

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.

Healthy Brain Habits

Interested in tips for keeping your brain healthy? Join Kristy Huang-Arai from Alzheimer’s Los Angeles to learn about age-related changes in memory and thinking, risk factors for dementia and ways to keep your brain healthy. This class focuses on six pillars of brain health and offers practical tips for developing healthy brain habits.

12222 Free
Thurs., May 16 10 a.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., Apr. 23
Non-resident Tues., Apr. 30
12200 \$35/5 classes
Tues., May 7-June 4 12:30-1:30 p.m.

Registration:

Resident Tues., May 21
Non-resident Tues., May 28
12201 \$35/5 classes
Tues., June 11-July 9 12:30-1:30 p.m.

Everyday JOY! — 2024 Women's Day Luncheon

Everyday Joy! Life is full of ups and downs, but we can find daily joy by focusing on the things we can control. Let’s come together to enjoy an afternoon of music, socializing and delicious desserts.

Let’s share our joy with others by donating something to less fortunate women (a list of items will be made available at registration). Donations are optional.

Registration is required in person at the Cerritos Senior Center. Tickets and seats are selected at the time of registration. All guests must be 50 years or older.

Registration:

Resident Fri., Apr. 5
Non-resident Fri., Apr. 12
12677 \$15/person
Fri., May 10 1-3:30 p.m.

Cerritos Senior Center Carpet Replacement Update

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

Signage has been posted to guide patrons to entry points. Please note that entry points will more than likely be from the exterior parts of the Center, such as; the patio and Ely Street.

Senior Center Library and Audio/Visual room closed from Mon., Mar. 25 through Fri., Apr. 26.

Week of 4/1 – 4/5: No access to the following areas; back lobby, restrooms and interior entries to Aspen, Pine, Peppertree and Billiards rooms.

Week of 4/8 – 4/12: Peppertree and Billiards rooms closed.

Week of 4/15 – 4/19: No access to the Reception Desk area. Registration and inquires can be made in the Gift Boutique and Fitness Center.

Week of 4/22 – 4/26: Fitness Center closed.

Keyboard/Piano

Join instructor Audrey Lim for an introductory Keyboard-Piano class. Learn how to perform simple songs using the keyboard and headphones while also understanding theories of the piano. **Space is limited for each session; students may sign up for one session only.*

12674 (session 1) \$60/6 classes
Tues., May 21-June 25 11:15 a.m.-noon
12675 (session 2) \$60/6 classes
Tues., May 21-June 25 Noon-12:45 p.m.

Medicare Basics

Turning 65? Already a Medicare beneficiary, but have questions? Join La Nedra Munson from United Healthcare to learn what Medicare does and does not cover, who qualifies, coverage choices and how to choose a plan based on needs.

12212 Free
Tues., May 7 10 a.m.

Stroke Awareness

Strokes can be prevented by making healthy choices and controlling any health conditions you already have. Join a representative from Optum to learn about stroke awareness, prevention and what to do if you or a loved one have a stroke.

12217 Free
Wed., May 15 10 a.m.

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.

12206	\$25/5 classes
Wed., May 8-June 5	9-10 a.m.

Food Finders

Food Finders is a food rescue non-profit organization with a primary focus of reducing hunger while also reducing food waste. Join Deborah Bernstein to learn about this organization that coordinates the daily pick-up of donated excess food from grocers, restaurants, hospitals, schools, manufacturers and more. Food is then distributed directly and immediately to non-profit recipients, such as pantries, shelters, youth programs and senior centers to be used for serving hot meals or as grocery distribution for people who are struggling and food insecure.

12211	Free
Mon., May 6	10 a.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.

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.

12189	\$36/4 classes
Tues., Apr. 23-May 14	5:45-7:45 p.m.

12190	\$36/4 classes
Tues., May 28-June 18	5:45-7:45 p.m.

