

Senior Connection



Cerritos Senior Center at Pat Nixon Park

January through March 2019

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25 Years of Senior Services Accomplishment – January 29



Thank you to all of our senior patrons, volunteers, senior clubs, instructors, lecturers, private rental clients and community partners! Your contributions have helped us develop a robust, fulfilling and engaging Senior Center with an abundance of resources and activities for seniors to live healthy, independent and longer lives. Thank you for each of your contributions over the years. Throughout this Connection, be sure to notice how your participation has impacted the Cerritos Senior Center and the City of Cerritos.

SPECIAL EVENT

I Heart the Cerritos Senior Center! 25th Anniversary & Valentine's Dance

\$18

I Heart the Cerritos Senior Center Valentine's and 25th Anniversary Dance!! Come celebrate love, friendships and great memories! Enjoy great tasting food and a night of dancing for Valentine's Day!

Registration is required in person at the Cerritos Senior Center. Tickets and seats are selected at the time of registration. Cerritos residents may purchase a maximum of two tickets per household account. During open registration, Cerritos residents and non-residents may purchase a multiple number of tickets. All guests must be 50 years or older.

2718	Fri., Feb. 1	6 – 9 p.m.
Registration	Resident	Fri., Jan. 4
	Non-resident	Fri., Jan. 11



Since 1994... nearly 22,500 seniors have attended special events and dances.

SENIOR CENTER CLOSURES

Tuesday, **Jan. 1** for New Year's Day
 Monday, **Jan. 21** for Martin Luther King, Jr. Day
 Monday, **Feb. 18** for Presidents' Day

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



SENIOR EXCURSION

Long Beach Playhouse – “Lend Me A Tenor,” a Play by Ken Ledwing

\$25/person (Ages 18 yrs+)

Pathways Volunteer Hospice* presents the show “Lend Me A Tenor” by Len Ledwing. This madcap mix of mistaken identity, drugged-induced confusion, lustful shenanigans, and operatic impersonation will leave audiences gasping for their next breath! Tickets for the fundraiser include transportation, the live show, an opportunity drawing and a dessert-and-beverage reception at the Long Beach Playhouse. Registration is underway.

*Pathways Volunteer Hospice is a community-based non-profit organization dedicated to providing compassionate care free-of-charge to families living with illness and loss.

2715	Thu., Mar. 7	6-11:30 p.m.
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TRAVEL POLICY

Please join us for the exciting excursion listed. 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, when transportation is included, 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.

SPECIAL ACTIVITIES

Book Club

Free

Join fellow seniors every fourth Monday 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, and all participants will receive group guidelines on the first day of class.

Drop-in	Mon., Jan. 28	1-3 p.m.
Drop-in	Mon., Feb. 25	1-3 p.m.
Drop-in	Mon., Mar. 25	1-3 p.m.

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.

Drop-in	Tue.	noon-4 p.m.
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No class on Jan. 1 due to holiday closure.

Life Stories

Free

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

Drop-in	Tue.	2-4 p.m.
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No class on Jan. 1 due to holiday closure.

Lighten Up with Laughter

Free

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

Drop-in	Wed.	2:30-3:30 p.m.
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Since 1994... approximately 12,150 patrons have enjoyed 270 excursions.



Ultimate Optimist

Free

Join Sudha Tendulkar 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.

Drop-in	Thu.	9-10 a.m.
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Bible Study

Free

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

Drop-in	Thu.	10 a.m.-noon
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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.

Drop-in	Fri.	1-3 p.m.
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iPad/iPhone Basics

Free

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

2701	Thu., Jan. 17	1-3 p.m.
2702	Thu., Feb. 21	1-3 p.m.
2703	Thu., Mar. 21	1-3 p.m.

Social Clubs

Cerritos Senior Center hosts an array of social clubs. For a full list of approved clubs and their meeting dates and times, please contact Facility/Volunteer Coordinator Cynthia Navarrete at (562) 916-8550 or visit the Reception Desk.

SENIOR ARTS

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

Art for Seniors

\$30/5 classes

Join instructor Claudia Hindu and learn still-life rendering fundamentals of contour, perspective, shading and proportion. A \$10 material fee will be due the first day.

2626	Tue., Jan. 8 - Feb. 5	10-11 a.m.
2627	Tue., Feb. 19 - Mar. 19	10-11 a.m.
2628	Tue., Apr. 2-30	10-11 a.m.

Chinese Brush Calligraphy

Free

Join this volunteer-led group every fourth Tuesday to learn Chinese Calligraphy. All levels are welcome. Please bring calligraphy pens, brushes and paper.

