

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**

March 2024

TUESDAY THURSDAY WEDNESDAY

Entry points to rooms will be modified weekly as different carpet areas are being replaced. The project will also require a temporary displacement or room reassignment of some activities and restroom accessibility will be limited.

Senior Center Carpet Replacement project will commence Monday, March 25th through the end of April.

Week of 3/25 - 3/29 - No access to the following areas:

Main entry, entry lobby/restrooms, Gift Boutique and interior entries to the Fitness Center, Riverrock, Arts and Crafts and Maple room.

- Fitness Center, Aspen, Pine, Peppertree and Billiards rooms ENTER THROUGH PATIO
- Riverrock room ENTER THROUGH EXTERIOR DOORS (PARKING LOT)
- Arts & Crafts & Maple room ENTER THROUGH EXTERIOR DOORS (LOADING DOCK AREA)
- Sack lunch will be provided this week PICK UP WILL BE LOCATED IN THE PATIO

Audio/Visual room and Center Library will be closed for the complete duration of the project, from Mon., Mar. 25 through Fri., Apr. 26.

FRIDAY

7:30 am Ping-Pong (Doubles)++ Longevity Stick++ 9 am Beginning Ukulele++ 9 am 10 am Chorus++ 10:15 am Advanced Ukulele++

> "Spider-Man: Across the Spider-Verse"

Movie Matinee++

11

7:35 am

9 am

1 pm

1 pm

3 pm

2:15 pm

7:30 am Tai Chi**

Morning Workout w/Todd³

Yoga w/Latha++

Chair Aerobics**

Balance & Mobility**

American Mosaic**

3:30 pm Cerritos College Yoga**

Self Defense For Seniors³

4

7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ Yoga w/Latha++ 10 am Billiards Tournament++ Chair Aerobics** 1 pm Balance & Mobility** 1 pm 2 pm Life Stories++ 2:15 pm Self Defense For Seniors* 3 pm American Mosaic** 3:30 pm Cerritos College Yoga**

MONDAY

5

7:35 am Aerobics With Todd*\$ Senior Walking Group++ 8 am Chinese Language 9 am & Culture++\$ Bridge++ 9 am 9:30 am Country Guitar++ 10:30 am SPICE-Through the eyes of the Serrano Indians++ 11:15 am Keyboard Piano Session 1+ 12 pm Keyboard Piano Session 2+ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ Magic Class++\$ 1 pm Tech Workshop++

4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$ 6

7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ Longevity Stick++ 9 am Zumba Gold++\$ 9 am Beginner Hula++ 10 am Yoga with Anjana++ 11 am Chair Aerobics** 1 pm Handcrafters++ 1 pm 2 pm Texas Hold'em Tournament+ 2:15 pm Self Defense for Seniors**

2:30 pm Lighten Up/Laughter++

3:30 pm Cerritos College Yoga**

7

7:35 am Aerobics with Todd*\$ Senior Walking Group++ 8 am Ultimate Optimist++ 9 am 10 am Advanced Hula++ Bible Study++ 10 am Balance & Mobility** 1 pm 4:30 pm Ping-Pong (Doubles)++

8

1

12 pm

7:30 am Ping-Pong (Doubles)++ Longevity Stick++ 9 am Beginning Ukulele++ 9 am Chorus++ 10 am 10:15 am Advanced Ukulele++ Movie Matinee++ 1 pm

> "The Wonderful Story of **Henry Sugar**"

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 \$

12 7:35 am

3 pm

Aerobics With Todd*\$ Senior Walking Group++ 8 am Bridge++ 9 am Chinese Language 9 am & Culture++\$ 9:30 am Country Guitar++ 11:15 am Keyboard Piano Session 1++\$ 12:30 pm Keyboard Piano Session 2++\$ 12:45 pm SPICE-Spring is in the Air+

1 pm Chair Yoga++\$ Chinese Wei Qi++ 1 pm Magic Class++\$ 3 pm 4:30 pm Tech Workshop++ Ping-Pong (Doubles)++ 13

7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ Beginner Hula++ 10 am 11 am Yoga w/Anjana++ Chair Aerobics** 1 pm Handcrafters++ 1 pm Texas Hold'em Tournament+

2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Cerritos College Yoga**

14

7:35 am Aerobics With Todd*\$ Senior Walking Group++ 8 am Ultimate Optimist++ 9 am 10 am Advanced Hula++ Bible Study++ 10 am Balance & Mobility** 1 pm 4:30 pm Ping-Pong (Doubles)++

15

7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ Beginning Ukulele++ 9 am 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++

> "Mission Impossible: **Dead Reckoning Part One**"

7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ Yoga w/Latha++ 9 am Balance & Mobility** 1 pm Chair Aerobics** 1 pm Life Stories++ 2 pm 2:15 pm Self Defense For Seniors* American Mosaic** 3:30 pm Cerritos College Yoga**

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7:35 am Aerobics with Todd*\$ Senior Walking Group++ 8 am Chinese Language 9 am & Culture++\$ 9 am Bridge++ Country Guitar++ 9:30 am Chinese Wei Oi++ 1 pm 1 pm Chinese Brush Calligraphy++ 1 pm Magic Class++\$ Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$ **20**

7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ Longevity Stick Art++ t Beginner Hula++ 10 am Chair Aerobics** 1 pm Handcrafters++ Texas Hold'em Tournament+ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Cerritos College Yoga**

21

7:35 am Aerobics With Todd*\$ Senior Walking Group++ 8 am 9 am Ultimate Optimist++ 10 am Advanced Hula++ 10 am Bible Study++ 1 pm Balance & Mobility** 4:30 pm Ping-Pong (Doubles)++

22

7:30 am Ping-Pong (Doubles)++ Longevity Stick++ 9 am Beginning Ukulele++ 9 am 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++

out Mystery"

25

7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ Yoga w/ Latha++ 9 am Balance & Mobility** 1 pm Book Club++ 1 pm Chair Aerobics** 1 pm 2:15 pm Self Defense For Seniors*

3 pm American Mosiac**

3:30 pm Cerritos College Yoga**

26

3 pm

7:35 am Aerobics With Todd*\$ Senior Walking Group++ Bridge++ 9 am Chinese Language 9 am & Culture++\$ 9:30 am Country Guitar++ SPICE-Reading Across the 9:35 am Generations++ 12:30 pm Chair Yoga++\$ 1 pm Magic Class++\$ 1 pm Chinese Wei Qi++

Tech Workshop++

4:30 pm Ping-Pong (Doubles)++

27

7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ Longevity Stick++ Zumba Gold++\$ Beginner Hula++ 10 am Yoga w/Anjana++ 11 am Chair Aerobics** 1 pm Texas Hold'em Tournament+ 1 pm Self Defense For Seniors** 2 pm 2:15 pm Lighten Up/Laughter++ 3:30 pm Cerritos College Yoga **

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Aerobics With Todd*\$ 7:35 am Senior Walking Group++ 8 am Ultimate Optimist++ 9 am Advanced Hula++ 10 am Bible Study++ 10 am 4:30 pm Ping-Pong (Doubles)++

29

7:30 am Ping-Pong (Doubles)++ Longevity Stick++ 9 am Chorus++

No Movie Due to Carpeting