

# Senior Connection



Cerritos Senior Center at Pat Nixon Park

October through December 2018

## 2018 HEALTH AND WELLNESS FAIR

### *Discover Your Journey to Optimal Health*

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 I.D. with current address will be needed to enter.

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

Routine Senior Center activities and classes will not occur on this day, and many programs the day before will end at 4 p.m. The entire Senior Center, including the Fitness Center, will close immediately following the event. We encourage our guests to carpool or use alternative forms of transportation.

Fri., Oct. 5	8:30 a.m. – noon 9 a.m. – noon	Cerritos Residents Non-Residents/ General Public
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*Thu., Oct. 4 cancellations: Ping Pong, Formosa Seniors Association, Fil-Am Seniors and Indo-American Seniors*

*Fri., Oct. 5 cancellations: Ping Pong, ABC Morning Workout with Todd, Ukulele, Chorus, Game Day, Movie Matinee and Filipino Seniors.*

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## SENIOR CENTER CLOSURES

Thursday, **Oct. 4** evening closure for Health & Wellness Fair set-up

Friday, **Oct. 5** for Health & Wellness Fair

Monday, **Nov. 12** for Veterans Day

Wednesday, **Nov. 21** Center closes at 5 p.m.

Thursday, **Nov. 22** and Friday, **Nov. 23** for Thanksgiving holiday

Monday, **Dec. 24** and Tuesday, **Dec. 25** for Christmas holiday

Monday, **Dec. 31** Center closes at 5 p.m.

Tuesday, **Jan. 1** for New Year's 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



## SPECIAL EVENTS

### *It's Fall Y'All – Art Walk, Pumpkin Pie & Apple Cider*

#### Free

It's fall y'all! Leaves are changing and the fall season is upon us! Come enjoy pumpkin pie and cider. We will have art displayed from various classes and senior artists.

If you're interested in displaying your art, please contact Maritza Huizar, Senior Specialist II, at (562) 916-8550 or Mhuizar@cerritos.us for more information.

<b>Drop-in</b>	Fri., Oct 26	1 – 2:30 p.m.
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### *Holiday Magic Dinner Dance*

#### \$18

Do you believe in the Magic of Christmas? Join us for our Holiday Magic Dinner Dance! Enjoy great-tasting food, a night of dancing and a toast to the New Year! Guests must be 50 years and older.

<b>2024</b>	Fri., Dec. 14	6 – 10 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Fri., Oct. 19</i>
	<i>Non-resident</i>	<i>Fri., Oct. 26</i>

### *Festive Christmas Sweater & Caroling Gathering*

Join us in your most festive Christmas gear and enjoy the sounds of the season. We will enjoy hot chocolate, light refreshments and the jolly season together!

<b>Drop-in</b>	Wed., Dec. 19	2 - 3:30 p.m.
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## 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.

<b>Drop-in</b>	Mon., Oct. 22	1-3 p.m.
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<b>Drop-in</b>	Mon., Nov. 26	1-3 p.m.
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*Book Club will not meet in December.*

### *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>	Tue.	noon-4 p.m.
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*No class on Dec. 25 or Jan. 1 due to holiday closures.*

### *Life Stories*

#### Free

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

<b>Drop-in</b>	Tue.	2-4 p.m.
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*No class on Dec. 25 or Jan. 1 due to holiday closures.*



### 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.	2:30-3:30 p.m.
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### 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.

<b>Drop-in</b>	Thu.	9-10 a.m.
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No class on Nov. 22 due to holiday closure.

### Bible Study

Free

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

<b>Drop-in</b>	Thu.	10 a.m.-noon
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No class on Nov. 22 due to holiday closure.

### 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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No class on Oct. 5 due to Health & Wellness Fair and Nov. 23 due to holiday closure.

### 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.

<b>1708</b>	Thu., Oct. 18	1-3 p.m.
<b>1709</b>	Thu., Nov. 15	1-3 p.m.
<b>1710</b>	Thu., Dec. 20	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.