Drop-in	Tue., Jan. 22	1-4 p.m.
Drop-in	Tue., Feb. 26	1-4 p.m.
Drop-in	Tue., Mar. 26	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.
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Knitting & Crocheting

\$28/4 classes

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

2635	Tue., Jan. 8-29	6-8 p.m.
2636	Tue., Feb. 12 - Mar. 5	6-8 p.m.
2705	Tue., Mar. 19 - Apr. 9	6-8 p.m.



Handcrafters

Free

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

Drop-in	Wed.	1-4 p.m.
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Magic Class

\$20/4 classes

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

2631	Tue., Jan. 8-29	1-2:15 p.m.
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2632	Tue., Feb. 5-26	1-2:15 p.m.
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2633	Tue., Mar. 5-26	1-2:15 p.m.
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Floral Arranging

\$15

Join Tina Kampli to learn the tricks for beautiful floral arranging. **Students will provide materials.**

2637	Wed., Jan. 9	10:30 a.m.-noon
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2638	Wed., Feb. 13	10:30 a.m.-noon
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2639	Wed., Mar. 13	10:30 a.m.-noon
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Wooden Memory Box Craft

Free

Join a representative from Central Health Medicare Plan and decorate your own box to store memorable belongings.

2641	Thu., Jan. 3	1-3 p.m.
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Bookmark Craft

Free

Join a representative from Central Health Medicare Plan and create a beautiful bookmark.

2642	Thu., Feb. 7	1-3 p.m.
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Napkin Holder Craft

Free

Join a representative from Central Health Medicare Plan and make a wood napkin holder. Materials will be provided.

2643	Thu., Mar. 7	1-3 p.m.
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Wooden Car Craft

Free

Wooden cars came around not long after news of the first cars in the 1780s. While the materials of toy cars have changed over time, the wooden car is still a classic and is sold today for kids' enjoyment. Please join us to paint and decorate wooden cars that you can either gift to someone or donate for other kids to enjoy. Coffee and doughnuts will be provided. We look forward to seeing you. Space is limited.

2729	Fri., Mar. 29	10 a.m.-noon
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SENIOR DANCE & MUSIC

Registration is underway unless noted.

Line Dance

Join Stuart Shepherd and learn to line dance, a fun way to stay active and meet new friends. Register for only one level.

Beginning
\$20/8 classes

2647	Tue., Mar. 19 – May 7	9:15-10:15 a.m.
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<i>Registration</i>	<i>Resident</i>	<i>Tue., Feb. 5</i>
	<i>Non-resident</i>	<i>Tue., Feb. 12</i>

Intermediate
\$25/8 classes

2648	Tue., Mar. 19 – May 7	10:40 a.m.– 12:10 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Tue., Feb. 5</i>
	<i>Non-resident</i>	<i>Tue., Feb. 12</i>

Guitar

Free

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

Drop-in	Tue.	9:30 a.m.-12:30 p.m.
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No class on Jan. 1 due to holiday closure.



Hula

Free

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. For new students, instructor will evaluate skill level to determine the right class level. Registration will end two weeks after class begins.

Beginning

2659	Wed., Apr. 3 – Jun. 19	10 a.m. - noon
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Wed., Mar. 20</i> <i>Wed., Mar. 27</i>

Advanced

2660	Thu., Apr. 4 – Jun. 20	10 a.m. - noon
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Thu., Mar. 21</i> <i>Thu., Mar. 28</i>

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.

Drop-in	1st & 3rd Wed.	4-8 p.m.
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Chorus

Free

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

Drop-in	Fri.	10-11:15 a.m.
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Ukulele

Free/12 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

2662	Fri., Apr. 12 – Jun. 28	8:30-9:30 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Fri., Mar. 22</i> <i>Fri., Mar. 29</i>

Intermediate/Advanced

2663	Fri., Apr. 12 – Jun. 28	9:30-10:30 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Fri., Mar. 22</i> <i>Fri., Mar. 29</i>

SENIOR GAMES

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

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 the duration of all tournaments. No refreshments or food is allowed in the billiards rooms.

Open Play

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

Tournaments

2665	Mon., Jan. 7	9-11 a.m.
2666	Mon., Feb. 4	9-11 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Mon., Jan. 7</i> <i>Mon., Jan. 14</i>
2667	Mon., Mar. 4	9-11 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Mon., Feb. 4</i> <i>Mon., Feb. 11</i>

Did You Know?

Studies show participating in life enrichment programs and activities on a regular basis promotes brain health. It also helps overcome the health risks associated with isolation and loneliness, such as type 2 diabetes, heart disease, depression and more.



