

CERRITOS Lifelong Enrichment

Recreation, Special Interest & Adult Services for those 50 & older

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter. Participants need to gather information to make the best personal decision on using and/or contacting professionals providing information-only lectures at the Senior Center.

Registration Information

Registration for all classes listed is currently under way, unless noted otherwise.

To register for classes, visit the Cerritos Senior Center at Pat Nixon Park, located at 12340 South Street in Cerritos, or call (562) 916-8550. All classes are held at the Cerritos Senior Center, unless noted otherwise.

The monthly activity calendar and "Lifelong Enrichment" newsletter may be viewed online at cerritos.us under RESIDENTS>Seniors>Cerritos Senior Center at Pat Nixon Park>Activities/Classes.



All patrons who want to partake in any Senior Center activities and obtain/retain a fitness center membership must create a RACER account.

Please see cerritos.us/racer.pdf or call (562) 916-8550 for more information.

Operating Hours

The Cerritos Senior Center at Pat Nixon Park is open Monday, Wednesday and Friday from 7:30 a.m. to 5 p.m., Tuesday and Thursday from 7:30 a.m. to 8 p.m. and Saturday/Sunday for private rentals.

Senior Center Fitness Center

Membership is limited to Cerritos residents, age 50 or older, for a fee of \$50 per year. Seniors must submit a completed waiver to qualify for membership and have the option to attend a fitness center tour. Please bring proper proof of Cerritos residency such as a driver's license, California ID card or other government-issued ID. The fee may be waived for those seniors proving a need or hardship based on federal income poverty guidelines.

Fitness Center Hours:

Mon., Wed., Fri.	7:30 a.m.-5 p.m.
Tues., Thurs.	7:30 a.m.-8 p.m.

Friday Movie Matinee

Movies shown are rated "G" to "PG-13." Please note that movie titles are subject to change based on availability. Visual captions will be in play only if a patron requests this option prior to the start of the movie and only if the movie offers the caption option.

Drop-in	Free
Fri.	1-3 p.m.

HSA Lunch Program

Have you ever been interested in trying the meals at the Human Services Association lunch program? Now is your chance to enjoy meals while dining with friends or getting to meet someone new. Ask for lunch program manager Kathy Franklin to fill out an intake form. Once the form is completed, receive a punch card for five free meals from the Human Services Association. For more information, call (562) 916-8555.

Suggested Donations:	60+, \$3; 50-59, \$7
Mon.-Fri.	Noon-1 p.m.

Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back more than 5,000 years. This simple, yet effective modification of incorporating a chair provides extra security and stability while transitioning through poses. Chair yoga allows you to make gradual improvements to your strength, balance and flexibility, while improving mental clarity. Join instructor Anjana Rajput for a fun, new take on traditional yoga.

Registration:

Resident	Tues., Mar. 5
Non-resident	Tues., Mar. 12
12077	\$35/5 classes
Tues., Apr. 2-30	12:30-1:30 p.m.

ABC Co-Sponsored Classes

The classes listed below meet on a quarterly schedule and are offered by ABC Adult Education. The 2024 spring fourth quarter begins Mon., Mar. 18 and ends on Thurs., May 23.

Morning Workout w/Todd

10714	\$72/per quarter
Mon./Tues.	7:35-8:35 a.m.

Aerobics w/Todd

10715	\$72/per quarter
Tues./Thurs.	7:35-8:35 a.m.



Book Club

Join fellow book enthusiasts every month to share insights on select readings. Participants are required to read at least one-third of the book to attend class. Please visit the Reception Desk for a current book list.

Drop-in	Free
Mon., Mar. 25	1-3 p.m.

Carpet replacement at the Cerritos Senior Center

The Cerritos Senior Center interior carpet will be replaced in phases beginning the second week of March and continuing through the end of April 2024. Class instructors, senior club presidents and service providers have been notified of the carpet replacement project. Staff is making every effort to maintain existing classes and programs so seniors can enjoy the social and educational programming they have become accustomed to. However, class cancellations may occur based on adjustments in the maintenance and repair schedules. We apologize in advance for any inconvenience this may cause. For more information on this maintenance project and your enrolled classes/services, please contact the Senior Center or stop by the reception desk.

Bridge

Boost your mental fitness and sharpen your bridge skills, while making new friends. All levels are welcome, but some playing knowledge is required.

Drop-in	Free
Tues.	9 a.m.-noon

Country Guitar

Join this volunteer-led group for a guitar play session. Some knowledge of guitar playing is required.

Drop-in	Free
Tues.	9:30 a.m.-noon

Zumba Gold

Zumba Gold is a lower-intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie Morris and dance your way to a healthier lifestyle.

Class fee is \$25 for a 5-week session. A \$6 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the session. Checks and credit cards will also be accepted for payment.

12079	\$25/5 classes
Wed., Mar. 27-Apr. 24	9-10 a.m.

Cerritos Wei Qi

Wei Qi is a chess game invented in China more than 2,500 years ago. Some knowledge of the game is required to participate in the group.

Drop-in	Free
Tues.	1-4 p.m.

HSA Case Management

Sponsored by the Human Services Association, the Supportive Services Program (SSP) helps elders obtain services that enable them to safely remain at home with a measure of independence and dignity. The Human Services Association representative is Reina Amaya. **Please make an appointment at the Reception Desk. Cerritos residents only.*

Appt. Required	Free
Every Wed.	9:30-11:30 a.m.