<b>1702</b>	Tue., Oct. 16 - Nov. 13	10-11 a.m.
<b>1703</b>	Tue., Nov. 20 - Dec. 18	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.

<b>Drop-in</b>	Tue., Oct. 23	1-4 p.m.
<b>Drop-in</b>	Tue., Nov. 27	1-4 p.m.

No class on Dec. 25 due to holiday closure.



## 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.

<b>Drop-in</b>	Mon.	5-8:30 p.m.
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No class on Nov. 12, Dec. 24 and Dec. 31.

## 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.

<b>1700</b>	Tue., Oct. 23 – Nov. 13	6-8 p.m.
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<b>1701</b>	Tue., Nov. 27 – Dec. 18	6-8 p.m.
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## Felting

Free

The art of felt-making uses loose, clean, natural fibers in a variety of techniques and applications. “Felting” using loosely knitted yarn is more accurately termed “fulling.”

<b>Drop-in</b>	Wed.	1-3:30 p.m.
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## Handcrafters

Free

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

<b>Drop-in</b>	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.

<b>1013</b>	Tue., Oct. 2-23	1-2:15 p.m.
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<b>1014</b>	Tue., Nov. 6-27	1-2:15 p.m.
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\$15/3 classes

<b>1699</b>	Tue., Dec. 4-18	1-2:15 p.m.
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## Floral Arranging

\$15

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

<b>1705</b>	Wed., Oct. 10	10:30 a.m.-noon
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<b>1706</b>	Wed., Nov. 14	10:30 a.m.-noon
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<b>1707</b>	Wed., Dec. 12	10:30 a.m.-noon
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## Pumpkin Sock Craft

Free

Join a representative from Central Health Medicare Plan and create your very own pumpkin decoration for your home.

<b>1711</b>	Thu., Oct. 4	1-3 p.m.
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## Thanksgiving Card Craft

Free

Join a representative from Central Health Medicare Plan and enjoy some fun Thanksgiving card-making.

<b>1712</b>	Thu., Nov. 1	1-3 p.m.
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## Christmas Ornament Craft

Free

Join a representative from Central Health Medicare Plan and make a Christmas ornament for the holidays.

<b>1713</b>	Thu., Dec. 6	1-3 p.m.
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## World Hall – Collectors Wanted

We would love to display your special collection! Please contact Senior Specialist II Maritza Huizar at (562) 916-8550 or [mhuizar@cerritos.us](mailto:mhuizar@cerritos.us) for more information.



## SENIOR DANCE & MUSIC

Registration is underway unless noted.

### Guitar

**Free**

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

<b>Drop-in</b>	Tue.	9:30 a.m.-12:30 p.m.
<i>No class on Dec. 25 and Jan. 1 due to holiday closures.</i>		

### 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**

<b>1748</b>	Tue., Oct. 23 – Dec. 11	9:15-10:15 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Tue., Oct. 2</i> <i>Tue., Oct. 9</i>
<b>1749</b>	Tue., Jan. 8 – Feb. 26	9:15-10:15 a.m.
<i>Registration</i> <i>Non-resident</i>	<i>Resident</i> <i>Tue., Dec. 18</i>	<i>Tue., Dec. 11</i>

**Intermediate**  
**\$25/8 classes**

<b>1753</b>	Tue., Oct. 23 – Dec. 11	10:40 a.m.– 12:10 p.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Tue., Oct. 2</i> <i>Tue., Oct. 9</i>
<b>1754</b>	Tue., Jan. 8 – Feb. 26	10:40 a.m.– 12:10 p.m.
<i>Registration</i> <i>Non-resident</i>	<i>Resident</i> <i>Tue., Dec. 18</i>	<i>Tue., Dec. 11</i>

### Karaoke

**Free**

DJ/KJ Max invites all singers to display their vocal talents.

