

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.

Fitness Class Demonstration

Have you been wanting to try a new fitness class, but are not sure whether you would like it? Join instructor Lola Ramos for a free small group personalized training, using an exercise ball and Pilates Plus More. Both classes are being offered for free!

Intermediate Strength, Balance & Core Training (Exercise ball not provided)

263518 Free
Mon., Sept. 18 5:30-6:30 p.m.

Pilates Plus More

263516 Free
Mon., Sept. 18 6:45-7:45 p.m.

Registration: Currently under way. Space is limited.

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.

264967 Free
Mon., Sept. 11 9-11 a.m.

Cerritos Wei Qi

Wei Qi is a chess game originating in China. Some knowledge of the game is required to participate in the group.

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

Magic Class

Todd Reis leads this exciting magic class. Learn how to do basic card tricks and trick puzzles.

262268 \$20/4 classes
Tues., Sept. 5-26 1-2:15 p.m.

Texas Hold'em

Join a Texas Hold'em tournament and make new friends while learning proper wagering techniques as well as the odds of winning hands.

264970 Free
Wed., Sept. 6-27 4-6 p.m.

Bunco

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

262299 Free
Wed., Sept. 27 6:30-8:30 p.m.

Game Day

The Cerritos Senior Center offers Wii sports, dancing and specialty game days this summer. Board games and card games also will be available for drop-in play. A prize will be awarded for the following specialty games.

Game Day Practices

1st & 3rd Fridays 9 a.m.-noon

Wii Bowling Tournament

262277 Free
Fri., Sept. 15 9 a.m.-noon

Art for Seniors

Instructor Claudia Hindu will teach participants how to create beautiful art. Learn still-life rendering fundamentals of contour, perspective, shading and proportion drawing. A \$10 material fee will be due on the first day of class.

263570 \$30/5 classes
Mon., Sept. 11-Oct. 9 10-11 a.m.

Chinese Brush Calligraphy

This volunteer-led group meets on the fourth Tuesday of every month to learn Chinese calligraphy. All levels are welcome. Please bring calligraphy pens, brushes and paper.

Drop-in Free
Tues., Sept. 26 1-4 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.

263586 \$28/4 classes
Tues., Sept. 12-Oct. 3 6-8 p.m.

Floral Arranging

Seniors will learn floral arranging for special occasions from Tina Kambli. You may bring your own vase, silk flowers and/or materials to use. *There will be an optional fee (\$10-\$25) to purchase materials from the instructor at the beginning of class.*

262270 \$15/1 class
Wed., Sept. 13 10:30 a.m.-noon

Hula

Learn hula with instructor Hedy Harrison. Understand authentic Hawaiian hula dancing as well as the rich history of the Polynesian culture. Seniors may register for only one level. Registration must be done in person, per instructor's request. Registration will end two weeks after class begins.

Beginning

263816 Free/12 classes
Wed., Sept. 20-Dec. 13 10 a.m.-noon

Registration: Resident Wed., Aug. 30
Non-resident Wed., Sept. 6

Advanced

263815 Free/12 classes
Thurs., Sep. 21-Dec. 14 10 a.m.-noon

Registration: Resident Thurs., Aug. 31
Non-resident Thurs., Sept. 7

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.-12:30 p.m.

Chorus

Learn how to sing amazing songs in perfect harmony in this volunteer-led group.

Drop-in Free
Fri. 10-11:15 a.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 group guidelines on the first day of class.

Drop-in Free
Mon., Sept. 25 1-3 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.

Medicare Do's & Don'ts and Bingo

Join Elizabeth Tejada from JAR Insurance Services to learn about the proper do's and don'ts of Medicare while playing a fun-filled, educational game of Medicare Bingo.

262765 Free
Fri., Sept. 29 10 a.m.

Medicare Basics

A representative from Pioneer Medical Group will help seniors to understand the benefits of Medicare and why additional coverage may be needed.

262410 Free
Wed., Sept. 27 6:30 p.m.

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.

262412 Free
Wed., Sept. 13 8 a.m.

Gout

Learn about the symptoms and risk factors of gout, who is affected and how to prevent it from happening. This class will be led by Dr. Francisco Badar from HealthCare Partners.

262324 Free
Tues., Sept. 26 10 a.m.

Hearing Screening

Are you experiencing hearing loss? Hearing loss is one of the most common and easily treatable health problems, affecting 1 in 3 adults over age 60. Jonas Holl from Connect Hearing will conduct hearing screenings to see if this health problem is affecting you. Make an appointment at the Reception Desk.

Appt. required Free
Thurs., Sept. 21 10 a.m.

Stroke Seminars & Screening

Experts say that 80 percent of all strokes are preventable. The key to prevention is knowledge. Renee Mazeroll, RN, from the RTH Stroke Foundation will discuss the risk factors for strokes and what you can do to mitigate such factors in your own life.

