

# CERRITOS Lifelong Enrichment

*Recreation, Special Interest & Adult Services for those 50 & older*

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter. Participants need to gather information to make the best personal decision on using and/or contacting professionals providing information-only lectures at the Senior Center.

## Registration Information

Registration for all classes listed is currently underway, unless noted otherwise.

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

The monthly activity calendar and "Lifelong Enrichment" newsletter may be viewed online at [cerritos.gov](http://cerritos.gov). 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.**

Please visit [cerritos.gov/register](http://cerritos.gov/register) or call (562) 916-8550 for more information.

## Operating Hours

The Cerritos Senior Center at Pat Nixon Park is open Monday, Wednesday, and Friday from 7:30 a.m. to 5 p.m., Tuesday and Thursday from 7:30 a.m. to 8 p.m., and Saturday/Sunday for private rentals.

## Senior Center Fitness Center

Membership is limited to Cerritos residents, age 50 or older for a fee of \$50 per year. Seniors must submit a completed waiver to qualify for membership and have the option to attend a fitness center tour. Please bring proper proof of Cerritos residency; for example, a driver's license, California ID card or other government-issued ID. The fee may be waived for those seniors proving a need or hardship based on federal income poverty guidelines.

### ***Fitness Center Hours:***

Mon., Wed., Fri.	7:30 a.m.-5 p.m.
Tues., Thurs.	7:30 a.m.-8 p.m.

## Sewing

Join instructor Rosario Lamoureux for a fun 6-week introduction to sewing class. Learn how to thread a sewing machine and master basic sewing projects, like throw pillows, bags, and more. Advanced students are welcome to make clothing to wear, but must provide their own patterns. *\*Students provide their own supplies.*

<b>15417</b>	<b>\$90/6 classes</b>
Mon., July 21-Aug. 25	10 a.m.-1 p.m.

## Grandparents Event – "Wild Robot" Movie, Craft, & Lunch

Grandparents and grandchildren: let's have some fun! Join us for a fun-filled afternoon and enjoy lunch, crafts, and the movie "Wild Robot." All grandparents must be accompanied by a child. Adults 50 and older and children 12 and younger may register. Space is limited.

<b>15422</b>	<b>Free</b>
Fri., July 18	11 a.m.-3 p.m.

## Summer Ice Cream Social

I scream, you scream, we all scream for ice cream! Join us for the end-of-summer ice cream social. Visit with friends, play games, listen to some catchy tunes, and enjoy the last of the summer sunshine.

<b>15423</b>	<b>Free</b>
Tues., Aug. 26	11 a.m.-1 p.m.

## Grow Your Own Wellness: Garden Workshop

The senior center is digging into something fresh and inspiring with its upcoming garden workshop. The class will be taught by volunteer instructor Ingrid Strange, an expert gardener who will share her gardening tricks and tips. She will share her experience and recommendations on how to explore the healing power of gardening, as well as how to grow herbs and plants known for their wellness benefits right in your own backyard.

<b>15420</b>	<b>Free</b>
Fri., July 25	8 a.m.

## New Gardening Club! – Starting in AUGUST

Join volunteer Ingrid Strange for our new gardening club. Whether you're new to gardening or have years of experience, the club will be educational and fun. Bring plant cuttings to share with the group. Let's grow a new garden community at the Cerritos Senior Center. This class will meet at the outside patio. Class will not meet in inclement weather.

<b>Drop in</b>	<b>Free</b>
1st/3rd Tues.	1-2 p.m.

## Magic Class

Join instructor Todd Reis for an exciting magic class. Learn how to do basic card tricks and other tricks of the trade.

<b>15414</b>	<b>\$20/4 classes</b>
Tues., July 22-Aug. 12	1-2:15 p.m.
<b>15415</b>	<b>\$20/4 classes</b>
Tues., Aug. 19-Sept. 9	1-2:15 p.m.

## Knitting & Crocheting

Join instructor Candace Broeker to explore the many creations you can give as homemade gifts that add a personal touch for your loved ones. If you have your own equipment, please bring the items with you.

<b>15418</b>	<b>\$36/4 classes</b>
Tues., July 8-29	5-7 p.m.

<b>15419</b>	<b>\$45/5 classes</b>
Tues., Aug. 12-Sept. 14	5-7 p.m.

## 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.

<b>15412</b>	<b>\$25/5 classes</b>
Wed., July 23-Aug. 27	9-10 a.m.

## Fluid Expressions: Mastering 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! Registration Underway.

<b>15411</b>	<b>\$100/4 classes</b>
Wed., July 16-Aug. 23	10 a.m.-noon

<b>15486</b>	<b>\$100/4 classes</b>
Wed., Aug. 20-Sept. 10	10 a.m.-noon

## Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back over 5,000 years. This simple, yet effective modification of incorporating a chair, provides extra security and stability while transitioning through poses. Chair yoga allows you to make gradual improvements to your strength, balance, and flexibility, while improving mental clarity. Join instructor Anjana Rajput for a fun, new take on traditional yoga.

<b>15416</b>	<b>\$70/10 Classes</b>
Tues., July 29-Sept. 30	12:30-1:30 p.m.

## Yoga Therapy for Strong Bones & Body

Discover the transformative power of Yoga Therapy in Instructor Lucy Cheng's specialized workshop designed to enhance bone health and joint stability. This class emphasizes the unique benefits of weight-bearing poses and targeted muscle strengthening to stimulate bone growth and improve joint support.

