

C e r r i t o s

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.

“Enjoy the Journey” Women’s Day Luncheon

Enjoying life is an attitude. We can learn how to appreciate where we are on the way to where we are going! In other words, enjoy the journey. Let’s help others to enjoy by bringing something to share with your table and something to donate for women less fortunate (a list of items will be made available at registration). The luncheon will feature a delicious meal and a lovely dessert.

276915 \$18/person
Fri., May 11 1-3:30 p.m.

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

Women’s Day Floral Corsage Class

Beautiful things often come in small packages! Learn how to create your very own corsage to wear for our Women’s Day Luncheon!

271315 Free/with purchase
of Women’s Day
Luncheon ticket
Thurs., May 10 9-11 a.m.

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

Floral Arranging

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

271360 \$15
Wed., Apr. 11 10:30 a.m.-noon

271361 \$15
Wed., May 9 10:30 a.m.-noon

Fiesta Flower Bouquet

Join a representative from Central Health Medicare Plan and create a colorful flower bouquet in honor of Cinco de Mayo.

271323 Free
Thurs., May 3 1-3 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. 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.*

272825 \$23/5 classes
Wed., Apr. 18-May 16 6:30-7:30 p.m.

Sock Spring Bunny Craft

A representative from Central Health Medicare Plan will teach participants how to create their own bunny out of a sock and a colorful cloth.

271322 Free
Thurs., Apr. 5 1-3 p.m.

Texas Hold ‘em

Participate in a Texas Hold ‘em tournament and make new friends while learning proper wagering techniques as well as the odds of winning hands.

276787 Free
Wed., May 2-23 4-6 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
272834 \$20/8 classes
Tues., May 29-July 17 9:15-10:15 a.m.

Registration: Resident Tues., May 1
Non-resident Tues., May 8

Intermediate
276765 \$25/8 classes
Tues., May 29-July 17 10:40 a.m.-12:10 p.m.

Registration: Resident Tues., May 1
Non-resident Tues., May 8

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.

271333 \$35/5 classes
Tues., May 8-June 5 6-8 p.m.

Art for Seniors

Instructor Claudia Hindu will teach participants 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.

271358 \$30/5 classes
Tues., May 22-June 19 10-11 a.m.

Pilates Plus More

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

272816 \$15/5 classes
Mon., Apr. 16-May 14 6:45-7:45 p.m.

Ukulele

A senior volunteer will teach participants how to listen to and play the ukulele, a significant Hawaiian tradition. Students may sign up for one class only. Registration is under way. Registration will end two weeks after class begins.

Beginning

276768 Free/12 classes
Fri., June 8-Aug. 24 8:30-9:30 a.m.

Registration: Resident Fri., Apr. 27
Non-resident Fri., May 4

Intermediate/Advanced

276769 Free/12 classes
Fri., June 8-Aug. 24 9:30-10:30 a.m.

Registration: Resident Fri., Apr. 27
Non-resident Fri., May 4

Longevity Stick Art

The “Longevity Stick” regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. This class is held outdoors. In the case of inclement weather, class will not be held.

Drop-in Free
Tues.-Fri. 9-10 a.m.

Strength, Balance & Core Training

Join instructor Lola Ramos for small group personalized training using an exercise ball and weights to improve strength, balance and overall health while reducing the risk of osteoporosis.

272818 \$20/5 classes
Mon., Apr. 16-May 14 5:30-6:30 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.

Magic Class

Todd Reis leads this exciting new magic class. Learn how to do basic card tricks and trick puzzles.

271564	\$20/4 classes
Tues., Apr. 3-24	1-2:15 p.m.
271565	\$20/4 classes
Tues., May 8-29	1-2:15 p.m.

iPad/iPhone Basics

A representative from Central Health Medicare Plan will discuss the basics of operating an iPad or iPhone and how to get the most out of these popular Apple products.

271573	Free
Thurs., Apr. 19	1-3 p.m.
271572	Free
Thurs., May 17	1-3 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., Apr. 20	10 a.m.
Drop-In	Free
Fri., May 18	10 a.m.

