

# Cerritos

## Lifelong Enrichment

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



### 25 Years of Providing Exceptional Senior Services – January 29, 2019

**THANK YOU** to all of our senior patrons, volunteers, senior clubs, instructors, lecturers, private rental clients and community partners! Your contributions to the Cerritos Senior Center at Pat Nixon Park have developed a robust, fulfilling and engaging facility with an abundance of senior resources and activities for seniors to live healthy, independent and longer lives. Thank you for all of your contributions throughout the years.

### 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](http://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](http://cerritos.us/racer.pdf) or call (562) 916-8550 for more information.

### I Heart the Cerritos Senior Center! 25th Anniversary & Valentine's Dance

Come celebrate love, friendships and great memories! Enjoy great tasting food and a night of dancing for Valentine's Day. Registration is required in person at the Cerritos Senior Center. Tickets and seats are selected at the time of registration. Cerritos residents may purchase a maximum of two tickets per household account. During open registration, Cerritos residents and non-residents may purchase a multiple number of tickets. All guests must be 50 years or older.

**2718** \$18/person  
Fri., Feb. 1 6-9 p.m.

Registration: Resident Fri., Jan. 4  
Non-residents Fri., Jan. 11

### Protect Yourself Against Scams

The price of scams against seniors is more than financial. Join Linda Kadlac from Humana to find out why seniors are targeted, the toll it can take on your health and how to protect yourself.

**2650** Free  
Mon., Jan. 7 10 a.m.

### Social Security Maximization & Timing

Join Larry Finn to learn about maximizing social security benefits by timing the start date, factoring in the expected tax responsibility and coordinating other benefits and income sources.

**2581** Free  
Wed., Jan. 16 6:30 p.m.

### Wooden Memory Box Craft

A representative from Central Health Medicare Plan will teach you to decorate your own box to store memorable belongings.

**2641** Free  
Thurs., Jan. 3 1-3 p.m.

### Art for Seniors

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

**2626** \$30/5 classes  
Tues., Jan. 8-Feb. 5 10-11 a.m.

**2627** \$30/5 classes  
Tues., Feb. 19-Mar. 19 10-11 a.m.

### Chair Yoga

Chair Yoga is a practice using a chair for seated poses, with the chair serving as a balance point for standing poses. This yoga is perfect for seniors who are unable to get up and down off the floor comfortably or for anyone who likes a gentle yoga class. Breathing exercises are utilized during the class.

**2725** \$24/6 classes  
Wed., Jan. 23-Feb. 27 10:45-11:45 a.m.

### Knitting & Crocheting

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

**2635** \$28/4 classes  
Tues., Jan. 8-29 6-8 p.m.

**2636** \$28/4 classes  
Tues., Feb. 12-Mar. 5 6-8 p.m.

### Magic Class

Todd Reis leads this exciting new magic class that includes basic card tricks and trick puzzles.

**2631** \$20/4 classes  
Tues., Jan. 8-29 1-2:15 p.m.

**2632** \$20/4 classes  
Tues., Feb. 5-26 1-2:15 p.m.

### Floral Arranging

Join Tina Kambli to learn the art of beautiful floral arranging. *Students will provide material.*

**2637** \$15  
Wed., Jan. 9 10:30 a.m.-noon

**2638** \$15  
Wed., Feb. 13 10:30 a.m.-noon

### 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.

**2676** Free  
Wed., Feb. 6-27 4-6 p.m.

*Only practice play for the months of January and March.*

### 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.

**2670** Free  
Wed., Jan. 30 6:30-8:30 p.m.

**2671** Free  
Wed., Feb. 27 6:30-8:30 p.m.

Registration: Resident Wed., Jan. 23  
Non-resident Wed., Jan. 30

### Bookmark Craft

Create a beautiful bookmark in this class led by a representative from Central Health Medicare Plan.

