

# Senior Connection



Cerritos Senior Center at Pat Nixon Park

October through December 2016

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## SENIOR CENTER CLOSURES

Friday, **Oct. 7** immediately following the annual Health & Wellness Fair

Friday, **Nov. 11** in observance of Veterans Day

Wednesday, **Nov. 23** close at 5 p.m.

Thursday, **Nov. 24** and Friday, **Nov. 25** in observance of Thanksgiving

Friday, **Dec. 23** and Monday, **Dec. 26** in observance of Christmas Eve and Christmas Day

Monday, **Jan. 2** in observance of New Year's Day

## SPECIAL EVENTS

### *2016 Health and Wellness Fair "Making Healthy Aging a Priority"*

#### Free

The Cerritos Senior Center's annual Health and Wellness Fair links seniors to resources that encourage a healthy, well-rounded approach to aging. Seniors, age 50 years and older, may participate in the screenings. Photo ID with current address will be needed to enter.

Flu shots will NOT be offered this year, however, a list of participating pharmacies, drug stores, local medical facilities and Los Angeles County flu shot fairs will be provided at the Center's Reception Desk. It is highly recommended for seniors to talk with their doctors to access flu shots, which may be covered under medical insurance and Medicare.

We encourage our guests to carpool or use alternative forms of transportation, as parking is limited. Routine activities and classes will not occur on this day, and may end early the day before (see below). The entire Senior Center will close immediately following the event.

<b>Fri., Oct. 7</b>	8:30 a.m. - noon	Cerritos Residents
	9 a.m. - noon	General Public

#### Thurs., Oct. 6 Closures

- Cancelled: Ping Pong, Formosa Seniors Association and Fil-Am Seniors
- Early Closures: Happy Seniors Association and Billiards Room, 4 p.m.; Fitness Center, 7:30 p.m.

#### Fri., Oct. 7 Closures

- Cancelled: Ping Pong, Ukulele, Chorus, Game Day, Mahjong, Movie Matinee, ABC Morning Workout with Todd and Filipino Seniors
- No Senior Center Fitness Center access

## SENIOR CENTER HOURS

Monday - Thursday **7:30 a.m. - 9 p.m.**  
Friday **7:30 a.m. - 4:30 p.m.**  
Closed Saturday and Sunday



## OCTOBER IS ARTS MONTH

Each October, the City of Cerritos participates in the National Arts & Humanities Month. The Cerritos Senior Center participates by showcasing different classes, hobby-based projects, culturally diverse activities and senior club offerings throughout the month.

Please look for this stamp throughout this issue indicating Arts & Humanities Month programs and activities.



### Nutcracker Dinner Dance

**\$18 per senior**

Are you ready to get the holiday party crackin'? Join us for our Nutcracker Holiday Dinner Dance. Enjoy great-tasting food, a night of dancing and a toast to 2017! As always, guests must be 50 years and older.

<b>252865</b>	Fri., Dec. 16	6 – 10 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Oct. 28</i>
	<i>Non-resident</i>	<i>Fri., Nov. 4</i>

### Fall Taste of the Season

**Free**

Leaves are changing and the cooler weather is coming! Come and sit in front of the fireplace and enjoy the splendor of fall with friends. Light refreshments will be provided. No registration is required.

<b>Drop-in</b>	Thurs., Nov. 10	3-5 p.m.
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### Holiday Giving

This holiday season, residents are invited to donate to local community programs to help make the season brighter for less-fortunate children. Programs included are Toys for Tots, The Salvation Army Angel Giving Tree and The Artesia-Cerritos Community Christmas Program. For details, please call the Community Participation Division at (562) 865-8101.

## SPECIAL ACTIVITIES

### Lighten Up with Laughter



**Free**

Join Sudha Tendulkar, Cerritos resident volunteer instructor, to enjoy a little laughter and humor with friends.

<b>Drop-in</b>	Wed.	2-3:30 p.m.
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### Book Club

**Free**

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 and all participants will receive group guidelines on the first day of class.

<b>Drop-in</b>	Mon., Oct. 24	1-3 p.m.
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<b>Drop-in</b>	Mon., Nov. 28	1-3 p.m.
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*No meeting on Mon., Dec. 26 due to holiday closure.*

### Computer Group

**Free**

Join a group of fellow seniors to explore the computer hard drive and discuss new computer technology. Group members must have prior computer knowledge.

<b>Drop-in</b>	Tues.	noon-4 p.m.
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### Bible Study

**Free**

Join this volunteer-led group and share points of view in a safe and open environment.