Brain Health

Join Vernon Atwood from Right at Home In-Home Care & Assistance to learn about the latest research on Alzheimer's disease and how to keep your brain healthy and active. A screening of the video "Feel Grand" featuring Jane Seymour will be included.

271496	Free
Tues., Apr. 10	10 a.m.

Low Income Subsidy Seminar

Jackie Sahagun from HealthCare Access will discuss Social Security and Medicare and how Low Income Subsidy can help with the cost of prescription drugs. Discover what Medicare plans are best for you.

275818	Free
Wed., May 16	10 a.m.

Stroke 101

What is a stroke? Ashley C. Hooks BSN, RN, PHN from Lakewood Regional Medical Center will discuss the difference between an ischemic and a hemorrhagic stroke and TIAs. Attendees will also learn to identify key risk factors that can lead to stroke, and to recognize the signs and symptoms of stroke.

274965	Free
Wed., Apr. 25	1 p.m.

Medicare 101

Join Jackie Sahagun from HealthCare Access to learn about the basics of Medicare, when to enroll, the Medicare options available and what to do if changes need to be made.

275819	Free
Tues., Apr. 17	10 a.m.

Healthy Sleep

Sleep is vital to your physical and mental health, but how can you tell whether you're truly sleeping well? Linda Kadlac from Humana will teach you how to get a good night's sleep and how it can improve overall health.

274967	Free
Mon., Apr. 16	10 a.m.

Alternatives to Pain Medication

Pain medication is on the rise in the United States and we consume 99 percent of hydrocodone produced worldwide. Join Dr. Danh Ngo from ReVITALize Rehab Club to learn what alternatives there are to pain medication and which ones are appropriate for you.

271543	Free
Wed., Apr. 18	10 a.m.

Guided Autobiography I

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 five-week class that imparts the tools for writing your life story. Space is limited.

275065	Free
Mon., Apr. 23-May 21	10 a.m.-noon

Living With Arthritis

Arthritis is common among older adults, but that doesn't mean that joint pain has to be. Join Jenny Alcalá-Alonzo from Independence at Home to learn how to better manage arthritis with some helpful tips.

271378	Free
Thurs., May 10	1 p.m.

Guaranteed Income With No Annual Fees

Join Gary Watkins from Watkins Retirement Services to learn about guaranteed safe programs that provide lifetime income without causing you to lose control of your money.

271504	Free
Wed., Apr. 4	1 p.m.

Feel Grand: Nutrition

Dr. Pamela Peeke and Vernon Atwood from Right at Home In-Home Care & Assistance will discuss the growing diabetes epidemic among baby boomers, treatments and preventative steps to take to be healthier. A screening of the video "Feel Grand" featuring Jane Seymour will be included.

271367	Free
Tues., May 22	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 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 at the Cerritos Sports Complex front lot located 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.

The Los Angeles County Arboretum & Botanic Garden

The Los Angeles County Arboretum and Botanic Garden is a unique 127-acre botanical garden and historical site located in what was the heart of the historic Rancho Santa Anita in the City of Arcadia. Experience the wonders of the Arboretum as you spend an enjoyable morning walking with a knowledgeable volunteer docent. With so much to see at the Arboretum, be sure to wear comfortable walking shoes. Bring your own lunch for a picnic or grab a bite to eat at the Peacock Café.

Please note: this excursion is for persons of reasonably good health who are capable of a substantial amount of walking.

276865	\$10/person
Tues., May 22	9 a.m.-1:30 p.m.

Registration: Resident	Fri., Apr. 13
Non-resident	Fri., Apr. 20

Hearing Screening

Are you experiencing hearing loss? Hearing loss is one of the most common and easily treatable health problems, affecting one in three adults over age 60. Join Jonas Holl from Connect Hearing for a hearing screening to see if this health problem is affecting you. Make an appointment at the Reception Desk.

Appt. required	Free
Thurs., May 17	10 a.m.

**Appts. begin Thurs., Apr. 12*

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