<b>Drop-in</b>	1st & 3rd Wed.	4:30-9 p.m.
<i>No meeting on Nov. 21 due to holiday closure.</i>		

### Hula

**Free**

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

**Beginning**

<b>1759</b>	Wed., Jan. 9 – Mar. 27	10 a.m. - noon
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Wed., Dec. 5</i> <i>Wed., Dec. 12</i>

**Advanced**

<b>1767</b>	Thu., Jan. 10 – Mar. 28	10 a.m. - noon
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Thu., Dec. 6</i> <i>Thu., Dec. 13</i>

### 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.
<i>No class on Oct. 5 due to Health &amp; Wellness Fair and Nov. 23 due to holiday closure.</i>		

### Ukulele

**Free**

Learn, listen and play ukulele. Students may sign up for one class only. Registration is underway and will end two weeks after class begins.

**Beginning**

<b>2026</b>	Fri., Jan. 4 – Mar. 22	8:30-9:30 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Fri., Dec. 7</i> <i>Fri., Dec. 14</i>

**Intermediate/Advanced**

<b>2028</b>	Fri., Jan. 4 – Mar. 22	9:30-10:30 a.m.
<i>Registration</i>	<i>Resident</i> <i>Non-resident</i>	<i>Fri., Dec. 7</i> <i>Fri., Dec. 14</i>



## SENIOR GAMES

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

### Best of the Best Billiard Tournament

\$5

Calling all pool players, the fun is back. The time has come to determine who the best billiard player is. So grab a pool stick and put on your game face, and get ready to participate in this year's tournament. Compete for 1st, 2nd and 3rd place prizes and a chance to get your name engraved on the "Best of the Best" tournament plaque. Refreshments will be served for tournament participants only.

<b>2046</b>	Wed., Jan 16	10 a.m. - noon
<i>Registration</i>	<i>Resident</i>	<i>Mon., Dec. 10</i>
	<i>Non-resident</i>	<i>Mon., Dec. 17</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 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

<b>1019</b>	Mon., Oct. 1	9-11 a.m.
<b>1020</b>	Mon., Nov. 5	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 1</i>
	<i>Non-resident</i>	<i>Mon., Oct. 8</i>
<b>1715</b>	Mon., Dec. 3	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Nov. 5</i>
	<i>Non-resident</i>	<i>Tue., Nov. 13</i>

### Bridge

Free

Join instructor Sue Sood to learn how to play bridge.

<b>Drop-in</b>	Tue.	9-11 a.m.
<i>No class on Dec. 25 and Jan. 1 due to holiday closures.</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>	Tue.	1-4 p.m.
<i>No class on Dec. 25 and Jan. 1 due to holiday closures.</i>		

### Texas Hold 'em

Free

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

<b>1714</b>	Wed., Nov. 7-28	4-6 p.m.
<i>Only practice play during October and December.</i>		

### 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>1064</b>	Wed., Oct. 24	6:30-8:30 p.m.
<b>1065</b>	Wed., Nov. 28	6:30-8:30 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Wed., Oct. 17</i>
	<i>Non-resident</i>	<i>Wed., Oct. 24</i>
<b>1716</b>	Wed., Dec. 19	6:30-8:30 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Wed., Nov. 21</i>
	<i>Non-resident</i>	<i>Wed., Nov. 28</i>

### 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>	Thu.	1-2:30 p.m.
<i>No class on Nov. 22 due to holiday closure.</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>	Tue./Thu.	5:15-8:45 p.m.
<b>Drop-in</b>	Fri.	7:30 a.m.-noon

*No class on Oct. 4 and Oct. 5 due to Health & Wellness Fair and Nov. 22, Nov. 23, Dec. 25 and Jan. 1 due to holiday closures.*

## 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

<b>Drop-in</b>	1st & 3rd Fri.	9 a.m.-noon
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*No class on Oct. 5 due to Health & Wellness Fair.*

