NOVEMBER 2026

CERRITOS SENIOR CENTER
AT PAT NIXON PARK

12340 SOUTH ST.
CERRITOS, CA 90703
(562) 916-8550
CERRITOS.GOV

HOURS:

MONDAY, WEDNESDAY & FRIDAY
7:30 AM - 5 PM

TUESDAY & THURSDAY
7:30 AM - 8 PM

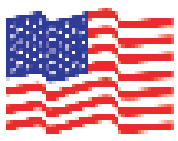
CLOSED
SATURDAY & SUNDAY

SCAN THE QR CODE FOR THE LIFELONG ENRICHMENT

- LECTURE +
- VIRTUAL LECTURE (V)+
- SENIOR CENTER CLASS++
- BY APPOINTMENT (A)
- SERVICES #
- ABC ADULT SCHOOL CLASS *
- CERRITOS COLLEGE CLASS **
- FEE $

NOTES:

- **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.**
- **Classes, Services and Friday Movie Matinee Showings are Subjected to Change**
- **Please Call for Updated Information**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 7:30am Tai Chi** 8am Morning Workout w/ Todd*$ 9am Mahjong++ 10am Billiards Tournament++ 10am Sewing++$ 1pm Chair Exercise 1 w/ Mike** 1pm Chair Exercise 2 w/Tracy** 2:15pm Chair Exercise 3 w/Tracy** 2:15pm Self Defense For Seniors** 3:30pm Yoga for Seniors**	**3** 8am Senior Walking Group++ 9am Bridge++ 9:30am Country Guitar++ 10am Reading to TK Students (S.P.I.C.E.)++ 10am Why You Need a Trust+ 11:15am Keyboard-Piano 1++$ 12pm Keyboard-Piano 2++$ 12:30pm Chair Yoga++$ 1pm Chinese Wei Qi++ 2pm Knitting & Crocheting++$ 4:30pm Ping Pong (Doubles)++	**4** 7:30am Tai Chi** 8am Morning Workout w/Todd*$ 8am Blood Pressure Screening # 9am Longevity Stick++ 9am Zumba Gold++$ 9:30am HSA Case Management#(A) 9:30am Watercolor Painting++$ 10am What you Need to Know to Avoid Probate+ 11am Yoga w/ Anjana++ 12:30pm **It's Fall Yall++** 12:30pm HICAP Program #(A) 1pm Chair Exercise 1 w/Mike** 1pm Handcrafters++ 2pm Texas Hold'em Tournament++ 2:15pm Self Defense for Seniors** 3:30pm Yoga for Seniors**	**5** 8am Senior Walking Group++ 8:30am Yoga w/Latha++ 10am Advanced Hula++ 10am Bible Study++ 10:30am Social Isolation+ 1pm Chair Exercise 2 w/Tracy** 2:15pm Chair Exercise 3 w/Tracy** 4:30pm Ping-Pong (Doubles)++	**6** 7:30am Ping-Pong (Doubles)++ 8am Morning Workout w/Todd*$ Blood Pressure Screening # 8:30am Beyond Beginning 9am Ukulele++ 9am Longevity Stick++ 10:15am Advanced Ukulele++ 11:45am Beginning Ukulele++ 1pm Movie Matinee++ **"Spider-Man: Brand New Day"**
9 7:30am Tai Chi** 8am Morning Workout w/Todd*$ 9am Mahjong++ 10am Sewing++$ 1pm Chair Exercise 1 w/Mike** 1pm Chair Exercise 2 w/Tracy** 1pm Chair Exercise 3 w/ Tracy** 2:15pm Self Defense For Seniors** 3pm Discovering Joy in Life** 3:30pm Yoga for Seniors**	**10** 8am Senior Walking Group++ 9am Bridge++ 9:30am Country Guitar++ 10am Blood Pressure Screening# 10am Derek Tran Mobile Office# 10am Retirement Planning+ 10am What to Know When Leaving the Dr. Office (V)+ 11:15am Keyboard-Piano 1++$ 12pm Keyboard-Piano 2++$ 12:30pm Chair Yoga++$ 1pm Chinese Wei Qi++ 1:30pm Neurobics++$ 2pm Knitting & Crocheting++$ 3pm Holistic Health++$ 4:30pm Ping Pong (Doubles)++	**11** **Senior Center CLOSED** **Veterans Day**  **10 a.m. Veterans Day Commemoration at Cerritos Civic Center**	**12** 8am Senior Walking Group++ 8:30am Yoga w/Latha++ 10am Notary Public Service #(A) 10am Advanced Hula++ 10:30am Bible Study++ 10am Digital Tools for Brain Health+ 1pm Chair Exercise 2 w/Tracy** 1pm One-On-One Tech Coaching++(A) 2:15pm Chair Exercise 3 w/Tracy** 4:30pm Ping-Pong (Doubles)++	**13** 7:30am Ping-Pong (Doubles)++ 8am Morning Workout w/Todd*$ 8:30am Blood Pressure Screening # 9am Beyond Beginning Ukulele++ 9am Longevity Stick++ 10am Chorus++ 10:15am Advanced Ukulele++ 11:45am Beginning Ukulele++ 1pm Movie Matinee++ **"The Runner"** 3:30pm Cognitive Arts for Cognitive Health++
