



CITY OF CERRITOS



May 2026

# Cerritos Lifelong Enrichment

Recreation, Education, Fitness, Wellness, and Adult Services  
for People 50 Years and Over

*Your Cerritos Digital Newsletter*

The City of Cerritos welcomes you to our digital edition of the “Cerritos Lifelong Enrichment!” We’re pleased to present information about upcoming activities at the Cerritos Senior Center at Pat Nixon Park.

*To print this newsletter, download the PDF first (icon located on lower right side below the newsletter) and select printing options from your browser.*

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**Browse classes  
and register with**



# Special Activities

## Book Club

Join fellow book enthusiasts every month to share insights on select readings. Participants are required to read at least one-third of the book to attend the class. Please visit the Reception Desk for a current book list.

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|     |      |       |      |               |         |
|-----|------|-------|------|---------------|---------|
| Mon | 5/18 | 1-3PM | Free | Monthly Class | Drop-in |
|-----|------|-------|------|---------------|---------|

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## Writing Your Life Story

Leave a legacy for your family to cherish through this inspiring group writing experience. Share your life journey through meaningful storytelling in this friendly and encouraging setting. Classes are held on every first and third Monday.

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|         |      |       |      |                 |         |
|---------|------|-------|------|-----------------|---------|
| 1st Mon | 5/4  | 2-4PM | Free | Bi-Weekly Class | Drop-in |
| 3rd Mon | 5/18 | 2-4PM | Free | Bi-Weekly Class | Drop-in |

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## Gardening Club

Join volunteer Ingrid for our new gardening club. Whether you're new to gardening or have years of experience, the club will be educational and fun. There will be basic gardening techniques, as well as information on what to plant for natural wellness. Let's grow a new garden community at the Cerritos Senior Center. Classes are held every third Tuesday.

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|         |      |             |      |               |         |
|---------|------|-------------|------|---------------|---------|
| 3rd Tue | 5/19 | 1:30-2:30PM | Free | Monthly Class | Drop-in |
|---------|------|-------------|------|---------------|---------|

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## Lighten Up with Laughter

Laughter brings enthusiasm, happiness, and zest in your life. Join volunteer instructor, Sudha and enjoy a little laughter and humor with friends.

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|-----|--------|-------------|------|--------------|---------|
| Wed | Weekly | 2:30-3:30PM | Free | Weekly Class | Drop-in |
|-----|--------|-------------|------|--------------|---------|

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## Ultimate Optimist

Join volunteer instructor Sudha and learn to become the ultimate optimist. Acquiring knowledge on how to think differently and create a life that honors your deepest desires. Daily practice will keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity, and more.

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|     |        |         |      |              |         |
|-----|--------|---------|------|--------------|---------|
| Thu | Weekly | 10-11AM | Free | Weekly Class | Drop-in |
|-----|--------|---------|------|--------------|---------|

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## Bible Study

Join this volunteer-led group and share points of view in a safe and open environment.

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|     |        |           |      |              |         |
|-----|--------|-----------|------|--------------|---------|
| Thu | Weekly | 10AM-12PM | Free | Weekly Class | Drop-in |
|-----|--------|-----------|------|--------------|---------|

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## Tech Support

Whitney High School Branch students are available on Thursdays to assist/guide seniors with their technology questions. No form of technology will be provided, please bring your own.

*Student volunteers are leading this activity. Dates and times subject to change based on availability of volunteers.*

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|     |        |             |      |        |         |
|-----|--------|-------------|------|--------|---------|
| Thu | Weekly | 3:30-4:30PM | Free | Weekly | Drop-in |
|-----|--------|-------------|------|--------|---------|

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## Friday Movie Matinee

Movies shown are rated "G" to "PG-13." Please note that movie titles are subject to change based on availability. Please stop by the Reception Desk to pick up a list of movies and a synopsis of content offered for each month. Visual captions will be in play only if a patron requests this option prior to the start of the movie and only if the movie offers the caption option.