### Game Day Tournaments

<b>2031</b>	Fri., Oct. 19	9 a.m.-noon
<b>2032</b>	Fri., Dec. 14	9 a.m.-noon

# 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.

## Volleyball

**Free**

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

<b>Drop-in</b>	Tue./Thu.	5:30-7:30 p.m.
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*No class on Oct. 4, Oct. 9, Dec. 4, Dec. 6, Dec. 18, Dec. 20, Dec. 25, Dec. 27 and Jan. 1 due to gym maintenance and holiday closures.*

## 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.

<b>Drop-in</b>	Tue.-Fri.	9-10 a.m.
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*No class on Oct. 5 due to Health & Wellness Fair and Nov. 22, Nov. 23, Dec. 25 and Jan. 1 due to holiday closures.*

## 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.

<b>Appointment Required</b>	1st & 3rd Tue.	6-8 p.m.
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*No appointments on Nov. 21 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.

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**Appointment Required** 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.

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**Appointment Required** 1st Wed. 5:30-6:30 p.m.

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*\*Fitness Center members only.*

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## 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.

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**1744** Mon., Oct. 29 – 5:30-6:30 p.m.  
Dec. 3

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*No class on Nov. 12 due to holiday closure.*

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## 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.

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**1745** Mon., Oct. 29 – 6:45-7:45 p.m.  
Dec. 3

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*No class on Nov. 12 due to holiday closure.*

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## Zumba Gold

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.

### \$23/5 classes

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**1746** Wed., Oct. 17 – 6:30-7:30 p.m.  
Nov. 14

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### \$18/4 classes

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**1747** Wed., Nov. 21 – 6:30-7:30 p.m.  
Dec. 19

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## 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.

## Legal Advice and Referral

### Free\*

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

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

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*\*Cerritos residents only.*

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*No appointments on Nov. 27 and Dec. 25 due to holiday closures.*

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## SENIOR EXCURSION

### *Holiday Shopping at The Grove*

**\$6/person**

Come out and get your holiday shopping done! Enjoy an early afternoon of holiday shopping at The Grove, a retail and entertainment complex in Los Angeles. A photo opportunity with Santa will be available on-site. Lunch will be on your own, so make sure to check out the historic Farmers Market for some delicious food options.

<b>2097</b>	Tue., Dec. 11	9:30 a.m.- 3:30 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Nov. 9</i>
	<i>Non-resident</i>	<i>Fri., Nov. 16</i>

## 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.

## COMMUNITY EVENTS

### *Veterans Day Ceremony*

**Free**

The City of Cerritos will host a Veterans Day ceremony in honor and remembrance of those who have defended the nation's freedom by serving in the U.S. armed forces. A musical prelude to the ceremony will begin at 1:45 p.m. The ceremony will begin at 2 p.m., with refreshments served immediately following. For more information, please call the Community Participation Division at (562) 865-8101.

Sun., Nov. 11	2 p.m.	Family
<i>Cerritos Civic Center Veterans Memorial</i>		

### *Christmas Tree Lighting Ceremony and Activities*

**Free**

Get an early jump on the holiday spirit at this special event for Cerritos families. The event will begin at 5 p.m. with entertainment by local music groups, carolers, crafts and fun for the entire family.

The Christmas tree will be lit at 6 p.m. Following the lighting, Santa will be available for visits. Please bring a camera. For more information, please call the Community Participation Division at (562) 865-8101.

