

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.

2017 Health and Wellness Fair "Embrace a Life of Health & Wellness"

Fri., Oct. 6	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, ages 50 years and older may participate in the screenings. A 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 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. We encourage our guests to carpool or use alternative forms of transportation.

Routine Senior Center activities, classes and Fitness Center operation will not occur on this day, and many programs the day before will end at 4 p.m. The entire Senior Center will close immediately following the event.

Thurs., Oct. 5

Canceled: Ping Pong, Formosa Seniors Assoc. and Fil-Am Seniors Club

End at 4 p.m.: Indo-American Seniors Club and Happy Seniors Assoc.

Fri., Oct. 6

Canceled: Tai Chi, Ping Pong, Longevity Stick, Ukulele, Chorus, Game Day, Mahjong, Movie Matinee, Filipino Seniors Club and ABC Morning Workout With Todd

It's Fall Y'all!

Leaves are changing and the Fall season is upon us! Come and enjoy chili, cornbread and pumpkin pie. We will have a variety of art displayed from various classes and senior artists.

Art Walk

Drop-in	Free
Fri., Oct. 27	1-2:30 p.m.

Chili and cornbread lunch (pre-registration required)

269815	\$8 per senior
Fri., Oct. 27	1-2:30 p.m.

Festive Christmas Sweater & Caroling Gathering

Join us in your most festive Christmas gear and enjoy the sounds of the season. We will enjoy hot chocolate, light refreshments and the jolly season together!

Drop-in	Free
Wed., Dec. 20	2-3:30 p.m.

"'Tis the Season to Sparkle" Dinner Dance

Join us for the "'Tis the Season to Sparkle" Dinner Dance. Enjoy great-tasting food, a night of dancing and a toast to 2018! Guests must be 50 years and older.

269265	\$18 per senior
Fri., Dec. 8	6-10 p.m.
Registration: Resident	Fri., Oct. 20
Non-resident	Fri., Oct. 27

Gift Boutique

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!

Crafters Wanted – Do you craft cards, wreaths, jewelry or other handmade items and wish to sell them? 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 at cnavarrete@cerritos.us.

Hours:

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

World Hall – Collectors Wanted

Do you have a collection that you want to share with us? We would love to display it! For more information, contact Senior Specialist III Sandy De La Trinidad at (562) 916-8550 or sdelatrinidad@cerritos.us.

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.

263714	\$30/5 classes
Mon., Oct. 23-Nov. 20	10-11 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.

263604	\$28/4 classes
Tues., Oct. 17-Nov. 14	6-8 p.m.
<i>No class on Tues., Oct. 31</i>	

Handcrafters

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

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

Magic Class

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

263567	\$20/4 classes
Tues., Oct. 3-24	1-2:15 p.m.

Pumpkin Decoration

Join a representative from Central Health Medicare Plan and learn how to decorate pumpkins with ribbon, faux flowers, paint and more.

263571	Free/1 class
Thurs., Oct. 5	1-3 p.m.

Holiday Floral Arranging

Tina Kambli will teach seniors floral arranging for Fall, Thanksgiving and the holidays. Materials will be provided.

263584	\$25/1 class
Wed., Oct. 11	10:30 a.m.-noon

Watercolor & Modern Lettering for Beginners

Try your hand at two different art forms: watercolor and modern lettering! In this class you will learn the basics of both and merge the two together for a fun project. This class is designed for beginners and no experience is necessary. Materials will be provided.

263592	\$25/1 class
Mon., Nov. 13	1-3 p.m.

Mason Jar Decoration

Join a representative from Central Health Medicare Plan and decorate mason jars.

263572	Free/1 class
Thurs., Nov. 2	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.

Succulent Plant Gifts

Senior Center staff members Cynthia and Raylene invite participants to learn how to make adorable succulent plant gifts.

263608 \$3/1 class
Wed., Oct. 25 10-11:30 a.m.

Flower Pen Boutique Class

Make a variety of duct tape flower pens with Senior Center staff member Sheryl. You can keep them for yourself or give them as gifts.

263579 \$3/1 class
Wed., Oct. 25 4-5:30 p.m.