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|     |        |       |      |              |         |
|-----|--------|-------|------|--------------|---------|
| Fri | Weekly | 1-3PM | Free | Weekly Movie | Drop-in |
|-----|--------|-------|------|--------------|---------|

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## Arts

### Chinese Calligraphy

Join this volunteer-led group on the fourth Tuesday of every month to learn this ancient art form. All levels are welcome. Please bring calligraphy pens, brushes and paper.

|         |      |       |      |               |         |
|---------|------|-------|------|---------------|---------|
| 4th Tue | 5/26 | 1-4PM | Free | Monthly Class | Drop-in |
|---------|------|-------|------|---------------|---------|

### Watercolor Painting

Immerse yourself in the world of watercolor painting with Darshini Aithal, where you'll refine your skills and embrace the joy of painting. Each session offers engaging demonstrations and hands-on practice, covering basics, techniques, and valuable tips for creating stunning masterpieces. All levels are welcome, from beginners to intermediates. Please bring your own supplies (a list will be provided) and come ready to start this colorful journey with imagination and enthusiasm!

|     |          |           |       |           |        |
|-----|----------|-----------|-------|-----------|--------|
| Wed | 5/13-6/3 | 10AM-12PM | \$100 | 4 Classes | #17102 |
|-----|----------|-----------|-------|-----------|--------|

### Handcrafters

Come out and share your handcrafting talents with your peers. All levels are welcome.

|     |        |       |      |              |         |
|-----|--------|-------|------|--------------|---------|
| Wed | Weekly | 1-4PM | Free | Weekly Class | Drop-in |
|-----|--------|-------|------|--------------|---------|



## Dance & Music

### Country Guitar

Join this volunteer-led group for a guitar play session. Some knowledge of guitar playing is required.

|     |        |             |      |              |         |
|-----|--------|-------------|------|--------------|---------|
| Tue | Weekly | 9:30AM-12PM | Free | Weekly Class | Drop-in |
|-----|--------|-------------|------|--------------|---------|

### Chorus

Join this volunteer-led group every Friday and learn how to sing amazing songs in perfect harmony.

|     |        |            |      |              |         |
|-----|--------|------------|------|--------------|---------|
| Fri | Weekly | 10-11:15AM | Free | Weekly Class | Drop-in |
|-----|--------|------------|------|--------------|---------|

## Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Lifelong Enrichment digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Lifelong Enrichment” category.

For more information, visit [cerritos.gov/cnewsdigital](http://cerritos.gov/cnewsdigital).



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## Games

### Billiards Tournament

Tournament play will be on the first Monday of every month. Compete for prizes and bragging rights in this friendly monthly competition. Tournaments will be scheduled on the second Monday of the month when holidays occur on the first Monday. Open play is not allowed during tournament play.

|         |     |           |      |              |        |
|---------|-----|-----------|------|--------------|--------|
| 1st Mon | 5/4 | 10AM-12PM | Free | Monthly Game | #16397 |
|---------|-----|-----------|------|--------------|--------|

### Chinese Hong Kong Mahjong

Mahjong is a Chinese board game that gained U.S. popularity in the 1920's. Some knowledge of the game is required to participate in the group.

|     |        |           |      |             |         |
|-----|--------|-----------|------|-------------|---------|
| Mon | Weekly | 9-11:30AM | Free | Weekly Game | Drop-in |
|-----|--------|-----------|------|-------------|---------|

### Bridge

Boost your mental fitness, sharpen your bridge skills, while making new friends. All levels are welcome, but some playing knowledge is required.

|     |        |          |      |             |         |
|-----|--------|----------|------|-------------|---------|
| Tue | Weekly | 9AM-12PM | Free | Weekly Game | Drop-in |
|-----|--------|----------|------|-------------|---------|

### Cerritos Wei Qi

Wei Qi is a chess game invented in China more than 2,500 years ago. Some knowledge of the game is required to participate in the group.

|     |        |       |      |             |         |
|-----|--------|-------|------|-------------|---------|
| Tue | Weekly | 1-4PM | Free | Weekly Game | Drop-in |
|-----|--------|-------|------|-------------|---------|



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## Texas Hold 'em Tournament

Join Texas Hold 'em tournament and make new friends while learning proper wagering techniques as well as the odds of winning hands.

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|     |        |       |      |             |        |
|-----|--------|-------|------|-------------|--------|
| Wed | Weekly | 2-4PM | Free | Weekly Game | #17192 |
|-----|--------|-------|------|-------------|--------|

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## Stay Connected

Follow us on **Facebook**, **Instagram**, **LinkedIn**, **YouTube** and **X** to stay informed about the City of Cerritos and get the latest City updates:



@CityCerritos



@city\_of\_cerritos



@cityofcerritos



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@CityCerritos



CITY OF CERRITOS

cerritos.gov



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## Fitness & Wellness

### Senior Walking Group

Join volunteer instructor and fellow walkers and enjoy the outdoors. You can get fit while making friends. All levels welcomed and will not meet in cases of inclement weather. Group meets at the Reception Desk and will leave the Senior Center site. Walkers must sign in and have a current waiver on file.