Mon., Nov. 19	5-7 p.m.	Family
<i>Cerritos Civic Center</i>		



## 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** Mon.- Fri.  
**Required**

### 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** Mon.-Fri. noon  
**Required**

*No lunch will be offered on Nov. 12, Nov. 22, Nov. 23, Dec. 24 and Dec. 25 due to holidays. Sack lunch will be provided Oct. 5 due to the Health & Wellness Fair.*

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

### 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** Wed. 9:30 a.m.-noon  
**Required**

*\*Cerritos residents only.*

## MEDICARE COUNSELING

(Health Insurance Counseling and Advocacy Program)

**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.

<b>1105</b>	Wed., Oct. 24	6:30 p.m.
<b>1678</b>	Mon., Nov. 19	6:30 p.m.
<b>1061</b>	Mon., Dec. 17	6:30 p.m.

### Medicare Bingo

**Free**

Join Elizabeth Tejada from Jar Insurance to learn about the changes that have occurred in Medicare Benefits and for an educational, yet fun Medicare Bingo game.

<b>1684</b>	Wed., Oct. 3	1 p.m.
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### Medicare 101

Free

Turning 65? Join a representative from HealthCare Partners to learn the basics of Medicare, when to enroll, options available and what to do if changes need to be made.

1079	Mon., Oct. 22	10 a.m.
1093	Wed., Nov. 14	10 a.m.

### Healthy Eating to Control Cholesterol

Free

Which foods should you limit or avoid for your cholesterol? Join Linda Kadlac from Humana to learn how different foods can affect your cholesterol levels.

1655	Mon., Oct. 1	10 a.m.
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## HEALTH & WELLNESS

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### 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.

1652	Wed., Oct. 10	8 a.m.
1653	Wed., Nov. 14	8 a.m.
1654	Wed., Dec. 12	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., Oct. 19	10 a.m.
Drop-In	Fri., Nov. 16	10 a.m.
Drop-In	Fri., Dec. 21	10 a.m.

### Staying Independent

Free

Join Vernon Atwood from Right at Home In-Home Care & Assistance for an overview of ways to stay independent.

1657	Thu., Oct. 4	11 a.m.
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### Alternatives to Pain Medications

Free

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

1658	Tue., Oct. 9	10 a.m.
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### Neurology 101

Free

A stroke is known as a "brain attack" and happens when blood supply to the brain is temporarily suspended, resulting in reduced brain function. Join Heidi K. Taylor, CNRN from Lakewood Regional Medical Center, to learn about stroke and other important neurological issues

1659	Wed., Oct. 10	1 p.m.
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### Nutrition

Free

Eating healthy can get difficult during the holidays. Join Dr. Jina Kim, RD from La Palma Intercommunity Hospital to learn how to increase your protein intake, along with recipes and health tips.

1660	Thu., Oct. 11	11 a.m.
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## Savvy Caregivers

Free

The Savvy Caregiver Program helps caregivers better 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 6-week workshop to learn more about this program.

1089      Fri., Oct. 12-Nov. 16      10 a.m.-noon

## Osteoporosis

Free

What is osteoporosis? Join Dr. Prarthana Goddam, family practitioner from Healthcare Partners, to learn about osteopenia, the symptoms, risk factors and the fractures that can be caused due to osteoporosis.

1661      Tue., Oct. 16      10 a.m.

## Healthy Heart

Free

A healthy heart starts with your day-to-day choices. Join an AppleCare doctor to learn about easy lifestyle changes that can help with cholesterol, high blood pressure and diabetes.

1662      Wed., Oct. 17      10 a.m.

## Balance Builder

Free

Don't fear falling—take control of your balance. Join a representative from Pioneer Medical Group to learn how to prevent falls, build your balance, improve strength and increase flexibility.

1663      Wed., Oct. 17      1 p.m.

## Difficult Conversations about Eldercare

Free

Join Teri Frianeza from Trusted Life Care to discuss the challenges of caring for a loved one and learn how to manage difficult conversations about finances, long-term care and end of life planning.

1664      Wed., Oct. 17      5 p.m.

## Coffee with the Deputy

Free

Join a deputy from the Cerritos Sheriff's Station for coffee and conversation. All residents are invited to stop in and 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., Oct. 24      9 a.m.

