

Cerritos

Lifelong Enrichment

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

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.

Lighten Up With Laughter

Join Cerritos resident volunteer instructor Sudha Tendulkar to enjoy a little laughter and humor with friends.

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

Book Club

Seniors are invited to gather on the fourth Monday of every month to discuss the latest books, share interests and foster open dialogue. For a list of books, please visit the Reception Desk. It is required to read at least one-third of the book to attend the class. All participants will receive written group guidelines on the first day of class.

Drop-in Free
Mon., July 24 1-3 p.m.

Ultimate Optimist

Volunteer instructor Sudha Tendulkar leads this class every Thursday and teaches participants how to become the ultimate optimist. Learn tips to think differently and create a life that honors your deepest desires by using daily affirmations that keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity and more.

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

iPad/iPhone Basics

Helena Vergara from Central Health Medicare Plan will teach the basics of operating an iPad or iPhone and how to get the most out of these popular Apple products.

262290 Free/1 class
Thurs., July 20 1-3 p.m.

American Flag Mason Jar

Join Elizabeth Tejada from JAR Insurance Services to create a patriotic mason jar decorated with paint.

262274 Free/1 class
Wed., July 5 1-3 p.m.

Dancing Ballerina on Canvas

Helena Vergara from Central Health Medicare Plan will help seniors create a cute dancing ballerina on a canvas with craft materials.

262271 Free/1 class
Thurs., July 6 1-3 p.m.

Flower Pen Craft

Learn how to turn an ordinary pen into a beautifully decorated flower with Helena Vergara from Central Health Medicare Plan.

262272 Free/1 class
Thurs., Aug. 3 1-3 p.m.

Billiards Tournament

An intermediate tournament is held the first Monday of every month. If a holiday falls on the first Monday, the tournament will be held on the second Monday of the month. Open play is closed during the duration of all tournaments. No refreshments or food are allowed in the billiards rooms.

Open Play
Mon.-Thurs. 7:30 a.m.-9 p.m.
Fri. 7:30 a.m.-4:30 p.m.

264965 Free
Mon., July 3 9-11 a.m.

Bunco

Join fellow seniors for a fun-filled evening of Bunco. Bunco is a parlor game played in teams with three dice. Light refreshments and prizes are provided for registered participants only.

262297 Free
Wed., July 26 6:30-8:30 p.m.

Game Day

Seniors are invited to participate in Wii sports, dancing and specialty game days this summer. In addition to Wii games, board games and card games will be available for drop-in play. A prize will be awarded at the following specialty game day listed below.

Game Day Practices Free
1st & 3rd Fridays 9 a.m.-noon

Specialty Game Days
Grandparents (Bring your Grandchildren Day)

262275 Free
Fri., July 21 9 a.m.-noon

Line Dance

Let instructor Stuart Shepherd teach you how to line dance. This is a fun way to stay active and meet new friends. Seniors may register for only one level.

Beginning
260520 \$20/8 classes
Tues., Aug. 29-Oct. 17 9:15-10:15 a.m.

Registration: Resident Tues., July 18
Non-resident Tues., July 25

Intermediate
260521 \$25/8 classes
Tues., Aug. 29-Oct. 17 10:40 a.m.-12:10 p.m.

Registration: Resident Tues., July 18
Non-resident Tues., July 25

Ukulele

A senior volunteer will teach participants how to learn, listen and play ukulele, a significant Hawaiian tradition. Students may sign up for one class only. Registration is under way and will end two weeks after class begins.

Beginning
264265 Free/15 classes
Fri., Aug. 4-Nov. 17 8:30-9:30 a.m.

Intermediate/Advanced
264266 Free/15 classes
Fri., Aug. 4-Nov. 17 9:30-10:30 a.m.

** Some classes may be canceled due to required Senior Center maintenance. Prior notification will be given.*

Intermediate Strength, Balance & Core Training

Join instructor Lola Ramos for small group personalized training using an exercise ball and weights to help improve strength, balance and overall health, while reducing the risk of osteoporosis. Exercise ball not provided.

260523 \$20/5 classes
Mon., July 10-Aug. 7 5:30-6:30 p.m.

Pilates Plus More

Instructor Lola Ramos teaches seniors Pilates plus more. Pilates helps improve flexibility through breathing and strengthening. Please bring your own yoga mat to class.

260522 \$15/5 classes
Mon., July 10-Aug. 7 6:45-7:45 p.m.

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.

Zumba Gold With Lettie

Zumba Gold is a fun and effective workout that combines fitness and dance to achieve results. It's designed for the older active adult or anyone who would like a slower paced class. Dance your way to better fitness with the Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. Zumba is good for the mind, body and spirit! No partner required.

*A drop-in option is available. Each class is \$5 (cash) and is to be paid prior to the start of each class. Space is limited. Priority spots go to students who have pre-paid for the six-week session.