|                |               |              |             |                       |                |
|----------------|---------------|--------------|-------------|-----------------------|----------------|
| <b>Tue/Thu</b> | <b>Weekly</b> | <b>8-9AM</b> | <b>Free</b> | <b>2 Classes/Week</b> | <b>Drop-in</b> |
|----------------|---------------|--------------|-------------|-----------------------|----------------|

### Longevity Stick Art

The “Longevity Stick” regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality. This class is held outdoors. Class will not be held on days of inclement weather.

|                |               |               |             |                     |                |
|----------------|---------------|---------------|-------------|---------------------|----------------|
| <b>Wed/Fri</b> | <b>Weekly</b> | <b>9-10AM</b> | <b>Free</b> | <b>Weekly Class</b> | <b>Drop-in</b> |
|----------------|---------------|---------------|-------------|---------------------|----------------|

### Neurobics

Join us for a lively, engaging class designed to keep your brain active, energized, and thriving! Neurobics is all about giving your brain a healthy workout through enjoyable activities that stimulate memory, focus, creativity, and coordination.

|            |                 |                 |             |                  |               |
|------------|-----------------|-----------------|-------------|------------------|---------------|
| <b>Tue</b> | <b>5/19-6/9</b> | <b>2:30-4PM</b> | <b>\$20</b> | <b>4 Classes</b> | <b>#17191</b> |
|------------|-----------------|-----------------|-------------|------------------|---------------|



## Zumba Gold

Zumba Gold is a lower intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie Morris and dance your way to a healthier lifestyle.

Class fee is \$25 for a 5-week session. A \$6 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the 5-week session. Checks and credit cards will also be accepted for payment.

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|            |                |               |             |                  |               |
|------------|----------------|---------------|-------------|------------------|---------------|
| <b>Wed</b> | <b>5/6-6/3</b> | <b>9-10AM</b> | <b>\$25</b> | <b>5 Classes</b> | <b>#17110</b> |
|------------|----------------|---------------|-------------|------------------|---------------|

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## Holistic Health

This 4-week class will take you on a holistic health journey around the world where you will learn how to improve your diet, sleep and physical activity levels, balance hormonal changes, manage pain and enhance overall well-being through ancient healing wisdom with a modern twist...all while having fun!

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|            |                 |                 |             |                  |               |
|------------|-----------------|-----------------|-------------|------------------|---------------|
| <b>Tue</b> | <b>5/19-6/9</b> | <b>5:30-7PM</b> | <b>\$20</b> | <b>4 Classes</b> | <b>#17193</b> |
|------------|-----------------|-----------------|-------------|------------------|---------------|

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## Yoga Therapy for Stress Management

Support your brain with yoga! This class focuses on gentle movement, breath work, and chanting to enhance memory, reduce stress, improve sleep, and support overall cognitive function. Backed by research, yoga can help maintain brain health and potentially slow cognitive decline. 15 Minute intake prior to first session will be required to adapt the practice to your needs.

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|            |                |               |             |                  |               |
|------------|----------------|---------------|-------------|------------------|---------------|
| <b>Fri</b> | <b>5/1-6/5</b> | <b>9-10AM</b> | <b>\$40</b> | <b>6 Classes</b> | <b>#17105</b> |
|------------|----------------|---------------|-------------|------------------|---------------|

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## Ping-Pong

Join your friends on Tuesdays, Thursday, and Fridays for doubles play.

|     |        |             |      |              |         |
|-----|--------|-------------|------|--------------|---------|
| Tue | Weekly | 4:30-7:30PM | Free | Weekly Class | Drop-in |
| Thu | Weekly | 4:30-7:30PM | Free | Weekly Class | Drop-in |
| Fri | Weekly | 7:30AM-12PM | Free | Weekly Class | Drop-in |

## Blood Pressure Screenings

Stop by the Health Room for free standard blood pressure screening provided by a retired or active nurse volunteer. If you are a retired or active nurse interested in volunteering, please contact the Cerritos Senior Center to request an application.

|             |            |              |      |         |         |
|-------------|------------|--------------|------|---------|---------|
| Mon         | Weekly     | 9-11AM       | Free | Weekly  | Drop-in |
| Tue         | Weekly     | 10AM-1PM     | Free | Weekly  | Drop-in |
| Wed         | Weekly     | 9-11:30AM    | Free | Weekly  | Drop-in |
| 2nd/4th Fri | 5/8 & 5/22 | 8:30-10:30AM | Free | Monthly | Drop-in |



## Information/Referrals

### Health Insurance Counseling and Advocacy Program

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides free assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare Maze. The Cerritos Senior Center HICAP representative is Erica.

