

C e r r i t o s

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.

Chinese Brush Calligraphy

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

Drop-in Free
Tues., June 26 1-4 p.m.

Knitting & Crocheting

Instructor Candace Broeker will help seniors explore the many creations you can give as homemade gifts that add a personal touch for your loved ones.

271335 \$35/5 classes
Tues., June 19-July 17 6-8 p.m.

Handcrafters

Come out and share handcrafting talents with your fellow peers. All levels are welcome.

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

Magic Class

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

271566 \$20/4 classes
Tues., June 5-26 1-2:15 p.m.

Floral Arranging

Learn the tricks of beautiful floral arranging with instructor Tina Kambli. *Students will provide material.*

271362 \$15
Wed., June 13 10:30 a.m.-noon

Life Stories

A volunteer instructor and other seniors will assist you in writing your life story.

Drop-in Free
Tues. 2-4 p.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.

271469 Free
Wed., June 27 6:30-8:30 p.m.

Karaoke

DJ/KJ Max invites all singers to display their vocal talents on the first and third Wednesday of every month. Class rules of karaoke participation standards are provided at the beginning of each class.

Drop-in Free
1st & 3rd Wed. 4:30-9 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.

Senior Walking Group

Meet new people, socialize and exercise in this volunteer-led walking group at the Cerritos Senior Center. The course starts at the Patio for stretching, continues around Cerritos Regional Park at your own pace and returns back to the Patio. Volunteer leaders are welcome; please inquire at Reception Desk.

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

Strength, Balance & Core Training

Join instructor Lola Ramos for small group personalized training using the exercise ball and weights to improve strength, balance and overall health while reducing the risk of osteoporosis.

272819 \$20/5 classes
Mon., June 4-July 2 5:30-6:30 p.m.

Pilates Plus More

Instructor Lola Ramos teaches Pilates plus more. Pilates helps improve flexibility while students learn the basics through breathing and strengthening. Please bring your own yoga mat to class.

272820 \$15/5 classes
Mon., June 4-July 2 6:45-7:45 p.m.

Zumba Gold

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. Feel good and look good! Join instructor Lettie Morris and dance your way to better fitness to 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 five-week session.

276322 \$23/5 classes
Wed., June 27-Aug. 1 6:30-7:30 p.m.

No class on Wed., July 4.

Book Club

Join fellow seniors 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., June 25 1-3 p.m.

Lighten Up With Laughter

Cerritos resident volunteer instructor Sudha Tendulkar will teach seniors how to enjoy a little laughter and humor with friends.

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

Ultimate Optimist

Volunteer instructor Sudha Tendulkar will discuss 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.

Bible Study

Join this volunteer-led group and share points of view in a safe and open environment.

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

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.

Coffee With the Deputy

Join a deputy from the Cerritos Sheriff's Station for coffee and a conversation. All residents are invited to stop in at the Cerritos Senior Center, meet the deputy, discuss public safety concerns and offer suggestions. This is not a lecture, but a drop-in opportunity to meet the Cerritos deputy and enjoy a "Cup of Joe."

Drop-in Free
Wed., June 27 9 a.m.

Doodling for Relaxation

Zen Doodling combines the calming benefits of meditation with the soothing effects of drawing for a unique new take on relaxation. Join Senior Specialist III Raylene Armour for a fun and relaxing class using a range of exercises from simple patterns using lines and shapes. Zen Doodling doesn't require any artistic training, and with just a pen and a scrap of paper, many find that the simple repetitive nature of drawing patterns is spiritually rewarding and can boost creative confidence. Supplies will be provided, but you may bring your own special supplies, if desired. *Space is limited.*

275216 Free
Wed., June 6-20 10 a.m.

Skin Cancer Care

Milan R. Sheth, M.D., from Long Beach Medical Center will discuss skin cancer and summer skin care tips.

275816 Free
Wed., June 6 10 a.m.

Making Home Safe

Join a representative from Alzheimer's Greater Los Angeles to understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer's or a related dementia.