**2642** Free  
Thurs., Feb. 7 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.*

## Strength, Balance & Core Training

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

**2694** \$20/5 classes  
Mon., Jan. 7-Feb. 11 5:30-6:30 p.m.

*No class on Monday, January 21 due to Martin Luther King, Jr. Day.*

**2695** \$20/5 classes  
Mon., Feb. 25-Mar. 25 5:30-6:30 p.m.

Registration: Resident Mon., Feb. 4  
Non-resident Mon., Feb. 11

## Pilates Plus More

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

**2691** \$15/5 classes  
Mon., Jan. 7-Feb. 11 6:45-7:45 p.m.

*No class on Monday, January 21 due to Martin Luther King, Jr. Day.*

**2692** \$15/5 classes  
Mon., Feb. 25-Mar. 25 6:45-7:45 p.m.

Registration: Resident Mon., Feb. 4  
Non-resident Mon., Feb. 11

## Zumba Gold

Zumba Gold is a fun and effective workout that combines fitness and dance to achieve results. It is 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 is 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.*

**2698** \$23/5 classes  
Wed., Jan. 2-30 6:30-7:30 p.m.

**2699** \$23/5 classes  
Wed., Feb. 6-Mar. 6 6:30-7:30 p.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.

**2727** Free  
Wed., Jan. 16-30 10 a.m.

## iPad/iPhone Basics

Join a representative from Central Health Medicare Plan to learn about the basics of operating an iPad or iPhone and how to get the most out of these popular Apple products.

**2701** Free  
Thurs., Jan. 17 1-3 p.m.

**2702** Free  
Thurs., Feb. 21 1-3 p.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., Jan. 18 10 a.m.

**Drop-In** Free  
Fri., Feb. 15 10 a.m.

## Setting Health Goals That Stick

Are you having trouble keeping your New Year's resolutions? Have you said you're going to keep your resolutions every year, but somehow, you're not able to do so longer than a week? Join Certified Health Coach Shanyng Kurashige from Sensibly Balanced to learn how five simple steps can help you keep your health resolutions this year.

**2721** Free  
Mon., Jan. 14 10 a.m.

## Staying Healthy With an Annual Physical

An easy and important way to stay healthy is to get an annual exam and early detection screenings. Medicare will now cover a yearly "wellness" visit and prevention services. Join Dr. Puja Shrestha from Pioneer Medical Group to understand what to expect at your annual exam and what screenings you may need.

**2595** Free  
Wed., Jan. 16 1 p.m.

## Property Assessment Information

Join Carol Quan from the LA County Office of the Assessor for a brief overview about Proposition 13 and when the Assessor's Office reassesses properties. Learn about what happens when property is transferred between parent and child, the senior replacement dwelling benefit and other tax saving programs.

**2586** Free  
Wed., Feb. 27 10 a.m.

## Rehabilitation After Hospitalization

Join a representative from Alamitos Belmont Rehabilitation Hospital to learn about the criteria for rehabilitation after hospitalization and the types of therapies available, including physical therapy, occupational therapy and, in some cases, speech therapy.

**2716** Free  
Wed., Feb. 6 1 p.m.

## Lost Memories: Video & Discussion

Join a representative from Alzheimer's Greater Los Angeles for a four-episode mini-series that follows the Ramirez family as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face before they come together.

**2608** Free  
Thurs., Jan. 17 10 a.m.

## Caregiver Checklist: Things to Know

Stepping into the role of being a family caregiver is often met with an overwhelming amount of questions: Where do I start to look for information? What are my options? Where do I go for resources? Join a representative from the USC Family Caregiver Support Center to help prepare family caregivers to navigate through common questions and topics.

**2609** Free  
Tues., Jan. 22 10 a.m.

## Caregiving & Care Planning

Caring for someone else is one of the most rewarding things you can do. But it is also one of the hardest. As a caregiver there are lots of things to think about and lots of things to do. Join Jenny Alcala-Alonzo from Independence at Home to learn how to take care of yourself so that you can be the best caregiver you can be.

**2763** Free  
Mon., Feb. 11 1 p.m.

## Healthy Living for a Long Healthy Life

There's no getting around one thing: as we age, our bodies and minds change. However, there are things you can do to stay healthy, active and enjoy a higher quality of life as you get older. Join Dr. Stela Kostova-Abadjieva from Pioneer Medical Group to learn how to achieve greater energy, vitality and long-lasting health with lifestyle changes that improve your overall wellness while helping to prevent chronic disease and disability.

**2612** Free  
Thurs., Feb. 14 1 p.m.

## Battling the Aging Brain

The brain is one of the most complex organs in the human body. Join Linda Kadlac from Humana to learn how the brain works and ways to keep it healthy as we age.

**2652** Free  
Tues., Feb. 12 10 a.m.

Published by the City of Cerritos  
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