*L.A. County Residents only.*

|         |      |              |      |               |          |
|---------|------|--------------|------|---------------|----------|
| 1st Wed | 5/6  | 12:30-3:30PM | Free | Monthly Class | By Appt. |
| 4th Wed | 5/27 | 12:30-3:30PM | Free | Monthly Class | By Appt. |

### Notary Public Service

Join Certified Senior Advisor from CarePatrol of Inland LA County for a free Notary Service on the 2nd Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons MUST have documents prepared and only 2 documents to be notarized per appointment. Appointments are required and can be scheduled at the Senior Center Reception Desk.

|         |      |           |      |         |          |
|---------|------|-----------|------|---------|----------|
| 2nd Thu | 5/14 | 10AM-12PM | Free | Monthly | By Appt. |
|---------|------|-----------|------|---------|----------|

### Mobile Office Hours

Need assistance with a federal agency? Visit representatives from U.S. Representative Derek Tran's office on the 2nd Tuesday each month for help with Social Security, Medicare, VA benefits, immigration issues, federal grants, and more.

To learn more, visit [tran.house.gov/mobile-office-hours](https://tran.house.gov/mobile-office-hours).

|         |      |          |      |         |         |
|---------|------|----------|------|---------|---------|
| 2nd Tue | 5/12 | 10AM-1PM | Free | Monthly | Drop-in |
|---------|------|----------|------|---------|---------|

May 2026



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## HSA Case Management

Sponsored by Human Services Association, the Supportive Services Program (SSP) helps elders obtain services that enable them to safely remain at home with a measure of independence and dignity. Human Services Association representative is Reina.

*Cerritos residents only. Please make an appointment at the Reception Desk.*

|     |          |              |      |        |          |
|-----|----------|--------------|------|--------|----------|
| Wed | 5/6-5/27 | 9:30-11:30AM | Free | Weekly | By Appt. |
|-----|----------|--------------|------|--------|----------|

## Alzheimer's Caregiver Support Group

For many, the best source of support is through support groups. Join a facilitator from Alzheimer's Los Angeles on the third Friday of each month to develop new coping strategies and find comfort, strength and hope in a compassionate and safe environment.

|         |      |           |      |         |         |
|---------|------|-----------|------|---------|---------|
| 3rd Fri | 5/15 | 10AM-12PM | Free | Monthly | Drop-in |
|---------|------|-----------|------|---------|---------|

### Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Lifelong Enrichment digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the "Lifelong Enrichment" category.

For more information, visit [cerritos.gov/cnewsdigital](http://cerritos.gov/cnewsdigital).



## Lectures

### Living Trusts

A living trust places assets into a trust during a person's lifetime to manage and distribute them efficiently. It allows property to pass to beneficiaries without probate and can provide continuity if incapacity occurs. Join Jake Richards from United California Estate Services to learn more about Living Trusts.

|     |     |      |      |         |        |
|-----|-----|------|------|---------|--------|
| Tue | 5/5 | 10AM | Free | 1 Class | #17154 |
| Tue | 6/2 | 10AM | Free | 1 Class | #17181 |

### Mother's Day Trivia

Exercising the brain has been proven to help relieve stress, promote relaxation, and improve memory and other cognitive skills. Join Rosa Phillips from Jack Schroeder and Associates for a fun and interactive morning of Mother's Day trivia spanning the 1950s through the 1990s.

|     |     |      |      |         |        |
|-----|-----|------|------|---------|--------|
| Wed | 5/6 | 10AM | Free | 1 Class | #17155 |
|-----|-----|------|------|---------|--------|

### Protecting Equity & Avoiding Common Real Estate Pitfalls

Home equity is one of the most valuable assets a homeowner can build. Join Suhaila Sabir from Excellence Real Estate to explore common real estate pitfalls, including overpricing, poor timing, and the risks of moving forward without professional advice, along with practical insights for protecting long-term home value.

|     |     |      |      |         |        |
|-----|-----|------|------|---------|--------|
| Thu | 5/7 | 10AM | Free | 1 Class | #17156 |
|-----|-----|------|------|---------|--------|



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## Senior Scams

Join a representative from Senior Helpers for tips and strategies that help safeguard individuals, especially seniors, from technology-based scams. Learn about common scam types, steps to take during and after a scam attempt, and simple do's and don'ts that can significantly reduce the risk of becoming a victim.