275218 Free
Mon., June 11 10 a.m.

Arthritis Management

Arthritis is a joint disorder accompanied by inflammation. In the United States alone, 23 percent of all adults currently have been diagnosed with some form of arthritis. That number is expected to grow as the population ages. Join Dr. Francisco Badar, a board-certified family practice physician from Lakewood Regional Medical Center, to learn about the causes, symptoms and treatments of arthritis.

275481 Free
Wed., June 13 1 p.m.

Alzheimer's Support Group

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

Drop-In Free
Fri., June 15 10 a.m.

Preventing Falls

Falls are not the result of getting older; falls can be prevented. Join Linda Kadlac from Humana to learn how changing some of the items in your home or surroundings can reduce the risk of falling.

271396 Free
Mon., June 18 10 a.m.

DMV Senior Driving Ombudsman Program

The DMV has established the Senior Driver Ombudsman Program for the expressed purpose of helping all drivers maintain their driving independence for as long as they can do so safely.

- Address specific concerns of senior drivers and provide DMV resources (including education and training)
- Assist as a liaison to ensure senior drivers are treated fairly and consistently when faced with changes in physical, visual and/or mental abilities
- Provide information and support to seniors and their loved ones when safety becomes a concern
- Provide outreach seminars for audiences of all sizes

275482 Free
Mon., June 18 10 a.m.

Heart Healthy

What is a heart attack? Join Dr. Steven Doan from Healthcare Partners, who specializes in internal medicine and geriatrics, to learn about the symptoms of heart attacks, what the risk factors are and the proper foods to consume for prevention.

275483 Free
Tues., June 19 10 a.m.

COPD and You

Do you have chronic bronchitis or emphysema? These chronic diseases are characterized by the gradual loss of lung function and are better known as chronic obstructive pulmonary disease (COPD). Join Dr. Marc Baskin, an allergy and immunology specialist from Pioneer Medical Group, for an informative lecture on signs, symptoms, risk factors and current treatment options for COPD.

275565 Free
Wed., June 20 1 p.m.

Stroke: Tips to Better Health

What can you do to avoid having a stroke or, if you've had one, how can you prevent having another one? Join Ashley C. Hooks, BSN, RN, PHN, from Lakewood Regional Medical Center for a discussion on practical ways to better health.

275484 Free
Wed., June 27 1 p.m.

Maximize Your Income and Minimize Your Taxes

Join Gary Watkins from Watkins Retirement Services to learn how to maximize your income and minimize your taxes.

275217 Free
Wed., June 6 1 p.m.



Gift Boutique

Hours:

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

The Gift Boutique, located inside the Cerritos Senior Center Main Entry, sells one-of-a-kind, handmade items created by seniors in the community for affordable prices. Items such as baby blankets, scarves, jewelry, ceramic pieces and more can be found in the Gift Boutique. Stop by to browse what items are in the boutique today!

If you are interested in displaying your crafts for sale in the Gift Boutique, contact Facility Volunteer Coordinator Cynthia Navarrete at (562) 916-8550 or cnavarrete@cerritos.us.

How to Prevent Fraud

Identity theft and fraud can seriously damage your credit and financial reputation; it may take years to restore your good credit and name. Join Christina Rodriguez from Wells Fargo Bank to learn about tips and resources on how you may be able to protect yourself.

275965 Free
Thurs., June 21 1 p.m.

AARP Smart Driver Course

The AARP Driver Safety program helps seniors recognize their limitations and learn how to reduce accidents and regain driving privileges. Students will receive a Certificate of Completion, which may offer insurance discounts. Seniors who have attended an eight-hour session in the past four years may be eligible to take the four-hour session. It is up to your automobile insurance company whether to accept the four-hour class certificate, so please check with the insurance company before taking the four-hour class. Checks are to be made payable to AARP at the time of registration; cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.) *A certificate will be given out at the completion of the course.*

275765 AARP Members \$15/
Non-Members \$20
Tues. & Thurs., June 12 & 14 Noon-4:30 p.m.

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Senior Services
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