16 7:30am Tai Chi** 8am Morning Workout w/Todd*$ 9am Mahjong+ 11am Medicare Basics+ 1pm Chair Exercise 1 w/Mike** 1pm Chair Exercise 2 w/Tracy** 2pm Life Stories++ 2:15pm Chair Exercise 3 w/Tracy** 2:15pm Self Defense for Seniors** 3pm Discovering Joy in Life** 3:30pm Yoga for Seniors**	**17** 8am Senior Walking Group++ 9am Bridge++ 9:30am Country Guitar++ 10am Banking, Credit & Cybersecurity + 10am Blood Pressure Screening# 11:15am Keyboard-Piano 1++$ 12pm Keyboard-Piano 2++$ 12:30pm Chair Yoga++$ 1pm Chinese Wei Qi++ 1:30pm Neurobics++$ 2pm Knitting & Crocheting++$ 3pm Holistic Health++$ 4:30pm Ping Pong (Doubles)++	**18** 7:30am Tai Chi** 8am Morning Workout w/Todd*$ 8am Blood Pressure Screening # 9am Longevity Stick++ 9am Zumba Gold++$ 9:30am HSA Case Management#(A) 9:30am Watercolor Painting++$ 10am Beating Holiday Blues+ 10am Signs of Cognitive Decline+ 11am Yoga w/ Anjana++ 12:30pm HICAP Program #(A) 1pm Chair Exercise 1 w/Mike** 1pm Handcrafters++ 2pm Texas Hold'em Tournament++ 2:15pm Self Defense for Seniors** 3:30pm Yoga for Seniors**	**19** 8am Senior Walking Group++ 8:30am Yoga w/Latha++ 10am Advanced Hula++ 10am Bible Study++ 10am Making Home Safe+ 1pm Chair Exercise 2 w/Tracy** 2:15pm Chair Exercise 3 w/Tracy** 4:30pm Ping-Pong (Doubles)++	**20** 7:30am Ping-Pong (Doubles)++ 8am Morning Workout w/ Todd*$ 8:30am Blood Pressure Screening # 9am Beyond Beginning Ukulele++ 9am Longevity Stick++ 10am Alzheimer's caregiver Support Group+ 10am Chorus++ 10:15am Advanced Ukulele++ 11:45am Beginning Ukulele++ 1pm Movie Matinee++ **"Breadwinner"** 2pm Planning for the Future+ 3:30pm Cognitie Arts for Cognitive Health++
23 7:30am Tai Chi** 9am Mahjong+ 10am Sewing++$ 1pm Chair Exercise 1 w/Mike** 1pm Chair Exercise 2 w/Tracy** 1:15pm Book Club++ 2:15pm Chair Exercise 3 w/Tracy** 2:15pm Self Defense for Seniors** 3pm Discovering Joy in Life** 3:30pm Yoga for Seniors**	**24** 8am Senior Walking Group++ 9am Bridge++ 9:30am Country Guitar++ 10am Blood Pressure Screening# 10am Medi-Cal Asset Limits+ 1pm Chinese Brush Calligraphy+ 1pm Chinese Wei Qi++ 1:30pm Neurobics++$ 1:30pm Gardening Club++ 2:30pm Chair Yoga++$ 3pm Holistic Health++$ 4:30pm Ping-Pong (Doubles)++	**25** 8am Blood Pressure Screening # 9am Zumba Gold++$ 9:30am HSA Case Management#(A) 11am Yoga w/Anjana++ 1pm Handcrafters++	**26** **SENIOR CENTER CLOSED** *Happy Thanksgiving!* 	**27**
30 7:30am Tai Chi** 8am Morning Workout w/ Todd*$ 9am Mahjong++ 10am Sewing++$ 1pm Chair Exercise 1 w/ Mike** 1pm Chair Exercise 2 w/Tracy** 2:15pm Chair Exercise 3 w/Tracy** 2:15pm Self Defense For Seniors** 3pm Discovering Joy in Life** 3:30pm Yoga for Seniors**				

November 2026

Cerritos Senior Center

12340 South St. Cerritos, CA 90703

Monday, Wednesday, & Friday: 7:30 a.m. - 8 p.m.

