# June 2025

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***

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***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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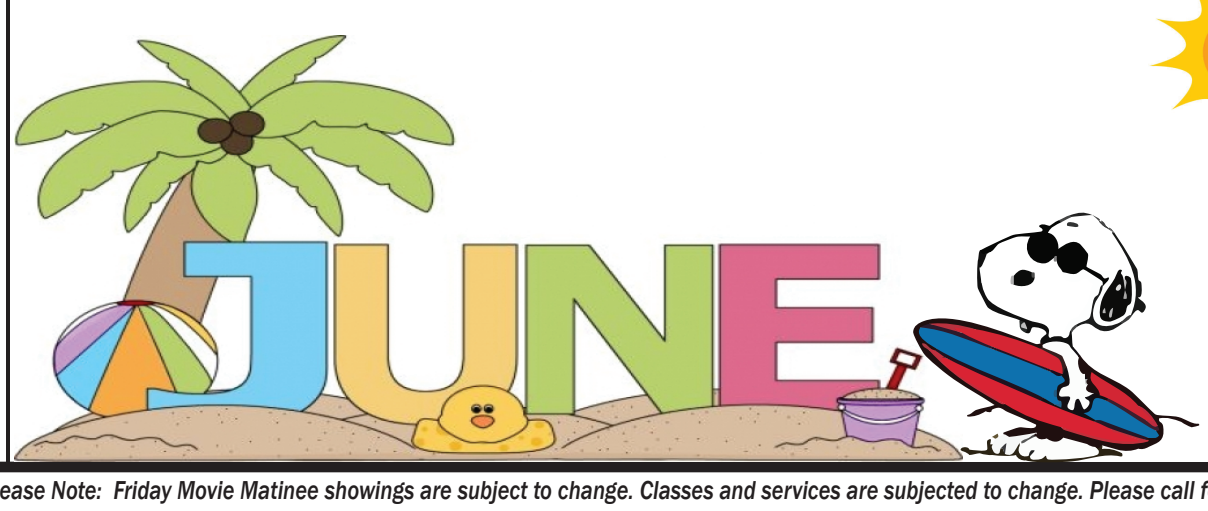
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>7:30 am Tai Chi**<br>9 am Yoga w/Latha++<br>9 am Mahjong++<br>10 am Billiards Tournament++<br>10 am Sewing++$<br>10:30 am Edible Gardening++<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>2 pm Life Stories++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>3:30 pm Yoga for Seniors** | **3**<br>8 am Senior Walking Group++<br>9 am Bridge++<br>9:30 am Country Guitar++<br>11:15 am Keyboard Piano 1++$<br>12 pm Keyboard Piano 2++$<br>12:30 pm Chair Yoga++$<br>1 pm Cerritos Wei Qi++<br>1 pm Magic Class++$<br>3 pm Tech Workshop++<br>4:30 pm Ping-Pong (Doubles)++<br>5 pm Knitting & Crocheting++$ | **4**<br>7:30 am Tai Chi**<br>9 am Longevity Stick++<br>9 am Zumba Gold++$<br>10 am Intermediate Hula++<br>10 am Fluid Expressions: Watercolor Painting++<br>11 am Yoga w/ Anjana++<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>1 pm Handcrafters++<br>2 pm Texas Hold'em Drop-in-Play++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>2:30 pm Lighten Up/Laughter++<br>3:30 pm Yoga for Seniors** | **5**<br>8 am Senior Walking Group+<br>9 am Metro Public Transportation Tour++$<br>10 am Advanced Hula++<br>10 am Bible Study++<br>10 am Ultimate Optimist++<br>4:30 pm Ping Pong (Doubles)++<br>4:30 pm United Tech+ | **6**<br>7:30 am Tai Chi**<br>7:30 am Ping-Pong (Doubles)++<br>9 am Beginning Ukulele++<br>9 am Longevity Stick++<br>10 am Chorus+<br>10:15 am Advanced Ukulele++<br>1 pm Medicare 101+<br>1 pm Movie Matinee++<br>**"Nonnas"** |
| **9**<br>7:30 am Tai Chi**<br>9 am Yoga w/Latha++<br>9 am Mahjong++<br>9:30 am Cal Fresh Healthy Living Workshop+<br>10 am Sewing++$<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>3:30 pm Yoga for Seniors** | **10**<br>8 am Senior Walking Group++<br>9 am Bridge++<br>9:30 am Country Guitar++<br>10 am Aging in Place+<br>10 am Fall Prevention+(V)<br>11:15 am Keyboard Piano 1++$<br>12 pm Keyboard Piano 2++$<br>12:30 pm Chair Yoga++$<br>1 pm Cerritos Wei Qi++<br>1 pm Magic Class++$<br>3 pm Tech Workshop++<br>4:30 pm Ping-Pong (Doubles)++<br>5 pm Knitting & Crocheting++$ | **11**<br>7:30 am Tai Chi**<br>9 am Longevity Stick++<br>9 am Zumba Gold++$<br>10 am Intermediate Hula++<br>10 am Preparing Your Cremation+<br>11 am Yoga w/ Anjana++<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>1 pm Handcrafters++<br>1 pm Hands-Only CPR+<br>2 pm Texas Hold'em Drop-in-Play++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>2:30 pm Lighten Up/Laughter++<br>3:30 pm Yoga for Seniors** | **12**<br>8 am Senior Walking Group++<br>10 am Advanced Hula++<br>10 am Bible Study++<br>10 am Healthy Brain Habits: Reducing the Risk of Alzheimer's+<br>10 am Ultimate Optimist++<br>4:30 pm Ping Pong (Doubles)++ | **13**<br>7:30 am Tai Chi**<br>7:30 am Ping Pong (Doubles)++<br>9 am Beginning Ukulele++<br>9 am Longevity Stick++<br>10 am Chorus++<br>10 am Tax Planning Strategies+<br>10:15 am Advanced Ukulele++<br>1 pm Movie Matinee++<br>**"Dune: Part 1"** |
