



**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 \$

February 2026

MONDAY

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Billiards Tournament++
10 am Sewing++\$
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
2 pm Life Stories++
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3 pm Discovering Joy in Life**
3:30 pm Yoga for Seniors**

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Sewing++\$
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3 pm Discovering Joy in Life**
3:30 pm Yoga for Seniors**

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**Senior Center
CLOSED**



in observance for
President's Day

TUESDAY

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8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Arthritis Foundation Exercise Program++
9 am Bridge++
9:30 am Country Guitar++
11 am Wills or Trusts: What do I Need??+
11:10 am Balancing your Diet (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++\$
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++

10

8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Arthritis Foundation Exercise Program++
9 am Bridge++
9:30 am Country Guitar++
10 am Home Adventures (V)+
10 am Mobile Office Hours+
10:30 am Through the Eyes of the Serrano Indians (S.P.I.C.E)+
11 am Investments in Retirement+
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++\$
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting and Crocheting++\$

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8 am Senior Walking Group++
9 am Arthritis Foundation Exercise Program++
9 am Bridge++
9:30 am Country Guitar++
11 am Long Term Care+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++\$
1 pm Cal-Fresh++
1 pm Chinese Wei Qi++
1 pm Magic Class++\$
1:30 pm Gardening Club++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Sewing++\$
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3 pm Discovering Joy in Life**
3:30 pm Yoga for Seniors**

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8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Arthritis Foundation Exercise Program++
9 am Bridge++
9:30 am Country Guitar++
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++\$
1 pm Chinese Calligraphy++
1 pm Chinese Wei Qi++
1 pm Magic Class++\$
2 pm Benefits of Drinking Water+
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$

WEDNESDAY

4

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 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**

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Valentines Trivia+
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 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**

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Is That A.I.?+
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 w/Mike**
1 pm Handcrafters++
1 pm One-on-One Coaching++
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**

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7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Living Trusts+
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 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**

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8 am Senior Walking Group++
9 am Arthritis Foundation Exercise Program++
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++
5:30 pm The Ageless Collective++\$

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8 am Senior Walking Group++
9 am Arthritis Foundation Exercise Program++
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++
5:30 pm The Ageless Collective++\$

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8 am Senior Walking Group++
9 am Arthritis Foundation Exercise Program++
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
11 am Lost Memories Season 2+
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++
5:30 pm The Ageless Collective++\$

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8 am Senior Walking Group++
9 am Discover your Passion+
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++
5:30 pm The Ageless Collective++\$

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7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd**
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Medicare Basics+
10:15 am Advanced Ukulele++
1 pm Love on the Range, Valentines Luncheon+\$

No Movie Due to Valentines Luncheon

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7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd**
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Alzheimers Caregiver Support Group++
10:15 am Chorus++
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

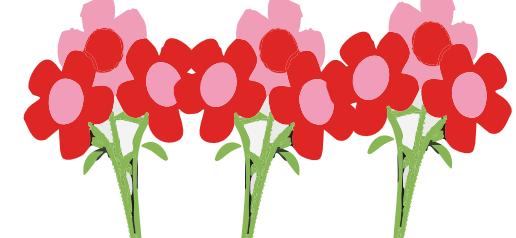
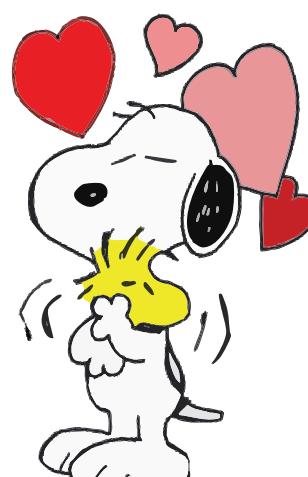
27

7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd**
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++

"Playdate"

"Ride Above"

Happy Valentine's Day



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