## Aging & Vision Loss

Free

Your eyes and vision are important to your health. Join Jenny Alcala-Alonzo from Independence at Home to learn about common vision problems that come with age, what to look out for and what to do to prevent vision loss.

1668      Mon., Oct. 29      1 p.m.

## Do's & Don'ts of Healthy Diet & Nutrition

Free

It's easy to gain weight, but harder to lose weight quickly. Join Jenny Alcala-Alonzo from Independence at Home to learn the do's and don'ts of healthy dieting and helpful ways to be a winner in weight loss.

1677      Wed., Oct. 31      1 p.m.

## Improving Sleep

Free

Join Vernon Atwood from Right at Home In-Home Care & Assistance to learn about the changing rhythms of sleep as we age, what to do to solve common sleep problems and how to boost and maintain energy.

1755      Mon., Nov. 5      1 p.m.



### DMV Senior Driver Ombudsman Program

Free

The DMV Senior Driver Ombudsman Program helps all drivers maintain their driving independence for as long as they can do so safely. The presentation covers the following:

- Driver license renewal requirements
- Study tips
- REAL ID Act
- New testing technology (testing options)
- Health/medication and safe driving
- DMV Driver Safety Branch and how it may affect you
- Senior ID (free)

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<b>1718</b>	Tue., Nov. 6	10 a.m.
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### Holiday Painting to Reduce Stress

Free

There are health benefits to maintaining hobbies and leisure activities. Join Guadalupe Salazar from AppleCare to learn how painting can help reduce stress and improve memory. All participants will leave with a fall inspired painting and a newfound hobby. Supplies provided.

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<b>1719</b>	Wed., Nov. 7	10 a.m.
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### Current Options in Joint Pain

Free

Do you wonder whether you need surgery or just physical therapy for your joint pain? Join Orthopedic Surgeon Dr. Ramy Elias from Lakewood Regional Medical Center as he answers questions and discusses current options that are best for joint pain.

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<b>1743</b>	Wed., Nov. 7	1 p.m.
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### Health Care Directive

Free

You have the right to give instructions about your own health care, or to name someone else to make health care decisions for you. Advance Health Care Directive forms let you do one or both of these things. Join Stephen Vargas, MSW from Prime Health Care, for more information.

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<b>1720</b>	Thu., Nov. 8	11 a.m.
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### Hearing Screening

Free

Are you experiencing hearing loss? Hearing loss is one of the most common and easily treatable health problems, affecting 1 in 3 adults over age 60. Join Jonas Holl from Connect Hearing for a hearing screening to see if this health problem is affecting you. Make an appointment at the Reception Desk. \*Appointments begin Mon., October 15.

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<b>Appointment Required</b>	Thu., Nov. 15	10 a.m.
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### Super Foods

Free

Certain foods may prevent disease or help manage specific medical conditions. Join Linda Kadlac from Humana to learn about these “super foods” and decide which make sense for you and your health.

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<b>1723</b>	Mon., Nov. 19	10 a.m.
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### Thyroid Disease

Free

What does your thyroid do? Join Dr. Gurcharan Khara, internal medicine practitioner from Healthcare Partners, to learn about your thyroid, symptoms and solutions for thyroid disease, and how to prevent it.

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<b>1722</b>	Tue., Nov. 20	10 a.m.
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### What You Should Know About Shingles

Free

Many seniors develop shingles and know all too well the painful effects of the disease. Join Dr. Angelyn Moultrie-Lizana from Pioneer Medical Group to learn more about shingles and what to do if you are diagnosed with them.

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<b>1725</b>	Wed., Nov. 21	1 p.m.
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## Low Back Pain & Sciatica

Free

There are many options when you are dealing with low back pain. Join Dr. Danh Ngo from ReVITALize Rehab Club as he explains five crucial hidden factors that the body needs to have a long-lasting and happy back, regardless of diagnosis.