<b>Drop-in</b>	Thurs.	10 a.m.-noon
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### Life Stories



**Free**

Join a volunteer instructor and other seniors to assist you in writing your life story.

<b>Drop-in</b>	Tues.	2-4 p.m.
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# SENIOR EXCURSIONS

## Holiday Shopping at the Citadel

\$15/person

Join us to get a jump on holiday shopping at the Citadel Outlets, now boasting 130 brand-name stores offering 30-70% off retail prices and 700,000 square feet of fabulous outlet shopping. Lunch will be on your own at any of the restaurants at the Citadel.

<b>252615</b>	Wed., Nov. 30	9 a.m.-3 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Oct. 14</i>
	<i>Non-resident</i>	<i>Fri., Oct. 21</i>

## The Nixon Library

\$30/person

Join us for a self-guided tour of the Nixon Presidential Library and Museum in Yorba Linda. The museum features 70 major exhibits, including an exact replica of President Nixon’s Oval Office and an extensive exhibit on Nixon’s historic trip to China. After the Nixon Library, we will travel to nearby Brea Mall where lunch will be on your own at any of its many restaurants.

<b>252616</b>	Thurs., Jan. 19	9 a.m.-4 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Dec. 2</i>
	<i>Non-resident</i>	<i>Fri., Dec. 9</i>

# TRAVEL POLICY

Please join us for the exciting excursions listed here. 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 Ave.

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.

# HEALTHY, HAPPY HOLIDAYS

## Healthy Eating for the Holidays

Free

Holiday meals can be a temptation, but a few simple techniques can keep you on track with your goals. Join Sandra Acevado from Pioneer Medical Group to learn how to read food labels, how to count carbohydrates and some new nutrition-friendly holiday recipes.

<b>250918</b>	Mon., Nov. 21	1 p.m.
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## Beat the Holiday Blues

Free

Holidays can be a challenging time for seniors who have suffered a loss or are feeling alone and without family and social support. Join Sydney Woods from LA County Mental Health to discuss strategies to combat feelings of sadness or “the blues” during the holiday season.

<b>250917</b>	Wed., Dec. 21	10 a.m.
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## Friday Movie Matinee

### Free

Movies shown are rated "G" to "PG-13." Please note that movie titles are subject to change based on availability. Please stop by the Reception Desk to pick up a list of movies and a synopsis of content offered for each month. Visual captions will be in play only if a patron requests this option prior to the start of the movie, and only if the movie offers the caption option.

<b>Drop-in</b>	Fri.	1-3 p.m.
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## Ultimate Optimist

### Free

Join volunteer instructor Sudha Tendulkar every Thursday for this class and learn to become the ultimate optimist. Learn tips to think differently and create a life that honors your deepest desires by using daily affirmations that keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity and more.

<b>Drop-in</b>	Thurs.	9-10 a.m.
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## Backgammon

### Free

Join the volunteer-led backgammon group and learn how to play this fun board game.

<b>Drop-in</b>	Mon.	10 a.m.-noon
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## Social Clubs

Cerritos Senior Center hosts an array of social clubs. For a full list of approved Cerritos Senior Center clubs, please contact Cynthia Navarrete at (562) 916-8550 or visit the Reception Desk.

## SENIOR GAMES

Registration for all senior games is underway at the Cerritos Senior Center unless noted.

## Bingo

### Free

All seniors are welcome. Feel free to bring your own snacks and treats to share while playing a game of bingo.

<b>Drop-in</b>	Thurs.	1-2:30 p.m.
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## Bridge

### Free

Join instructor Sue Sood to learn how to play bridge.

<b>Drop-in</b>	Tues.	9-11 a.m.
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*No Bridge on Tues., Nov. 8 due to Presidential Election*

## Wii™ Bowling & Game Day

### Free

Join fellow seniors for 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

<b>Drop-in</b>	1st & 3rd Fri.	9 a.m.-noon
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*No Game Day on Fri., Oct. 7 due to Health & Wellness Fair.*

### Wii Tournaments

<b>245797</b>	Fri., Oct. 21	9 a.m.-noon
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<b>245798</b>	Fri., Dec. 16	9 a.m.-noon
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## Bunco

**Free**

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

<b>245916</b>	Wed., Oct. 26	6:30-8:30 p.m.
<b>245917</b>	Wed., Nov. 30	6:30-8:30 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Wed., Oct. 19</i>
	<i>Non-resident</i>	<i>Wed., Oct. 26</i>
<b>245918</b>	Wed., Dec. 28	6:30-8:30 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Wed., Nov. 23</i>
	<i>Non-resident</i>	<i>Wed., Nov. 30</i>

## Billiard Tournament

**Free**

An intermediate tournament is held the first Monday of every month. If a holiday falls on the first Monday, the tournament will be held on the second Monday of the month. Open play is closed during all tournaments. No refreshments or food is allowed in the billiards rooms.

