

September 2025

of Labor Day

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7:30 am Ping Pong (Doubles)++

w/Todd**

Morning Workout

Longevity Stick++

Beginning Ukulele++

Senior Center CLOSED

MONDAY

in observance

3 7:30 am Tai Chi**

Senior Walking Group++ Morning Workout w/Todd** 8 am Longevity Stick++ 9 am 10 am 10 am 11 am 1 pm 1 pm

Hula Intermediate++ Watercolor Painting++ Yoga w/ Anjana++ Chair Exercise w/Mike** Handcrafters++ Texas Hold'em Tornament++ 2 pm 2:15 pm Self Defense For Seniors**

2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors**

Senior Walking Group+

Advanced Hula++ t Bible Study++ Ultimate Optimist++ Chair Exercise 2 w/Tracy++ Chair Exercise 3 w/Tracy** 2:15 pm

Ping Pong (Doubles)++

9 am Yoga Therapy For Healthy Aging Bones++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++

5

8 am

9 am

9 am

12

8 am

9 am

9 am

9 am

10 am

7:30 am

"The Marksman"

Ping Pong (Doubles)++

Beginning Ukulele++ Longevity Stick++

Healthy Aging Bones++\$

Yoga Thevrapy For

Morning Workout

w/Todd**

Chorus++

10:15 am Advanced Ukulele++

MONDAY, WEDNESDAY, & FRIDAY 7:30 a.m. - 5 p.m.

12340 South St.

Cerritos, CA 90703

Ph: (562) 916-8550

cerritos.gov

HOURS:

TUESDAY & THURSDAY 7:30 a.m. - 8 p.m.

CLOSED SAT & SUN

7:30 am Tai Chi**

15

8 am

9 am

10 am

1 pm

1 pm

2 pm

7:30 am Tai Chi**

Mahjong++

Sewing++\$

Life Stories++

3:30 pm Yoga for Seniors**

2:15 pm Chair Exercise 3 w/Tracy**

2:15 pm Self Defense For Seniors**

Morning Workout w/Todd* 8 am 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ Living Trusts+ 11 am Chair Exercise 1 w/Mike** 1 pm

Chair Exercise 2 w/Tracy** 1 pm 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:00 pm Discovering Joy in Life++ 3:30 pm Yoga for Seniors**

Morning Workout w/Todd*

Chair Exercise 1 w/Mike**

Chair Exercise 2 w/Tracy**

Discovering Joy in Life++

2

8 am

9 am

12 pm

1 pm

1 pm

5 pm

4:30 pm

Bridge++

11:15 am Keyboard-Piano 1++\$

keyboard-Piano 2++\$

Ping-Pong (Doubles)++

Knitting and Crocheting++\$

Cerritos Wei Qi++

Magic Class++\$

9:30 am Country Guitar++

12:30 pm Chair Yoga++\$

Senior Walking Group++ 8 am 9 am Bridge++ 9:30 am Country Guitar++ 10 am Using Relaxation & **Guided Imagery**

to Manage Pain+(V) 11:15 am Kevboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ Cerritos Wei Qi++ 1 pm 1 pm Magic Class++\$ 1 pm

Chinese Calligraphy++ Ping-Pong (Doubles)++ 4:30 pm Knitting and Crocheting++\$ 5 pm

7:30 am Tai Chi** Morning Workout w/Todd** 8 am Longevity Stick++ 9 am Intermediate Hula++ 10 am 10 am Estate Planning+ Watercolor Painting++ 10 am Yoga w/ Anjana++ 11 am

11:30 am Angels Stadium Excursion++\$ AARP DriverTek+ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Texas Hold'em Tournament+ 2 pm Self Defense For Seniors** 2:15 pm 2:30 pm Lighten Up/Laughter++

3:30 pm Yoga for Seniors**

11 8 am

10 am

10 am

1 pm

8 am

10 am

10 am

10 am

1 pm

4:30 pm

Senior Walking Group++ Advanced Hula++ Bible Study++ Intro to Estate Planning Resource & Tools+ Ultimate Optimist++

10 am 10 am Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++

Wills & Trusts+ 1 pm 1 pm Movie Matinee++

"The Amateur"

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.