Paper Pine Cone Ornament

Senior Center staff members Melissa and Madyson will teach seniors to make beautiful decorative pine cones with paper.

263581 \$3/1 class
Wed., Nov. 8 6-7:30 p.m.

Holiday Card Making

Participants will learn how to make a variety of cards for the holidays with Senior Center staff members Sandy and Maritza.

263617 \$3/1 class
Tues., Nov. 21 3-4:30 p.m.

Christmas Table Flower Arrangement New

A representative from Central Health Medicare Plan will show seniors how to make a table arrangement for Christmas.

263573 Free/1 class
Thurs., Dec. 7 1-3 p.m.

Line Dance

Learn how to line dance with instructor Stuart Shepherd. This is a fun way to stay active and meet new friends. Seniors may register for only one level.

Beginning

263531 \$20/8 classes
Tues., Oct. 31-Dec. 19 9:15-10:15 a.m.

Registration: Resident Tues., Oct. 3
Non-resident Tues., Oct. 10

Intermediate

263530 \$25/8 classes
Tues., Oct. 31-Dec. 19 10:40 a.m.-12:10 p.m.

Registration: Resident Tues., Oct. 3
Non-resident Tues., Oct. 10

Chorus

Join this volunteer-led group and learn how to sing amazing songs in perfect harmony.

Drop-in Free
Fri. 10-11:15 a.m.

No class on Fri., Oct. 6 due to Senior Health and Wellness Fair.

Strength, Balance & Core Training

This small group personalized training class is led by instructor Lola Ramos. Seniors will learn to use an exercise ball and weights to improve strength, balance and overall health while reducing the risk of osteoporosis.

263526 \$20/5 classes
Mon., Nov. 13-Dec. 11 5:30-6:30 p.m.

Pilates Plus More

Lola Ramos teaches participants Pilates plus more. Improve flexibility while learning the basics of Pilates through breathing and strengthening. Please bring your own yoga mat to class.

263527 \$15/5 classes
Mon., Nov. 13-Dec. 11 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. Dance your way to better fitness with 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 six-week session.

263523 \$23/5 classes
Wed., Oct. 18-Nov. 15 6:30-7:30 p.m.

Information and Referral

The Senior Center offers referrals for a variety of resources, including senior housing, adult day care, in-home care and support groups. Call (562) 916-8550 to schedule an appointment or drop-in during Cerritos Senior Center operating hours.

Medicare 101

Dr. Francisco Badar from Healthcare Partners will discuss Social Security and Medicare, how LIS can help subsidize the cost of prescription drugs and what Medicare plans are best for you.

263623 Free
Tues., Oct. 24 10 a.m.

Medicare Basics

Join a representative from Pioneer Medical Group to understand the benefits of Medicare and why additional coverage may be needed.

263703 Free
Wed., Oct. 25 6:30 p.m.

Advance Funeral Planning

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

263668 Free
Tues., Oct. 3 10 a.m.

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.

Newport Holiday Boat Parade

With so much to do at Christmastime, you will want to stop and relax for a while so that you can take in the beautiful scenery of the season. The perfect way to do that is with the Newport Christmas Boat Parade. Hundreds of boats and yachts are adorned with decorative lights and displays. Homes all along the shoreline are decorated as well. It's a tradition you don't want to miss.

262566 \$23/person
Tues., Dec. 12 4-8:30 p.m.

Registration: Resident Fri., Oct. 20
Non-resident Fri., Oct. 27

Estate Planning

Charlotte Merrill from United California Estate Services will help seniors learn how to plan for the future and keep their estates secure at the following estate planning lectures:

Wills & Trusts

263779 Free
Thurs., Oct. 5 1 p.m.

Long Term Care

263650 Free
Thurs., Oct. 12 1 p.m.

Annuities

263757 Free
Thurs., Oct. 19 1 p.m.

Retirement IQ Test

Gary Watkins from Watkins Retirement Services will review useful information for a successful retirement.

263666 Free
Mon., Oct. 2 1 p.m.

Published by the City of Cerritos
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Senior Services
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