

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.

The monthly activity calendar, "Lifelong Enrichment" newsletter and "Senior Connection" 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.

2018 Health and Wellness Fair "Discover Your Journey to Optimal Health"

Fri., Oct. 5	Free
Cerritos Residents	8:30 a.m.-noon
Non-Residents/General Public	9 a.m.-noon

The Cerritos Senior Center's Annual Health and Wellness Fair links seniors to resources that encourage a healthy, well-rounded approach towards aging. Seniors, age 50 years and older, may participate in the screenings. Photo I.D. with current address will be needed to enter the Health and Wellness Fair. Flu shots will NOT be offered this year, however, a list of participating pharmacies, discount stores, local medical facilities and Los Angeles County flu shot fairs will be provided to seniors at the Center's Reception Desk. It is highly recommended for seniors to talk with their doctors to access flu shots, which may be provided as a priority to seniors and covered under medical insurance and Medicare. Routine Senior Center activities and classes will not occur on this day, and many programs the day before will end at 4 p.m. The Fitness Center will close at 7 p.m. the day before the event. The entire Senior Center, including the Fitness Center, will close immediately following the event. We encourage our guests to carpool or use alternative forms of transportation.

Thurs., Oct. 4

Cancelled: Ping Pong, Formosa Seniors Assoc., Fil-Am Seniors and Indo-American Seniors

Fri., Oct. 5

Cancelled: Ping Pong, Ukulele, Chorus, Game Day, Movie Matinee, Filipino Seniors and ABC Morning Workout With Todd

It's Fall Y'All – Art Walk/ Pumpkin Pie & Apple Cider

It's fall y'all! Leaves are changing and the fall season is upon us! Come enjoy pumpkin pie and cider. We will have a variety of art displayed from various classes and senior artists.

If you're interested in displaying your art, please contact Senior Specialist II Maritza Huizar at (562) 916-8550 or mhuizar@cerritos.us for more information.

Drop-in	Free
Fri., Oct. 26	1-2:30 p.m.

Holiday Magic Dinner Dance

Do you believe in the magic of Christmas? Join us for our Holiday Magic Dinner Dance! Enjoy great-tasting food, a night of dancing and a toast to the New Year! Guests must be 50 years and older.

2024	\$18 per senior
Fri., Dec. 14	6-10 p.m.

Registration: Resident	Fri., Oct. 19
Non-resident	Fri., Oct. 26

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.

1064	Free
Wed., Oct. 24	6:30-8:30 p.m.

1065	Free
Wed., Nov. 28	6:30-8:30 p.m.

Registration: Resident	Wed., Oct. 17
Non-resident	Wed., Oct. 24

Magic Class

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

1013	\$20/4 classes
Tues., Oct. 2-23	1-2:15 p.m.

1014	\$20/4 classes
Tues., Nov. 6-27	1-2:15 p.m.

Thanksgiving Card Craft

Join a representative from Central Health Medicare Plan and enjoy some fun Thanksgiving card making.

1712	Free
Thurs., Nov. 1	1-3 p.m.

Floral Arranging

Tina Kambli will teach techniques for beautiful floral arranging. *Students will provide material.*

1705	\$15
Wed., Oct. 10	10:30 a.m.-noon

1706	\$15
Wed., Nov. 14	10:30 a.m.-noon

Pumpkin Sock Craft

A representative from Central Health Medicare Plan will help seniors create their very own pumpkin decoration for their homes.

1711	Free
Thurs., Oct. 4	1-3 p.m.

Strength, Balance & Core Training

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

1744	\$20/5 classes
Mon., Oct. 29-Dec. 3	5:30-6:30 p.m.

No class on Mon., Nov.12 due to holiday closure.

Pilates Plus More

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

1745	\$15/5 classes
Mon., Oct. 29-Dec. 3	6:45-7:45 p.m.

No class on Mon., Nov.12 due to holiday closure.

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.

1746	\$23/5 classes
Wed., Oct. 17-Nov. 14	6:30-7:30 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.

Community Screening & Discussion of Netflix Film "End Game"

Join clinical professionals from Pacific Hospice & Palliative Care Foundation for a special screening of the Netflix original film "End Game," a short documentary directed by Academy Award winners Jeffrey Friedman and Rob Epstein.

After the film, join community members and clinical professionals for a panel discussion on end-of-life care. Refreshments will be served. This event is sponsored by Pacific Hospice & Palliative Care Foundation and Alzheimer's Orange County. The event is open to ages 18 and older.

