

CERRITOS Lifelong Enrichment

Recreation, Special Interest & Adult Services for those 50 & older

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter. Participants need to gather information to make the best personal decision on using and/or contacting professionals providing information-only lectures at the Senior Center.

Registration Information

Registration for all classes listed is currently under way, unless noted otherwise.

To register for classes, visit the Cerritos Senior Center at Pat Nixon Park, located at 12340 South Street in Cerritos, or call (562) 916-8550. All classes are held at the Cerritos Senior Center, unless noted otherwise.

The monthly activity calendar and "Lifelong Enrichment" newsletter may be viewed online at cerritos.gov. Please see the Activity Calendar for a full list of classes and services.



All patrons who want to partake in any Senior Center activities and obtain/retain a fitness center membership must create a RACER account.

Please visit cerritos.gov/register or call (562) 916-8550 for more information.

Operating Hours

The Cerritos Senior Center at Pat Nixon Park is open Monday, Wednesday and Friday from 7:30 a.m. to 5 p.m., Tuesday and Thursday from 7:30 a.m. to 8 p.m. and Saturday/Sunday for private rentals.

Senior Center closures:

Tues., Dec. 24 & Wed., Dec. 25	Christmas Holiday
Tues., Dec. 31 at 5 p.m.	New Year's Eve
Wed., Jan. 1	New Year's Day

Chinese Hong Kong Mahjong

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

Drop-in	Free
Mondays	9:30-11 a.m.

Holiday Movie Marathon

Join us to get in the Christmas spirit and watch some holiday movies with friends. There will be a brief intermission for refreshments. Movies will be announced on flyers at the Reception Desk.

Drop-in	Free
Mon., Dec. 23	
First Movie	10:30 a.m.
Intermission	12:30-1 p.m.
Second Movie	1 p.m.

Senior Center Fitness Center

Membership is limited to Cerritos residents, age 50 or older, for a fee of \$50 per year. Seniors must submit a completed waiver to qualify for membership and have the option to attend a fitness center tour. Please bring proper proof of Cerritos residency such as 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 Center Hours:

Mon., Wed., Fri.	7:30 a.m.-5 p.m.
Tues., Thurs.	7:30 a.m.-8 p.m.

Holiday Game Day

Join us for an afternoon of games of fun while listening to holiday music. There will be puzzles, cards, and a variety of games available to play. Light refreshments will be served.

Drop-in	Free
Mon., Dec. 30	1-3 p.m.

Chorus Christmas Concert

Join the Senior Chorus for their annual Christmas Concert. Dress in your best holiday sweater and enjoy the music of the season. Christmas cookies will be served after.

Drop-in	Free
Fri., Dec. 13	11:30 a.m.-1 p.m.

Zumba Gold

Zumba Gold is a lower-intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie Morris and dance your way to a healthier lifestyle.

Class fee is \$15 for a 3-week session. A \$6 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the session. Checks and credit cards will also be accepted for payment.

13769	\$15/3 classes
Wed., Dec. 4-18	9-10 a.m.

Texas Hold 'em

Saddle up partner; it's time to play the "Cadillac of Poker." Join us for a fun-filled afternoon of card playing with friends in the Texas Hold 'em drop-in practice play where you will have the opportunity to play like the pros. Who's "ALL IN?"

Drop-in	Free
Wed., Dec. 4-18	2-4 p.m.

Flower Arrangement

Join us every second Wednesday for a monthly holiday-themed flower arrangement. The class covers hands-on instructions. There is a \$20 material fee due to the instructor covering vases or containers, silk flowers, and supplies/ accessories at the beginning of class. Containers and flowers will be decorated according to the holiday theme.

13532	\$15/class
Wed., Dec. 11	10-11:30 a.m.

Friday Movie Matinee

Movies shown are rated "G" to "PG-13." Please note that movie titles are subject to change based on availability. 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	Free
Fri.	1-3 p.m.

Yoga Therapy for Strong Bones & Body

Discover the transformative power of Yoga Therapy in Instructor Lucy's specialized workshop designed to enhance bone health and joint stability. This class emphasizes the unique benefits of weight-bearing poses and targeted muscle strengthening to stimulate bone growth and improve joint support. **15-minute intake prior to first session will be required to adapt the practice to your needs.*

13750	\$30/6 Classes
Fri., Jan. 10-Feb. 14	9-10:10 a.m.

Registration:

Resident	Fri., Dec. 6
Non-resident	Fri., Dec. 13

Ukulele

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

Beginning

13770	Free/12 classes
Fri., Jan. 3-Mar. 21	9-10 a.m.

Intermediate/Advanced

13771	Free/12 classes
Fri., Jan. 3-Mar. 21	10:15-11:15 a.m.

Registration:

Resident	Fri., Dec. 6
Non-resident	Fri., Dec. 13

Country Guitar

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

Drop-in	Free
Tues.	9:30 a.m.-noon

Magic Class

Join instructor Todd Reis for an exciting magic class. Learn how to do basic card tricks and other tricks of the trade.

13719 \$15/3 classes
Tues., Dec. 3-17 1-2:15 p.m.