Memory Loss & Medication Safety

Managing medications is hard enough on its own, but for someone with memory loss, it can be even more of a challenge. Join Jenny Alcala-Alonzo from Independence at Home to learn some tips on how to help someone with memory loss manage their medications.

12214	Free
Thurs., May 9	10 a.m.

Magic Class

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

12191	\$20/4 classes
Tues., Apr. 9-30	1-2:15 p.m.

12192	\$20/4 classes
Tues., May 7-28	1-2:15 p.m.

Mediterranean Diet

*Virtual Presentation

The Mediterranean Diet has been shown to have many health benefits. Join Jenny Alcala-Alonzo from Independence at Home for a discussion on which foods to eat, how following this diet can improve health and how it helps prevent certain medical conditions. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

12216	Free
Tues., May 14	10 a.m.

Estate Planning

Join Jake Richards from United California Estate Services to learn how to plan for the future and keep your estate secure by attending the following estate planning lectures:

<i>Wills & Trusts</i>	
12218	Free
Wed., May 15	Noon

<i>Long Term Care</i>	
12219	Free
Wed., May 22	Noon

<i>Annuities</i>	
12220	Free
Wed., May 29	Noon

Alzheimer's Caregiver Support Group

For many, the best source of support is through support groups. Join a facilitator from Alzheimer's Los Angeles on the third Friday of each month to develop new coping strategies and find comfort, strength and hope in a compassionate and safe environment.

Drop-in	Free
Fri., Apr. 19	10 a.m.-noon
Fri., May 17	10 a.m.-noon

Downsizing

Is your home too big and getting harder to maintain on a daily basis? Join Amy Brick from Brick & Co. Real Estate to learn how simple it is to downsize to a smaller dwelling.

12221	Free
Thurs., May 21	10 a.m.

Bunco with Beatriz & Fabiola

Bunco is a fast-moving, light-hearted and friendly social dice game that is played by tens of millions of people every year. Join Beatriz and Fabiola from Independence at Home for an afternoon of this fun and easy game!

12223	Free
Thurs., May 21	1 p.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

Mother's Day Trivia

Looking for a fun and fascinating way to celebrate Mother's Day early? Join Rosa Phillips from Jack Schroeder & Associates for a morning of Mother's Day trivia.

12213	Free
Wed., May 8	10 a.m.

Hoarding

Join Zoila Romero from the Los Angeles County Department of Mental Health to learn how to identify the differences between collecting, cluttering and hoarding and the need for treatment for those who might have a significant problem.

12215	Free
Thurs., May 23	10 a.m.

Home Adventures

Current events, like a pandemic, has led us to stay home for safety. Going to museums, the zoo and traveling have become much more difficult. Do you find yourself stuck at home and wanting to see these places? Join Jenny Alcala-Alonzo from Independence at Home to embark on some adventures all from the comfort of your home!

12224	Free
Tues., May 28	10 a.m.

Retirement: Make Your Money Last

Are you prepared to live the retirement you have envisioned? Join Mark Tigchelarr from Edward Jones to learn investment strategies to help build a strategy to last throughout your retirement years. Explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected.

12210	Free
Thurs., May 30	10 a.m.

Metro Public Transportation Tour

Join Metro's On the Move Riders program for a public transportation tour to Plaza Mexico in Lynwood. Plaza Mexico is a retail and cultural center that includes shopping, an indoor swap meet, dining and entertainment. The journey begins at the Senior Center and we will walk to the bus stop on South Street and Norwalk Blvd. and board the bus to the Norwalk Station and ride the Metro where you will have the opportunity to enjoy your free time in the Plaza. **Please be advised that times may vary due to traffic and transportation. Comfortable shoes are recommended as there will be a significant amount of walking for this tour.*

Registration:

Resident	Mon., May 6
Non-resident	Mon., May 13

12676	Free
Thurs., May 30	8 a.m.-1:30 p.m.

**Published by the City of Cerritos
Community Participation Division**
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