Writing Your Life Story

Leave a legacy for your family to cherish through this inspiring group writing experience. Share your life journey through meaningful storytelling in this friendly and encouraging setting.

Drop-in	Free
1st & 3rd Mon.	2-4 p.m.

Texas Hold ‘em Tournament

Saddle up partner; it’s time to play the “Cadillac of Poker.” Join us for a Texas Hold ‘em tournament where you will have the opportunity to play like the pros and learn proper wagering techniques and the odds of winning hands. Please come in for a fun-filled afternoon of card playing. **Drop-in practice play resumes in April.*

12047	Free
Wed., Mar. 6-27	2-4 p.m.

Knitting & Crocheting

Join Instructor Candace Broeker to explore the many creations you can give as homemade gifts that add a personal touch for your loved ones. If you have your own equipment, please bring the items with you.

12073	\$36/4 classes
Tues., Mar. 19-Apr. 9	5:45-7:45 p.m.

Senior Walking Group

Join volunteer instructor and fellow walkers and enjoy the outdoors. You can get fit while making friends. All levels are welcomed. The class will not meet in cases of inclement weather. Group meets at the Reception Desk and will leave the Senior Center site. Walkers must sign in and have a current waiver on file.

Drop-in	Free
Tues./Thurs.	8-9 a.m.



Yoga w/Anjana

Yoga is a way of living that aims towards a healthy mind in a healthy body. Different yogic postures (asanas) and breathing develop perfect alignment, flexibility, strength and promote an absolute harmony. Join instructor Anjana Rajput and enjoy meditation and deep relaxation in complete sync with existence. Regular practice reduces stress and improves inner peace and bliss. Please bring your own yoga mat.

Registration:	
Resident	Wed., Mar. 6
Non-resident	Wed., Mar. 13
12078	Free/10 classes
Wed., Mar. 27- May 29	11 a.m.-noon

Longevity Stick Art

The “Longevity Stick” regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. This class is held outdoors. Class will not be help on days of inclement weather.

Drop-in	Free
Wed. & Fri.	9-10 a.m.

Yoga w/Latha

Join instructor Latha Vasan and learn some of the basic postures and breathing techniques that make up the practice of yoga. Students will learn about the basics of proper alignment and technique. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Please bring your own yoga mat to class.

Registration:	
Resident	Mon., Mar. 18
Non-resident	Mon., Mar. 25
12082	Free/10 classes
Mon., Apr. 15- June 24	9-10 a.m.

**No class on Mon., May 27*



Ping-Pong

Join your friends on Tuesdays for single play and Thursdays and Fridays for doubles play.

Drop-in	Free
Tues./Thurs.	4:30-7:30 p.m. (Doubles)
Fri.	7:30 a.m.-noon (Doubles)

Lighten Up with Laughter

Laughter brings enthusiasm, happiness and zest in your life. Join volunteer instructor, Sudha Tendulkar and enjoy a little laughter and humor with friends.

Drop-in	Free
Wed.	2:30-3:30 p.m.

Ultimate Optimist

Join volunteer instructor Sudha Tendulkar and learn to become the ultimate optimist. Acquire knowledge on how to think differently and create a life that honors your deepest desires. Daily practice will keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity and more.

Drop-in	Free
Thurs.	9-10 a.m.

Hula

Join Hula instructor Hedy Harrison and learn authentic Hawaiian Hula dancing, as well as the rich history of the Polynesian culture. Seniors may register for only one level. Registration will end two weeks after the first class meeting.

Registration:	
Resident	Wed., Mar. 13
Non-resident	Wed., Mar. 20

Beginning	
12074	Free/12 classes
Wed., Mar. 27-June 12	10 a.m.-noon

Registration:	
Resident	Thurs., Mar. 14
Non-resident	Thurs., Mar. 21

Advanced	
12075	Free/12 classes
Thurs., Mar. 28-June 13	10 a.m.-noon

Ukulele

Join a senior volunteer to learn, listen and play ukulele, a significant Hawaiian tradition. Students may sign up for one class only. Registration will end two weeks after class begins.

Registration:	
Resident	Fri., Mar. 15
Non-resident	Fri., Mar. 22

Beginning	
12080	Free/10 classes
Fri., Apr. 5-June 21	9-10 a.m.

Intermediate/Advanced	
12081	Free/10 classes
Fri., Apr. 5-June 21	10:15-11:15 a.m.

Notary Public Service

Join Annie Sciarra, Certified Senior Advisor from CarePatrol of Inland L.A .County for a free Notary Service on the 2nd and 4th Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons must have documents prepared. Appointments are required and can be scheduled at the Senior Center reception desk.

Appt. Required	Free
2nd & 4th Thurs.	10 a.m.-noon



Magic Class

Join instructor Todd Reis for an exciting magic class. Learn how to do basic card tricks and other tricks of the trade.

12072	\$20/4 classes
Tues., Mar. 5-26	1-2:15 p.m.

Published by the City of Cerritos
Community Participation Division
12340 South Street
Cerritos, CA 90703
(562) 916-8550

Mayor	Bruce W. Barrows
Mayor Pro Tem	Naresh Solanki
Councilmember	Lynda P. Johnson
Councilmember	Chuong Vo
Councilmember	Frank Aurelio Yokoyama