<b>Open Play</b>	Mon.-Thurs.	7:30 a.m.-9 p.m.
<b>Open Play</b>	Fri.	7:30 a.m.-4:30 p.m.
<b>246715</b>	Mon., Oct. 3	9-11 a.m.
<b>246716</b>	Mon., Nov. 7	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 3</i>
	<i>Non-resident</i>	<i>Mon., Oct. 10</i>
<b>246717</b>	Mon., Dec. 5	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Nov. 7</i>
	<i>Non-resident</i>	<i>Mon., Nov. 14</i>

## Cerritos Wei Qi

**Free**

Wei Qi is a chess game originating in China. Some knowledge of the game is required to participate in the group.

<b>Drop-in</b>	Tues.	1-4 p.m.
<i>No class on Tues., Nov. 8 due to presidential election.</i>		

## Ping-Pong

**Free**

Join your friends on the second and fourth Tuesdays and Thursdays for singles play and the first and third Tuesdays and Thursdays for doubles play.

<b>Drop-in</b>	Tues./Thurs.	5:15-8:45 p.m.
<b>Drop-in</b>	Fri.	7:30 a.m.-noon
<i>No Ping-Pong on Thurs., Oct. 6 and Fri., Oct. 7 due to Health &amp; Wellness Fair.</i>		
<i>No Ping-Pong on Tues., Nov. 8 due to presidential election.</i>		
<i>No Ping-Pong on Fri., Nov. 11, Thurs., Nov. 24, Fri., Nov. 25 and Fri., Dec. 23 due to holiday closures.</i>		

## Texas Hold 'em

**Free**

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

<b>252667</b>	Wed., Nov. 2-30	4-6 p.m.
<i>No class on Wed., Nov. 23 due to early Center closure.</i>		
<i>Only practice play for the months of October and December.</i>		

## Mahjong

**Free**

Join instructor Feng-Chen Kung on the first and third Friday of every month to learn Mahjong, a Chinese board game that gained U.S. popularity in the 1920s.

<b>245924</b>	Fri., Oct. 21	1-4 p.m.
<b>245840</b>	Fri., Nov. 4	1-4 p.m.
<b>245841</b>	Fri., Nov. 18	1-4 p.m.
<b>245842</b>	Fri., Dec. 2	1-4 p.m.
<b>245925</b>	Fri., Dec. 16	1-4 p.m.
<i>No Mahjong on Fri., Oct. 7 due to Health &amp; Wellness Fair.</i>		



## SENIOR ARTS

Registration for all senior art classes is underway at the Cerritos Senior Center unless noted.

### Art for Seniors

\$36/6 classes



Join instructor Claudia Hindu and learn how to create beautiful art. Learn still-life rendering fundamentals of contour, perspective, shading and proportion. A \$10 material fee will be due on the first day of class.

**245769** Mon., Nov. 7 - Dec. 12 10-11 a.m.

**252419** Mon., Jan. 9 - Feb. 27 10-11 a.m.

*No class on Mon., Jan. 16 and Mon., Feb. 20 due to holiday closures.*

### Origami

\$5 per class



Join this volunteer-led beginning paper-folding class to explore the fun of Origami: one square sheet, no cutting, no glue! Beginners welcome. Origami paper will be provided.

**245816** Thurs., Oct. 20 1-2:30 p.m.

**252365** Thurs., Nov. 17 1-2:30 p.m.

**252366** Thurs., Dec. 15 1-2:30 p.m.

### Chinese Brush Calligraphy



Free

Join this volunteer-led group to learn Chinese Calligraphy. This group meets on the fourth Tuesday of every month and all levels are welcome. Please bring calligraphy pens, brushes and paper.

**Drop-in** Tues., Oct. 25 1-4 p.m.

**Drop-in** Tues., Nov. 22 1-4 p.m.

**Drop-in** Tues., Dec. 27 1-4 p.m.

### Cerritos Quilting



Free

Join volunteer instructor Phyllis DeKriek for a fun quilting class. You will learn the proper techniques of needlework to make the perfect quilt.

**Drop-in** Mon. 5-8:30 p.m.

### Knitting & Crocheting



Join instructor Candace Broecker to explore the many creations you can give as homemade gifts that add a personal touch for your loved ones.