Ping Pong

Join your friends on Tuesdays for single play and Thursday and Fridays for doubles play.

Drop-in Free
Tues./Thurs. 4:30-7:30 p.m.
Fri. 7:30 a.m.-noon

Beating the Holiday Blues

***Virtual Presentation**

The holidays are a joyous season for many, but for others they can bring the blues. However, it doesn't have to be that way. Join Jenny Alcalá-Alonzo from Independence at Home to discuss strategies on how to combat feelings of sadness and beat those holiday blues. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

13752 Free
Tues., Dec. 3 10 a.m.

Health Insurance Counseling and Advocacy Program

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides free assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare Maze. The Cerritos Senior Center HICAP representative is Erica. **L.A. County Residents only.*

Appt. Required Free
Wed., Dec. 4 12:30-3:30 p.m.

Medicare Basics

Turning 65? Already a Medicare beneficiary, but have questions? Join La Nedra Munson from United Healthcare to learn what Medicare does and does not cover, who qualifies, coverage choices, and how to choose a plan based on needs.

13753 Free
Thurs., Dec. 5 10 a.m.

Aging in Place

Many people want to stay in their home as they get older, but living at home as you age requires careful consideration and planning. Join Amy Brick from Brick & Co. Real Estate to learn more about aging in the home.

13754 Free
Mon., Dec. 9 10 a.m.

Health, Wellness, & Wholeness

Discover how staying emotionally and physically fit can keep you healthy and give you a positive attitude. Join a representative from Los Angeles County Department of Mental Health to learn how establishing social networks and support can benefit you, friends, and family and the community you live in.

13755 Free
Wed., Dec. 11 10 a.m.

Food Finders

Food Finders is a food rescue non-profit organization with a primary focus of reducing hunger while also reducing food waste. Join a representative from Food Finders to learn about the importance of a balanced diet in managing chronic conditions such as diabetes, high blood pressure, and high cholesterol.

13757 Free
Thurs., Dec. 12 1 p.m.

Notary Public Service

Join Annie Sciarra, Certified Senior Advisor from CarePatrol of Inland L.A. County for a free Notary Service on the 2nd and 4th Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons must have documents prepared. Appointments are required and can be scheduled at the Senior Center reception desk.

Appt. Required Free
Thurs., Dec. 12 10 a.m.-noon

Holiday Tips for Caregivers

The holidays or other family events can be a stressful time when a family member has dementia. Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn several tips that can help make family gatherings more enjoyable for all.

13756 Free
Thurs., Dec. 12 10 a.m.

AARP Smart Driver Course 8-hour

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. Checks only; made payable to AARP at the time of registration; cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.) **A certificate will be given out at the completion of the course.*

13758 AARP Members \$20
Non-members \$25
Mon., Dec. 16 & 8 a.m.-12:30 p.m.
Wed., Dec. 18

Goals to Reach for a Healthier You

Want to be healthier, but aren't sure where to start? There's so much to think about, but it might help to have a plan of action. Join Jenny Alcalá-Alonzo from Independence at Home to learn about setting some goals to reach that healthier you!

13759 Free
Tues., Dec. 17 10 a.m.

Alzheimer's Caregiver Support Group

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

Drop-in Free
Fri., Dec. 20 10 a.m.-noon

HSA Case Management

Sponsored by the Human Services Association, the Supportive Services Program (SSP) helps elders obtain services that enable them to safely remain at home with a measure of independence and dignity. The Human Services Association representative is Reina Amaya. **Please make an appointment at the Reception Desk. Cerritos residents only.*

Appt. Required Free
Every Wed. 9:30-11:30 a.m.

Fluid Expressions: Mastering Watercolor Painting

Immerse yourself in the world of watercolor painting with Darshini Aithal, where you'll refine your skills and embrace the joy of painting. Each session offers engaging demonstrations and hands-on practice, covering basics, techniques and valuable tips for creating stunning masterpieces. All levels are welcome, from beginners to intermediates. Please bring your own supplies (a list will be provided), and come ready to start this colorful journey with imagination and enthusiasm!

13558 \$100/4 Classes
Wed., Jan. 8-29 10 a.m.-Noon

Registration:
Resident Wed., Dec. 11
Non-resident Wed., Dec. 18

Lighten Up with Laughter

Laughter brings enthusiasm, happiness, and zest to your life. Join volunteer instructor, Sudha Tendulkar and enjoy a little laughter and humor with friends.

Drop-in Free
Wed. 2:30-3:30 p.m.

Ultimate Optimist

Join volunteer instructor Sudha Tendulkar and learn to become the ultimate optimist. Acquire knowledge on how to think differently and create a life that honors your deepest desires. Daily practice will keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity, and more.

Drop-in Free
Thurs. 10-11 a.m.

Senior Walking Group

Join volunteer instructor and fellow walkers and enjoy the outdoors. You can get fit while making friends. All levels welcomed and will not meet in cases of inclement weather. Group meets at the Reception Desk and will leave the Senior Center site. Walkers must sign in and have a current waiver on file.

Drop-in Free
Tues./Thurs. 8-9 a.m.

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