Bridge

Free

Join instructor Sue Sood to learn how to play bridge.

Drop-in	Tue.	9-11 a.m.
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No class on Jan. 1 due to holiday closure.

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.

Drop-in	Tue.	1-4 p.m.
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No class on Jan. 1 due to holiday closure.

Texas Hold 'em Tournament

Free

Make new friends while learning proper wagering techniques as well as the odds of winning hands.

2676	Wed., Feb. 6-27	4-6 p.m.
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Only practice play during January and March.

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.

2670	Wed., Jan. 30	6:30-8:30 p.m.
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2671	Wed., Feb. 27	6:30-8:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Wed., Jan. 23</i>
	<i>Non-resident</i>	<i>Wed., Jan. 30</i>

2672	Wed., Mar. 27	6:30-8:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Wed., Feb. 20</i>
	<i>Non-resident</i>	<i>Wed., Feb. 27</i>

Bingo

Free

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

Drop-in	Thu.	1-2:30 p.m.
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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.

Drop-in	Tue./Thu.	5:15-8:45 p.m.
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Drop-in	Fri.	7:30 a.m.-noon
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No class on Jan. 1 due to holiday closure.

Wii™ Bowling & Game Day

Free

Join fellow seniors for Wii Bowling practice and tournaments. A prize will be awarded to the highest scoring player. 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

Drop-in	1st & 3rd Fri.	9 a.m.-noon
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Game Day Tournaments

2679	Fri., Jan. 18	9 a.m.-noon
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2681	Fri., Mar. 15	9 a.m.-noon
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Backgammon

Free

Play a game of backgammon and make new friends.

Drop-in	Mon.	10-11 a.m.
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We Want to Hear from You!

Stop by the Reception Desk and fill out a Cerritos Senior Center Suggestion Card with your comments, compliments or concerns and place in the marked box on the reception counter.

Thank you in advance for participating in this valuable survey. Your opinions, thoughts and feedback on programs, services and overall operations will help us serve the community with excellence.



SENIOR SPORTS & FITNESS

All registration is underway unless otherwise noted. Additional classes are available through ABC Adult School and Cerritos College; visit the Reception Desk for 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 waiver to qualify. 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.

Fitness Orientations

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

Fitness Center Hours

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



Since 2006... over 512,422 workout visits have occurred since the opening of the 5,000-square-foot Fitness Center expansion.

Volleyball

Free

Join Sherry Forbes for coed, non-competitive volleyball in the Cerritos High School Community Gym. All levels welcome.

Drop-in	Tue./Thu.	5:30-7:30 p.m.
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No class on Jan. 1 due to holiday closure.

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 outdoor class will not be held during inclement weather.

Drop-in	Tue.-Fri.	9-10 a.m.
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No class Jan. 1-8. Classes resume Wed., Jan. 9.

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 member will guide you through the process. Please inquire at the Fitness Center counter or Reception Desk.

Appointment Required	1st & 3rd Tue.	6-8 p.m.
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No appointments on Tue., Jan. 1 due to holiday closure.

Ask the Expert

Free

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

Appointment Required	3rd Mon.	4:30-5:45 p.m.
	4th Mon. in Jan. and Feb.	

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.

Appointment Required	1st Wed.	5:30-6:30 p.m.
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**Fitness Center members only.*

Chair Yoga

\$24/6 classes

Chair Yoga is a practice using a chair for seated poses, and as a balance point for standing poses. Perfect for seniors who are unable to get up and down off the floor comfortably or for anyone who likes a gentle yoga class. Breathing exercises are utilized during the class.

2725	Wed., Jan. 23 – Feb. 27	10:45-11:45 a.m.
2730	Wed., Mar. 13 – Apr. 17	10:45-11:45 a.m.



Yoga for Beginners

Free

Join instructor Hina Dhama in a friendly environment and enjoy a yoga class. Class is based on physical postures (Asanas), breathing techniques (Pranayama), and mindfulness with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Experience stress reduction, gain strength, balance and flexibility. Please bring your own yoga mat.

2688	Mon., Jan. 7 – Feb. 11	9-10 a.m.
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No class on Jan. 21 due to MLK Day.

2689	Mon., Feb. 25 – Mar. 25	9-10 a.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Feb. 4</i>
	<i>Non-resident</i>	<i>Mon., Feb. 11</i>

2690	Mon., Apr. 1 – 29	9-10 a.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Mar. 18</i>
	<i>Non-resident</i>	<i>Mon., Mar. 25</i>

Strength, Balance & Core Training

\$20/5 classes

Join 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.