CLOSED Saturday & Sunday

H.S.A. Lunch Program

(SERVES PATRONS 50 YEARS AND OLDER)

Reservations now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before 11 am on the previous day you plan to attend.

(Monday Reservations must be made on the previous Friday)

Reservations may be canceled 24 hours prior to meal service. If you do not have a reservation, you will be placed on a waitlist and may receive a lunch if extras are available.

Lunch is promptly at 12 p.m. Monday through Friday.

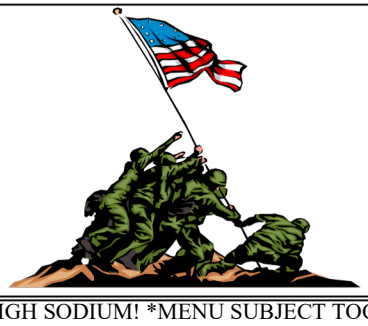
Please check-in no later than 12:10 p.m. or your lunch may be given to a senior on the waitlist.

60+ years: Suggested donation of $3.00

50-59 years: a fee of $7.00

For reservations or more information, please CALL (562) 916-8555.

HUMAN SERVICES ASSOCIATION *"Where Caring Becomes Doing"* **SENIOR DINING CENTER NOVEMBER 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **TURKEY MEATLOAF** WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	**3** *Choice of Entrée* **GARLIC BUTTER FISH OR SWEET & SOUR PORK** Barleyw/Parsley Spinach Mesclun Salad Orange	**4** Creamof Mushroom **SLOPPY TURKEY JOES** WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	**5** **ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE** WGDinnerRollCouscousPilaf Cauliflower/Three Bean Salad Cantaloupe Oatmeal Cookie	**6** Tofu & Vegetable Soup **ASIAN BEEF w/GREEN ONIONS** Brown Rice Broccoli Chopped Salad Pear
9 **BBQ CHICKEN** Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	**10** **BEEF LASAGNA** WG Bread Broccoli Caesar Salad Pear Chocolate Chip	**11 ALL SITES CLOSED** 	**12** ***Happy November Birthdays!*** **BEEF STEW** WG Bread Carrots & Zucchini Medley Creamy Dill Cucumber Salad Kiwi Cake 	**13** Tomato Soup **PORK w/MUSHROOM SAUCE** WGPenne Pasta w/Marsala Sauce Peas & Onions Marinated Beet Salad Orange
16 Cream of Mushroom **BREADED FISH** WG Roll Zucchini Medley Creamy Coleslaw Peach	**17** **CREAMY BASIL CHICKEN** WGBarley Pilaf Peas Garden Salad w/Cucumber Cantaloupe Wedge	**18 HAMBURGER** WGHamburger Bun Tomato, Lettuce Baked Beans Brussel Sprouts Orange Fruited Vanilla Yogurt	**19** Split Pea Soup **TUNA SALAD SANDWICH WG BREAD** Lettuce& Tomato Potato Salad Mandarin Orange	**20** ***Thanksgiving Luncheon*** **ROAST TURKEY W/GRAVY** WGDinnerRoll Cornbread Stuffing Mashed Potatoes Peas & Carrots FreshFruit/Pumpkin Pie
21 **CHICKEN MOLE** CilantroLimeBrown Rice Flour Tortilla Cauliflower Corn Relish Salad Tropical Fruit	**24** ItalianWeddingSoup **TUNA SALAD SANDWICH** WGBread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	**25 SPAGHETTI w/TURKEY MEAT SAUCE** WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad w/Croutons/ Banana	**26 ALL SITES CLOSED** 	**27 ALL SITES CLOSED** 
30 ButternutSquash Soup **PORKLOIN w/PEPPERCORN SAUCE** WG Bread Stuffing/Carrots Mediterranean Salad Orange Oatmeal or Chocolate Chip Cookie				**VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER $3.00 FEE FOR NON–SENIORS $7.00**

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT !HIGH SODIUM! *MENU SUBJECT TOCHANGEWITHOUTNOTICE-

This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. **RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES**