

CERRITOS Lifelong Enrichment

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

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.

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 and "Lifelong Enrichment" 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.

Operating Hours

The Cerritos Senior Center at Pat Nixon Park is open Monday, Wednesday and Friday from 7:30 a.m. to 5 p.m., Tuesday and Thursday from 7:30 a.m. to 8 p.m. and Saturday/Sunday for private rentals.

Senior Center Fitness Center

Membership is limited to Cerritos residents, age 50 or older, for a fee of \$50 per year. Seniors must submit a completed waiver to qualify for membership and have the option to attend a fitness center tour. Please bring proper proof of Cerritos residency such as a driver's license, California ID card or other government-issued ID. The fee may be waived for those seniors proving a need or hardship based on federal income poverty guidelines.

Fitness Center Hours:

Mon., Wed., Fri. 7:30 a.m.-5 p.m.
Tues., Thurs. 7:30 a.m.-8 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 1-2 p.m.

Holiday Movie Marathon

Join us to get in the Christmas spirit and watch some holiday movies with friends. There will be a brief intermission for refreshments. Movies will be announced on flyers at the Reception Desk.

Drop-in Free
Fri., Dec. 22
"A Christmas Story" (1983) 10:30 a.m.
Intermission 12:30 p.m.
"A Christmas Story Christmas" (2022) 1 p.m.

HSA Lunch Program

Have you ever been interested in trying the meals at the Human Services Association lunch program? Now is your chance to enjoy meals while dining with friends or getting to meet someone new. Ask for lunch program manager Kathy Franklin to fill out an intake form. Once the form is completed, receive a punch card for five free meals from the Human Services Association. For more information, call (562) 916-8555.

Suggested Donations: 60+, \$3; 50-59, \$7
Mon.-Fri. Noon-1 p.m.

ABC Co-Sponsored Classes

The classes listed below meet on a quarterly schedule and are offered by ABC Adult Education. The fall second quarter ends on Thurs., Dec. 21. The 2024 spring third quarter begins Mon., Jan. 8 and ends on Thurs., Mar. 14.

Registration:

Resident Mon., Dec. 4
Non-resident Mon., Dec. 11

Morning Workout w/Todd

10712 \$72/per quarter
Mon./Tues. 7:35-8:35 a.m.

Aerobics w/Todd

10713 \$72/per quarter
Tues./Thurs. 7:35-8:35 a.m.

Yoga w/Latha

Join instructor Latha Vasan and learn some of the basic postures and breathing techniques that make up the practice of yoga. Students will learn about the basics of proper alignment and technique. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. Please bring your own yoga mat to class.

Registration:

Resident Mon., Dec. 4
Non-resident Mon., Dec. 11

11602 Free/10 classes
Mon., Jan. 8-Mar. 25 9-10 a.m.

*No class on Mon., Jan. 15 and Mon., Feb. 19

Cerritos College Co-Sponsored Classes

The classes listed below are sponsored by Cerritos College for the 2024 spring semester, Jan. 8-May 17. Classes are subject to cancellation by Cerritos College at any time. Students will be updated of class changes by instructors or Cerritos College personnel.

Registration:

Resident Mon., Dec. 4
Non-resident Mon., Dec. 11

Chair Exercise w/Mike

11557 Free
Mon./Wed. 1-2 p.m.

Balance and Mobility w/Tracy

11558 Free
Mon. 1-3 p.m.

Self-Defense for Seniors

11560 Free
Mon./Wed. 2:15-3:15 p.m.

Yoga

11559 Free
Mon./Wed. 4-5 p.m.

Registration begins first day of class with instructor for Tai Chi and American Mosaic

Tai Chi

Drop-in Free
Mon./Wed. 7:30-8:30 a.m.

American Mosaic

Drop-in Free
Wed. 3-4:30 p.m.

Hula

Join Hula instructor Hedy Harrison and learn authentic Hawaiian Hula dancing, as well as the rich history of the Polynesian culture. Seniors may register for only one level. Registration will end two weeks after the first class meeting.

Registration:

Resident Wed., Dec. 6
Non-resident Wed., Dec. 13

Beginning

11562 Free/12 classes
Wed., Jan. 3-Mar. 20 10 a.m.-noon

Registration:

Resident Thurs., Dec. 7
Non-resident Thurs., Dec. 14

Advanced

11563 Free/12 classes
Thurs., Jan. 4-Mar. 21 10 a.m.-noon

Holiday Silk Floral Arranging

Join Tina Kambli to learn tips and tricks for beautiful autumn silk floral arranging. **An additional \$20 material fee will be due to the instructor at the beginning of the class.*

11827 \$15/class
Wed., Dec. 13 10-11:30 a.m.

