

**30**  
YEARS OF SERVICE  
1994-2024

**CERRITOS SENIOR CENTER**  
at Pat Nixon Park

12340 South St.  
Cerritos, CA 90703  
Ph: (562) 916-8550  
cerritos.gov

**HOURS:**

MONDAY, WEDNESDAY,  
& FRIDAY  
7:30 a.m. - 5 p.m.

TUESDAY & THURSDAY  
7:30 a.m. - 8 p.m.

CLOSED SAT & SUN

**NOTE:  
SENIOR CLUBS**

This calendar  
DOES NOT reflect  
Senior Club  
meeting dates  
and times.  
For a list of  
Senior Club  
meeting dates  
and times,  
please stop by the  
Reception Desk.

Lecture +

Virtual Lecture (V)+

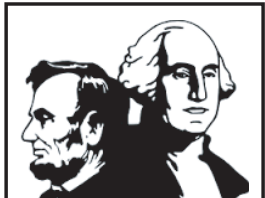
Senior Center  
Class ++

ABC Adult School  
Class \*

Cerritos College  
Class \*\*

Fee \$

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2 pm Life Stories++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga for Seniors**	<b>4</b> 7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard Piano 1 ++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++	<b>5</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Arthritis Foundation Exercise Program++ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 11 am Yoga w/Anjana++ 12 pm 8 hour AARP Smart Driver+\$ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors**	<b>6</b> 7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group+ 9 am Ultimate Optimist++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Senior Safety & Scams+ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping Pong (Doubles)++ 4:30 pm United Tech+	<b>7</b> 7:30 am Ping-Pong (Doubles)++ 9 am Arthritis Foundation Exercise Program++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 12 pm 8 Hour AARP Smart Driver+\$ 1 pm Movie Matinee++  <b>"The Taste of Things"</b>
<b>10</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga for Seniors**	<b>11</b> 7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 10 am Do's & Don'ts of Healthy Dieting+(V) 11:10 am S.P.I.C.E. Balancing Your Diet++ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>12</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Arthritis Foundation Exercise Program++ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Floral Arranging++\$ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors**	<b>13</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Ultimate Optimist++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Medicare 101+ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping Pong (Doubles)++	<b>14</b> 9 am Arthritis Foundation Exercise Program++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Chinese Study Group++ 10:15 am Advanced Ukulele++ 1 pm Love & Friendships Grows Here Valentines Luncheon++\$  <b>No Ping Pong &amp; Movie Showing Due to Valentines Luncheon</b>
<b>17</b> <div style="text-align: center;"> <p><b>Senior Center CLOSED</b></p>  <p><b>in Observance for President's Day</b></p> </div>	<b>18</b> 7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 2 pm Active Every Day+ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>19</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Arthritis Foundation Exercise Program++ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**	<b>20</b> 7:35 am Aerobics w/Todd*\$ 8 am Senior Walking Group++ 9 am Ultimate Optimist++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Lost Memories: Season 1+ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++ 4:30 pm United Tech+	<b>21</b> 7:30 am Ping-Pong (Doubles)++ 9 am Arthritis Foundation Exercise Program++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Alzheimer's Caregiver Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"Always Be My Maybe"</b>
<b>24</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Book Club++ 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm Discovering Joy in Life** 3:30 pm Yoga For Seniors**	<b>25</b> 7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Brush Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>26</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Inflation Reduction Act & Medicare+ 10 am Intermediate Hula++ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**	<b>27</b> 7:35 am Aerobics w/Todd*\$ 8 am Senior Walking Group++ 9 am Ultimate Optimist++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Every Day Uses of AI+ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++	<b>28</b> 7:30 am Ping-Pong (Doubles)++ 8:45 am S.P.I.C.E. Softball Challenge++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"Mother Of the Bride"</b>