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1726 Tue., Nov. 27 10 a.m.

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## Better Your Blood Pressure

Free

One out of 3 Americans has high blood pressure, yet only half of those people have it under control. Join Jenny Alcala-Alonzo from Independence at Home to learn how to prevent and improve high blood pressure with simple changes.

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1727 Wed., Nov. 28 1 p.m.

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## Flu and Pneumonia

Free

People 65 and older face the greatest burden from the flu. It is estimated that up to 85% of flu-related deaths occur in people 65 years and older. Join Jun Lu from LUCITA M.D., to learn what you can do to help decrease the spread of the flu and minimize its serious complications, such as pneumonia.

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1809 Fri., Nov. 30 10 a.m.

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## How to Exercise While in Pain

Free

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

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1728 Tue., Dec. 4 10 a.m.

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## Healthy Eating

Free

Many individuals make choices every day that lead to eating foods that contain few nutritional benefits. Understanding eating habits can help spur healthier choices. Join Guadalupe Salazar from AppleCare to learn nutritional tips and how to make overnight oats for a healthy snack or light breakfast.

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1729 Wed., Dec. 5 10 a.m.

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## Depression during the Holidays

Free

Join Pamela Mather, RN from Prime Health Care, to understand possible depression triggers and ways to prepare for the holiday season to avoid triggers. Learn how to preserve good mental and emotional hygiene.

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1730 Tue., Dec. 11 10 a.m.

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## Good for your Gut

Free

Join Linda Kadlac from Humana to find foods that can help keep your digestive system running smoothly, plus those you should avoid.

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1731 Wed., Dec. 12 10 a.m.

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## Eat Smart

Free

Eating healthy is not as hard as you might think. With a little planning and healthier choices, you too can eat smart. Join Jenny Alcala-Alonzo from Independence at Home to learn some helpful tips for eating healthy and smart.

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1732 Wed., Dec. 12 1 p.m.

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## Habits of Healthy People

Free

Happiness is a choice and a way of living that anyone can learn. Join Linda Kadlac from Humana to learn how to find more joy in every part of life and tips for staying positive during life's challenges.

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1733 Mon., Dec. 17 10 a.m.

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## Eating Healthy for the New Year

Free

The Mediterranean Diet has been shown to have many health benefits. Join a representative from Pioneer Medical Group to learn which foods to eat, how following this diet can improve overall health and how it can help prevent certain medical conditions.

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1734 Wed., Dec. 19 1 p.m.

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## FINANCE/LEGAL

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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

1735 Thu., Oct. 11 1 p.m.

#### Long Term Care

1736 Thu., Oct. 18 1 p.m.

#### Annuities

1737 Thu., Oct. 25 1 p.m.

### Advance Funeral Arrangements

Free

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

1738 Wed., Oct. 3 6 p.m.

### What is an Annuity?

Free

Join Gary Watkins from Watkins Retirement Services to learn the pros and cons of annuities and how they may benefit a "portion" of your retirement portfolio.

1739 Wed., Oct. 24 1 p.m.

### Veteran's Planning

Free

Join Sheryl Nguyen from Rose Hills Memorial Park to learn about VA Burial Benefits and the Dignity Memorial Veteran Benefits Program.

1740 Wed., Nov. 7 6 p.m.

### How to Cut Your Stock Market Risk

Free

Join Gary Watkins from Watkins Retirement Services to learn some guaranteed safe strategies to help eliminate stock market risk and defer taxes.

1741 Wed., Nov. 14 1 p.m.

### What is a Lifetime Guaranteed Income Rider?

Free

Join Gary Watkins from Watkins Retirement Services to learn about a lifetime guaranteed income rider and how it can be beneficial to you and your family.