260515 \$28/6 classes
Wed., July 12-Aug. 16 6:30-7:30 p.m.

**Some classes may be canceled due to required Senior Center maintenance. Prior notification will be given.*

Low Income Subsidy (LIS) Seminar

Dr. Francisco Badar from Healthcare Partners will discuss Social Security and Medicare and how LIS can help subsidize the cost of prescription drugs. Also learn about what Medicare plans are best for you.

262289 Free
Thurs., July 27 10 a.m.

Getting Started With Medicare

Learn the basics of Medicare from Fyle Cabagnot of FGC Insurance & Financial Solutions, Inc., including how to compare plans and choose the right one, and how to find out if you qualify for financial help.

262286 Free
Fri., July 28 10 a.m.

Medicare Basics

Join a representative from Pioneer Medical Group to understand the benefits of Medicare and why additional coverage may be needed.

262337 Free
Wed., July 26 6:30 p.m.

Medicare Counseling or HICAP (Health Insurance Counseling and Advocacy Program)

Got questions about Medicare? Meet with Minh Ha Nguyen, a state-registered HICAP counselor, for free and unbiased information, counseling and assistance on Medicare and related health insurance. Learn about Medicare benefits and coverage options, including Medicare Advantage Plans, Medigap, Medicare Part D Prescription Drug Benefit, Part D "Extra Help" and Dual Eligibility (Medicare & Medi-Cal). HICAP is the Health Insurance Counseling and Advocacy Program of the Center for Health Care Rights. It is funded, in part, by the Area Agencies on Aging of the City of Los Angeles and Los Angeles County. All services are provided free of charge.

Appointment Required Free
2nd & 4th Wednesdays Noon, 1 p.m. & 2 p.m.

**L.A. County Residents Only*

Coffee With the Doc

Join a doctor from Pioneer Medical Group every second Wednesday of the month for a presentation on a variety of health-related topics while enjoying coffee and light refreshments. Pre-registration is required.

262401 Free
Wed., July 12 8 a.m.

Advancements in Pain Medication

Chronic pain affects approximately 100 million American adults, resulting in decreased quality of life for those affected. Dr. Beshai from Lakewood Regional Medical Center will discuss the latest advances in treating pain.

262383 Free
Wed., July 5 1 p.m.

Savvy Caregivers

The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of Alzheimer's or dementia. Join representatives from Alzheimer's Greater Los Angeles to learn more about this program.

262360 Free
Fri., July 7-21 10 a.m.

Plan Your Independence

Vernon Atwood from Right at Home, In-Home Care and Assistance will teach seniors about assisted living, veterans benefits and home equity conversion (to pay for care). Learn how these tools can keep you independent and how you can plan for the care you want for your whole life.

262388 Free
Mon., July 10 10 a.m.

Guided Autobiography

Guided Autobiography is a process that helps recall and record the significant moments of your life. Teri Hershberg from Independence at Home, and trained by Birren Center for Autobiographical Studies, teaches this 5-week class that covers the tools for writing your own life story.

262316 Free
Wed., July 12-Aug. 9 10 a.m.

Stress Management and Diabetes

Join Dr. Nidhi Jain from Healthcare Partners to learn about the relationship between stress management and diabetes.

262370 Free
Thurs., July 13 10 a.m.

Healthy Brain

There's a lot we can do to help keep the brain healthy as we age. Linda Kadlac from Humana will teach seniors how to reduce the risk of Alzheimer's and dementia by doing simple activities.

262304 Free
Mon., July 17 10 a.m.

Aneurysms – The Silent Killer

Aortic aneurysms rank as the 13th leading cause of death in the United States and the third leading cause of sudden death in American men. An aneurysm is a balloon-like swelling in the wall of a weakened blood vessel. Dr. Salima Hassanali from Pioneer Medical Group will discuss the signs and symptoms of aneurysms.

262493 Free
Wed., July 19 1 p.m.

Estate Planning

Charlotte Merrill from United California Estate Services will cover how to plan for the future and keep your estate secure at the following estate planning lectures:

Wills & Trusts

262480 Free
Thurs., July 6 1 p.m.

Long Term Care

262333 Free
Thurs., July 13 1 p.m.

Healthcare & Retirement

Paolo Quiroga from Edward Jones Investments will help you understand what steps to take to prepare for health care costs to help ensure your retirement savings stay healthy.

262454 Free
Tues., July 11 10 a.m.

Tax Offered Growth Without Market Growth

Join Gary Watkins from Watkins Retirement Services to learn how to earn market type returns without market risks guaranteed.

262474 Free
Wed., July 12 1 p.m.

Financial Elder Abuse

Diana Lopez from the California Department of Insurance will teach participants how to protect themselves from fraudulent tactics used by insurance agents and brokers when it comes to life insurance, annuities, burial final expense coverage and investments. She also will discuss abuses in the sale of annuities and the characteristics of scam artists and agents.

262357 Free
Tues., July 18 10 a.m.

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