2694	Mon., Jan. 7 – Feb. 11	5:30-6:30 p.m.
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No class on Jan. 21 due to MLK Day.

2695	Mon., Feb. 25 – Mar. 25	5:30-6:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Feb. 4</i>
	<i>Non-resident</i>	<i>Mon., Feb. 11</i>

2696	Mon., Apr. 8 – May 6	5:30-6:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Mar. 18</i>
	<i>Non-resident</i>	<i>Mon., Mar. 25</i>

Pilates Plus More

\$15/5 classes

Join Lola Ramos and learn Pilates plus more. Pilates will help improve flexibility as you learn the basics of breathing and strengthening. Please bring your own yoga mat to class.

2691	Mon., Jan. 7 – Feb. 11	6:45-7:45 p.m.
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No class on Jan. 21 due to MLK Day.

2692	Mon., Feb. 25 – Mar. 25	6:45-7:45 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Feb. 4</i>
	<i>Non-resident</i>	<i>Mon., Feb. 11</i>

2693	Mon., Apr. 8 – May 6	6:45-7:45 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Mar. 18</i>
	<i>Non-resident</i>	<i>Mon., Mar. 25</i>

Zumba Gold

\$23/5 classes

Zumba Gold is a fun and effective workout designed for anyone who would like a slower paced class. Join instructor Lettie Morris and dance your way to better fitness to Latin rhythms. Zumba is good for the mind, body and spirit! No partner required. A drop-in option is available for \$5 (cash), paid at the start of each class. Space is limited. Priority spots go to students who have pre-paid for the five-week session.

2698	Wed., Jan. 2 – Jan. 30	6:30 - 7:30 p.m.
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2699	Wed., Feb. 6 – Mar. 6	6:30 - 7:30 p.m.
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2700	Wed., Mar. 13 – Apr. 10	6:30 - 7:30 p.m.
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Senior Walking Group

Free

Join the volunteer-led walking group at the Cerritos Senior Center to meet new people, socialize and exercise. The course starts at the patio for stretching, around Cerritos Regional Park at your own pace, and back to the patio. Volunteer leaders welcome; sign up at the Reception Desk

Drop-in	Tue. & Thu.	8-9 a.m.
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Since 1994... 1,118,702 seniors have attended exercise classes. Some of those classes have included Aerobics, Yoga, Zumba, Pilates, Fitness Ball, Longevity Stick and Tai Chi.



INFORMATION & REFERRAL

The Senior Center offers referrals for senior housing, adult day care, in-home care, support groups and more. Call (562) 916-8550 to schedule an appointment or drop in.



Since 1994... over 53,975 information and referral questions have been answered.

Legal Advice and Referral

Free*

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

Appointment Required 2nd & 4th Tue. 7 p.m.

**Cerritos residents only.*

No appointments on Tue., Jan. 8 and Feb. 12.

HUMAN SERVICES

Home-Delivered Meals

Donation Suggested

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

Appointment Required Mon.- Fri.



Since 1994... nearly 287,801 home-delivered meals have been provided to homebound Cerritos seniors.

Human Services Association (HSA) Daily Lunch

Suggested Donation: 60+: \$2.25/50-59: \$6

A nutritious lunch is provided by HSA 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.

Reservation Required Mon.-Fri. noon

No lunch will be offered on Tue., Jan. 1, Mon, Jan. 21 and Mon., Feb. 18 due to federal holidays.

Please be advised that a pre-paid donation card is available for purchase; however, reservations are still REQUIRED 24 hours in advance.



Since 1994... over 526,910 daily nutritional lunches have been served.

Care Management

Free*

Care Manager Maria Sahagun from HSA is available at the Cerritos Senior Center to assist with supportive service referrals to help keep aging seniors living independently in their homes.

Appointment Required Wed. 9:30 a.m.-noon

**Cerritos residents only.*

Gift Boutique

Mon. – Thu. 7:30 a.m. – 9 p.m.
Fri. 7:30 a.m. – 4:30 p.m.

Looking for a special gift? Visit the Cerritos Senior Center Gift Boutique for hand-crocheted and knitted items, baby blankets, baby booties, scarves, beanies, shopping totes, jewelry, quilts and much more!

The boutique is open during Senior Center operating hours; if no volunteer or staff member is present please ask for assistance at the Reception Desk.



MEDICARE COUNSELING

Health Insurance Counseling and Advocacy Program (HICAP)

Free*

Visit Minh Ha Nguyen, state-registered HICAP counselor, for free and unbiased information on 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 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.

