

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:

Wed., Jan. 1 New Year's Day
Mon., Jan. 20 Martin Luther King, Jr. Day
Mon., Feb. 17 President's Day

Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back over 5000 years. This simple, yet effective modification of incorporating a chair provides extra security and stability while transitioning through poses. Chair yoga allows you to make gradual improvements to your strength, balance and flexibility, while improving mental clarity. Join instructor Anjana Rajput for a fun, new take on traditional yoga.

14151 \$35/5 classes
Tues., Jan. 7-Feb. 4 12:30-1:30 p.m.

14152 \$35/5 classes
Tues., Feb. 11-Mar. 11 12:30-1:30 p.m.

Registration:

Resident Tues., Jan. 7

Non-resident Tues., Jan. 14

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.

Grow in Love: A Valentine's Luncheon of love and friendship

Join us this Valentine's Day as the Cerritos Senior Center invites you to an afternoon of joy, connection, and celebration at our "Grow in Love" event. Enjoy delicious food, dancing, and a lively atmosphere designed to celebrate not only romantic love but also the beautiful friendships and connections that continue to blossom within our lives.

14218 \$15
Fri., Feb. 14 1-4 p.m.

Registration:

Resident Fri., Jan. 17

Non-resident Fri., Jan. 24

Magic Class

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

14216 \$20/4 classes
Tues., Jan. 7-28 1-2:15 p.m.

14217 \$20/4 classes
Tues., Feb. 4-25 1-2:15 p.m.

Knitting & Crocheting

Join instructor Candace Broeker to explore the many creations you can give as homemade gifts that add a personal touch for your loved ones. If you have your own equipment, please bring the items with you.

14149 \$36/4 classes
Tues., Jan. 7-28 5-7 p.m.

14150 \$36/4 classes
Tues., Feb. 11-Mar. 4 5-7 p.m.

Registration:

Resident Tues., Jan. 7

Non-resident Tues., Jan. 14

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.

14147 \$25/5 classes
Wed., Jan. 8-Feb. 5 9-10 a.m.

14148 \$25/5 classes
Wed., Feb. 12-Mar.12 9-10 a.m.

Registration:

Resident Wed., Jan. 8

Non-resident Wed., Jan. 15

Flower Arranging

Join Tina Kambli to learn the tricks for beautiful silk flower arranging. An additional \$20 material fee will be due to the instructor at the beginning of the class.

14144 \$15/class
Wed., Jan. 8 10-11:30 a.m.

14145 \$15/class
Wed., Feb. 12 10-11:30 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! Registration is underway.

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

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.

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

Medicare 101

Understanding Medicare can be complex, but breaking it down into its main parts can help. Join Andrew Van Ginkle from CR Partners to learn more about the different coverages and costs of Medicare.

13927 Free
Thurs., Feb. 13 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
Tues., Jan. 7 & 12:30-3:30 p.m.

Wed., Jan. 22

Wed., Feb. 5 & 26 12:30-3:30 p.m.

Inflation Reduction Act and Medicare

The Inflation Reduction Act provides meaningful financial relief for millions of people with Medicare by improving access to affordable treatments and strengthening the Medicare Program. Join a representative from Jack Schroeder & Associates for more information about the program.

13918 Free
Wed., Jan. 8 10 a.m.

13919 Free
Wed., Feb. 26 10 a.m.

UnitedTech: Online Safety Basics for Seniors

Join us for easy-to-follow classes designed to help you navigate the digital world safely. Learn how to recognize and avoid online scams, create strong passwords, spot fake emails, and protect your personal information. We'll also share tips for browsing the web safely and using online tools with confidence. Stay informed and secure while enjoying the benefits of technology!

13733 Free
Thurs., Jan. 9-Feb. 20 4:30-5:30 p.m.

A New Year, A Healthier You!

***Virtual Presentation**

Thinking about some New Year resolutions? Coming up with them is easy enough, but keeping them is sometimes harder to do. Join Jenny Alcala-Alonzo from Independence at Home to learn how to make AND keep resolutions to be healthier. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

13916 Free
Tues., Jan. 14 10 a.m.

Active Every Day

Starting to exercise doesn't mean going and running a mile every day. There are lots of ways to stay active and healthy. Join Jenny Alcala-Alonzo from Independence at Home to learn a few tips on how to stay active every day!

13929 Free
Tues., Feb. 18 2 p.m.

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Join a representative from The Arthritis Foundation and Partners in Care for this enjoyable and motivational class. **This 6-week program meets two days a week for one-hour sessions.*

13734 Free
Wed., Jan. 15-Fri., Feb. 21 9 a.m.

Memory Loss & Alzheimer's

Join Kristy Huang-Arai from Alzheimer's Los Angeles for an overview of Alzheimer's Disease and its effects. Learn about the causes of memory loss, the difference between normal aging and signs of dementia, and what to do when visiting the doctor.

13920 Free
Thurs., Jan. 16 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., Jan. 17 & 10 a.m.-noon
Fri., Feb. 21

Compassionate Care, Covered: How Medicare and Hospice Work Together

Join Maile Fok from Orange Hospice to understand how hospice services, funded through Medicare, can ease the burden on patients and families. Learn about the range of services hospice provides (physical, emotional, and spiritual support) and what services are covered.

13922 Free
Tues., Jan. 21 10 a.m.

Digital Coupons

Paper coupons still exist, but technology has significantly changed the way coupons are found, distributed, and applied. Coupons are now digital. Join Milena Lilien from Independence at Home to learn about technology and coupons and how digital coupons work.

13954 Free
Thurs., Jan. 23 10 a.m.

Goals to Reach 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 Alcala-Alonzo from Independence at Home to learn about setting some goals to reach that healthier you!

13917 Free
Tues., Jan. 28 2 p.m.

S.P.I.C.E. Highlighted Activities

Please register at the Reception Desk. All volunteers must be fingerprinted. If you have not been fingerprinted, please schedule an appointment at the Center's reception desk.

Mental Challenge

13748 Free
Fri., Jan. 31 10:30-11:30 a.m.

Balancing Your Diet

13747 Free/10 classes
Tues., Feb. 11 11:10 a.m.-
12:10 p.m.

Senior Safety & Scams

When it comes to senior safety and scams, both are critical areas of concern. Seniors are often targeted by scammers due to factors like isolation, trust, and sometimes limited experience with newer technology. Ensuring the safety of seniors in both physical and online spaces is essential for their well-being. Join Janice Wade from Assistance in Home Care for more information.

13925 Free
Thurs., Feb. 6 10 a.m.

Do's & Don'ts of Health Dieting

***Virtual Presentation**

It's easy to gain weight, but harder to lose weight quickly. Healthy weight loss isn't just about dieting. Join Jenny Alcala-Alonzo from Independence at Home to learn about the do's and don'ts of healthy dieting and get a few helpful tips to be a winner in weight loss. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

13926 Free
Tues., Feb. 11 10 a.m.

Lost Memories: Season 1

Join Kristy Huang-Arai from Alzheimer's Los Angeles for a 4-episode mini-series which follows the Ramirez family as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Warning signs, the process of getting a diagnosis, disease progression, and the challenges that families face will be discussed following each episode.

13928 Free
Thurs., Feb. 20 10 a.m.

Every Day Uses of AI

AI is a form of machine learning. Algorithms process large amounts of data, looking for patterns and trends. Given enough data, AI can learn to solve problems and make predictions or mimic creations. Join Mila Lilien from Independence at Home to learn about the "Everyday Uses of A.I." and how to better understand this technology.

13955 Free
Thurs., Feb. 27 10 a.m.

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