

# 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.

### Bunco

Participate in a fun-filled evening of Bunco with fellow seniors. Bunco is a parlor game played in teams with three dice. Light refreshments and prizes are provided for registered participants only.

276366 Free  
Wed., July 25 6:30-8:30 p.m.

### Pilates Plus More

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

276315 \$15/5 classes  
Mon., July 9-Aug. 6 6:45-7:45 p.m.

### Guitar

Take part in this volunteer-led group guitar play session. Some knowledge of guitar playing is required.

Drop-in Free  
Tues. 9:30 a.m.-12:30 p.m.

### Qi Gong/Gentle Yoga

Instructor Jessie Shepherd reviews a combination of stretching exercises using slow breathing and calming, easy movements to increase flexibility, balance, circulation and energy. This class also helps release mental tension, emotional stress and physical strain.

272829 \$15/4 classes  
Wed., July 18-Aug. 8 9:30-10:30 a.m.

### Grandparent's Activities 2018

Grandparents and grandchildren are invited to have some fun at the Cerritos Senior Center now that summer is officially here! All grandparents must be accompanied by a child. Adults 50 and older and children 17 and under may register.

#### Grandparent's "Game Day"

Participants will enjoy light refreshments and a fun-filled morning playing various board games and Minute-To-Win-It games.

276345 Free  
(Recommended Ages 5-17)  
Fri., July 6 9-11 a.m.

#### "Secret Life of Pets" Movie, Craft & Lunch

Join us for a fun-filled afternoon. Grandparents and grandchildren will enjoy lunch, crafts and the movie "Secret Life of Pets."

352815 \$2/child  
(Recommended Ages 2-12)  
Fri., July 20 Noon-3:30 p.m.

#### Grandparent's Picnic in the Park

Enjoy a box lunch and a fun-filled afternoon of games, treats, face painting and a bouncer.

352818 \$6/person  
(Recommended Ages 2-17)  
Fri., July 27 Noon-3 p.m.

### Summer Ice Cream Social

I Scream, You Scream, We All Scream for Ice Cream! Join us for our summer ice cream social. Visit with friends, listen to some catchy tunes and enjoy the summer sunshine.

276338 Free  
Wed., Aug. 1 2-3:30 p.m.

### 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., July 23 1-3 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.

### 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.

276317 \$20/5 classes  
Mon., July 9-Aug. 6 5:30-6:30 p.m.

### Coffee With the Doc

Join a doctor from Pioneer Medical Group every second Wednesday of the month for a presentation on a variety of health-related topics while enjoying coffee and light refreshments. Pre-registration is required.

276539 Free  
Wed., July 11 8 a.m.

352776 Free  
Wed., Aug. 8 8 a.m.

### Medicare Counseling or HICAP (Health Insurance Counseling and Advocacy Program)

Got questions on Medicare? Visit Minh Ha Nguyen, a state-registered HICAP Counselor, for free and unbiased information, counseling and assistance on Medicare and related health insurance. Learn about Medicare benefits and coverage options, including Medicare Advantage Plans, Medigap, Medicare Part D Prescription Drug Benefit, Part D "Extra Help" and Dual Eligibility (Medicare & Medi-Cal). HICAP is the Health Insurance Counseling and Advocacy Program of the Center for Health Care Rights. HICAP is funded in part by the Area Agencies on Aging of the City of Los Angeles and Los Angeles County. All services are provided free of charge. \*L.A. County Residents Only

Appointment Required Free  
Every Wednesday Noon, 1 & 2 p.m.

### Cal MediConnect

Cal MediConnect is the state program that combines Medicare and MediCal into one program. Join Clare Chao from Health Net of California to learn how each care coordinator helps facilitate the communication between members, doctors and family members.

276564 Free  
Wed., July 11 10 a.m.

### Medicare 101

Turning 65? Already a Medicare beneficiary, but have questions? La Nedra Munson from United Healthcare will discuss what Medicare does and does not cover, who qualifies, coverage choices and how to choose a plan based on needs.

276579 Free  
Wed., Aug. 1 1 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.*

## Guided Autobiography

Guided Autobiography is a process that helps recall and record the significant moments of your life. Teri Hershberg from the Birren Center for Autobiographical Studies leads this 5-week class that will teach you the tools for writing your own life story. *Space is limited.*

276621 Free  
Mon., July 9-Aug. 6 10 a.m.-noon

## 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 3-week workshop to learn more about this program.

276615 Free  
Fri., July 13-27 10 a.m.-noon



## Exercises for Fall Prevention

Our balance declines as we age. Join Teri Frianeza from Trusted Life Care to learn balance activities and exercises that can help limit falls and injuries.

276599 Free  
Tues., July 10 10 a.m.

## Joint Pain

Do you wonder whether you need surgery or just physical therapy for your joint pain? Or whether ibuprofen or acupuncture will take care of your pain? Orthopedic surgeon Dr. Ramy Elias from Lakewood Regional Medical Center will answer your questions and discuss current best options for your joint pain.

276400 Free  
Wed., July 11 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.

276354 Free  
Wed., July 11 6 p.m.

## Understanding Variable Annuities

Variable annuities have become a part of the retirement and investment plans of many Americans. Before you buy a variable annuity, you should know some of the basics. Join Gary Watkins from Watkins Retirement Services to learn the pros and cons of a controversial product.

276608 Free  
Wed., July 18 10 a.m.

## Low Back Pain & Sciatica

There are many options when you are dealing with low back pain. Dr. Danh Ngo from ReVITALize Rehab Club will explain five crucial hidden factors that the body needs to have a long lasting and happy back, regardless of diagnosis.

276437 Free  
Tues., Aug. 7 10 a.m.

## Colon Cancer

Cancer of the colon is something most people don't want to think about, much less talk about. Dr. Jane B. Kong, a family practice physician from Pioneer Medical Group, will provide information on colon cancer and discuss the best ways to prevent the disease.

352721 Free  
Wed., Aug. 15 1 p.m.

## Estate Planning

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

**Wills & Trusts**  
276618 Free  
Thurs., July 12 1 p.m.

**Long Term Care**  
352666 Free  
Thurs., July 19 1 p.m.

**Annuities**  
276528 Free  
Thurs., July 26 1 p.m.

## Learn How to Download cloudLibrary eBooks and eAudiobooks

Did you know that you can check out Cerritos Library eBooks and eAudiobooks from anywhere in the world? Join us for this session and learn how to check out the cloudLibrary eBooks and eAudiobooks from your mobile device. This class will provide a brief overview of the free service and help you practice checking out digital books on your device.

In order to participate, you must have a valid Cerritos Library card and a WiFi capable mobile device such as the Kindle Fire (Amazon), Android/Samsung Galaxy Tab/NOOK Tablet 7 (Google) or Apple iOS device (iPad, iPod, iPhone). Also required is the ability to download an app on your device (this will require that you know your ID and password for either Amazon, Google Play or Apple ID/iTunes password and access to your personal email). For more information, contact the Cerritos Library at (562) 916-1340.

276341 Free  
Mon., July 16 1 pm.

## AARP Smart DriverTEK

Join Jim Jang from AARP to understand the current and emerging vehicle safety technologies and how these technologies might extend driving years.

276358 Free  
Mon., July 23 5-7 p.m.

276603 Free  
Wed., Aug. 8 5-7 p.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 a 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 the 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.

### California Science Center: King Tut & IMAX Theater Excursion

The California Science Center presents the world premiere of "King Tut: Treasures of the Golden Pharaoh"—the largest King Tut exhibition ever toured! Discover more than 150 authentic artifacts from King Tut's celebrated tomb, 60 of which have never traveled outside of Egypt until now. We will also watch the "Mysteries of Egypt" IMAX movie and soar over the great pyramids of Giza, rush over the Nile, cross the deathly quiet Valley of the Kings and descend into the shadowy chambers of the sacred tomb of King Tutankhamun. Bring your lunch or purchase food from the café in the museum.

354015 \$35/person  
Tues., July 24 8:30 a.m.-4:30 p.m.

Registration: Resident Fri., July 6  
Non-resident Fri., July 13

## 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., July 20 10 a.m.

Drop-In Free  
Fri., Aug. 17 10 a.m.

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Community Participation Division  
Senior Services  
12340 South Street  
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(562) 916-8550



Mayor Mark E. Pulido  
Mayor Pro Tem Naresh Solanki  
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