Appointment	Wed.	noon, 1p.m. & 2 p.m.
Required		

*L.A. County Residents Only

MEDICARE

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. To avoid lecture cancellations, please register at least 24 hours in advance. Walk-ins are always welcome, but if the participant minimum has not registered, the lecture may be cancelled.

Medicare Basics

Free

Join a representative from Pioneer Medical Group to understand the benefits of Medicare and why additional coverage may be needed.

2573	Wed., Jan. 23	6:30 p.m.
2574	Wed., Feb. 27	6:30 p.m.
2575	Wed., Mar. 27	6:30 p.m.

HEALTH & WELLNESS

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. To avoid lecture cancellations, please register at least 24 hours in advance. Day-of walk-ins are always welcome, but if the participant minimum has not registered, the lecture may be cancelled.

Coffee with the Doc

Free

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

2590	Wed., Jan. 9	8 a.m.
2591	Wed., Feb. 13	8 a.m.
2592	Wed., Mar. 13	8 a.m.

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.

Drop-In	Fri., Jan. 18	10 a.m.
Drop-In	Fri., Feb. 15	10 a.m.
Drop-In	Fri., Mar. 15	10 a.m.

Doodling for Relaxation

Free

Zen doodling combines the calming benefits of meditation with the soothing effects of drawing for a unique new take on relaxation. Join Senior Specialist III Raylene Armour for a fun and relaxing class with a range of exercises, using simple patterns of lines and shapes. Zen doodling doesn't require any artistic training. With just a pen and a scrap of paper, many find that the simple repetitive nature of drawing patterns is spiritually rewarding and can boost creative confidence. Supplies will be provided, but you may bring your own special supplies, if desired. Space is limited.

2727	Wed., Jan. 16-30	10 a.m.
2728	Wed., Mar. 13-27	10 a.m.



Fall Prevention

Free

Falls are a common and often overlooked cause of injury in the elderly. According to the Centers for Disease Control (CDC), every second an older American suffers a significant injury or fatality due to falling. Join Dr. Michael Tehrani to learn risk factors, why people fall, and what steps you can take to prevent falling.

2655 Thu., Jan. 10 11 a.m.

Setting Health Goals that Stick

Free

Are you having trouble keeping your New Year's resolution? Have you said you're going to do it every year, but somehow, you're not able to keep it longer than a week? Join Certified health coach Shanyn Kurashige from Sensibly Balanced to learn how five simple steps could help you keep your health resolutions the year.

2721 Mon., Jan. 14 10 a.m.

Staying Healthy with an Annual Physical

Free

An easy and important way to stay healthy is to get an annual exam and early detection screenings. Medicare will now cover a yearly "wellness" visit and prevention services. Join Dr. Puja Shrestha from Pioneer Medical Group to understand what to expect at your annual exam and what screenings you may need.

2595 Wed., Jan. 16 1 p.m.

Lost Memories: Video & Discussion

Free

Join a representative from Alzheimer's Greater Los Angeles for a 4-episode mini-series that follows the Ramirez family as they confront the challenges of Alzheimer's, when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face before they come together.

2608 Thu., Jan. 17 10 a.m.

Caregiver Checklist: Things to Know

Free

Stepping into the role of family caregiver is often met with an overwhelming amount of questions: Where do I start to look for information? What are my options? Where do I go for resources? Join a representative from the USC Family Caregiver Support Center to learn how to navigate through common questions and topics.

2609 Tue., Jan. 22 10 a.m.

Blood Pressure & Cholesterol Management

Free

Did you know that 1 out of 3 Americans has high blood pressure, yet only half of those people have it under control? Luckily, high blood pressure is easily detected. Join Jenny Alcalá-Alonzo from Independence at Home to learn to prevent and improve high blood pressure and cholesterol with simple changes in your daily life.

2651 Wed., Jan. 23 1 p.m.

Rehabilitation after Hospitalization

Free

Join a representative from Alamos Belmont Rehabilitation Hospital to learn the criteria for rehabilitation after hospitalization and the types of therapies, such as physical therapy, occupational therapy and in some cases speech therapy.

2716 Wed., Feb. 6 1 p.m.

Diabetes

Free

Join Lizzie Mesina, R.N. from Orange Coast Memorial Medical Center to understand the causes, symptoms, and complications of diabetes and the importance of food and fitness.

2719 Mon., Feb. 11 10 a.m.



Caregiving & Care Planning

Free

Caring for someone else is one of the most rewarding things you can do. But it's also one of the hardest. As a caregiver there are lots of things to think about and lots of things to do. Join Jenny Alcala-Alonzo from Independence at Home to learn how to take care of yourself to be the best caregiver you can be.

