

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 \$



December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2</p> <p>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** 2:15 pm Self Defense For Seniors** 3 pm American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>3</p> <p>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 Beating the Holiday Blues (V)++ 11:15 am Keyboard Piano 1 ++\$ 12 pm Keyboard Piano 2++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$</p>	<p>4</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Beginner 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**</p>	<p>5</p> <p>7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Medicae Basics++ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1++ 2:15 pm Balance & Mobility 2++ 4:30 pm Ping Pong (Doubles)++</p>	<p>6</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chinese Study Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Holiday Lunch Dance++\$</p> <p>NO MOVIE DUE TO LUNCH DANCE</p>	
<p>9</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Aging in Place+ 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 American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>10</p> <p>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 San Antonia Winery Tour & Tasting Excursion++\$ 11:15 am Keyboard Piano 1 ++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ t 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$</p>	<p>11</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Beginner Hula++ 10 am Floral Arranging++\$ 10 am Health, Wellness & Wholeness+ 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**</p>	<p>12</p> <p>7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Holiday Tips for Caregivers+ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1++ 1 pm Food Finders+ 2:15 pm Balance & Mobility 2++ 4:30 pm Ping Pong (Doubles)++</p>	<p>13</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 10 am Chinese Study Group++ 11 am Chorus Christmas Concert ++ 1 pm Movie Matinee++</p> <p>"Meet Me Next Christmas"</p>	
<p>16</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 8 am 8-Hour AARP Smart Driver+\$ 9 am Mahjong++ 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 American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>17</p> <p>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 Goals to Reach for a Healthier You+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$</p>	<p>18</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 8 am 8-Hour AARP Samrt Driver+\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Beginner 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**</p>	<p>19</p> <p>8 am Senior Walking Group++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++</p>	<p>20</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 10 am Alzheimer's Caregiver Support Group+ 10 am Chorus++ 1 pm Movie Matinee++</p> <p>"Haul out the Holly"</p>	
<p>23</p> <p>9 am Mahjong++ 10:30 am Movie Marathon++</p> <p>"Hot Frosty" & "A Paris Christmas Waltz"</p>	<p>24</p> <p>Senior Center CLOSED Happy Holidays!</p>		<p>25</p>	<p>26</p> <p>10 am Advanced Hula++ 10 am Ultimate Optimist++ 4:30 pm Ping-Pong (Doubles)++</p>	<p>27</p> <p>7:30 am Ping-Pong (Doubles)++ 1 pm Movie Matinee++</p> <p>"Family Stone"</p>
<p>30</p> <p>9 am Mahjong++ 1 pm Holiday Game Day++</p>	<p>31</p> <p>9 am Bridge++ 9:30 am Country Guitar++ 1 pm Chinese Wei Qi++ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++</p> <p>SENIOR CENTER CLOSSES AT 5 PM TODAY DUE TO NEW YEARS</p>	<p>HAPPY New Year 2025</p>			