

Senior Connection



Cerritos Senior Center at Pat Nixon Park

October through December 2017

2017 Health and Wellness Fair "Embrace a Life of Health & Wellness"

Free

The 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 pharmacies, discount stores, local medical facilities and Los Angeles County flu shot fairs will be provided at the 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.

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

Fri., Oct. 6	8:30 a.m. – noon	Cerritos Residents
	9 a.m. – noon	General Public

Thur., Oct. 5

- *Cancelled: Ping Pong, Formosa Seniors Association and Fil-Am Seniors Club*
- *End at 4 p.m.: Indo-American Seniors Club and Happy Seniors Association*

Fri., Oct. 6

- *Cancelled: Tai Chi, Ping Pong, Longevity Stick, Ukulele, Chorus, Game Day, Mahjong, Movie Matinee, Filipino Seniors Club and ABC Morning Workout with Todd*

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SENIOR CENTER CLOSURES

Friday, **Oct. 6** closed due to Senior Health and Wellness Fair

Friday, **Nov. 10** in observance of Veterans Day

Wednesday, **Nov. 22** close at 5 p.m.

Thursday, **Nov. 23** and Friday, **Nov. 24** in observance of Thanksgiving

Monday, **Dec. 25** and Tuesday, **Dec. 26** in observance of Christmas Holiday

Monday, **Jan. 1** in observance of 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



OCTOBER IS ARTS MONTH



SPECIAL EVENTS

It's Fall Y'all

Art Walk / Free

Chili and Cornbread / \$8 per person

It's fall y'all! Leaves are changing and the fall season is upon us! Come and enjoy chili, cornbread and pumpkin pie. We will have a variety of art displayed from various classes and senior artists. Art Walk is free for drop-ins. Pre-registration is required for the chili and cornbread lunch.

269815	Fri., Oct 27	1-2:30 p.m.
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'Tis the Season to Sparkle Dinner Dance

\$18 per senior

Add a little sparkle to your holiday season! Join us for our 'Tis the Season to Sparkle Dinner Dance. Enjoy great-tasting food, a night of dancing and a toast to 2018! Guests must be 50 years and older.

269265	Fri., Dec. 8	6-10 p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Oct. 20</i>
	<i>Non-resident</i>	<i>Fri., Oct. 27</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!

Drop-in	Wed., Dec. 20	2-3:30 p.m.
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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 for the duration of all tournaments. No refreshments or food is allowed in the billiards rooms.

Open Play

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

Tournaments

269068	Mon., Oct. 2	9-11 a.m.
269069	Mon., Nov. 6	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Oct. 2</i>
	<i>Non-resident</i>	<i>Mon., Oct. 9</i>
269070	Mon., Dec. 4	9-11 a.m.
<i>Registration</i>	<i>Resident</i>	<i>Mon., Nov. 6</i>
	<i>Non-resident</i>	<i>Mon., Nov. 13</i>

Backgammon

Free

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

Drop-in	Mon.	10 a.m.-noon
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Senior Games continued on page 3...



TRAVEL POLICY

Please join us for the exciting excursions listed below. During Cerritos resident registration, Cerritos residents may purchase a maximum of two tickets per household account: one for themselves and one additional ticket. During open registration, Cerritos residents and non-residents may purchase multiple number of tickets.

All tickets MUST be purchased in person for participants 50 years and older and paid in full by check, money order, Visa or MasterCard. All cancellations must be made 10 days prior to excursion date, unless noted otherwise. Tickets are non-transferable. Pick-up and drop-off location will be the Cerritos Sports Complex front lot at 19900 Bloomfield Avenue.

Changes will be noted on flyers and confirmed two days prior to the excursion date. During registration, you will be given a new excursion affidavit form to fill out, and prior to boarding the bus, you MUST show your picture I.D.

SENIOR EXCURSION

Newport Holiday Boat Parade

\$23/person

There is so much to do at Christmastime, you will definitely want to stop and relax for a while so that you can take in the beautiful scenery of the season. The perfect way to do that is the Newport Christmas Boat Parade. It's not just the hundreds of boats and yachts that are adorned with decorative lights and displays either. In fact, homes all along the shoreline are decorated as well. It's a tradition you don't want to miss.

