

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 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.

Magic Class

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

14274 \$20/4 classes
Tues., Mar. 4-25 1-2:15 p.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.

14277 \$100/4 Classes
Wed., Mar. 5-26 10 a.m.-noon

Texas Hold 'em Drop-in Play

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., Mar. 5-26 2-4 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.

13751 \$40/6 Classes
Fri., Mar. 7-Apr. 11 9-10:10 a.m.

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.

14278 \$15/class
Wed., Mar. 12 10-11:30 a.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.

14275 \$36/4 classes
Tues., Mar. 18-Apr. 8 5-7 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 \$25 for a 5-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 5-week session. Checks and credit cards will also be accepted for payment.

14154 \$25/5 classes
Wed., Mar. 19-Apr. 16 9-10 a.m.

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.

Beyond Beginning

14279 Free/12 classes
Fri., Apr. 4-June 20 9-10 a.m.

Intermediate/Advanced

14281 Free/12 classes
Fri., Apr. 4-June 20 10:15-11:15 a.m.

Registration:

Resident Fri., Mar. 7
Non-resident Fri., Mar. 14

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
Mon. 9-11:30 a.m.

Ping-Pong

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

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

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.-12:30 p.m.



Senior Walking Group

Join volunteer instructors and fellow walkers and enjoy the outdoors. You can get fit while making friends. All levels are welcomed and will not meet in cases of inclement weather. The Senior Walking 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.

On the Move Riders Program

Metro's On the Move Riders Program (OTMRP) works to empower older adults with the information and confidence to travel on fixed-route transportation. Join a representative from Los Angeles Metro for information about public safety, the bus, and rail overview.

14262 Free
Wed., Mar. 5 10 a.m.

Eating Healthy on a Budget

Eating healthy on a budget is totally possible with a little planning and some smart choices! Join Kelly Alarcon from Food Finders for some tips and strategies to help you enjoy nutritious meals without breaking the bank.

14263 Free
Wed., Mar. 5 1 p.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!

14156 Free/4 classes
Thurs., Mar. 6-Apr. 17 4:30-5:30 p.m.

Bus Transit 101

Join Victoria Romero from Long Beach Transit to learn some safety tips for riding the bus, methods of payments, how to use the transit system and more information about special services, such as the water taxi.

14264 Free
Fri., Mar. 7 10 a.m.

Online Health Resources at a Glance

The internet can be an excellent source for learning more about your or a loved one's health. Join a representative from Independence at Home to learn how to evaluate health-related information online.

14265 Free
Wed., Mar. 12 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.

14266 Free
Thurs., Mar. 13 10 a.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, qualifications, coverage choices and how to choose a plan based on needs.

14267 Free
Fri., Mar. 14 10 a.m.

Benefits of Drinking Water

*Virtual Presentation

Join Jenny Alcalá-Alonzo from Independence at Home for this virtual presentation to learn about the importance of staying hydrated and how to get enough water throughout the day. *A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.

14268 Free
Tues., Mar. 18 10 a.m.

AARP DriverTek

Join Jim Jang from AARP to understand the current and emerging vehicle safety technologies and how to recognize how these technologies might extend driving years.

14269 Free
Wed., Mar. 19 1-2:30 p.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., Mar. 21 10 a.m.-noon

Mediterranean Diet

The Mediterranean Diet has been shown to have many health benefits. Join Jenny Alcalá-Alonzo from Independence at Home for a discussion on which foods to eat, how following this diet can improve health and how it helps prevent certain medical conditions.

14270 Free
Tues., Mar. 25 2 p.m.

Diabetes & Healthy Living

Managing diabetes through healthy living is a key factor in controlling blood sugar levels and preventing complications. A well-rounded approach that includes proper diet, regular physical activity, stress management, and consistent monitoring can make a significant difference. Join Jennifer Cruz from Optum to learn more about healthy living and Diabetes.

14271 Free
Wed., Mar. 26 10 a.m.

Lost Memories: Season 2

The Ramirez family's journey continues as Grandma Gloria is now living with middle-stage Alzheimer's. Each episode features topics like common difficulties caused by middle-stage Alzheimer's and the importance of asking for and accepting help.

14272 Free
Thurs., Mar. 27 10 a.m.

Lighten Up with Laughter

Laughter brings enthusiasm, happiness, and zest in 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.

HSA Case Management

Sponsored by 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. 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.

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
1st & 4th Wed. 12:30-3:30 p.m.

Notary Public Service

Join Annie Sciarra, CSA, Certified Senior Advisor from CarePatrol of Inland LA 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
2nd & 4th Thurs. 10 a.m.-noon

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