

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.

"Treat Yourself" Woman's Day Luncheon

Don't just be good to others, be good to yourself! Come and bring a treat to share with your table, a treat to donate (a list of items will be made available at registration) and let us treat you! The luncheon will feature a delicious meal and ice cream bar dessert.

258965 \$18/person
Fri., May 12 1-3:30 p.m.

Registration: Resident Fri., Apr. 7
Non-resident Fri., Apr. 14

The Flower Fields in Carlsbad and Outlets

Experience how Mother Nature has transformed the rolling hills of North San Diego County into one of the most spectacular and coordinated displays of natural color and beauty anywhere in the world. This annual burst of color, which has become part of the area's local heritage, is one of nature's official ways of announcing the arrival of spring here in Southern California. Enjoy lunch on your own and shop or browse the many stores at the Carlsbad Outlets.

259115 \$20/person
Thurs., Apr. 13 9 a.m.-3:30 p.m.

Cerritos Sculpture Garden Walk & Library Art Tour

Meet a staff member at the Cerritos Sculpture Garden in the Cerritos Civic Center for a tour of the City's growing collection of public artwork. You will learn details about each piece and its artist. Framed with graceful trees and textured courtyards stone walls, the sculpture garden itself is a work of art. After your walking tour of the beautiful garden, enjoy a rest in the beautiful Cerritos Library Skyline Room and balcony that offers a breathtaking view of Cerritos. A viewing of a film showcasing the art in the Cerritos Library will be shown and then a walking tour highlighting the library's art collection will be led by a knowledgeable library staff member.

Patrons will meet staff on their own at the Sculpture Garden. No transportation will be provided.

Drop-in Free
Tues., June 13 10-11:30 a.m.

Art for Seniors

Join instructor Claudia Hindu and learn 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.

252544 \$36/6 classes
Mon., May 1-June 12 10-11 a.m.

Chinese Brush Calligraphy

Participants will learn Chinese calligraphy in this volunteer-led group. The 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., Apr. 25 1-4 p.m.

Cerritos Quilting

Volunteer instructor Phyllis DeKriek teaches this fun quilting class. You will learn the proper techniques of needlework to make the perfect quilt.

Drop-in Free
Mon. 5-8:30 p.m.

Knitting & Crocheting

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

252564 \$28/4 classes
Tues., May 16-June 13 6-8 p.m.

No class on Tues., May 30

Handcrafters

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

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

Magic Class

Join Todd Reis for an exciting new magic class. Learn how to do basic card tricks and trick puzzles.

258715 \$20/4 classes
Tues., Apr. 4-25 1-2:15 p.m.

Lollipop Bunnies

Helena Vergara from Central Health Medicare Plan will teach participants how to create cute bunnies using craft materials and lollipops.

252459 Free/1 class
Thurs., Apr. 6 1-3 p.m.

Floral Arranging

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

252580 \$15/1 class
Wed., Apr. 5 9-10:30 a.m.

Popsicle Stick Craft

Join Helena Vergara from Central Health Medicare Plan and learn how to create art with simple popsicle sticks.

252461 Free/1 class
Thurs., May 4 1-3 p.m.

Toilet Paper Roll Art

Helena Vergara from Central Health Medicare Plan leads this class in which students will learn how to create a lovely canvas of art using toilet paper rolls.

252463 Free/1 class
Thurs., June 1 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 is 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.

258665 Free
Mon., Apr. 3 9-11 a.m.

258666 Free
Mon., May 1 9-11 a.m.

Registration: Resident Mon., Apr. 3
Non-resident Mon., Apr. 10

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.

252566 Free
Wed., Apr. 26 6:30-8:30 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.

Wii Bowling & Game Day

Enjoy Wii Bowling practice and tournaments with fellow seniors. A prize will be awarded to the highest scoring player in the tournament. Tournament winners are not eligible to win the tournament immediately following their win; however, all are still welcome to participate. In addition to Wii bowling, board and card games will be available for drop-in play.

Game Day Practices

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

Wii Tournaments

252447 Free
Fri., Apr. 21 9 a.m.-noon

HEALTH AND WELLNESS

Strength, Balance & Core Training

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

252375 \$20/5 classes
Mon., Apr. 24-May 22 5:30-6:30 p.m.