\$35/5 classes

**245804** Tues., Oct. 18-  
Nov. 15 6-8 p.m.

\$28/4 classes

**245808** Tues., Nov. 29-  
Dec. 20 6-8 p.m.

### Handcrafters



Free

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

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

### Magic Class



\$20/4 classes

Join Todd Reis for an exciting magic class. Learn how to do basic card tricks and trick puzzles.

**245766** Tues., Oct. 4-25 1-2:15 p.m.

**245767** Tues., Nov. 1-22 1-2:15 p.m.

**245768** Tues., Dec. 6-27 1-2:15 p.m.

### Halloween Bracelet



\$20/1 class

Join Karon Cotton to learn how to create the perfect Halloween accessory you can wear year after year. All levels are welcome. There is a \$10 material fee due to the instructor at the beginning of the class.

**245794** Thurs., Oct. 13 1-2:30 p.m.

### Jewelry Making

\$20/1 class

Join Karon Cotton to learn how to create the perfect jewelry. Choose from one of five projects. There is a \$10 material fee due to the instructor at the beginning of the class.

**245802** Wed., Nov. 9 7-8:30 p.m.





## Hula

### Free/12 classes

Learn Hula with instructor Hedy Harrison. Understand authentic Hawaiian Hula dancing as well as the rich history of the Polynesian culture. Seniors may register for only one level. Registration must be done in person, per instructor's request. Registration will end two weeks after class begins.

### Beginning

<b>252316</b>	Wed., Jan. 4-Mar. 22	10 a.m.-noon
<i>Registration</i>	<i>Resident</i>	<i>Wed., Nov. 30</i>
	<i>Non-resident</i>	<i>Wed., Dec. 7</i>

### Advanced

<b>252315</b>	Thurs., Jan. 5-Mar. 23	10 a.m.-noon
<i>Registration</i>	<i>Resident</i>	<i>Thurs., Dec. 1</i>
	<i>Non-resident</i>	<i>Thurs., Dec. 8</i>

## Ukulele

### Free/10 classes

Join a senior volunteer to learn, listen and play ukulele, a significant Hawaiian tradition. Students may sign up for one class only. Registration is underway. Registration will end two weeks after class begins.

### Beginning

<b>252265</b>	Fri., Feb. 3-Apr. 7	8:30-9:30 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Dec. 9</i>
	<i>Non-resident</i>	<i>Fri., Dec. 16</i>

### Intermediate/Advanced

<b>252266</b>	Fri., Feb. 3-Apr. 7	9:30-10:30 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Dec. 9</i>
	<i>Non-resident</i>	<i>Fri., Dec. 16</i>

## Guitar

### Free

Join this volunteer-led group for a guitar play session. Some knowledge of guitar playing is required.

<b>Drop-in</b>	Tues.	9:30 a.m.-12:30 p.m.
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## Karaoke

### Free

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.

<b>Drop-in</b>	1st & 3rd Wed.	4:30-9 p.m.
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## Chorus

### Free

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

<b>Drop-in</b>	Fri.	10-11:15 a.m.
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## AARP SMART DRIVING

### AARP Members \$15 / Non-Members \$20

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.

Seniors who have attended an 8-hour session in the past four years may be eligible to take the 4-hour session. It is up to your automobile insurance company whether to accept the 4-hour class certificate, so please check with the insurance company before taking the 4-hour class.

Checks are to be made payable to AARP at the time of registration; cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.) Please bring a stamped self-addressed envelope.

<b>250716</b>	Tues., Nov. 1	8:30 a.m.-1 p.m.
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<b>250965</b>	*Tues. & Thurs., Dec. 13 & 15	noon-4:30 p.m.
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*\*Participants must attend both Tues. & Thurs.*

*Please bring a stamped self-addressed envelope.*



## SENIOR SPORTS & FITNESS

All registration for senior sports and fitness activities is underway at the Cerritos Senior Center unless otherwise noted. Additional sports and fitness classes are available through ABC Adult School and Cerritos College; visit the Reception Desk for complete details.

### Senior Fitness Center

Membership is limited to Cerritos residents, age 50 or older for a fee of \$50 per year. All seniors must attend a fitness orientation and submit a completed waiver to qualify for membership. Please bring proper proof of Cerritos residency, for example, 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.

In March 2016 the Fitness Center reached its 10th Anniversary milestone. To celebrate, new members and seniors who renew their membership will receive a commemorative 10th Anniversary fitness towel until March 10, 2017. For more information, please visit the Fitness Center desk.