2034 Free
Wed., Oct. 10 5:30-7 p.m.

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 to 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., Oct. 24 9 a.m.

Medicare Bingo

Elizabeth Tejada from Jar Insurance will discuss the changes that have occurred in Medicare benefits and will lead seniors in an educational, fun Medicare Bingo game.

1684 Free
Wed., Oct. 3 1 p.m.

Medicare 101

Turning 65? Join a representative from HealthCare Partners to learn about the basics of Medicare, when to enroll, what Medicare options are available and what to do if changes need to be made.

1079 Free
Mon., Oct. 22 10 a.m.

1093 Free
Wed., Nov. 14 10 a.m.

Alzheimer's Caregiver 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., Oct. 19 10 a.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 for this six-week workshop to learn more about this program.

1089 Free
Fri., Oct. 12-Nov. 16 10 a.m.-noon

Flu and Pneumonia

People 65 and older face the greatest burden from the flu. It is estimated that 71 percent to 85 percent of flu-related deaths occur in people 65 years and older. Join Jun Lu from LUCITA M.D. to learn what you can do to help decrease the spread of the flu and minimize its serious complications such as pneumonia.

1809 Free
Fri., Nov. 30 10 a.m.

Nutrition

Eating healthy can be difficult during the holidays. Join Dr. Jina Kim, R.D., from La Palma Intercommunity Hospital, to learn how to increase your protein intake, as well as receive recipes and health tips.

1660 Free
Thurs., Oct. 11 11 a.m.

Estate Planning

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

Wills & Trusts
1735 Free
Thurs., Oct. 11 1 p.m.

Long-Term Care
1736 Free
Thurs., Oct. 18 1 p.m.

Annuities
1737 Free
Thurs., Oct. 25 1 p.m.

Advance Funeral Arrangements

It's not always easy to talk about funeral planning with your family. Sheryl Nguyen from Rose Hills Memorial Park will discuss the importance of making appropriate arrangements for a funeral in advance.

1738 Free
Wed., Oct. 3 6 p.m.

What Is an Annuity

Join Gary Watkins from Watkins Retirement Services to learn the about the pros and cons of annuities and how they may benefit a "portion" of your retirement portfolio.

1739 Free
Wed., Oct. 24 1 p.m.

Veteran's Planning

Sheryl Nguyen from Rose Hills Memorial Park will discuss VA burial benefits and the Dignity Memorial Veteran Benefits Program.

1740 Free
Wed., Nov. 7 6 p.m.

How to Cut Your Stock Market Risk

Gary Watkins from Watkins Retirement Services will teach seniors some guaranteed safe strategies to eliminate stock market risk and defer taxes.

1741 Free
Wed., Nov. 14 1 p.m.

Better Your Blood Pressure

Did you know that one out of three Americans has high blood pressure, yet only half of those people have it under control? Join Jenny Alcala-Alonzo from Independence at Home to learn how to help prevent and improve high blood pressure with some simple changes in your daily life.

1727 Free
Wed., Nov. 28 1 p.m.

Staying Independent

Join Vernon Atwood from Right at Home In-Home Care & Assistance for an overview of different ways of staying independent.

1657 Free
Thurs., Oct. 4 11 a.m.

Difficult Conversations About Eldercare

Join Teri Frianeza from Trusted Life Care to discuss the challenges of caring for a loved one. Learn how to have difficult conversations about finances, long-term care and end-of-life planning.

1664 Free
Wed., Oct. 17 5 p.m.

Aging & Vision Loss

Your eyes and vision are important to your health. Join Jenny Alcala-Alonzo from Independence at Home to learn about some common vision problems that come with age, what to look out for and what to do to prevent vision loss.

1668 Free
Mon., Oct. 29 1 p.m.

Holiday Painting to Reduce Stress

There are health benefits to maintaining hobbies and leisure activities. Join Guadalupe Salazar from AppleCare to learn how painting can help reduce stress and improve memory. All participants will leave with a fall inspired painting and a newfound hobby.

1719 Free
Wed., Nov. 7 10 a.m.

Super Foods

Certain foods may prevent disease or help manage specific medical conditions. Join Linda Kadlac from Humana to learn about these "super foods" and decide what makes sense for you and your health.

1723 Free
Mon., Nov. 19 10 a.m.

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