12</p> <p>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++ 10 am Reverse Mortgages+ 10:30 am SPICE- Understanding Aging++ 1 pm Movie Matinee++ "The Sense of an Ending"</p>
<p>15</p> <p>Senior Center CLOSED</p> <p>Martin Luther King Jr. Day</p> <p>Martin Luther King Jr. Day Ceremony at Cerritos Center for the Performing Arts Sierra Room 10 am</p>	<p>16</p> <p>8 am Senior Walking Group++ 8:30 am AARP Smart Driver++\$ 9 am Bridge++ 9 am Longevity Stick++ 9:15 am Line Dance (Beg)++\$ 9:30 am Guitar++ 10 am Guided Autobiography 1+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12:30 pm Guided Autobiography 2+ 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>17</p> <p>7:30 am Tai Chi** 9 am Longevity Stick++ 10 am Hula (Beg)++ 1 pm Bank CDs Alternatives+ 1 pm Handcrafters++ 1 pm Felting** 1 pm Chair Exercise** 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 4:30 pm Karaoke++ 5 pm Cerritos College Yoga** 6:30 pm Zumba++\$</p>	<p>18</p> <p>8 am Senior Walking Group++ 8:30 am AARP Smart Driver++\$ 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 Long Term Care+ 5:15 pm Ping Pong (Doubles)++ 5:30 pm Volleyball at CHS++</p>	<p>19</p> <p>7:30 am Ping Pong (Doubles)++ 8:30 am Ukulele (Beg)++ 9 am Game Day Tour.++ 9 am Longevity Stick++ 9 am SPICE- Softball Game++ 9:30 am Ukulele (Int)++ 10 am Chorus++ 10 am Alzheimer's Caregiver Support Group++ 1 pm Mahjong++ 1 pm Movie Matinee++ "Things to Come"</p>
<p>22</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Backgammon++ 10 am Art for Seniors++\$ 10 am Preventing Elder Abuse+ 1 pm Balance & Mobility** 1 pm Book Club++ 3 pm Search for Creative Aging** 4:30 pm Ask the Expert (appt. only)++ 5 pm Quilting++ 5 pm Cerritos College Yoga**</p>	<p>23</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 Guided Autobiography 1+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12:30 pm Guided Autobiography 2+ 1 pm Chinese Calligraphy++ 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>24</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 9 am Coffee with the Deputy++ 10 am Hula (Beg)++ 10 am How to Exercise in Pain+ 1 pm Handcrafters++ 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga** 6:30 pm Zumba++\$ 6:30 pm Medicare Basics+</p>	<p>25</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 (Singles)++ 5:30 pm Volleyball at CHS++</p>	<p>26</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++ "Before I Fall"</p>
<p>29</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 10 am Backgammon++ 1 pm Balance & Mobility** 1 pm Financial Blunders+ 3 pm Search for Creative Aging** 4:30 pm Ask the Expert (appt. only)++ 5 pm Quilting++ 5 pm Cerritos College Yoga**</p>	<p>30</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 Guided Autobiography 1+ 10:40 am Line Dance (Int)++\$ 12 pm Computer Group++ 12:30 pm Guided Autobiography 2+ 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>31</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Hula (Beg)++ 1 pm Handcrafters++ 2 pm Lighten Up/Laughter++ 4 pm Texas Hold Em Practice++ 5 pm Cerritos College Yoga** 6:30 pm Bunco++ 6:30 pm Zumba++\$</p>		