#### Fitness Orientations

Mondays	7:30 p.m.
Fridays	10 a.m.

#### Fitness Center Hours

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

### Volleyball

**Free**

Join Sherry Forbes for coed, non-competitive recreational volleyball. Class meets at the Cerritos High School Community Gymnasium. All levels are welcome.

<b>Drop-in</b>	Tues./Thurs.	5:30-7:30 p.m.
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*No Volleyball on Tues., Oct. 18 due to gym maintenance.*

### Evening Yoga

**\$30/14 classes**

Join instructor Michael Jackson for a seven-week session. All levels welcome.

<b>246188</b>	Mon./Wed., Nov. 7-Dec. 28	5-6 p.m.
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*No class on Wed., Nov. 23 and Mon., Dec. 26 due to holidays.*

<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 10</i>
	<i>Non-Resident</i>	<i>Mon., Oct. 17</i>

### Longevity Stick Art



**Free**

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.

<b>Drop-in</b>	Tues.-Fri.	9-10 a.m.
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### Reiki

**Free**

Join instructor Nancy Rosenberg for this healing class. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is made of two Japanese words - Rei, which means "God's wisdom or the Higher Power," and Ki, which means "life force energy." So, Reiki actually means "spiritually-guided life force energy."

<b>246178</b>	Wed., Oct. 19	10:30 a.m.- 12:30 p.m.
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<b>246179</b>	Wed., Nov. 16	10:30 a.m.- 12:30 p.m.
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### Wii™ Fit in the Evenings

**Free**

Would you like to learn how to use the Wii Fit? Training is offered to Fitness Center members. The Wii Fit allows you to check your body mass index and fitness age and to follow exercises designed to help improve your balance. A volunteer/staff will guide you through the process. Please inquire at the Fitness Center counter or Reception Desk.

<b>Appointment Required</b>	2nd & 4th Tues.	6-8 p.m.
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## Ask the Expert

### Free

Meet with Ni Bueno, Ph.D., a lifestyle coach for over 20 years. She provides expert information about weight management, women's health, wellness, time management, fitness and stress management (She is not a physician and will not give medical advice). Call or stop by the Reception Desk for an appointment.

<b>Appointment Required</b>	3rd Mon.	4:30-5:45 p.m.
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## Fitness Consultations

### Free

Take the first step to a better, more fit and healthier lifestyle. Meet with fitness expert Lola Ramos and receive a workout program tailored to your individual goals.

<b>Appointment Required</b>	1st Mon.	4:15- 5:15 p.m.
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*\*Fitness Center members only.*

## Strength, Balance & Core Training

### \$20/5 classes

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.

<b>246191</b>	Mon., Nov. 14– Dec. 12	5:30-6:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 3</i>
	<i>Non-resident</i>	<i>Mon., Oct. 10</i>

## Pilates Plus More

### \$15/5 classes

Join instructor Lola Ramos and learn PiYo Plus. PiYo is a practical approach to Pilates and Yoga that will help improve flexibility while teaching the basics of breathing and strengthening. Please bring your own yoga mat to class.

<b>246180</b>	Mon., Nov. 14– Dec. 12	6:45-7:45 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 3</i>
	<i>Non-resident</i>	<i>Mon., Oct. 10</i>

## INFORMATION & REFERRAL

The Senior Center offers referrals for a variety of resources, some of which include 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.

## Legal Advice and Referral

### Free\*

Volunteer attorneys provide free legal advice and referrals. Call (562) 865-8101 to schedule an appointment.

<b>Appointment Required</b>	2nd & 4th Tues.	7 p.m.
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*\*Cerritos residents only.*

## HUMAN SERVICES

### Home-Delivered Meals

#### Donation Suggested

Meals are delivered by the Human Services Association (H.S.A.) for Cerritos homebound seniors. For more information, contact HSA at (562) 806-5400.

<b>Appointment Required</b>	Mon.- Fri.
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### Human Services Association (H.S.A.) Daily Lunch

**Suggested Donation: 60+: \$2.25/50-59:\$4.50**

A nutritious lunch is provided by H.S.A. at the Cerritos Senior Center. Reservations must be made in the lunch room or by calling (562) 916-8555 before 11 a.m. the day prior to attending lunch.