2763 Mon., Feb. 11 1 p.m.

Battling the Aging Brain

Free

The brain is one of the most complex organs in the human body. Join Linda Kadlac from Humana to learn how the brain works and ways to keep it healthy as we age.

2652 Tue., Feb. 12 10 a.m.

Healthy Living for a Long Healthy Life

Free

There's no getting around one thing: 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 Dr. Stela Kostova-Abadjieva 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.

2612 Thu., Feb. 14 1 p.m.

Community Resources for Caregivers

Free

Caring for a loved one is stressful, but you are not alone. Join a representative from the USC Family Caregiver Support Center to understand the kinds of help you may be able to get for yourself and the person you care for, such as, transportation services, respite care, home care and more.

2613 Tue., Feb. 19 10 a.m.

Dementia Friends

Free

Join a representative from Alzheimer's Greater Los Angeles to learn five key messages about dementia and develop action steps to help your community and become a Dementia Friend. Each participant will receive a Dementia Friend pin and become a member of this global movement developed by the Alzheimer's Society in the United Kingdom.

2614 Thu., Feb. 21 10 a.m.

Guided Autobiography

Free

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

2615 Mon., Mar. 4-Apr. 1 10 a.m.-noon

Healthy Heart

Free

It's all about the heart! In the U.S., heart disease is the #1 killer of both women and men. It affects many people at midlife, as well as in old age. It also can happen to those who "feel fine." The good news is that you have a lot of power to protect and improve your heart's health. Join Dr. Michael Tehrani to learn what steps to take to help protect your heart.

2656 Thu., Mar. 7 11 a.m.

Eat This, Not That

Free

You can eat out and still eat healthy. Join Linda Kadlac from Humana to learn to make smart choices at your favorite types of restaurants. Discover how easy it is to swap foods with healthier alternatives.

2653 Tue., Mar. 12 10 a.m.



Memory Loss & Alzheimer's

Free

Join a representative from Alzheimer's Greater Los Angeles for an overview of Alzheimer's disease and its effects. Learn about what causes memory loss, the difference between normal aging and signs of dementia and what to do when you visit the doctor.

2617	Thu., Mar. 14	10 a.m.
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Living with Arthritis

Free

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.

2657	Thu., Mar. 14	1 p.m.
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Savvy Caregivers Express

Free

The Savvy Caregiver Program helps caregivers understand the changes their loved ones are experiencing, and how to best provide individualized care throughout the progression of Alzheimer's or dementia. Join representatives from Alzheimer's Greater Los Angeles for this 3-week workshop.

2618	Fri., Mar. 15-29	10 a.m.-noon
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Caring for the Caregiver

Free

Join a representative from the USC Family Caregiver Support Center to learn why caregivers should consider self-care a necessity rather than a luxury and how to thrive instead of simply survive the family caregiving experience.

2619	Tue., Mar. 19	10 a.m.
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Reducing Your Risk of Strokes

Free

A stroke can happen to anyone, at any time. The good news is that you can prevent a stroke by controlling your risks. Join Dr. Paul Yoon from Pioneer Medical Group to learn how to recognize the symptoms of a stroke and how you can reduce your risk of having one.

2620	Wed., Mar. 20	1 p.m.
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FINANCE & LEGAL

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 using presented information. To avoid lecture cancellations, please register at least 24 hours in advance. Day-of walk-ins are always welcome, but if the participant minimum has not registered, the lecture may be cancelled.

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

2576	Thu., Feb. 14	1 p.m.
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Long Term Care

2577	Thu., Feb. 21	1 p.m.
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Annuities

2578	Thu., Feb. 28	1 p.m.
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Protect Yourself Against Scams

Free

The price of scams against seniors is more than financial. Join Linda Kadlac from Humana to find out why seniors are targeted, the toll scams can take on your health and how to protect yourself.

2650	Mon., Jan. 7	10 a.m.
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The Pros/Cons of Annuity Products

Free

Join Gary Watkins from Watkins Retirement Services to learn how the right annuity might be beneficial for a portion of your retirement monies.

2579	Wed., Jan. 9	1 p.m.
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Home Equity Conversion Mortgage & Lending for Seniors

Free

Join Martin Andleman from Shore Capital Corporation for valuable insight on how lending for seniors has changed, how unpredictable the future is, and why you should understand what the HECM (Home Equity Conversion Mortgage) option is before you might actually need one.

2580 Tue., Jan. 15 10 a.m.

Social Security Maximization & Timing

Free

Join Larry Finn to learn about maximizing Social Security benefits by timing the start date, factoring in the expected tax responsibility and coordinating other benefits and income sources.

