

**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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# June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 7:30 am Tai Chi** 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** 3:30 pm Yoga For Seniors**	<b>2</b> 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Living Trusts+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$ 5:30 pm Holistic Health++\$	<b>3</b> 7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Watercolor Painting+\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	<b>4</b> 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 9 am Arthritis Foundation Exercise Program++ 10 am Advanced Hula++ 10 am Bible Study++ 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	<b>5</b> 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Stress Management++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"The Swedish Connection"</b>
<b>8</b> 7:30 am Tai Chi** 9 am Mahjong++ 10 am Sewing++\$ 11 am Heart Health at Home+ 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** 3:30 pm Yoga For Seniors**	<b>9</b> 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath Make-Up Class++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Annuities+ 10 am Managing Feelings of Sadness+(V) 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$ 5:30 pm Holistic Health++\$	<b>10</b> 7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	<b>11</b> 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 9 am Arthritis Foundation Exercise Program++ 9 am Emotional Intelligence++ 10 am Advanced Hula++ 10 am Bible Study++ 12 pm Hands-Only CPR AED Demo+ 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	<b>12</b> 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10 am iPad Essentials+ 10:15 am Advanced Ukulele++  <b>"The Last Rifleman"</b>
<b>15</b> 7:30 am Tai Chi** 9 am Mahjong++ 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** 3:30 pm Yoga For Seniors**	<b>16</b> 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Avoiding Medi-Cal Spend Down+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Chinese Wei Qi++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	<b>17</b> 7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Finding Information Online+ 10 am Watercolor Painting+\$ 1 pm Chair Exercise 1 w/ Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm One-on-One Coaching++ 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-play++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	<b>18</b> 8 am Senior Walking Group++ 9 am Arthritis Foundation Exercise Program++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Memory Matters: Caring for Your Brain+ 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	<b>19</b> 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Alzheimers Caregiver Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"Mercy"</b>
<b>22</b> 7:30 am Tai Chi** 9 am Mahjong++ 10 am Sewing++\$ 1 pm Book Club+ 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** 3:30 pm Yoga For Seniors**	<b>23</b> 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 2 pm Coping with Grief & Loss+ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ 5:30 pm Holistic Health++\$	<b>24</b> 7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Watercolor Painting+\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm One-on-One Coaching++ 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-Play++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	<b>25</b> 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 9 am Arthritis Foundation Exercise Program++ 10 am Bible Study++ 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	<b>26</b> 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones++\$ 10 am Chorus++ 10 am Mosquitoes & Diseases in La County+ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++  <b>"The Forge"</b>
<b>29</b> 7:30 am Tai Chi** 9 am Mahjong++ 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** 3:30 pm Yoga For Seniors**	<b>30</b> 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Arthritis Foundation Exercise Program++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Evacuation Preparedness for Seniors+ 1 pm Chinese Wei Qi++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5:30 pm Holistic Health++\$			