262566	Tues., Dec. 12	4-8:30p.m.
<i>Registration</i>	<i>Resident</i>	<i>Fri., Oct. 20</i>
	<i>Non-resident</i>	<i>Fri., Oct. 27</i>

Senior Games continued...

Bridge

Free

Join instructor Sue Sood to learn how to play bridge.

Drop-in	Tues.	9-11 a.m.
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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	Tues.	1-4 p.m.
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Texas Hold 'em

Free

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

269065	Wed., Nov. 1-29	4-6 p.m.
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No tournament play on Wed., Nov. 22.

Only practice play for the months of October and December.

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.

263595	Wed., Oct. 25	6:30-8:30 p.m.
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263596	Wed., Nov. 29	6:30-8:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Wed., Oct. 18</i>
	<i>Non-resident</i>	<i>Wed., Oct. 25</i>

263597	Wed., Dec. 27	6:30-8:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Wed., Nov. 22</i>
	<i>Non-resident</i>	<i>Wed., Nov. 29</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	Thur.	1-2:30 p.m.
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World Hall – Collectors Wanted

We would love to display your special collection! Please contact Senior Specialist III Sandy de la Trinidad at (562) 916-8550 or sdelatrinidad@cerritos.us for more information.

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	Tues./Thur.	5:15-8:45 p.m.
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Drop-in	Fri.	7:30 a.m.-noon
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No Ping-Pong on Thur., Oct. 5 & Fri., Oct. 6 due to Health & Wellness Fair, and Fri., Nov. 10 due to Veteran's Day observed holiday.

Wii™ Bowling & Game Day

Free

Join fellow seniors for Wii Bowling practice and tournaments. A prize will be awarded to the highest scoring player in the tournament. Tournament winners are not eligible to win the tournament immediately following their win; however, all are still welcome to participate. In addition to Wii bowling, board and card games will be available for drop-in play.

Game Day Practices

Drop-in	1st & 3rd Fri.	9 a.m.-noon
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No practice on Fri., Oct. 6 due to Health & Wellness Fair.

Game Day Tournaments

263577	Fri., Oct. 20	9 a.m.-noon
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263578	Fri., Dec. 15	9 a.m.-noon
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Mahjong

Free

Mahjong is a Chinese board game that gained U.S. popularity in the 1920s. Some knowledge of the game is required to participate.

Drop-in	1st and 3rd Fri.	1-4 p.m.
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No Mahjong on Fri., Oct. 6 due to Health & Wellness Fair.

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., Oct. 23	1-3 p.m.
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Drop-in	Mon., Nov. 27	1-3 p.m.
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Book Club will not meet in December.

Computer Group

Free

Explore the computer hard drive and discuss technology. Group members must have prior computer knowledge.

Drop-in	Tues.	noon-4 p.m.
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Life Stories

Free

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

Drop-in	Tues.	2-4 p.m.
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Lighten Up with Laughter

Free

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

Drop-in	Wed.	2-3 p.m.
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Ultimate Optimist

Free

Join volunteer instructor Sudha Tendulkar every Thursday 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	Thur.	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	Thur.	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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No movie on Fri., Oct. 6 due to Health & Wellness Fair; Fri., Nov. 10 due to Veteran's Day observed holiday; Fri., Nov. 24 due to Thanksgiving holiday and Fri., Dec. 8, due to the Holiday Dinner Dance.

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

263714	Mon., Oct. 23 – Nov. 20	10-11 a.m.
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263715	Mon., Dec. 4 – Jan. 22	10-11 a.m.
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No class Mon., Dec. 25; Mon., Jan. 1 and Mon., Jan. 15.

Chinese Brush Calligraphy



Free

Join this volunteer-led group on the fourth Tuesday of every month; all levels are welcome. Please bring calligraphy pens, brushes and paper.

Drop-in	Tues., Oct. 24	1-4 p.m.
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Drop-in	Tues., Nov. 28	1-4 p.m.
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Class will not meet in December.

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.