Pilates Plus More

Join instructor Lola Ramos and learn Pilates plus more. Pilates will help improve flexibility while teaching students the basics through breathing and strengthening. Please bring your own yoga mat to class.

252378 \$15/5 classes
Mon., Apr. 24-May 22 6:45-7:45 p.m.

Estate Planning

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

Wills & Trusts

258215 Free
Thurs., Apr. 6 1 p.m.

Long Term Care

252515 Free
Thurs., Apr. 13 1 p.m.

Annuities

252503 Free
Thurs., Apr. 20 1 p.m.

Budget for a Successful Retirement

Gary Watkins from Watkins Retirement will cover some simple techniques on how to organize your bills and finances.

252500 Free
Wed., Apr. 26 1 p.m.

Preparing Your Estate Plan

Join Paolo Quiroga from Edward Jones to learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family.

258319 Free
Tues., May 2 10 a.m.

Everyone With Diabetes Counts

Join a representative from Health Services Advisory Group for this eight-week workshop to learn about topics crucial to health, diabetes and its risks, the role of diet and exercise in controlling diabetes and how to manage medications. Participants are encouraged to attend all eight sessions. *The last day to join the workshop is Monday, April 10.*

252455 Free
Mon., Apr. 3-May 22 10 a.m. to noon

Stay Independent

Vernon Atwood from Right at Home will provide an overview of the different ways of staying independent at home.

252509 Free
Tues., Apr. 4 10 a.m.

Staying Sharp

Guadalupe Salazar from AppleCare Medical Management leads participants in a fun and easy memory game and teaches tips on how to keep a sharp mind by performing simple daily activities.

252452 Free
Wed., Apr. 5 10 a.m.

Joint Pain

Do you have hip or joint pain? Join Dr. Ramy Elias, an orthopedic surgeon from Lakewood Regional, to discuss joint pain and the latest and greatest interventions.

252458 Free
Wed., Apr. 5 1 p.m.

Stroke Seminars & Screening

Experts say that 80 percent of all strokes are preventable. The key to prevention is knowledge. Join Renee Mazeroll, RN, from the RTH Stroke Foundation to learn what the risk factors are 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, Depression and Anxiety

252477 Free
Thurs., Apr. 13 1 p.m.

Osteoporosis

Dr. Thao Hoang from HealthCare Partners will discuss osteoporosis, who it affects, how to receive the proper treatments and what to do to prevent it.

252466 Free
Tues., Apr. 18 10 a.m.

Healthy Eating

Join Scott Getman, wellness specialist for the City of Huntington Beach, for this hour-long presentation that will provide an overview of healthy eating. The presentation will focus on macronutrients, organic vs. non-organic, whole food vs. junk food, understanding food labels, popular diet trends and dispelling many food myths.

252451 Free
Wed., Apr. 19 9-10 a.m.

Coffee With the Deputy

Residents are invited to enjoy coffee and a conversation with a deputy from the Cerritos Sheriff's Station. 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."

258315 Free
Wed., Apr. 19 9 a.m.

Family Forever — Girl Scout Gold Award Project

Girl Scout Ambassador Katelyn is working towards her Girl Scout Gold Award with the Family Forever project. Her aim is to help seniors preserve their family history for future generations in a simple, straightforward way. In this class, led by Katelyn, seniors will learn the basics of using an online program to organize family genealogy. Additionally, Katelyn will assist seniors in recording family traditions, recipes and memories. Those enrolled will meet at noted class times and one-on-one appointments will be scheduled throughout the month on Monday afternoons.

Participant must have basic knowledge of their family genealogy, and a personal laptop or iPad is required to participate. Space is limited and participants may only sign up for one session.

252492 Free
Wed., Apr. 5 & 12 4-5:30 p.m.

Cerritos Memorial Day Ceremony

The community is invited to attend the City of Cerritos Memorial Day Ceremony on Monday, May 29 near the Cerritos Veterans Memorial in the Cerritos Civic Center. The program begins at 9:45 a.m. with prelude music and the ceremony is scheduled to start at 10 a.m. The event is being held in honor of those who have given the most ultimate sacrifice while defending our nation's freedom while serving in the United States Armed Forces.

Refreshments will be served and patriotic crafts for kids will be offered.

For more information about the Memorial Day Ceremony, contact the Community Participation Division at (562) 865-8101.

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Senior Services
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(562) 916-8550



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