|     |      |      |      |         |        |
|-----|------|------|------|---------|--------|
| Mon | 5/11 | 11AM | Free | 1 Class | #17157 |
|-----|------|------|------|---------|--------|

## Home Safety & Fall Prevention

Virtual Presentation\*

Injuries related to falls, like broken hips and head trauma, lead to emergency room visits, hospital stays and even nursing home placement. That's the bad news. The good news is that falls are preventable! Join Jenny Alcala-Alonzo from Independence at Home to learn how to identify fall risks in everyday life

\*A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.

|     |      |      |      |         |        |
|-----|------|------|------|---------|--------|
| Tue | 5/12 | 10AM | Free | 1 Class | #17158 |
|-----|------|------|------|---------|--------|

## Investments in Retirement

Join Jake Richards from United California Estate Services to learn explore strategies on how to grow and protect wealth during retirement. Learn some methods for balancing risk, maximizing income and making sound decisions for long-term stability.

|     |      |      |      |         |        |
|-----|------|------|------|---------|--------|
| Tue | 5/12 | 10AM | Free | 1 Class | #17159 |
|-----|------|------|------|---------|--------|

## Early Signs of Cognitive Decline

Join Robert Regan from Synergy HomeCare to learn how to recognize changes in memory and behavior, along with communication strategies that reduce frustration, activities that stimulate memory, and insights into how in-home caregivers support dementia care.

|     |      |      |      |         |        |
|-----|------|------|------|---------|--------|
| Wed | 5/13 | 10AM | Free | 1 Class | #17160 |
|-----|------|------|------|---------|--------|



## Stop the Bleed

Join Rodel Rutaquio from LA Co. Department of Public Health to understand how the leading cause of preventable death from trauma is uncontrolled bleeding. Injuries can happen anywhere-from accidents at home, to incidents in the workplace and knowing how to stop bleeding could help save a life.

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|     |      |     |      |         |        |
|-----|------|-----|------|---------|--------|
| Wed | 5/13 | 1PM | Free | 1 Class | #17161 |
|-----|------|-----|------|---------|--------|

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## Healthy Brain Habits

Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn about age-related changes in memory and thinking, risk factors for dementia and ways to keep the brain healthy. This presentation focuses on six pillars of brain health and offers practical tips for developing healthy brain habits.

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|     |      |      |      |         |        |
|-----|------|------|------|---------|--------|
| Thu | 5/14 | 10AM | Free | 1 Class | #17162 |
|-----|------|------|------|---------|--------|

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## iPad Essentials

Join representatives from Independence at Home for this 5-week course to learn about the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive emails. By the end of the course, participants will have a foundation for using an iPad and the internet to enrich daily life.

*Space is limited.*

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|     |           |      |      |           |        |
|-----|-----------|------|------|-----------|--------|
| Fri | 5/15-6/12 | 10AM | Free | 5 Classes | #17163 |
|-----|-----------|------|------|-----------|--------|

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## Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Join a representative from The Arthritis Foundation and Partners in Care for these enjoyable and motivational classes that can be taken either standing or sitting in a chair.

*This is a 6-week program that meets two days a week for a one-hour session.*

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|         |           |     |      |            |        |
|---------|-----------|-----|------|------------|--------|
| Tue/Thu | 5/21-6/30 | 9AM | Free | 12 Classes | #16661 |
|---------|-----------|-----|------|------------|--------|

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## ROTH Conversions

Join Jake Richards from United California Estate Services to learn how transferring funds from a traditional retirement account to a Roth account can allow for tax-free qualified withdrawals in the future and how Roth conversions may fit into a long-term retirement planning strategy.

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|------------|-------------|-------------|-------------|----------------|---------------|
| <b>Tue</b> | <b>5/19</b> | <b>10AM</b> | <b>Free</b> | <b>1 Class</b> | <b>#17164</b> |
|------------|-------------|-------------|-------------|----------------|---------------|

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## Understanding Online Fraud & Scams

The ability to spot a scam is an essential digital skill. Join a representative from Independence at Home to learn about some of the most common scams, receive tips for avoiding them, and review steps to take if a scam occurs. Sample emails, texts, and deepfakes will be examined to show how AI contributes to the increased spread and complexity of scams. Helpful resources for staying informed about the latest scams will also be provided.