263604	Tues., Oct. 17 – Nov. 14	6-8 p.m.
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No class on Tues., Oct. 31.

263605	Tues., Nov. 28 – Dec. 19	6-8 p.m.
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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.

263567	Tues., Oct. 3-24	1-2:15 p.m.
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263568	Tues., Nov. 7-28	1-2:15 p.m.
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263569	Tues., Dec. 5 – Jan. 2	1-2:15 p.m.
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Gift Boutique

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

The Gift Boutique inside the Main Entry sells one-of-a-kind, handmade items created by seniors at affordable prices, including baby blankets, scarves, jewelry, ceramic pieces and more. Stop by to browse what items are in the boutique today!

Crafters Wanted - Do you craft cards, wreaths, jewelry or other handmade items and wish to sell them? If you're interested in displaying your crafts for sale in the Gift Boutique contact Facility/Volunteer Coordinator Cynthia Navarrete at (562) 916-8550 or at cnavarrete@cerritos.us

Pumpkin Decoration

Free



Join a representative from Central Health Medicare Plan and learn how to decorate pumpkins with ribbon, faux flowers, paint and more.

263571 Thur., Oct. 5 1-3 p.m.

Holiday Floral Arranging

\$25



Join Tina Kambli to learn floral arranging for fall, Thanksgiving and the holidays. Materials will be provided.

263584 Wed., Oct. 11 10:30 a.m.-noon

263603 Wed., Nov. 15 10:30 a.m.-noon

263606 Wed., Dec. 13 10:30 a.m.-noon

Watercolor & Modern Lettering For Beginners

\$25

Try your hand at two different art forms: watercolors and modern lettering! In this class you will learn the basics of both and merge the two together for a fun project. This class is designed for beginners; no experience is necessary. Materials are included.

263592 Mon., Nov. 13 1-3 p.m.

Succulent Plant Gifts

\$3



Join Senior Center staff members Cynthia Navarrete and Raylene Armour, and learn how to make adorable succulent plants gifts.

263608 Wed., Oct. 25 10-11:30 a.m.

Flower Pen Boutique Class

\$3



Join Senior Center staff member Sheryl Jue as we make a variety of duct tape flower pens. You can keep them for yourself or make them as great gifts.

263579 Wed., Oct. 25 4-5:30 p.m.

Mason Jar Decoration

Free

Join a representative from Central Health Medicare Plan and decorate mason jars.

263572 Thur., Nov. 2 1-3 p.m.

Paper Pine Cone Ornament

\$3

Join Senior Center staff members Melissa Pizano and Madyson Costa and make beautiful decorative pine cones with paper.

263581 Wed., Nov. 8 6-7:30 p.m.

Holiday Card Making

\$3

Join Senior Center staff members Sandy de la Trinidad and Maritza Huizar and learn how to make a variety of cards for the holidays.

263617 Tues., Nov. 21 3-4:30 p.m.

Christmas Flowers

Free

Join a representative from Central Health Medicare Plan and learn how to do a table arrangement for Christmas.

263573 Thur., Dec. 7 1-3 p.m.



SENIOR DANCE & MUSIC

Registration for all senior dance and music activities is underway at the Cerritos Senior Center 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

263531 Tues., Oct. 31 – Dec. 19 9:15-10:15 a.m.

<i>Registration</i>	<i>Resident</i>	<i>Tues., Oct. 3</i>
	<i>Non-resident</i>	<i>Tues., Oct. 10</i>

Intermediate \$25/8 classes

263530 Tues., Oct. 31 – Dec. 19 10:40 a.m.–12:10 p.m.

<i>Registration</i>	<i>Resident</i>	<i>Tues., Oct. 3</i>
	<i>Non-resident</i>	<i>Tues., Oct. 10</i>

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. Registration must be done in person, per instructor's request. Registration will end two weeks after class begins.