2581 Wed., Jan. 16 6:30 p.m.

Real Estate Tax Planning

Free

Make retirement easy by preparing today. Join Jodilyn Ogawa from Lorico Legacy Group and learn if there are tax advantages when selling real estate, how tax propositions can help with relocation and how to minimize taxes when selling rental properties.

2587 Thu., Jan. 24 11 a.m.

How to Prevent Fraud

Free

Join Christina Rodriguez from Wells Fargo Bank to understand how your personal information can be stolen. This includes learning how identity thieves operate, developing a plan to protect yourself, and learning how to report fraud, identity theft and suspicious activity when it occurs.

2582 Mon., Jan. 28 10 a.m.

Estate Planning & Real Estate

Free

What you don't know can hurt you! Join Jodilyn Ogawa and Paul Velasco, Esq. from Lorico Legacy Group to learn how to avoid probate and death taxes and common estate planning mistakes involving real estate.

2713 Thu., Feb. 7 11 a.m.

Build a Financially Secure Retirement

Free

Join Gary Watkins from Watkins Retirement Services to protect your nest egg from downside market risks.

2583 Wed., Feb. 13 1 p.m.

Tax Strategies

Free

Join Larry Finn and examine tax strategies, income planning, required minimum distributions on retirement plans, other distributions pre- and post- age 70, Roth conversions, tax-free income, capital gains and other tax-related events.

2584 Wed., Feb. 13 6:30 p.m.

Banking Basics

Free

Join Christina Rodriguez from Wells Fargo Bank for an overview of banking. She will introduce different accounts to help save money, how to use money to pay for day-to-day expenses as well as how to save for long-term goals.

2585 Mon., Feb. 25 10 a.m.

Property Assessment Information

Free

Join Carol Quan from the L.A. County Office of the Assessor for a brief overview of Proposition 13 and when the Assessor's Office reassesses property. Learn about property transfers between parent and child, the senior replacement dwelling benefit and other tax-saving programs.

2586 Wed., Feb. 27 10 a.m.



Guaranteed Annual Income

Free

Join Gary Watkins from Watkins Retirement Services to learn about guaranteed annual income and bank CD alternatives.

2621 Wed., Mar. 13 1 p.m.

Avoiding Probate

Free

Join Larry Finn to learn proper beneficiary designations to avoid the expense and delays related to probate. Ensure that your beneficiaries avoid the consequences of probate, as well as yourself, if you are named as trustee or a beneficiary by a relative or other person.

2722 Wed., Mar. 13 6:30 p.m.

Credit Basics

Free

Join Christina Rodriguez from Wells Fargo Bank for an in-depth conversation on credit and information on topics related to credit. This includes defining credit, credit score and impacts of your credit score. Learn how to establish credit, improve credit, manage debt, and explore credit.

2588 Tue., Mar. 26 10 a.m.

Real Estate Relocation

Free

What are my retirement living options? Do I have enough money to move? Join Jodilyn Ogawa from Lorico Legacy Group to learn how to downsize into a new home.

2714 Thu., Mar. 28 11 a.m.

S.P.I.C.E

Seniors Personally Involved in Children's Enrichment

Sensitivity to Aging Unit

The sixth graders from Carver Academy will participate in numerous events throughout January to better understand the impact of sensory losses and how to provide positive support and encouragement for the elderly.

Understanding Aging

On Fri., Jan. 11 the sixth graders will participate in a special program that teaches students about changes associated with aging through fun and entertaining activities.

Softball Challenge

Carver's sixth graders have challenged the Cerritos Sluggers to a competitive game of softball. The students have the opportunity to see that just because the Sluggers are seniors, that doesn't mean they can't play softball. Don't miss this game on Fri., Jan. 18, at Carver.

Mental Challenge

The final event is a match of minds between the seniors and the students. If you would like to show the students that being elderly has its advantages, please sign-up.

2053 Fri., Feb. 8 1:40 p.m.

Balancing your Diet

In fifth grade, the class focus is on health and fitness. The Carver students and S.P.I.C.E. Cerritos senior volunteers are invited to enjoy a healthy lunch highlighting a lesson about MyPlate, plus an intergenerational activity to help the students learn the importance of eating healthy.

2054 Fri., Feb. 15 11:10 a.m.

Pen Pal 2019

In February, the Pen Pal Program gets underway. Special seniors are needed to mentor Carver Academy third-grade students by writing letters and dropping them off at the Center. The students are just learning how to write letters and will truly benefit from the practice of corresponding with senior participants. It only requires a few minutes every few weeks and the letters you receive are priceless. If you would like to become a Pen Pal, stop by the Reception Desk for the Pen Pal Application.