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|            |             |             |             |                |               |
|------------|-------------|-------------|-------------|----------------|---------------|
| <b>Wed</b> | <b>5/20</b> | <b>10AM</b> | <b>Free</b> | <b>1 Class</b> | <b>#17165</b> |
|------------|-------------|-------------|-------------|----------------|---------------|

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## One-on-One Tech Coaching

Need help using an iPhone, tablet, or other tech devices? Join tech coaches from Independence at Home for one-on-one support and get personalized help to better understand and use devices with confidence.

*Appointments are 30 minutes per session. Please sign up at the Reception Desk. Space is limited; patrons are permitted to schedule one appointment only.*

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|            |             |              |             |                |                 |
|------------|-------------|--------------|-------------|----------------|-----------------|
| <b>Wed</b> | <b>5/20</b> | <b>1-4PM</b> | <b>Free</b> | <b>1 Class</b> | <b>By Appt.</b> |
|------------|-------------|--------------|-------------|----------------|-----------------|

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## How Much is Too Much?

Join Jenna Gutierrez from Los Angeles County Department of Mental Health to learn about the different forms of substance use and how the use of substances can affect seniors physically and emotionally, and how it impacts the effect of prescribed medications.

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|-----|------|-----|------|---------|--------|
| Thu | 5/21 | 9AM | Free | 1 Class | #17167 |
|-----|------|-----|------|---------|--------|

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## Grief Support Group

Join a representative from Independence at Home for a Grief Support Group offering guidance, conversation, and community for those experiencing loss. Participants are invited to share, listen, and learn coping strategies in a respectful and caring environment.

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|     |      |      |      |         |         |
|-----|------|------|------|---------|---------|
| Fri | 5/22 | 10AM | Free | 1 Class | Drop-in |
|-----|------|------|------|---------|---------|

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## Aging & Vision Loss

Eyes and vision are important to health. Join Jenny Alcala-Alonso from Independence at Home to learn about common vision problems that come with age, what to look out for, and vision loss prevention.

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|-----|------|-----|------|---------|--------|
| Tue | 5/26 | 2PM | Free | 1 Class | #17169 |
|-----|------|-----|------|---------|--------|

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## Heart Health at Home

Join a representative from Senior Helpers to understand how everyday habits can improve cardiovascular health for seniors. Learn how nutrition, activity, rest, and meaningful connections can support overall well-being at home.

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|     |     |      |      |         |        |
|-----|-----|------|------|---------|--------|
| Mon | 6/8 | 11AM | Free | 1 Class | #17170 |
|-----|-----|------|------|---------|--------|

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The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

## Summer Cerritos College Co-Sponsored Classes

Cerritos College instructors are responsible for managing their own class rosters, including tracking attendance and adding or dropping students. They are also responsible for enforcing classroom rules and standards of conduct. Please be advised that students enrolled in Cerritos College courses who miss the first day of class or accumulate consecutive unexcused absences may be dropped at the instructor's

discretion. Class enrollment is prioritized based on the official roster order. However, all new Cerritos College students are required to complete paperwork with the instructor during class. Students on the waiting list must wait for notification from City of Cerritos Senior Center staff before attending class. Instructors will notify students of any scheduled days off.

*Space is limited for all classes; only registered students will be permitted to attend.*

### Tai Chi

Registration Starts:  
First day of class

|       |           |        |      |        |        |
|-------|-----------|--------|------|--------|--------|
| M/W/F | 5/27-8/14 | 7:30AM | Free | Weekly | #17149 |
|-------|-----------|--------|------|--------|--------|

### Self Defense for Seniors

Registration Starts:  
Underway for Residents, Non-Resident 5/4

|         |           |        |      |        |        |
|---------|-----------|--------|------|--------|--------|
| Mon/Wed | 5/27-8/12 | 2:15PM | Free | Weekly | #17150 |
|---------|-----------|--------|------|--------|--------|



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## Yoga for Seniors

Registration Starts:  
Underway for Residents, Non-Resident 5/4

|         |           |        |      |        |        |
|---------|-----------|--------|------|--------|--------|
| Mon/Wed | 5/27-8/12 | 3:30PM | Free | Weekly | #17151 |
|---------|-----------|--------|------|--------|--------|

## Chair Exercise 1 (Mike)

Registration Starts:  
Underway for Residents, Non-Resident 5/4

|         |           |     |      |        |        |
|---------|-----------|-----|------|--------|--------|
| Mon/Wed | 5/27-8/12 | 1PM | Free | Weekly | #17146 |
|---------|-----------|-----|------|--------|--------|