Beginning

269116 Wed., Jan. 3 – Mar. 21 10 a.m. - noon

<i>Registration</i>	<i>Resident</i>	<i>Wed., Nov. 29</i>
	<i>Non-resident</i>	<i>Wed., Dec. 6</i>

Advanced

269115 Thur., Jan. 4 – Mar. 22 10 a.m. - noon

<i>Registration</i>	<i>Resident</i>	<i>Thur., Nov. 30</i>
	<i>Non-resident</i>	<i>Thur., Dec. 7</i>

Guitar



Free

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

Drop-in Tues. 9:30 a.m.-12:30 p.m.

Karaoke



Free

DJ/KJ Max invites all singers to display their vocal talents. Karaoke rules are provided at the beginning of each class.

Drop-in 1st & 3rd Wed. 4:30-9 p.m.

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.

No class on Fri., Oct. 6 due to Health & Wellness Fair and Fri., Nov. 10 due to Veteran's Day observed holiday.

Ukulele



Free

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

269215 Fri., Dec. 8 – Feb. 23 8:30-9:30 a.m.

Intermediate/Advanced

269216 Fri., Dec. 8 – Feb. 23 9:30-10:30 a.m.

No class on Fri., Oct. 6 due to Health & Wellness Fair and Fri., Nov. 10 due to Veteran's Day observed holiday.



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.-Thur.	7:30 a.m.–9 p.m.
Fri.	7:30 a.m.–4:30 p.m.

No Fitness Center access after 7:30 p.m. on Thur., Oct. 5 and all day Fri., Oct. 6 due to Health & Wellness Fair; and Fri., Nov. 10; Thur., Nov. 23; Fri., Nov. 24; Mon., Dec. 25 and Tues., Dec. 26 due to observed holidays.

Volleyball

Free

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

Drop-in	Tues./Thur.	5:30-7:30 p.m.
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Please see staff for a list of closure dates.

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	Tues.-Fri.	9-10 a.m.
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No class on Fri., Oct. 6 due to Health & Wellness Fair and Fri., Nov. 10 and Fri., Nov. 24 due to observed holidays.

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 Wed.	6-8 p.m.
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Ask the Expert

Free

Meet with Ni Bueno, Ph.D., a lifestyle coach for over 20 years, 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.
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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.

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

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.

263526	Mon., Nov. 13 – Dec. 11	5:30-6:30 p.m.
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263528	Mon., Jan. 8 – Feb. 12	5:30-6:30 p.m.
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<i>Registration</i>	<i>Resident</i>	<i>Mon., Dec. 4</i>
	<i>Non-resident</i>	<i>Mon., Dec. 11</i>

No class on Mon., Jan. 15.



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.

263527	Mon., Nov. 13 – Dec. 11	6:45-7:45 p.m.
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263529	Mon., Jan. 8 – Feb. 12	6:45-7:45 p.m.
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No class on Mon., Jan. 15.

<i>Registration</i>	<i>Resident</i>	<i>Mon., Dec. 4</i>
	<i>Non-resident</i>	<i>Mon., Dec. 11</i>

Zumba Gold

Zumba Gold is a fun and effective workout for the older active adult or anyone who would like a slower-paced class. Dance your way to better fitness to the Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. 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 six-week session.

\$23/5 classes

263523	Wed., Oct. 18 – Nov. 15	6:30-7:30 p.m.
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263524	Wed., Nov. 29 – Dec. 27	6:30-7:30 p.m.
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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.

Appointment Required	2nd & 4th Tues.	7 p.m.
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**Cerritos residents only.*

HUMAN SERVICES

Home-Delivered Meals

Donation Suggested

Meals are delivered by the Human Services Association (HSA) for Cerritos homebound seniors. For more information, contact HSA at (562) 806-5400, ext. 245.

Appointment Required	Mon.- Fri.
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Human Services Association (HSA) Daily Lunch

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

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
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Sack lunch will be served on Friday, Oct. 6. No lunch will be offered on Fri., Nov. 10; Thur., Nov. 23; Fri., Nov. 24; Mon. Dec. 25 and Tues. Dec., 26 due to holidays.

Care Management

Free*

Care Manager Maria Godinez 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
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**Cerritos residents only.*

Coffee with the Deputy

Free

Come and learn about Operation Night Light.

Drop-in	Wed., Oct. 25	9-10 a.m.
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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.

