



CITY OF CERRITOS



March 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**



# Senior Excursion

## Travel Policy

Please join us for the exciting excursion listed below. During Cerritos resident registration, Cerritos residents may purchase a maximum of two tickets per household account: one for themselves and one additional ticket. During open registration, Cerritos residents and non-residents may purchase multiple number of tickets.

Tickets may be purchased in person or online for participants 50 years and older and paid in full by check, money order, Visa, or MasterCard.

All cancellations must be made 10 days prior to excursion date, unless noted otherwise. Tickets are nontransferable. Pickup and drop-off location will be the Cerritos Sports Complex front lot at 19900 Bloomfield Avenue.

Changes will be noted on flyers and confirmed two days prior to the excursion date. During registration, you will be given a new excursion affidavit form to fill out, and prior to boarding the bus, you MUST show your picture I.D.

## Santa Ana Zoo

Enjoy a fun filled day surrounded by wildlife at the Santa Ana Zoo! Explore beautiful exhibits and discover animals from around the world.

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<b>Wed</b>	<b>3/11</b>	<b>9:30AM-4:30PM</b>	<b>\$35</b>	<b>One Day</b>	<b>#16388</b>
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## 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.

Mon	3/23	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.

1st Mon	3/2	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	3/16	2-4PM	Free	Bi-Weekly Class	Drop-in

### 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.

3rd Tue	3/17	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.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

## 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.

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.

Thu	Weekly	10AM-12PM	Free	Weekly Class	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.

Fri	Weekly	1-3PM	Free	Weekly Movie	Drop-in
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## Arts

### Sewing

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

*Students provide their own supplies.*

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Mon	3/9-4/13	10AM-1PM	\$90	6 Classes	#16488
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### 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.

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4th Tue	3/24	1-4PM	Free	Monthly Class	Drop-in
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### 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.

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Tue	3/24-4/14	5-7PM	\$36	4 Classes	#16486
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## 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!

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Wed	3/11-3/18	10AM-12PM	\$50	2 Classes	#16487
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## Handcrafters

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

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Wed	Weekly	1-4PM	Free	Weekly Class	Drop-in
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## 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).



## Dance & Music

### Crystal Singing Bowl Sound Bath

Experience deep relaxation and natural healing through the soothing sounds of crystal singing bowls. A sound bath is a meditative journey where you sit or lie down comfortably while gentle, beautiful tones surround you. These vibrations help calm the nervous system and bring the body into a state of balance.

*No class on April 14.*

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<b>Tue</b>	<b>3/17-4/21</b>	<b>8-9AM</b>	<b>\$30</b>	<b>5 Classes</b>	<b>#16481</b>
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### Country Guitar

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

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<b>Tue</b>	<b>Weekly</b>	<b>9:30AM-12PM</b>	<b>Free</b>	<b>Weekly Class</b>	<b>Drop-in</b>
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### Chorus

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

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<b>Fri</b>	<b>Weekly</b>	<b>10-11:15AM</b>	<b>Free</b>	<b>Weekly Class</b>	<b>Drop-in</b>
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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.

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1st Mon	3/2	10AM-12PM	Free	Monthly Game	#16395
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### 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.

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

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

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Tue	Weekly	9AM-12PM	Free	Weekly Game	Drop-in
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### 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.

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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	3/4-3/25	2-4PM	Free	Weekly Game	#16485
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**Volunteer** at the  
**Cerritos Senior Center!**

**Volunteers needed for daily lunch program:**

- Greeters** *Greet and check people in*
- Servers** *Deliver meals to the tables*
- Cleaners** *Assist with general, light clean-up*

To volunteer, please call the Cerritos Senior Center at (562) 916-8550.



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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.

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

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

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<b>Tue</b>	<b>3/10-3/31</b>	<b>2:30-4PM</b>	<b>\$20</b>	<b>4 Classes</b>	<b>#16491</b>
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### The Ageless Collective

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>3/10-3/31</b>	<b>5:30-7PM</b>	<b>\$20</b>	<b>4 Classes</b>	<b>#16492</b>
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## 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>Wed</b>	<b>3/25-4/22</b>	<b>9-10AM</b>	<b>\$25</b>	<b>5 Classes</b>	<b>#16484</b>
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## Yoga Therapy for Strong Bones & Body

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.