## Chair Exercise 2 (Tracy)

Registration Starts:  
Underway for Residents, Non-Resident 5/4

|         |           |     |      |        |        |
|---------|-----------|-----|------|--------|--------|
| Mon/Wed | 5/27-8/12 | 1PM | Free | Weekly | #17147 |
|---------|-----------|-----|------|--------|--------|

## Chair Exercise 3 (Tracy)

Registration Starts:  
Underway for Residents, Non-Resident 5/4

|         |           |        |      |        |        |
|---------|-----------|--------|------|--------|--------|
| Mon/Wed | 5/27-8/12 | 2:15PM | Free | Weekly | #17148 |
|---------|-----------|--------|------|--------|--------|



The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

## Senior Clubs and Organizations

### Cerritos Chinese American Seniors

|     |       |            |             |                                   |
|-----|-------|------------|-------------|-----------------------------------|
| Tue | 1-4PM | Aspen/Pine | Helen Huang | (562) 547-5849   h1h312@yahoo.com |
|-----|-------|------------|-------------|-----------------------------------|

### Cerritos Folk Dancers

|     |       |       |            |  |
|-----|-------|-------|------------|--|
| Tue | 5-8PM | Maple | Wen Chiang | (626) 500-5035   chiangwenli@yahoo.com |
|-----|-------|-------|------------|--|

### Cerritos Gadabouts

|     |          |            |             |                                     |
|-----|----------|------------|-------------|-------------------------------------|
| Mon | 9AM-12PM | Aspen/Pine | Ray Ramirez | (562) 276-3716   rayram43@gmail.com |
|-----|----------|------------|-------------|-------------------------------------|

### Cerritos Ivy Club

|     |       |            |            |  |
|-----|-------|------------|------------|--|
| Thu | 1-4PM | Aspen/Pine | Bonnie Lin | (562) 412-1267   bonnielee1950@yahoo.com |
|-----|-------|------------|------------|--|

### Da' Hawaii Seniors Club

|             |       |       |                    |  |
|-------------|-------|-------|--------------------|--|
| 2nd/4th Thu | 2-5PM | Maple | Carmelita Tiongson | (562) 305-7995   carmelitationgson@gmail.com |
|-------------|-------|-------|--------------------|--|

### Filipino Seniors of Cerritos

|             |             |             |                 |                                       |
|-------------|-------------|-------------|-----------------|---------------------------------------|
| 1st/3rd Fri | 1:30-4:30PM | Arts/Crafts | Mayette Centeno | (562) 331-0938   mayette118@gmail.com |
|-------------|-------------|-------------|-----------------|---------------------------------------|

### Formosa Seniors Association

|     |       |            |                      |  |
|-----|-------|------------|----------------------|--|
| Thu | 5-8PM | Aspen/Pine | Chrstine Ya Chin Lee | (213) 219-1430   yachinlee@hotmail.com |
|-----|-------|------------|----------------------|--|

### Cerritos Indo American Seniors

|             |       |       |              |                                      |
|-------------|-------|-------|--------------|--------------------------------------|
| 1st/3rd Thu | 2-5PM | Maple | Arvind Patel | (562) 322-0085   acp.patel@yahoo.com |
|-------------|-------|-------|--------------|--------------------------------------|

|             |       |               |              |                                      |
|-------------|-------|---------------|--------------|--------------------------------------|
| 2nd/4th Thu | 2-5PM | Arts & Crafts | Arvind Patel | (562) 322-0085   acp.patel@yahoo.com |
|-------------|-------|---------------|--------------|--------------------------------------|

### Mid-City Korean American Seniors

|             |          |           |         |                                       |
|-------------|----------|-----------|---------|---------------------------------------|
| 1st-4th Thu | 9AM-12PM | Riverrock | Kyo Kim | (562) 900-9382   kyohokim@hotmail.com |
|-------------|----------|-----------|---------|---------------------------------------|

### The "Original" Happy Seniors of Cerritos

|             |       |            |                |                                       |
|-------------|-------|------------|----------------|---------------------------------------|
| 1st-4th Tue | 5-8PM | Aspen/Pine | Lucita Cordero | (714) 947-6456   lucitac586@gmail.com |
|-------------|-------|------------|----------------|---------------------------------------|



## Register for an Account

To register for classes, visit the Senior Center at Pat Nixon Park, located at [12340 South Street](#) in Cerritos, or call [\(562\) 916-8550](#). All classes are held at the Senior Center, unless noted otherwise.

The monthly activity calendar and “Lifelong Enrichment” newsletter may be viewed online at [cerritos.gov/seniorclasses](#). Please see the Activity Calendar for a full list of classes and services.