Medicare Counseling or HICAP

(Health Insurance Counseling and Advocacy Program)

Free

Visit Minh Ha Nguyen, state-registered HICAP counselor, for free and unbiased information, counseling and assistance on Medicare and related health insurance.

Learn about benefits and options, including Medicare Advantage Plans, Medigap, Medicare Part D Prescription Drug Benefit, Part D “Extra Help” and Dual Eligibility (Medicare & Medi-Cal). Run by the Center for Health Care Rights, 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 2nd & 4th Wed. noon, 1p.m & 2 p.m.
Required

L.A. County Residents Only

Medicare 101

Free

Join Dr. Francisco Badar from Healthcare Partners to learn about Social Security and Medicare, how Low Income Subsidy (LIS) can help subsidize the cost of prescription drugs and what Medicare plans are best for you.

263623 Tues., Oct. 24 10 a.m.

268816 Mon., Nov. 13 10 a.m.

268817 Thur., Nov. 16 10 a.m.

Getting Started with Medicare

Free

Join Fyle Cabagnet from FGC Insurance & Financial Solutions, Inc. to learn the basics of Medicare, how to compare plans and choose the right one, and how to find out if someone qualifies for financial help.

268918 Fri., Dec. 1 10 a.m.

Medicare Basics

Free

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

263703 Wed., Oct. 25 6:30 p.m.

268919 Mon., Nov. 20 6:30 p.m.

268920 Mon., Dec. 18 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.

Kidney Health

Free

Chronic kidney disease (CKD) is a major public health concern that often goes undetected until it is very advanced. But when it is diagnosed early, progression of CKD can be slowed or even stopped. Join Victor J. Kabbany, MD from Lakewood Regional Medical Center to understand how to take care of your kidneys.

263669 Wed., Oct. 4 1 p.m.

How to Read Food Labels

Free

Nutrition facts can be confusing and misleading. Join Ruth Lopez from Anthem Blue Cross to learn how to read and understand food labels to make healthier choices.

263607 Mon., Oct. 9 10 a.m.

Self-Care for the Family Caregiver

Free

Join Teri Frianeza from Nu Care to learn how to preserve your own health and well-being as you care for a loved one.

263687 Tues., Oct. 10 10 a.m.



Stroke and Dementia & Blood Pressure Screening

Free

Experts say that 80% of all strokes are preventable. The key to prevention is knowledge. Join Renee Mazeroll, RN, from the RTH Stroke Foundation to learn the risk factors for strokes and what you can do to mitigate risks in your own life.

*You must attend lecture to be eligible for screening; space is limited, pre-registration required.

263758	Wed., Oct. 11	10 a.m.
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Coffee with the Doc

Free

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

263735	Wed., Oct. 11	8 a.m.
268715	Wed., Nov. 8	8 a.m.
268716	Wed., Dec. 13	8 a.m.

Strokes: Signs, Symptoms and Prevention

Free

Strokes are considered medical emergencies, so identifying the warning signs and symptoms quickly is imperative. Join Nirav Patel, MD from Lakewood Regional Medical Center to learn about the signs, symptoms and prevention of a stroke.

263773	Mon., Oct. 16	1 p.m.
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Healthier Living: Living Your Best Life

Free

Healthier Living was developed for people with chronic health conditions. Join a representative from Partners in Care Foundation for a 6-week workshop to learn tips to better manage health; control pain, stress and anxiety; and eat healthfully.

263724	Mon., Oct. 16 - Nov. 20	9-11:30 a.m.
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Better Your Blood Pressure

Free

Did you know that 1 out of 3 Americans has high blood pressure, and only half of those people have it under control? Luckily, high blood pressure is easy to treat. Join Jenny Alcala-Alonzo from Independence at Home to learn how to better your blood pressure!

263580	Tues., Oct. 17	1 p.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.

269765	Wed., Oct. 18	10 a.m.
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Hypertension & Cholesterol

Free

Join Dr. Bao Chung from HealthCare Partners to understand the causes and risk factors of high blood pressure and the difference between "good" and "bad" cholesterol.

