

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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September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Senior Center CLOSED</div> <div></div> <div>in observance of Labor Day</div>	<div>2</div> <div>8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$</div>	<div>3</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 10 am Hula Intermediate++ 10 am Watercolor Painting++ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 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**</div>	<div>4</div> <div>8 am Senior Walking Group+ 10 am Advanced Hula++ t 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy++ 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++</div>	<div>5</div> <div>7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Bones++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "The Marksman"</div>
<div>8</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ 11 am Living Trusts+ 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** 3:00 pm Discovering Joy in Life++ 3:30 pm Yoga for Seniors**</div>	<div>9</div> <div>8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Using Relaxation & Guided Imagery to Manage Pain+(V) 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Chinese Calligraphy++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$</div>	<div>10</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 10 am Intermediate Hula++ 10 am Estate Planning+ 10 am Watercolor Painting++ 11 am Yoga w/ Anjana++ 11:30 am Angels Stadium Excursion++\$ 1 pm AARP DriverTek+ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 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**</div>	<div>11</div> <div>8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Intro to Estate Planning Resource & Tools+ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++</div>	<div>12</div> <div>7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Thevrapy For Healthy Aging Bones++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Wills & Trusts+ 1 pm Movie Matinee++ "The Amateur"</div>
<div>15</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 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 pm Discovering Joy in Life++ 3:30 pm Yoga for Seniors**</div>	<div>16</div> <div>8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Aging in Place+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Garden Club++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$</div>	<div>17</div> <div>7:30 am Tai Chi** 8am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Stop the Bleed+ 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**</div>	<div>18</div> <div>8 am Senior Walking Group++ 10 am Alzheimer's Disease Research Update+ 10 am Bible Study++ 10 am Advanced Hula++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping-Pong (Doubles)++</div>	<div>19</div> <div>7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd** 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Bones++\$ 10 am Alzheimer's Caregiver Support Group+ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Singin in the Rain"</div>
<div>22</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 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 pm Discovering Joy in Life++ 3:30 pm Yoga for Seniors**</div>	<div>23</div> <div>8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard Piano 1++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 1 pm Empowered Relief+ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++</div>	<div>24</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 10 am Hula Intermediate++ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 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**</div>	<div>25</div> <div>8 am Senior Walking Group++ 10 am Annuities+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercisc 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping-Pong (Doubles)++</div>	<div>26</div> <div>7:30 am Ping-Pong (Doubles)++ 8 am Morning Workout w/Todd** t9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Bones++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ "Ghost Busters: Frozen Empire"</div>
<div>29</div> <div>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 10 am Sewing++\$ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 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**</div>	<div>30</div> <div>8 am Senior Walking Group++ 9 am Bridge++ 9 am Good Sleep for Emotional Well-Being+ 9:30 am Country Guitar++ 11:15 am Keyboard Piano 1++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$</div>	<div></div>		

Please Note: Friday Movie Matinee showings are subject to change. Classes and services are subjected to change. Please call for updated information.