*No class on April 10.*

<b>Fri</b>	<b>3/6-4/17</b>	<b>9-10AM</b>	<b>\$40</b>	<b>6 Classes</b>	<b>#16489</b>
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## Ping-Pong

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

*No play on March 6.*

<b>Tue</b>	<b>Weekly</b>	<b>4:30-7:30PM</b>	<b>Free</b>	<b>Weekly Class</b>	<b>Drop-in</b>
<b>Thu</b>	<b>Weekly</b>	<b>4:30-7:30PM</b>	<b>Free</b>	<b>Weekly Class</b>	<b>Drop-in</b>
<b>Fri</b>	<b>Weekly</b>	<b>7:30AM-12PM</b>	<b>Free</b>	<b>Weekly Class</b>	<b>Drop-in</b>



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# 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	3/4	12:30-3:30PM	Free	Monthly Class	By Appt.
2nd Wed	3/11	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	3/12	10AM-12PM	Free	Monthly	By Appt.
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## 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	3/10	10AM-1PM	Free	Monthly	Drop-in
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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	3/4-3/25	9:30-11:30AM	Free	Weekly	By Appt.
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## 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	3/20	10AM-12PM	Free	Monthly	Drop-in
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### FEATURED

## Blood Pressure Screenings

Stop by the Health Room for a 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
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Wed	Weekly	9-11:30AM	Free	Weekly	Drop-in
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2nd/4th Fri	3/13 & 3/27	8:30-10:30AM	Free	Monthly	Drop-in
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## Lectures

### Wills & Trusts

Join Jake Richards from United California Estate Services to understand the key differences between wills and trusts. Learn how each option can help protect assets, streamline estate administration, and provide clarity for loved ones.

<b>Tue</b>	<b>3/3</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16414</b>
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### Savvy Caregivers Express

Join Kristy Huang-Arai from Alzheimer’s Los Angeles for this 3-week program and develop the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer’s disease or another dementia.

<b>Thu</b>	<b>3/5-3/19</b>	<b>10AM-12PM</b>	<b>Free</b>	<b>3 Classes</b>	<b>#16413</b>
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### Caregiver Basics: Cancer

Join Edgar Serrano from Home Instead to learn how to cope when cancer impacts a loved one’s health, how these changes affect daily life at home, and ways to continue living independently with confidence.

<b>Mon</b>	<b>3/9</b>	<b>11AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16467</b>
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## Caregivers Are People Too

### Virtual Presentation\*

Join Jenny Alcala-Alonso from Independence at Home to practice relaxation and breathing techniques and learn how to improve coping skills.

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

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<b>Tue</b>	<b>3/10</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16468</b>
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## Simple Home Safety Adjustments

Join Robert Regan of Synergy HomeCare to learn how simple home safety adjustments can reduce fall risks, help prevent hospital readmissions, and determine when in-home support may be needed.

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<b>Wed</b>	<b>3/11</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16469</b>
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## Long-Term Care

Join Jake Richards from United California Estate Services to learn about the costs, coverage options, and planning strategies associated with long-term care, as well as ways to protect assets, ensure quality care, and prepare financially for future health needs.

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<b>Tue</b>	<b>3/17</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16470</b>
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## AARP Smart Driver Course 8-hour

The AARP Driver Safety program helps seniors recognize limitations and to learn how to reduce accidents and regain driving privileges. Students will receive a Certificate of Completion, which may offer insurance discounts. Fee is \$20 for AARP Members and \$25 for non-members. Checks only; made payable to AARP at the time of registration. Cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.)

*A certificate will be given out at the completion of the course.*

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<b>Wed/Fri</b>	<b>3/18 &amp; 3/20</b>	<b>8AM-12:30PM</b>	<b>\$20/\$25</b>	<b>2 Classes</b>	<b>#16471</b>
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## Empowered Relief

Empowered Relief is an evidence-based, single session pain class that teaches how pain is processed in the body and rapidly equips with pain management skills. Join Jenny Alcala-Alonzo from Independence at Home to learn more about this workshop.

<b>Tue</b>	<b>3/24</b>	<b>2-4PM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16475</b>
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## Intro to Managing Your Privacy

Concerned about privacy? Unsure about accepting cookies? Join a representative from Independence at Home to learn about essential privacy tips! Understand how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared.

<b>Wed</b>	<b>3/25</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16476</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.*

<b>Wed</b>	<b>3/25</b>	<b>1-4PM</b>	<b>Free</b>	<b>1 Class</b>	<b>By Appt.</b>
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## Preserving Your Memory

As we age, moments of forgetfulness become more common. Join a representative from the Los Angeles County Department of Mental Health to learn practical tips and brain exercises designed to sharpen thinking and help reduce everyday forgetfulness.

<b>Tue</b>	<b>3/31</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16477</b>
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## Estate Planning Simplified: Living Trusts

Living trusts are a powerful estate planning tool designed to protect assets, avoid probate, and simplify the transfer of an estate. Join Jake Richards from United California Estate Services to understand how living trusts work, who they benefit, and why they play a key role in long-term planning and peace of mind.

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<b>Tue</b>	<b>4/7</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16494</b>
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## Understanding Home-Care Options

Understanding home-care options is an important step in planning for long-term independence and well-being. Join Robert Regan from Synergy HomeCare to learn how to build a care plan early, the difference between non-medical home care and home health, and ways families can prepare financially and emotionally.

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<b>Wed</b>	<b>4/8</b>	<b>10AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#16495</b>
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## Benefits of Outdoor Activity

Join Nicole Caraveo, R.N., to explore important health benefits such as improved cardiovascular health, stronger muscles and bones, enhanced balance, and overall well-being, along with practical safety tips to help reduce the risk of injury.

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<b>Mon</b>	<b>3/23</b>	<b>11AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#17076</b>
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### FEATURED

## 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 & times subject to change based on availability of volunteers.*

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<b>Thu</b>	<b>Weekly</b>	<b>3:30-4:30PM</b>	<b>Free</b>	<b>Weekly</b>	<b>Drop-in</b>
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## Senior Clubs and Organizations

### Cerritos Chinese American Seniors

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

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

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

Thu	1-4PM	Aspen/Pine	Bonnie Lin	(562) 412-1267   bonnielee1950@yahoo.com
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### Da' Hawaii Seniors Club

2nd/4th Thu	2-5PM	Maple	Carmelita Tiongson	(562) 305-7995   carmelitationgson@gmail.com
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### Filipino Seniors of Cerritos

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

Thu	5-8PM	Aspen/Pine	Chrstine Ya Chin Lee	(213) 219-1430   yachinlee@hotmail.com
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### Cerritos Indo American Seniors

1st/3rd Thu	2-5PM	Maple	Arvind Patel	(562) 322-0085   acp.patel@yahoo.com
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2nd/4th Thu	2-5PM	Arts & Crafts	Arvind Patel	(562) 322-0085   acp.patel@yahoo.com
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### Mid-City Korean American Seniors

1st-4th Thu	9AM-12PM	Riverrock	Kyo Kim	(562) 900-9382   kyohokim@hotmail.com
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### The "Original" Happy Seniors of Cerritos

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

*Please note: There will be no lunch service on Monday, March 30, 2026.*

### 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:(562)916-8550).

**Ask us about our private rental availability**

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

## 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:



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## Community Events

### Paper Shredding and Compost Event

The City of Cerritos is offering a paper shredding and compost event from 8 a.m. to noon on Saturday, March 14. The event will be held in the parking lot of the Cerritos Senior Center at Pat Nixon Park located at 12340 South Street.

Cerritos residents may bring up to two banker-sized (12" wide, 15" long and 9.5" deep) boxes of paper documents to be shredded at no charge. Staples and paper clips may be left on documents, but paperwork should not contain any binder clips or three-ring binders.

Documents will be shredded on-site at the program. This is a secure way to dispose of paperwork that contains private information.

Each participating resident also will have the option to obtain free fresh compost. Residents must bring their own rigid container, no larger than 35 gallons, to hold the compost. Staff will be on-site to assist residents in obtaining compost material.

Events are first-come, first-served and will end when the truck capacity is reached.

### For More Information

Call the Community Services Division at [\(562\) 865-8101](tel:5628658101).



# S.P.I.C.E.

## Seniors Personally Involved in Children’s Enrichment

Add some S.P.I.C.E. to your life! You can make a meaningful difference in a child’s life. If you are interested in enriching a child’s education, consider volunteering with the S.P.I.C.E. program. Volunteers may choose from three rewarding activities, listed below, to match their interests and availability.

The City of Cerritos continues its commitment to safety by fingerprinting all S.P.I.C.E. volunteers. All interested volunteers who have not yet been fingerprinted must schedule an appointment with Senior Center staff. For more information, contact the Cerritos Senior Center at [\(562\) 916-8550](tel:5629168550).

### Interview a Senior

Second grade students interview seniors at the Senior Center to learn how life has changed since the seniors were children. Seniors bring pictures and memorabilia to provide a better understanding of the changes they have experienced.

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<b>Tue</b>	<b>3/3</b>	<b>9:30-11AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#15932</b>
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### Spring is in the Air

First grade students faces light up as they participate in a reptile show and color pots and plant seeds for their very own flowers. Take the opportunity to give back to youth in a fun group learning activity to make this experience a truly enriching, memorable event.

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<b>Tue</b>	<b>4/14</b>	<b>10-11:45AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#15933</b>
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### Mental Challenge

Sixth grade students and senior adults team up for a fun, enriching trivia game that bridges generations and fosters intergenerational connection. Through lively rounds of questions, they share stories, test their knowledge, and learn from one another while promoting connection, collaboration, and a love of lifelong learning.

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<b>Tue</b>	<b>4/28</b>	<b>10:30-11:30AM</b>	<b>Free</b>	<b>1 Class</b>	<b>#15935</b>
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# Cerritos Lifelong Enrichment

March 2026

Produced by  
**Community Services Division**

**Communications  
and Marketing Division**



## CITY OF CERRITOS

**Frank Aurelio Yokoyama** Mayor  
**Lynda P. Johnson** Mayor Pro Tem  
**Jennifer Hong** Councilmember  
**Mark E. Pulido** Councilmember  
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## 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

No March holiday closures