

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.

24 Years of Senior Services — January 29

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

Festival de Amor, Valentines Dance!

Hold on to your sombrero, because it's a fiesta! Come celebrate love and great friendships. Enjoy delicious food and a night of dancing for Valentine's Day.

273015 \$18/person
Fri., Feb. 9 6-9 p.m.

Registration: Resident Fri., Jan. 5
Non-resident Fri., Jan. 12

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.

271344 Free
Wed., Jan. 31 6:30-8:30 p.m.

Wii Bowling & Game Day

Come participate in Wii Bowling practice and tournaments. 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

Game Day Tournament

271326 Free
Fri., Jan. 19 9 a.m.-noon

New Year's Resolution Jar

A representative from Central Health Medicare Plan will show you how to decorate your own Mason jar and fill it with 12 resolutions for 2018.

271341 Free
Thurs., Jan. 4 1-3 p.m.

Valentine's Day Wreath

Create a beautiful wreath with flowers made out of tissue paper with the help of a representative from Central Health Medicare Plan.

271342 Free
Thurs., Feb. 1 1-3 p.m.

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.

272817 \$20/5 classes
Mon., Feb. 26-Mar. 26 5:30-6:30 p.m.

Pilates Plus More

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

272815 \$15/5 classes
Mon., Feb. 26-Mar. 26 6:45-7:45 p.m.

Medicare Fraud

Join Cristina Garcia from the Center for Healthcare Rights to learn how to protect against Medicare and Medi-Cal fraud. Explore ways to protect yourself and report acts of fraud.

271334 Free
Thurs., Jan. 11 11 a.m.

Closing the Gap in Medicare Coverage

Cristina Garcia from the Center for Healthcare Rights will discuss Medicare Advantage and Medicare Supplement plans. Learn how to enroll and the differences between the two options.

271524 Free
Fri., Feb. 9 10 a.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. 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 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.

272822 \$23/5 classes
Wed., Jan. 3-31 6:30-7:30 p.m.

Coffee With the Deputy

Enjoy coffee and a conversation with a Cerritos Sheriff's Station deputy. All residents are invited to stop in to the Cerritos Senior Center, 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 coffee.

Drop-in Free
Wed., Feb. 28 9 a.m.

Partner With Your Doctor

You and your doctor are a team; it's good for your health. Join Linda Kadlac from Humana to find out how to meet your needs and stay healthy.

271555 Free
Wed., Jan. 3 10 a.m.

Difficult Conversations About Eldercare

Teri Frianeza from Nu Care will discuss the challenges of having to care for a loved one. Learn how to have difficult conversations about finances, long-term care and family dynamics.

271534 Free
Thurs., Jan. 4 11 a.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.

271460 Free
Wed., Jan. 10 8 a.m.

272865 Free
Wed., Feb. 14 8 a.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.

Let's Talk About It: Memory Loss and Alzheimer's

A representative from Alzheimer's Greater Los Angeles will teach seniors the difference between normal aging and signs of dementia, the diagnosis process and treatment options.

271402 Free
Mon., Jan. 8 10 a.m.

Hypertension: Prevention and Treatment

High blood pressure usually has no symptoms, but it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. Join Francisco Badar, M.D. from Lakewood Regional Medical Center to learn about the prevention and treatment of hypertension.

271411 Free
Wed., Jan. 10 1 p.m.

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., Jan. 19 & Fri., Feb. 16 10 a.m.

Preventing Elder Abuse

Statistics show that the occurrence of elder abuse is on the rise. Vernon Atwood from Right at Home In-Home Care and Assistance will discuss the problem, perpetrators and prevention of elder abuse.

271418 Free
Mon., Jan. 22 10 a.m.

How to Exercise While in Pain

Dr. Danh Ngo from ReVITALize Rehab Club will teach seniors basic exercises to do if you are in pain and how to understand your body's green, yellow or red light signals so you can exercise safely and wisely.

271428 Free
Wed., Jan. 24 10 a.m.

Current Options in the Treatment of Joint Pain

Joint pain is extremely common. Join Dr. Elias, board-certified orthopedic surgeon from Lakewood Regional Medical Center, to understand joint pain and the various treatment options available.

271816 Free
Wed., Jan. 24 1 p.m.

Keeping Your Brain Healthy

Did you know that your brain is an organ too? Join a representative from Alzheimer's Greater Los Angeles to learn what you can do to help your memory and brain stay strong as you age. This presentation includes interactive brain games.

271368 Free
Mon., Feb. 12 10 a.m.

The Skinny on Fat

Fat has a bad reputation, but not all fats are bad. Linda Kadlac from Humana will discuss which fats are the ones to avoid and which are the ones to keep.

271574 Free
Tues., Feb. 6 10 a.m.

Stress Management

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 Todd Stockwell, D.C. 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.

271330 Free
Wed., Jan. 31 1 p.m.

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 three-week express workshop to learn more about this program.

271408 Free
Fri., Feb. 9-23 10 a.m.-noon

Feel Grand: Heart Health

Join Vernon Atwood from Right at Home In-Home Care & Assistance to learn common symptoms of heart disease, as well as what you can do to stay heart healthy and take care of this most vital organ.

271337 Free
Tues., Feb. 13 10 a.m.

Exercises for Fall Prevention

Our balance declines as we age. Teri Frianeza from Nu Care will teach participants balance activities and exercises that can help limit falls and injuries.

271965 Free
Tues., Feb. 27 10 a.m.

Cardiovascular Health

Heart disease and stroke are the leading killers of Americans, accounting for one out of every three deaths in the United States. The good news is that 80 percent of all cases of cardiovascular disease are preventable. Join a representative from Lakewood Regional Medical Group to discuss cardiovascular health and how you can attain it.

272915 Free
Wed., Feb. 14 1 p.m.

Kidney Health

Do you have questions about how to maintain your kidneys? Maybe you have kidney disease, and you want to prevent further damage. Join Dr. Victor Kabbany from Lakewood Regional Medical Center to learn how to take care of your kidneys.

272015 Free
Wed., Feb. 28 1 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 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.

La Brea Tar Pits and Flavors of Farmers Market: A Taste of LA History Tour

Experience the world's only active, urban Ice Age excavation site at La Brea Tar Pits. Join us and discover the mysteries of the Ice Age revealed. It's science in action, right in the heart of Los Angeles. Next, enjoy the "A Taste of LA History with the Flavors of the Farmers Market" tour. This walking tour covers the complete history of Farmers Market and its longtime merchants and family legacies. The tour is 75 minutes and includes four generous tastings. Amount of food equates to a "generous light meal" (not a full meal). There will be opportunities to purchase and eat more food along the tour route.

273065 \$40/person
Tues., Mar. 6 9 a.m.-3 p.m.

Registration: Resident Fri., Jan. 12
Non-resident Fri., Jan. 19

Senior Technology Workshops With Technior: Whitney High School Branch

In these workshops, Whitney High School students will be teaching course curriculum detailing different forms of technology, from cell phones to computers and much more. Through free well-paced classes with understandable curriculum, students aim and aspire to assist seniors with whatever help that they may require.

271348 Free
Tues., Jan. 2-30 2-3 p.m.

271349 Free
Tues., Feb. 6-27 2-3 p.m.

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