*All patrons who want to partake in any Senior Center activities and obtain/retain a fitness center membership must create a RACER account.*

Browse classes and register with **RACER**  
Powered by CivicRec

## For More Information

Visit [cerritos.gov/register](#) or call the Senior Center at [\(562\) 916-8550](#) and contact Cerritos Senior Center staff for assistance.



# H.S.A. Lunch Program

## Serving Patrons 50 and Over

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### Reservations

Reservations are now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before you plan to attend lunch.

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.

### Time and Check-In

**Lunch is served promptly at noon 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.

### Cost

**Ages 60+:** Suggested donation of \$3

**Ages 50-59:** \$7 fee

### For More Information

Call [\(562\) 916-8555](tel:(562)916-8555)



## Senior Center Fitness Center

The 5,000-square-foot Cerritos Senior Center at Pat Nixon Park Fitness Center features state-of-the-art cardiovascular and weight equipment, locker rooms, restrooms, a public counter, weighing scale, and a stretching area.

### Membership

Membership is required to use the Fitness Center and is limited to Cerritos residents age 50 or older. The fee is \$50 per year, which allows seniors to work out at the Senior Center, Cerritos Park East, and Swim Center fitness centers. The fee will be waived for those seniors proving a need or hardship based on federal income guidelines. All seniors must submit a completed waiver to qualify for Fitness Center membership. Seniors must also bring proper proof of Cerritos residency.

### Senior Center Fitness Center Hours

**Monday, Wednesday, and Friday**  
7:30 a.m.–5 p.m.

**Tuesday and Thursday**  
7:30 a.m.–8 p.m.

**Saturday and Sunday**  
Closed

### Amenities

Cerritos Senior Fitness Center amenities include:

- Cardiovascular equipment
- Stretching area
- Locker rooms
- Restrooms
- Weight training equipment
- Weighing scale

### For More Information

Visit [cerritos.gov/seniorfitness](http://cerritos.gov/seniorfitness) or call the Senior Center at [\(562\) 916-8550](tel:5629168550).

Senior Center Fitness Center members can also use their membership to access the fitness centers at the Cerritos Olympic Swim Fitness Center and Liberty Park Fitness Center.



# Facility Rental

Rooms at the Cerritos Senior Center can be rented for adult-oriented events. The Senior Center's 5,000-square foot Majestic Room and catering kitchen can accommodate large parties. The Senior Center also offers multi-purpose rooms and an outdoor patio area that can be reserved.

## For More Information

Visit the [Senior Center Facility Rental page](#) or call the Cerritos Senior Center at [\(562\) 916-8550](tel:5629168550).

**Ask us about our private rental availability**

We are now accepting private rentals  
Fridays from 6 p.m. to Midnight

# Community Events

## Memorial Day Wreath Laying

The City of Cerritos invites the community to attend a Memorial Day Wreath Laying on Monday, May 25, at 10 a.m. near the Cerritos Veterans Memorial in the Cerritos Civic Center. The members of the United States Armed Forces who gave the ultimate sacrifice while defending our nation's freedom will be honored. The gathering will include remarks by the Mayor of Cerritos and the laying of a wreath, followed by a moment of silence.

|     |      |      |  |
|-----|------|------|--|
| Mon | 5/25 | 10AM | Veterans Memorial at Cerritos Civic Center |
|-----|------|------|--|



# Cerritos Lifelong Enrichment

May 2026

Produced by  
**Community Services Division**

**Communications  
and Marketing Division**



## CITY OF CERRITOS

**Lynda P. Johnson** Mayor

**Mark E. Pulido** Mayor Pro Tem

**Jennifer Hong** Councilmember

**Sofia M. Tse** Councilmember

**Frank Aurelio Yokoyama** Councilmember

**Robert A. Lopez** City Manager

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Get the latest on email and text updates throughout  
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**Subscribe**

## Cerritos Senior Center

at Pat Nixon Park

12340 South Street  
Cerritos, CA 90703

**(562) 916-8550**



## CITY OF CERRITOS

18125 Bloomfield Avenue  
Cerritos, CA 90703

**(562) 860-0311** | [cerritos.gov](#)

## Senior Center Hours

**Monday, Wednesday and Friday**

7:30 a.m.-5 p.m.

**Tuesday and Thursday**

7:30 a.m.-8 p.m.

**Saturday and Sunday**

**Friday 6 p.m. to Midnight**

Closed for private rentals

## Senior Center Closures

**Mon., May 25** in observance of Memorial Day