Lecture +

Virtual Lecture (V)+

Senior Center Class ++

ABC Adult School Class *

Cerritos College Class **

Fee \$

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8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Aging in Place+ 11:15 am Keyboard-Piano 1++\$ Keyboard-Piano 2++\$ 12 pm 12:30 pm Chair Yoga++\$ Chinese Wei Qi++ 1 pm Garden Club++ 1 pm Magic Class++\$ 1 pm Ping-Pong (Doubles)++ 4:30 pm

Knitting & Crocheting++\$

7:30 am Tai Chi** 8am Morning Workout w/Todd** 9 am Longevity Stick++ Zumba Gold++\$ 9 am 10 am Intermediate Hula++ 11 am Yoga w/ Anjana++ Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Stop the Bleed+ 1 pm 2 pm Texas Hold'em Tournament+ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**

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8 am Senior Walking Group++ Alzheimer's Disease 10 am Research Update+ 10 am Bible Study++ 10 am Advanced Hula++ Ultimate Optimist++ 10 am Chair Exercise 2 w/Tracy** 1 pm 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping-Pong (Doubles)++

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7:30 am Ping Pong (Doubles)++ Morning Workout 8 am w/Todd** Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For 9 am Healthy Aging Bones++\$ Alzheimer's Caregiver 10 am Support Group+ 10 am Chorus++ 10:15 am Advanced Ukulele++

"Singin in the Rain"

Movie Matinee++

22 Tai Chi** 8 am

Morning Workout w/Todd* Mahjong++ 9 am 10 am Sewing++\$ Book Club++ 1 pm Chair Exercise 1 w/Mike** 1 pm 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** Discovering Joy in Life++ 3 pm

23 8 am

5 pm

Senior Walking Group++ 9 am Bridge++ Country Guitar++ 9:30 am 11:15 am Keyboard Piano 1++\$ Keyboard Piano 2++\$ 12 pm 12:30 pm Chair Yoga++\$ Chinese Calligraphy++ 1 pm 1 pm Chinese Wei Qi++ 1 pm Empowered Relief+ Magic Class++\$ 1 pm

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7:30 am Tai Chi** Morning Workout w/Todd** Longevity Stick++ 9 am 10 am Hula Intermediate++ 11 am Yoga w/ Anjana++ Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm 2:15 pm Self Defense for Seniors** 2:30 pm Lighten Up/Laughter++

25

8 am Senior Walking Group++ 10 am Annuities+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ Chair Exericse 2 w/Tracy** 1 pm 2:15 pm Chair Exercise 3 w/Tracy** Texas Hold'em Tournament++ 4:30 pm Ping-Pong (Doubles)++

26

1 pm

1 pm

7:30 am Ping-Pong (Doubles)++ 8 am Morning Workout w/Todd** Beginning Ukulele++ t9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Bones++\$ Chorus++

Movie Matinee++ 'Ghost Busters: Frozen Empire"

10:15 am Advanced Ukulele++

7:30 am Tai Chi** Morning Workout w/Todd* 8 am 9 am Mahjong++ 10 am Sewing++\$ 1 pm Chair Exercise 1 w/Mike** Chair Exercise 2 w/Tracy** 1 pm

2:15 pm Chair Exercise 3 w/Tracy** t2:15 pm Self Defense for Seniors** 3 pm Discovering Joy in Life++ 3:30 pm Yoga for Seniors**

30

8 am Senior Walking Group++ 9 am Good Sleep for Emotional 9 am Well-Being+ 9:30 am Country Guitar++ Keyboard Piano 1++\$ 11:15 am 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ Chinese Wei Qi++ 1 pm 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ Knitting & Crocheting++\$ 5 pm