263588	Thur., Oct. 19	10 a.m.
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Alzheimer's Support Group

Free

For many, the best source of support is through support groups. Join a facilitator from Alzheimer's Greater Los Angeles to develop new coping strategies and find comfort, strength and hope in a compassionate and safe environment.

Drop-In	Fri., Oct. 20	10 a.m.
Drop-In	Fri., Nov. 17	10 a.m.
Drop-In	Fri., Dec. 15	10 a.m.

Shoulder Pain

Free

Pain may arise from the shoulder joint itself or from surrounding muscles, ligaments or tendons. Shoulder pain that comes from the joint usually worsens with movement. Join Ramy Elias, MD to learn about advances in treatment.

268765	Wed., Oct. 25	1 p.m.
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Food for Thought: Changing Your Diet

Free

Join Jenny Alcala-Alonzo from Independence at Home to understand how food affects certain medical conditions and how you may be able to improve your health by changing the foods that you eat.

263746 Tues., Oct. 31 1 p.m.

10 Ways to Keep the Mind Sharp as We Age

Free

Aging takes a toll on the brain. Join Teri Frianeza from Nu Care to learn 10 ways to keep your mind sharp by doing various daily activities.

263776 Thur., Nov. 2 10 a.m.

Prostate Health

Free

Prostate cancer is the third leading cause of cancer death in American men. With early detection and intervention, most men with prostate cancer lead normal lives. Join Dr. Andrew Behesnilian from Lakewood Regional Medical Center to learn about symptoms, diagnosis and treatment.

268815 Wed., Nov. 8 1 p.m.

Men's Health

Free

Join Dr. Gurcharan Khara from HealthCare Partners to learn about the top six men's health issues: heart disease, stroke, lung and prostate cancer, suicide and depression.

268865 Thur., Nov. 9 10 a.m.

Benefits of Drinking Water

Free

Our bodies are made up mostly of water. Join Jenny Alcala-Alonzo from Independence at Home to learn why it's important to stay hydrated and what you can do to get enough water throughout the day.

263565 Tues., Nov. 14 1 p.m.

How the Eyes Work

Free

Good eyesight plays an important role in your mobility and enjoyment of life. Join Dr. Arthur Pazornik from Pioneer Medical Group to learn how to preserve your vision and tips to keep your eyes healthy.

268818 Wed., Nov. 15 1 p.m.

Test Your Nutrition IQ

Free

Join Linda Kadlac from Humana to test your knowledge and understanding of the importance of proper nutrition.

263585 Mon., Nov. 27 10 a.m.

Peripheral Arterial Disease (PAD)

Free

PAD is a narrowing of the peripheral arteries to the legs, stomach, arms and head, caused by atherosclerosis. It often goes undiagnosed by healthcare professionals. Join Isaac Eisenstein, MD, from Lakewood Regional Medical Center to learn about the risks, symptoms and treatment of PAD.

268821 Wed., Nov. 29 1 p.m.

Nutrition Bingo

Free

Learn while playing a game! Join a representative from Independence at Home to learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

263661 Thur., Nov. 30 1 p.m.

Joint Pain

Free

Do you have hip or joint pain? Join orthopedic surgeon Dr. Ramy Elias from Lakewood Regional Medical Center to discuss joint pain and the latest interventions.

263609 Wed., Dec. 6 1 p.m.



Habits of Healthy People

Free

As we age, our bodies and minds change. Join Linda Kadlac from Humana to learn how to achieve greater energy, vitality and long-lasting health with lifestyle changes that also help to prevent chronic disease and disability.

263802 Fri., Dec. 8 10 a.m.

Healthy Eating for the Holidays

Free

Join Sandra Acevedo, nutrition coach from Pioneer Medical Group, to learn new ways to prepare and enjoy your favorite holiday meals while maintaining your healthy lifestyle.

269015 Mon., Dec. 11 1 p.m.

New Interventions in the Treatment of Stroke

Free

Join Dr. Radoslav Raychev, interventional neuroradiologist from Lakewood Regional Medical Center, to learn about advances in the diagnosis and treatment of stroke.