<b>Reservation Required</b>	Mon.-Fri.	noon
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*Sack lunch will be offered on Fri., Oct. 7 due to Health & Wellness Fair.*

*No lunch offered on Fri., Nov. 11, Thurs., Nov. 24, Fri., Nov. 25, Fri., Dec. 23 and Mon., Dec. 26 due to holidays.*



## Care Management

Free\*

Care Manager Flor Aguiluz from H.S.A. is available at the Cerritos Senior Center to assist with supportive services to help keep aging seniors living independently in their homes.

**Appointment** Thurs. 9:30 a.m.-noon  
**Required**

*\*Cerritos residents only.*

## MEDICARE LECTURES

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

Free

Visit with Medicare Specialist Angel Tejada, a volunteer from the Center for Healthcare Rights, to receive impartial, one-on-one assistance to understand your individualized Medicare plan. Call or visit the Cerritos Senior Center to schedule an appointment.\*

**Appointment** 1st Tues. 1 p.m. & 2 p.m.  
**Required**

*\*Los Angeles County residents only.*

### Medicare 101

Free

Join Rosa Phillips from HealthCare Partners to learn when you are eligible for Medicare; the differences between original Medicare, HMO's, Medicare Advantage plans and PPOs; and how to get the most from Medicare benefits.

245823 Tues., Oct. 11 10 a.m.

250765 Thurs., Nov. 3 10 a.m.

## HEALTH & WELLNESS LECTURES

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter. Seniors need to gather information to make the best PERSONAL decision on presented information.

### Coffee with the Doc

Free

Join a doctor from Pioneer Medical Group every 2nd Wednesday of the month for a presentation on a variety of health-related topics while enjoying coffee and a light refreshments. Pre-registration is required.

245934 Wed., Oct. 12 8 a.m.

245933 Wed., Nov. 9 8 a.m.

245908 Wed., Dec. 14 8 a.m.

### Understanding Cancer

Free

Join Mary Welch, MS, FNP, AOCN from Long Beach Memorial to understand what cancer is and discuss some risk factors for developing cancer. Learn about the mechanisms in which cancer can grow and how to prevent it.

245780 Mon., Oct. 3 1 p.m.

### Preventing Elder Abuse

Free

Statistics show that the occurrence of elder abuse is on the rise. Join Vernon Atwood from Right at Home to discuss the problems, perpetrators and prevention of elder abuse.

245782 Wed., Oct. 5 10 a.m.



## Stroke Seminars & Screening

**Free**

Experts say that 80% of all strokes are preventable. The key to prevention is knowledge. Join Renee Mazeroll, RN, from the RTH Stroke Foundation to learn what the risk factors are for strokes and what you can do to mitigate these factors in your own life. \*You must attend lecture to take advantage of screening; space is limited.

### Stroke and High Blood Pressure & Blood Pressure Screening\*

245787	Thurs., Oct. 6	10 a.m.
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### Stroke, Diet and Exercise & Blood Pressure Screening\*

245857	Wed., Nov. 9	10 a.m.
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### Stroke and Diabetes & Carotid Artery Screening\*

245779	Tues., Dec. 6	10 a.m.
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## Options in Senior Care

**Free**

There are many choices in senior care to choose from. Which one will be right for you? Join Kris Schero from Vintage Cerritos to learn about the many options in senior care, from assisted living to convalescent care.

245783	Thurs., Oct. 13	10 a.m.
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## Depression, Dementia & Delirium

**Free**

Depression affects more people than any other mental health condition in America. Could it be affecting you? Join John Nguyen from CNS Trials to gain insight on depression and learn realistic steps to take to prevent it.

244048	Mon., Oct. 17	1 p.m.
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## Advance Funeral Arrangements

**Free**

It's not always easy to talk about funeral planning with your family. Join Mike Motlagh from Forest Lawn to learn the importance of making appropriate arrangements for a funeral in advance.

245811	Tues., Oct. 18	10 a.m.
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250766	Thurs., Nov. 10	10 a.m.
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## Breast Cancer Awareness

**Free**

Breast cancer is the most common cancer among women worldwide. Join Stephanie Brown from PIH Health to learn about the disease and treatment options.

245851	Wed., Oct. 19	10 a.m.
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## Handling the Holidays

**Free**

Facing the holidays after the death of a loved one is often a very emotional and difficult task. Join Pathways Volunteer Hospice's grief counselors to help you prepare for the days to come with a measure of hope, comfort and peace.

245784	Thurs., Oct. 20	10 a.m.
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## Alzheimer's Support Group

**Free**

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.