*You must attend the lecture to take advantage of the screening; space is limited.

Stroke and Sleep Apnea With Blood Pressure Screening*

262282 Free
Thurs., Sept. 14 1 p.m.

Positive Thinking: When Life Gives you Lemons...

When life gives you lemons, make some lemonade. Join Linda Kadlac from Humana to learn some tips on how to keep a positive attitude during tough times.

262916 Free
Thurs., Sept. 28 10 a.m.

Ancient Remedies for Modern Health

Join Vernon Atwood to discover a whole world of healthcare solutions that don't involve just taking another prescription! Learn about the concept of integrative medicine and the many ways to keep your body healthy. A screening of the video "Feel Grand" featuring Jane Seymour will be included.

262334 Free
Tues., Sept. 19 10 a.m.

Diabetes and Your Feet

Many of us take our feet for granted, but for diabetics and pre-diabetics, proper foot care is a must. Join Dr. Edgar Abbes, a board-certified podiatrist at Lakewood Regional Medical Center, to learn how to protect your feet and minimize your chance of infection.

262665 Free
Wed., Sept. 6 1 p.m.

Osteoporosis

Osteoporosis can be diagnosed, prevented and treated. Dr. Salima Hassanali from Pioneer Medical Group will teach participants simple steps to prevent the disease and current treatment options to stop the progression of osteoporosis.

262715 Free
Wed., Sept. 20 1 p.m.

Nutrition, Exercise & Healthy Eating

Join Dr. Masoomah Djodeir from HealthCare Partners to learn about what encompasses a healthy diet, the foods that impact an unhealthy diet and the importance of calcium and bone health.

262716 Free
Thurs., Sept. 21 10 a.m.

S.P.I.C.E.

Thank you to all of the volunteers for their continual support of the S.P.I.C.E. (Seniors Personally Involved in Children's Enrichment) Intergenerational Program throughout the past years. Hundreds of children from Carver Academy have benefited greatly from your years of dedicated participation, and the City commends you. We hope that you will volunteer again for the 2017-2018 school year.

S.P.I.C.E. Program Seeking Volunteer Seniors

Volunteer Procedure

In order to continue creating a safe and positive environment for all our community children, the City of Cerritos is continuing its goal of fingerprinting all who wish to volunteer their services with children. As the S.P.I.C.E. Program gets under way, we are seeking volunteers for the 2017-2018 school year who have completed the fingerprinting process.

Interested volunteers who have not been fingerprinted yet may make an appointment for a free fingerprinting screening by calling the Cerritos Senior Center at (562) 916-8550. If you have already completed the fingerprinting process **through the City of Cerritos**, you do not need to be fingerprinted again, but please call the Cerritos Senior Center to confirm.

Add some S.P.I.C.E. to your life!

Travel Corner

TRAVEL POLICY

Please join us for the exciting excursion listed below. During Cerritos resident registration, Cerritos residents may purchase a maximum of two tickets per household account: one for themselves and one additional ticket. During open registration, Cerritos residents and non-residents may purchase multiple number of tickets.

All tickets MUST be purchased in person for participants 50 years and older and paid in full by check, money order, Visa or MasterCard. All cancellations must be made 10 days prior to excursion date, unless noted otherwise. Tickets are non-transferable. Pick-up and drop-off location will be the Cerritos Sports Complex front lot at 19900 Bloomfield Avenue.

Changes will be noted on flyers and confirmed two days prior to the excursion date. During registration, you will be given a new excursion affidavit form to fill out, and prior to boarding the bus, you MUST show your picture I.D.

A Day at the Aquarium of the Pacific

Aquarium of the Pacific will open its doors for free to people ages 50 and older on this special day. Exhibits and presentations for seniors will be featured. Enjoy lunch on your own at the many restaurants within walking distance from the aquarium.

262565 \$6/senior
Wed., Oct. 4 8 a.m.-2 p.m.

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

American Red Cross Disaster Preparation

A representative from the American Red Cross will help seniors understand how to be better prepared for disasters. Learn the correct actions to take during an earthquake or home fire and how to get a kit, make a plan and be informed. *(Class is subject to cancellation due to available instructors. Registered seniors will be notified if class is cancelled.)*

262365 Free
Wed., Sept. 6 10 a.m.

Elder Abuse Close to Home

Each year an estimated 2.1 million older Americans are victims of elder abuse and neglect by someone they depend on for care or protection. Join Financial Advisor, Paul Mak to understand how to prevent from becoming a victim and what to do if you know someone is suffering from elder abuse.

262865 Free
Wed., Sept. 27 1 p.m.

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



Mayor Grace Hu
Mayor Pro Tem Mark E. Pulido
Councilmember Jim Edwards
Councilmember Naresh Solanki
Councilmember Frank Aurelio Yokoyama