| **16**<br>7:30 am Tai Chi**<br>9 am Yoga w/Latha++<br>9 am Mahjong++<br>10 am Sewing++$<br>11 am Frauds & Scams+<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>2 pm Life Stories++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>3:30 pm Yoga for Seniors** | **17**<br>8 am Senior Walking Group++<br>9 am Bridge++<br>9 am Grief, Loss & Resiliency+<br>9:30 am Country Guitar++<br>11:15 am Keyboard-Piano 1++$<br>12 pm Keyboard-Piano 2++$<br>12:30 pm Chair Yoga++$<br>1 pm Chinese Wei Qi++<br>1 pm Magic Class++$<br>2 pm Retirement: Make Your Money Last+<br>3 pm Tech Workshop++<br>4:30 pm Ping-Pong (Doubles)++<br>5 pm Knitting & Crocheting++$ | **18**<br>7:30 am Tai Chi**<br>9 am Longevity Stick++<br>9 am Zumba Gold++$<br>10 am Intermediate Hula++<br>11 am Yoga w/ Anjana++<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>1 pm Handcrafters++<br>1 pm Senior Nutrition & Health+<br>2 pm Texas Hold'em Drop-in-Play++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>2:30 pm Lighten Up/Laughter++<br>3:30 pm Yoga For Seniors** | **19**<br>8 am Senior Walking Group++<br>10 am Advanced Hula++<br>10 am Bible Study++<br>10 am Ultimate Optimist++<br>4:30 pm Ping-Pong (Doubles)++<br>4:30 pm United Tech+ | **20**<br>7:30 am Tai Chi**<br>7:30 am Ping-Pong (Doubles)++<br>9 am Beginning Ukulele++<br>9 am Longevity Stick++<br>10 am Alzheimer's Caregiver Support Group+<br>10 am Chorus++<br>10:15 am Advanced Ukulele++<br>1 pm Movie Matinee++<br>**"Dune: Part 2"** |
| **23**<br>9 am Mahjong++<br>10 am Sewing++$<br>1 pm Book Club++<br>2 pm Life Stories++ | **24**<br>8 am Senior Walking Group++<br>9 am Bridge++<br>9:30 am Country Guitar++<br>10 am Anti-Virus & Malware Removal Program+<br>11:15 am Keyboard Piano 1++$<br>12 pm Keyboard Piano 2++$<br>12:30 pm Chair Yoga++$<br>1 pm Chinese Wei Qi++<br>1 pm Magic Class++$<br>2 pm Changing Diet to Manage Conditions+<br>3 pm Tech Workshop++<br>4:30 pm Ping-Pong (Doubles)++<br>5 pm Knitting & Crocheting++$ | **25**<br>7:30 am Tai Chi**<br>9 am Longevity Stick++<br>9 am Zumba Gold++$<br>11 am Yoga w/ Anjana++<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>1 pm Handcrafters++<br>2 pm Texas Hold'em Drop-in-Play++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense for Seniors**<br>2:30 pm Lighten Up/Laughter++<br>3:30 pm Yoga For Seniors** | **26**<br>8 am Senior Walking Group++<br>10 am Bible Study++<br>10 am Living Trust+<br>10 am Ultimate Optimist++<br>4:30 pm Ping-Pong (Doubles)++ | **27**<br>7:30 am Tai Chi**<br>7:30 am Ping-Pong (Doubles)++<br>9 am Longevity Stick++<br>10 am Chorus++<br>10 am Utilities Discounts+<br>1 pm Movie Matinee++<br>**"Rescued by Ruby"** |
| **30**<br>7:30 am Tai Chi**<br>9 am Yoga w/Latha++<br>9 am Mahjong++<br>10 am Sewing++$<br>1 pm Balance & Mobility 1**<br>1 pm Chair Exercise w/Mike**<br>2 pm Life Stories++<br>2:15 pm Balance & Mobility 2**<br>2:15 pm Self Defense For Seniors**<br>t3:30 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.*