1742 Wed., Dec. 5 1 p.m.

## S.P.I.C.E

### Seniors Personally Involved in Children's Enrichment

#### Volunteer Procedure

To continue creating a safe and positive environment for all our community children, the City of Cerritos is continuing its goal of fingerprinting all who wish to volunteer their services with children. As the S.P.I.C.E. Program gets underway, we are seeking volunteers for the 2018-2019 school year who have completed the fingerprinting process.

Interested volunteers, who have not been fingerprinted yet, may make an appointment for a free-of-charge fingerprinting screening by calling the Cerritos Senior Center at (562) 916-8550. If you have already completed the fingerprinting process through the City of Cerritos, you do not need to be fingerprinted again, but please call the Senior Center to confirm. Add some S.P.I.C.E. to your life!



## Interview A Senior

**Free**

Second graders from Carver Academy will be interviewing seniors to learn how life has changed since the seniors were children. Seniors are encouraged to bring pictures and memorabilia.

<b>1095</b>	Fri., Nov. 2	10:45 a.m.
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## Holiday Concert

**Free**

Carver Academy Preschoolers will perform holiday-themed songs prior to the Human Services Association lunch program. Please see page 10 for lunch reservation details.

<b>Drop-in</b>	Fri., Dec. 7	10:30 a.m.
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## Sensitivity to Aging Unit

The sixth graders from Carver Elementary School 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, it 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.

<b>2053</b>	Fri., Feb. 1	1:40 p.m.
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## 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 at the completion of the course.

<b>1085</b>	Mon., Oct. 8	8:30 a.m.-1 p.m.
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<b>1086</b>	Tue./Thu., Nov. 13 & 15	8:30 a.m.-1 p.m.
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### AARP Smart DriverTEK

**Free**

Join Jim Jang from AARP to understand the current and emerging vehicle safety technologies and how to recognize how these technologies might extend driving years.

<b>2033</b>	Tue., Oct. 23	10 a.m.-noon
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## 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. On-line registration will be 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!



# 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 October, November and December.

Throughout these classes, WHS Students will detail different forms of technology, extending from cell phones to computers, and much more! In addition personalized and one-on-one tutoring will be available.

Students hope to help seniors learn more about technology and become comfortable in using different forms. Through well-paced classes, without charge, and understandable curriculum, students aim and aspire to assist seniors with whatever help that they may require.

Email [technior.whitneyhighschool@gmail.com](mailto: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.

<b>1696</b>	Mon., Oct. 1-29	2-3 p.m.
<b>1697</b>	Mon., Nov. 5-26	2-3 p.m.
<b>1698</b>	Mon., Dec. 3-17	2-3 p.m.

*No session on Nov. 12 due to Veterans Day holiday.*

## Community Screening & Discussion: Netflix Film End Game

Free

Join clinical professionals from Pacific Hospice & Palliative Care Foundation for a special screening of a Netflix Original Film End Game, a short documentary film directed by Academy Award winners Jeffrey Friedman and Rob Epstein.

After the film join community members and clinical professionals for a panel discussion on end of life care. Refreshments will be served. Event is sponsored by Pacific Hospice & Palliative Care Foundation and Alzheimer's Orange County. Event open to ages 18 and older.

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<b>2034</b>	Wed., Oct. 10	5:30 -7 p.m.
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## Gift Boutique

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

Looking for a holiday gift? Visit the Cerritos Senior Center Gift Boutique. The Gift Boutique has hand crocheted and knitted items, baby blankets, baby booties, scarves, beanies, shopping totes, jewelry and quilts in several different sizes and styles, and a lot more. Approximately 20 senior crafters supply the gift boutique with their creations.

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. Gift Boutique volunteers are always needed, if you are interested please contact Cynthia Navarrete, Facility/Volunteer Coordinator at 562-916-8550 or [cnavarrete@cerritos.us](mailto:cnavarrete@cerritos.us).

**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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**DATED  
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**PUBLISHED BY**

CITY OF CERRITOS  
Community Participation Division  
Senior Services

**CERRITOS CITY COUNCIL**

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