245881	Fri., Oct. 21	10 a.m.
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251065	Fri., Nov. 18	10 a.m.
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250865	Fri., Dec. 16	10 a.m.
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## Fall Prevention: What You Need To Do To Prevent Falls

**Free**

Falls are not the result of getting older; falls can be prevented. Join James Lee, D.P.M. from Pioneer Medical Group to learn how changing some of the items in your home or surroundings can reduce the risk of falling or serious injury.

245822	Wed., Oct. 26	1 p.m.
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## ***Doc Talk: Gout***

**Free**

Join Dr. Francisco Badar from HealthCare Partners and learn about gout. Discuss what gout is, who is affected, risk factors and prevention.

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245845      Thurs., Oct. 27      9 a.m.

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## ***Making Home Safe***

**Free**

Join a representative from Alzheimer's Greater Los Angeles to understand, manage and improve the safety risk factors that can seriously impact loved ones with Alzheimer's or dementia and their ability to stay at home.

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245789      Fri., Oct. 28      10 a.m.

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## ***How to Talk to Your Doctor***

**Free**

Talking to your doctor about health problems can be scary. Join Dr. Francisco Badar from Infinity Health Consultancy Services to find out what questions to ask your doctor. Learn how to prepare a list of symptoms and medications, and understand the importance of having a caregiver or family member present.

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245790      Fri., Nov. 4      10 a.m.

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## ***Managing Stress While Caring for a Loved One***

**Free**

As a family caregiver, the better you take care of yourself, the better care you can give. Join Vernon Atwood from Right at Home to understand the top sources and effects of stress. Determine your level of stress and practice coping skills and healthy behaviors.

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245824      Mon., Nov. 7      10 a.m.

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## ***Effects of Smoke and Secondhand Smoke***

**Free**

Smoking is an unhealthy habit that many have acquired through the years. Join Debbie Oats, RN from Long Beach Memorial, to learn how smoking affects your overall health as well as the effects of secondhand smoke on those around you.

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250815      Mon., Nov. 14      1 p.m.

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## ***Stop Falling! Home Safety & Preventing Falls and Injuries***

**Free**

One out of every three people over 65 will have a fall this year, leading to emergency room visits, hospital stays and even nursing home placement. Join Jenny Alcalá-Alonzo from Independence at Home and learn how to identify fall risks in your life.

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245785      Tues., Nov. 15      1 p.m.

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## ***Shingles***

**Free**

Join a representative from Healthcare Partners to learn about the risk factors of shingles, what causes them and who is affected by them.

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245910      Thurs., Nov. 17      10 a.m.

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## ***Health, Wellness & Wholeness***

**Free**

Join Sydney Woods from Los Angeles County of Mental Health to discover how staying emotionally and physically fit can keep you healthy and positive.

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245801      Mon., Nov. 28      1 p.m.

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## ***Brain Health***

**Free**

With the growing awareness of Alzheimer's disease and related dementia, there is greater concern for maintaining brain function and avoiding disease. Join John Nguyen from CNS Trials to learn how to maintain a healthy brain.

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244136      Tues., Nov. 29      10 a.m.

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## Hospice 101

Free

Many people hear the word hospice and immediately think death is imminent. This is one of the biggest misconceptions surrounding hospice. Join Vickie Kaefer from Pathways Volunteer Hospice to learn how hospice focuses on living and helps to support the entire family.

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245805      Wed., Nov. 30      10 a.m.

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## Guided Autobiography

Free

Guided Autobiography is a process that helps you recall and record the significant moments of your life. Join Teri Hershberg from Independence at Home, trained by Birren Center for Autobiographical Studies, to learn the tools for writing your own life story.

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245878      Thurs., Dec. 1-29      10 a.m.-noon

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## Ethical Wills

Free

An Ethical Will focuses on the life lessons and values we want to leave behind, not the things we own. Join Vickie Kaefer from Pathways to learn how to leave your legacy to the ones you love.

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250915      Wed., Dec. 7      10 a.m.

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## Advance Funeral Planning

Free

It's not always easy to talk about funeral planning. Join Sheryl Nguyen from Rose Hills to learn the importance of making appropriate arrangements for a funeral in advance.

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250916      Wed., Dec. 7      1 p.m.

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## Migraines vs. Headaches

Free

When there is pressure or pain in your head, it can be difficult to tell whether you are experiencing a typical headache or a migraine. Join John Nguyen from CNS Trials to understand the difference and treatment options.

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251215      Fri., Dec. 9      1 p.m.

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## Fixing Your Nutrition

Free

As we age, many problems can arise that can lead to poor nutrition, including physical pain while eating and changes in taste. Join Vernon Atwood from Right at Home to learn ways to improve your diet with healthy snacks, meals and smart food substitutions that taste delicious and won't leave you hungry.

