

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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December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 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**	2 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 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 Cerritos Wei Qi++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$	3 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Watercolor Painting+\$ 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**	4 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Holiday Tips for Caregivers+ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 1 pm One-on-one Tech Coaching++ 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	5 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10 am Medicare Basics+ 10:15 am Advanced Ukulele++ 1 pm A Storybook Christmas: Senior Luncheon Dance+\$ (SOLD OUT) No Movie
8 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 11 am Living Trusts+ 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**	9 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Aging in Place+ 10 am How to Reach your exercise Goals+(V) 10 am Reading Across the Generations++(SPICE) 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 and Crocheting++\$	10 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Watercolor Painting+\$ 10 am Wills & Trusts+ 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**	11 8 am Senior Walking Group++ 10 am AARP Driver-Tek+ 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)++	12 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10 am What's Different About Retirement?+ 10:15 am Advanced Ukulele++ 12 pm One-on-one Tech Coaching++ 1 pm Movie Matinee++ “Operation Christmas Drop”
15 7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Holiday Blues+ 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**	16 8 am Senior Walking Group++ 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 Wei Qi++ 1 pm Magic Class++\$ 1:30 pm Gardening Club++ 2 pm Beating the Holiday Blues+ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	17 7:30 am Tai Chi** 8am Morning Workout w/Todd** 9 am Longevity Stick++ 10 am Watercolor Painting+\$ 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**	18 8 am Senior Walking Group++ 9 am Navigating the Transition: From Home to Senior Living+ 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)++	19 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Alzheimers Caregiver Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 10 am Movie Marathon++ “A Storybook Christmas” AND “The Best Christmas Pageant Ever”
22	23 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++	24	25	26 7:30 am Ping Pong (Doubles)++ 1 pm Movie Matinee++ “No Sleep ‘Til Christmas”
29	30 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++	31 1 pm Handcrafters++ 2 pm Texas Hold'em Drop in Play++	And A Happy NEW YEAR	

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