Beating the Holiday Blues

***Virtual Presentation**

Feeling moments of sadness during the holidays is normal and okay. Join Jenny Alcalá-Alonzo from Independence at Home to learn how to plan for triggers and connect to various forms of support to help manage depression. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

11550 Free
Tues., Dec. 5 10 a.m.

Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back more than 5,000 years. This simple, yet effective modification of incorporating a chair provides extra security and stability while transitioning through poses. Chair yoga allows you to make gradual improvements to your strength, balance and flexibility, while improving mental clarity. Join instructor Anjana Rajput for a fun, new take on traditional yoga.

Registration:

Resident Tues., Dec. 5
Non-resident Tues., Dec. 12

11564 \$35/5 classes
Tues., Jan. 9-Feb. 6 12:30-1:30 p.m.

Domestic Violence in Older Adults

Domestic violence in older adults occurs when a person uses power and control to inflict physical, sexual, emotional or financial injury or harm upon an older adult with whom they have an ongoing relationship. The problem occurs in all communities and affects people of all ethnic, cultural, racial, economic and religious backgrounds. Join Gwenyvar Oliveira from Su Casa for more information.

11553 Free
Thurs., Dec. 7 10 a.m.-noon

Zumba Gold

Zumba Gold is a lower-intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie Morris and dance your way to a healthier lifestyle.

Class fee is \$25 for a 5-week session. A \$6 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the session. Checks and credit cards will also be accepted for payment.

11566 \$25/5 classes
Wed., Jan. 3-31 9-10 a.m.

Ukulele

Join a senior volunteer to learn, listen and play ukulele, a significant Hawaiian tradition. Students may sign up for one class only. For new students, instructor will evaluate skill level to determine the right class level.

Registration:

Resident Fri., Dec. 15
Non-resident Fri., Dec. 22

Beginning

11844 Free/12 classes
Fri., Jan. 5-Mar. 22 9-10 a.m.

Advanced

11845 Free/12 classes
Fri., Jan. 5-Mar. 22 10:15-11:15 a.m.

HSA Case Management

Sponsored by the Human Services Association, the Supportive Services Program (SSP) helps elders obtain services that enable them to safely remain at home with a measure of independence and dignity. The Human Services Association representative is Reina Amaya. **Please make an appointment at the Reception Desk. Cerritos residents only.*

Appt. Required Free
Every Wed. 9:30-11:30 a.m.

Yoga w/Anjana

Yoga is a way of living that aims toward a healthy mind in a healthy body. Different yogic postures (asanas) and breathing develop perfect alignment, flexibility, strength and promote an absolute harmony. Join instructor Anjana Rajput and enjoy meditation and deep relaxation in complete sync with existence. Regular practice reduces stress and improves inner peace and bliss. Please bring your own yoga mat.

Registration:

Resident Wed., Dec. 6
Non-resident Wed., Dec. 13

11565 Free/10 classes
Wed., Jan. 10-Mar. 13 9-10 a.m.

New Year, Healthier You!

Thinking about New Year's Resolutions? Coming up with them is easy enough, but keeping them is sometimes harder to do. Join Jenny Alcalá-Alonzo from Independence at Home to learn how to make AND keep New Year's Resolutions for a healthier you.

11554 Free
Tues., Dec. 19 10 a.m.

Holiday Trivia

Exercising your brain has been proven to help release stress, increase relaxation and improve cognitive skills. Join Rosa Phillips from Jack Schroeder & Associates for a fun holiday-themed trivia game.

11551 Free
Wed., Dec. 6 10 a.m.

Medicare Basics

Join La Nedra Munso from United Healthcare to learn what Medicare does and does not cover, coverage choices and how to choose plans based on needs.

11549 Free
Mon., Dec. 4 10 a.m.

Working With Your Pharmacist

Pharmacists are some of the easiest health care providers to find. They are experts in understanding medicines and can help you use medications safely. Join Beatriz Sereno from Independence at Home to learn how to work with your pharmacist and get the best results from your medicine.

11600 Free
Wed., Dec. 13 10 a.m.

ABC's of Riding Public Transportation

Join Tania Taylor from L.A. Metro to learn about how to ride public transportation, fun destinations, the benefits of having a Senior TAP card, how to be part of a travel club and trip planning.

11636 Free
Thurs., Dec. 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 Los Angeles on the third Friday of each month to develop new coping strategies and find comfort, strength and hope in a compassionate and safe environment.

Drop-in Free
Fri., Dec. 15 10 a.m.-noon

Holiday Tips for Caregivers

The holidays or other family events can be a stressful time when a family member has dementia. Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn several tips that can help make family gatherings more enjoyable for all.

11601 Free
Thurs., Dec. 21 10 a.m.

AARP Smart Driver Course 8-hour

The AARP Driver Safety program helps seniors recognize their limitations and learn how to reduce accidents and regain driving privileges. Students will receive a Certificate of Completion, which may offer insurance discounts. Checks only; made payable to AARP at the time of registration; cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.) A certificate will be given out at the completion of the course.

11552 AARP members \$20
Non-members \$25
Noon-4:30 p.m.
Wed., Dec. 6
& Thurs., Dec. 7

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