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245800      Mon., Dec. 12      10 a.m.

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## Burn Prevention for Seniors

Free

Older adults are vulnerable to burns and fires due to attitude, health and mobility concerns, smoking behaviors and memory impairment. Join Debbie Karaman, MPH from the Grossman Burn Foundation, to learn how to reduce the risk of this devastating injury.

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245830      Wed., Dec. 14      10 a.m.

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## Easy on the Eyes: Glaucoma

Free

Glaucoma affects peripheral vision and has no symptoms. Join Arthur Pasornik, O.D. to learn all you need to know about this disease and how having good eyesight plays an important role in your mobility and enjoyment of life.

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245791      Mon., Dec. 19      1 p.m.

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## Veterans Day Ceremony

Free

This special event honors those who have defended our nation's freedom by serving in the United States Armed Forces. The program begins at 9:45 a.m. with prelude music, and the ceremony is scheduled to start at 10 a.m. Refreshments will be served and there will be information booths featuring veteran services and patriotic crafts for kids. For more information, contact the Community Participation Division at (562) 865-8101.

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Fri., Nov. 11      9:45 a.m.

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*Cerritos Veterans Memorial at Cerritos Civic Center*

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## **FINANCE/LEGAL**

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### ***Be Prepared – Long Term Care & Disability***

**Free**

Are you truly prepared for a major illness, disability or other health issues? Join Rocky Pavone from Heartland Institute of Financial Education to learn how to live a long, healthy and happy life.

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<b>245793</b>	Tues., Oct. 4	1 p.m.
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### ***Finances After 50***

**Free**

Medicare loses billions of dollars every year due to Medicare fraud and abuse. Join Marian Last from Senior Medicare Patrol to understand how to avoid becoming a victim of Medicare fraud and abuse.

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<b>245856</b>	Mon., Oct. 31	1 p.m.
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### ***Estate Planning***

**Free**

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

#### **Wills & Trusts**

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<b>245828</b>	Thurs., Nov. 3	1 p.m.
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#### **Long Term Care**

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<b>245849</b>	Thurs., Nov. 10	1 p.m.
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#### **Annuities**

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<b>245803</b>	Thurs., Nov. 17	1 p.m.
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### ***Tax-Free Investing***

**Free**

Join Bernice Sandoval from Edward Jones Investments to learn about the different tax-advantaged investments available and how to be exempt from federal taxes.

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<b>245788</b>	Wed., Nov. 16	1 p.m.
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### ***Maximize Retirement***

**Free**

Are you truly prepared for the next downturn of the economy? Join Rocky Pavone from Heartland Institute of Financial Education and learn how to protect yourself from losing your hard-earned assets and enjoy a worry-free retirement in your "Golden Years."

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<b>245827</b>	Tues., Nov. 22	1 p.m.
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### ***Medicare Fraud***

**Free**

Join John Henan from Senior Medicare Patrol to learn of all the things to be aware of and great tips in handling finances after the age of 50.

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<b>245893</b>	Fri., Dec. 2	1 p.m.
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### ***Wealth Preservation: Living Trusts & Wills***

**Free**

Who will inherit your life-long earned assets? Join Rocky Pavone from Heartland Institute of Financial Education to learn how to avoid probate, protect your assets and keep your estate secure for future generations to come.

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<b>245826</b>	Fri., Dec. 9	10 a.m.
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# Cerritos Senior Center at Pat Nixon Park

12340 South Street  
Cerritos, CA 90703  
**(562) 916-8550**  
[www.cerritos.us](http://www.cerritos.us)

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## PUBLISHED BY

CITY OF CERRITOS  
Community Participation Division  
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## Being Mortal: Community Film & Discussion

**Free; ages 18+**

Join the national dialogue: *If you thought you were dying, what would matter most?* Please plan to attend a screening and expert panel discussion of the PBS Frontline film *Being Mortal*. This groundbreaking film follows best-selling author Dr. Atul Gawande as a doctor and a son, as he explores the hopes of people facing terminal illness and their relationships with the doctors who care for them.

*Being Mortal* is brought to you through grants from the California Healthcare Foundation and collaboration between Hoag Center for Healthy Living, the Orange County Advance Care Planning Partners, the Orange County Aging Services Collaborative and Alzheimer's Orange County and Greater Los Angeles Chapters. Gather with community members and professionals as we discuss important issues on end-of-life care.

**245932** Wed., Oct. 26 6-8 p.m.

*Registration is required and is currently underway at the Senior Center.*