

**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.

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Lecture +  
Virtual Lecture (V)+

Senior Center  
Class ++

ABC Adult School  
Class \*

Cerritos College  
Class \*\*

Fee \$

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# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	<b>1</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10:30 am Reading Across the Generations (S.P.I.C.E)++ 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++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>2</b> 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 11 am Yoga w/Anjana++ 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:30 pm Lighten Up/Laughter++	<b>3</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 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)++ 4:30 pm United Tech+	<b>4</b> 7:30 am Ping-Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"The Peanut Butter Falcon"</b>
<b>7</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++ 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>8</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 9:45 am Interview a Senior (S.P.I.C.E)++ 10 am Home Adventures (V)+ 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++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>9</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Fluid Expressions: Watercolor Painting++\$ 10 am Intermediate Hula++ 10 am Retirement Freedom Loans+ 11 am Yoga w/Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Healthy Active Nutrition+ 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>10</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Savvy Caregiver Express+ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping Pong (Doubles)++	<b>11</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 am Downsizing+ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"Back in Action"</b>
<b>14</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 9:30 am Cal-Fresh Nutrition Workshop+ 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**	<b>15</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Reading to TK Students (S.P.I.C.E)++ 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++\$ 4:30 pm Ping-Pong (Doubles)++	<b>16</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Fluid Expressions: Watercolor Painting++\$ 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>17</b> 7:35 am Aerobics w/Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Savvy Caregiver Express+ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++ 4:30 pm United Tech+	<b>18</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 Alzheimer's Caregiver Support Group+ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"Into the Inferno"</b>
<b>21</b> 7:30 am Tai Chi** 9 am Yoga w/Latha++ 9 am Mahjong++ 9:30 am Cal-Fresh Nutrition Workshop+ 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>22</b> 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Thankful For Tomorrow A Visioning Journey with Gratitude+ 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++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>23</b> 7:30 am Tai Chi** 9 am Longevity Stick++ 10 am Fluid Expressions: Waercolor Painting+ 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>24</b> 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Savvy Caregiver Express+ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++	<b>25</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++ 1 pm Movie Matinee++  <b>"Beautiful Wedding"</b>
<b>28</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga w/Latha++ 9 am Mahjong++ 9:30 am Cal-Fresh Nutrition Workshop+ 10 am Sewing++\$ 10:30 am Small Space Gardening+ 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>29</b> 7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Medicare Basics+ 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++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>30</b> 7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 10 am Fluid Expressions: Waercolor Painting+ 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**		

Please Note: Friday Movie Matinee showings are subject to change. Classes and services are subjected to change. Please call for updated information.