It is prohibited to collect or exchange money in the Senior Center at any time during the year. This includes collecting money for gift giving or donations for instructors and/or private contract service providers. Approved A.SC senior clubs (nonprofit 501 clubs and organizations) are the only exception and must receive written pre-approval for specific related requests.



Through the Eyes of the Serrano Indians

In fourth grade, Carver Academy students have the opportunity to learn about the history of California Indians. To promote their learning, students along with senior volunteers will create a clay coil pot and decorate it with petroglyphic symbols.

2055 Fri., Feb. 22 1:05 p.m.

Reading Across the Generations

Carver Kindergarteners join senior volunteers to read a selected children's book and make a craft based on the story read.

2056 Wed., Mar. 6 10 a.m.

Spring is in the Air

Seniors, watch a first grader's face light up as they color pots and plant seeds for their very own flowers. Take the opportunity to give back to youth in a fun group learning activity and make this experience a truly enriching, memorable event.

2057 Thu., Mar. 21 12:45 p.m.

You can make a big difference in a child's life! If you are interested in enriching a child's education, contact the Cerritos Senior Center at (562) 916-8550. Add some S.P.I.C.E. to your life!

Please note that all S.P.I.C.E. volunteers must be fingerprinted. Interested volunteers may make an appointment for a free-of-charge fingerprinting by calling the Cerritos Senior Center at (562) 916-8550.

Thank You Cerritos Senior Center Volunteers!

Cerritos Senior Center volunteers helped us in every aspect of the Senior Center. From assisting the front desk to serving lunch and all the way to helping out at community ceremonies, our volunteers were there.

If you would like to volunteer at the Cerritos Senior Center, please visit the Senior Center to fill out an application, or fill out an application online:

https://forms.cerritos.us/senior_center_volunteer.php

Registration Reminder

To avoid class cancellation, pre-registration is advised for all classes. Low or no enrollment may lead to classes being canceled. All participants must be 50 years and older.

All patrons who want to partake in any Senior Center activities must create an account in RACER. On-line registration is available for most classes offered at the Cerritos Senior Center. Please ask at the registration desk to learn about this new easy way to get your classes!

RACER
Powered by CivicRec



Since 1994... Senior Center volunteers have contributed more 215,643 hours of service. Thank you volunteers! You truly are the heart of the Senior Center! Happy New Year to all of you and we look forward to another successful year!



Coffee with the Deputy

Free

Join a deputy from the Cerritos Sheriff's Station for coffee and a conversation. 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 Joe."

Drop-in	Wed., Feb. 27	9 a.m.
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SENIOR TECHNOLOGY WORKSHOPS

Technior: Whitney High School

The Technior: Whitney High School Branch students will be holding technology sessions every Monday throughout the months of January, February and March.

Throughout these classes, WHS students will be teaching course curriculum detailing different forms of technology, from cell phones to computers, and much more! Through well-paced classes and understandable curriculum, without charge, students aim to assist seniors with whatever help they may require.

Email technior.whitneyhighschool@gmail.com to inform them what form of technology you will be bringing to class and/or indicate which devices you would like the students to teach about.

2623	Mon., Jan. 7, 14 & 28	2-3 p.m.
2624	Mon., Feb. 4, 11 & 25	2-3 p.m.
2625	Mon., Mar. 4-25	2-3 p.m.

SMART DRIVING

AARP Smart Driver Course

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.) A certificate will be given out at the completion of the course.

2589	Mon., Feb. 4	8:30 a.m.-1 p.m.
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Since 1994... The interior and outdoor areas of the Senior Center have been the site of approximately 3,000 private weekend reservations, hosting more than 470,000 guests. These events have included wedding ceremonies/receptions, anniversary celebrations and milestone birthday festivities.

Cerritos Senior Center at Pat Nixon Park

12340 South Street
Cerritos, CA 90703
(562) 916-8550
www.cerritos.us

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Community Participation Division
Senior Services

CERRITOS CITY COUNCIL

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Naresh Solanki Mayor Pro Tem

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Art Gallucci City Manager



Martin Luther King, Jr. Day Community Ceremony

Free

The Cerritos community is invited to the City's Martin Luther King, Jr. Day Ceremony at the Cerritos Center for the Performing Arts. The free event will include remarks by the Cerritos City Council and community involvement through song, dance and comments.

For more information about the Martin Luther King, Jr. Day Ceremony, call the Community Participation Division at (562) 865-8101.

Drop-in Mon., Jan. 21 10 a.m.

*Cerritos Center for the Performing Arts
Sierra Room, 18000 Park Plaza Drive*