269016 Wed., Dec. 13 1 p.m.

Alternatives to Pain Medication

Free

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

269766 Tues., Dec. 19 10 a.m.

Nutrition Bingo

Free

Learn while playing a game! Join a representative from Independence at Home to learn interesting nutrition facts and how to eat healthier while playing Nutrition Bingo!

263783 Wed., Dec. 20 1 p.m.

Hearing Screening

Free

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.

Appointment required Thur., Dec. 21 10 a.m.

**Appointments begin Mon., Nov. 6.*

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.

Retirement IQ Test

Free

Join Gary Watkins from Watkins Retirement Services to learn some useful information for a successful retirement.

263666 Mon., Oct. 2 1 p.m.

Advance Funeral Planning

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.

263668 Tues., Oct. 3 10 a.m.



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

263779	Thur., Oct. 5	1 p.m.
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Long Term Care

263650	Thur., Oct. 12	1 p.m.
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Annuities

263757	Thur., Oct. 19	1 p.m.
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Social Security: Your Money, Your Way

Free

Join Financial Advisor Paul Mak to learn the pros and cons for different strategies on when to receive Social Security.

263673	Fri., Oct. 27	10 a.m.
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Guaranteed Income with No Market Risk

Free

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

263755	Wed., Nov. 1	1 p.m.
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Basic Financial Planning

Free

Join Financial Advisor Paul Mak to learn about financial planning that can put your retirement dreams within reach.

263749	Fri., Nov. 3	10 a.m.
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Foundations of Investing

Free

Join Paolo Quiroga from Edward Jones Investments to learn the effect of asset allocation and inflation on long-term goals.

263602	Tues., Nov. 7	10 a.m.
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Veteran's Benefits Planning

Free

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

263583	Wed., Nov. 15	10 a.m.
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Fraud Prevention

Free

Join Steven Castillo from Wells Fargo Bank to learn about scams, prevention and what to do if it happens to you.

263681	Tues., Nov. 21	10 a.m.
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Living Well on Less

Free

Join Gary Watkins from Watkins Retirement Services to learn some smart money-saving ideas to make your monthly budget go further.

268965	Mon., Dec. 4	1 p.m.
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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.) Please bring a stamped self-addressed envelope.

268824	Mon., Nov. 6	8:30 a.m.-1 p.m.
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268915	Tue. & Thur., Dec. 12 & 14	8:30 a.m.- 1 p.m.
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Participants must attend Tues. & Thurs. sessions.



Live a Confident Retirement

Free

Are you on track for a retirement lifestyle of your choice? Join Financial Advisor Paul Mak to learn how a confident retirement approach can take the guessing out of retirement and keep you on track to making confident financial decisions.

268966	Fri., Dec. 22	10 a.m.
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SENIOR TECHNOLOGY WORKSHOPS

Tech Training

Free

The Technior: Whitney High School Branch students will be holding technology sessions every Tuesday in October and November. Registration is preferred, but drop-ins are always welcome.

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

263599	Tues., Oct. 3-24	2-3 p.m.
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263600	Tues., Nov. 7-28	2-3 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.

263589	Thur., Oct. 19	1-3 p.m.
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263590	Thur., Nov. 16	1-3 p.m.
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263591	Thur., Dec. 21	1-3 p.m.
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S.P.I.C.E.

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. Light refreshments will be served.

265669	Fri., Nov. 3	10:30-11:30 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 9 for lunch reservation details.

Drop-in	Fri., Dec. 1	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. 12 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. 19, 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 student's that being elderly has its advantages please sign-up.

265671	Fri., Feb. 2	1:40 p.m.
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You can make a big difference in a child's life! If you are interested in enriching a child's education, contact Human Services Coordinator Melissa Pizano at (562) 916-8550. Add some S.P.I.C.E. to your life!



Cerritos Senior Center at Pat Nixon Park

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

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Senior Services

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TED TALK

Community Screening & Discussion

Free

What do we wish for towards the end of our lives? For many, it's simply comfort, respect and love. Join clinical professionals from Pacific Hospice & Palliative Care Foundation for a moving TED Talk screening and panel discussion about end-of-life care.

What is TED? TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

262815

Wed., Oct. 11

6-8:30 p.m.