**14999** \$40/6 Classes  
Fri., July 11-Aug. 15 9-10:10 a.m.

## Estate Planning

Join Jake Richards from United California Estate Services to learn how to plan for the future and keep your estate secure by attending the following estate planning lectures:

**Wills & Trusts**  
**15212** Free  
Thurs., July 10 10 a.m.

**15213** Free  
Mon., Aug. 11 11 a.m.

**Annuities**  
**15214** Free  
Thurs., July 31 10 a.m.

**Long-Term Care**  
**15215** Free  
Thurs., Aug. 28 10 a.m.

## Preparing to Evacuate

Join Amy Brick from Brick & Co. Real Estate to learn essential evacuation strategies and how to create a life organizer to keep track of critical documents, medical information, and more.

**15209** Free  
Mon., July 14 11 a.m.

**15211** Free  
Mon., Aug. 25 11 a.m.

## Health, Wellness, & Wholeness

Join a representative from Los Angeles County Department of Mental Health to learn how establishing social networks and support can benefit you, friends and family, and the community you live in.

**15216** Free  
Tues., July 15 9 a.m.

## Cremations vs. Traditional Burial

Join Martha Franco from Smart Cremation to learn about the benefits of prearranging, from ensuring wishes are honored, to easing the emotional and financial burden on loved ones.

**15217** Free  
Wed., July 16 10 a.m.

## Memory Matters: Addressing Memory Concerns

Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn how to talk to a doctor about memory concerns, what to do when you notice signs and symptoms of cognitive impairment, and why getting an early diagnosis can be helpful for overall health and quality of life.

**15218** Free  
Thurs., July 17 10 a.m.

## Mental Health

Join Greg Cabiling to learn about essential topics in mental health, offering practical insights and compassionate guidance to support emotional well-being.

**15219** Free  
Mon., July 21 11 a.m.

## COPD

Join Jenny Alcala-Alonzo from Independence at Home to learn about the signs, symptoms, risk factors, and current treatment options for COPD.

**15220** Free  
Tues., July 22 2 p.m.

## West Nile Virus

What is West Nile and what can be done to prevent getting infected? Join Rodel Rutaquio from the Los Angeles County Department of Public Health to learn more about the virus and how to identify who is at risk of getting infected.

**15221** Free  
Wed., July 23 1 p.m.

## Intro to AI

Join Milena Lilien from Independence at Home to explore the fascinating world of artificial intelligence and AI's impact on daily life, healthcare, and the future of technology.

**15222** Free  
Thurs., July 24 10 a.m.

## Asset Protection Planning

With a little preparation and guidance, retirement can be everything you want it to be. Join Julia Saenz from New York Life to learn how to add stability and protection to retirement.

**15223** Free  
Tues., July 29 10 a.m.

## Medicare 101

Understanding Medicare can be complex, but breaking it down into its main parts can help. Join Andrew Van Ginkle from CR Partners to learn more about the different coverages and costs of Medicare.

**15224** Free  
Tues., July 29 2 p.m.

**15225** Free  
Fri., Aug. 29 10 a.m.

## Living Trusts

A Living Trust is a legal tool for financial planning that allows a person (Trustee) to hold another person's (Settlor's) property for the benefit of someone else (Beneficiary). Join Linnette Falcon to learn more about this benefit.

**15226** Free  
Wed., July 30 10 a.m.

## Health Benefits of Carbs

With a little preparation and guidance, retirement can be everything you want it to be. Join Julia Saenz from New York Life to learn how to add stability and protection to retirement.

**15229** Free  
Wed., Aug. 6 1 p.m.

## Revitalize Your Traditional Garden

Join a representative from Water Replenishment District to learn how to maintain traditional ornamental plants such as roses, boxwood, and camellias by building healthy soil, managing irrigation, and protecting vital trees and shrubs in times of drought.

**15334** Free  
Thurs., Aug. 7 9-11 a.m.

## Long Term Care Planning

Join Julia Saenz from New York Life to understand the importance of long-term care planning and how it can protect your health, finances, and family's future.

**15337** Free  
Wed., Aug. 13 10 a.m.

## Everyday Uses of AI

Join Mila Lilien from Independence at Home to learn about the everyday uses of Artificial Intelligence and how it's transforming the way we live, work, and care for ourselves. From smart assistants to personalized health tools, discover how AI is making daily tasks easier and more efficient.

**15396** Free  
Thurs., Aug. 14 10 a.m.

## Physical Health

Join Greg Cabiling to understand key components of physical health, including exercise, nutrition, and lifestyle habits. Learn practical tips to boost energy, strengthen the body, and enhance overall well-being.

**15397** Free  
Mon., Aug. 18 11 a.m.

## Preserving Your Memory

Long-term or chronic, stress can shrink part of the brain and make it harder to focus and remember things. Join a representative from the Los Angeles County Department of Mental Health to learn how to keep the brain healthy and active.

**15398** Free  
Tues., Aug. 19 9 a.m.

## Behavior and Alzheimer's Disease

Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn about family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips on how to respond.

**15400** Free  
Thurs., Aug. 21 10 a.m.

Published by the City of Cerritos  
Community Services Division

12340 South Street  
Cerritos, CA 90703  
(562) 916-8550



Mayor	Frank Aurelio Yokoyama
Mayor Pro Tem	Lynda P. Johnson
Councilmember	Jennifer Hong
Councilmember	Mark E. Pulido
Councilmember	Sophia M. Tse