

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. 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 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.

Ronald Reagan Presidential Library Excursion

Join us for an enriching day at the Ronald Reagan Presidential Library! Explore the life and legacy of the 40th President of the United States through fascinating exhibits, historical artifacts, and beautiful views. Lunch is provided.

14572 \$60/person
Tues., May 27 8:30 a.m.-3:30 p.m.

Registration:

Resident Wed., Apr. 23
Non-resident Wed., Apr. 30

Magic Class

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

14556 \$20/4 classes
Tues., Apr. 1-22 1-2:15 p.m.

14557 \$20/4 classes
Tues., Apr. 29-May 20 1-2:15 p.m.

Sweet Friendships! 2025 Senior Women's Luncheon

Life is better with friends, and friendships make life even sweeter! Let's gather for an afternoon of music, socializing, and delicious desserts as we celebrate the joy of old and new friendships.

Let's share the sweetness with others by donating something to less fortunate women (a list of items will be made available at registration). Donations are optional.

Registration is required in person at the Cerritos Senior Center. Tickets and seats are selected at the time of registration. All guests must be 50 years or older underway.

14581 \$15/person
Fri., May 9 1-3:30 p.m.

Registration:

Resident Fri., Apr. 4
Non-resident Fri., Apr. 11

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 is underway.

14299 \$100/4 Classes
Wed., Apr. 9-30 10 a.m.-noon

Registration:

Resident Underway
Non-resident Underway

14301 \$100/4 Classes
Wed., May 21-June 11 10 a.m.-noon

Registration:

Resident Wed., Apr. 30
Non-resident Wed., Apr. 30

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.

14273 \$35/5 Classes
Tues., Apr. 1-29 12:30-1:30 p.m.

Registration:

Resident Underway
Non-resident Underway

14565 \$35/5 Classes
Tues., May 20-June 17 12:30-1:30 p.m.

Registration:

Resident Tues., Apr. 22
Non-resident Tues., Apr. 29

Sewing

Join instructor Rosario Lamoureux for a new and 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.*

14562 \$90/6 classes
Mon., Apr. 14-May 19 10 a.m.-1 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.

14559 \$40/6 Classes
Fri., Apr. 18-May 23 9-10:10 a.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.

14155 \$25/5 classes
Wed., May 14-June 11 9-10 a.m.

Retirement Freedom Loans

Join Christine Furnari from Charter Pacific Lending Corp. to learn about the benefits and options of reverse mortgages and to understand financial options to make informed decisions that best suits family needs.

14340 Free
Wed., Apr. 9 10 a.m.

Healthy Active Nutrition

Healthy, active nutrition is all about fueling your body with the right nutrients to support an active lifestyle. Join a representative from Food Finders to learn key components of healthy, active nutrition.

14341 Free
Wed., Apr. 9 1 p.m.

Savvy Caregiver Express

The Savvy Caregiver program helps caregivers better understand the changes their loved ones are experiencing and how to best provide individualized care for their loved ones throughout the progression of Alzheimer's or dementia. Join a representative from Alzheimer's Los Angeles for this 3-week workshop.

14342 Free
Thurs., Apr. 10-24 10 a.m.-noon

Downsizing

Is your home too big and getting harder to maintain on a daily basis? Join Amy Brick from Brick & Co. Real Estate to learn how simple it is to downsize to a smaller dwelling.

14343 Free
Fri., Apr. 11 10 a.m.

Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity proven to reduce pain and decrease stiffness. Join a representative from The Arthritis Foundation and Partners in Care for this enjoyable and motivational class. **This 6-week program meets two days a week for a one-hour session.*

14344 Free
Tues./Fri., Apr. 8-May 16 9 a.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.

14558 \$36/5 classes
Tues., Apr. 22-May 20 5-7 p.m.

UnitedTech: Online Safety Basics for Seniors

Join us for easy-to-follow classes designed to help you navigate the digital world safely. Learn how to recognize and avoid online scams, create strong passwords, spot fake emails, and protect your personal information. We'll also share tips for browsing the web safely and using online tools with confidence. Stay informed and secure while enjoying the benefits of technology.

14939 Free/4 classes
Thurs., May 22 & 29 4:30-5:30 p.m.

Thankful for Tomorrow: A Visioning Journey with Gratitude

Join Jenny Alcala-Alonzo from Independence at Home to discuss the benefits of gratitude and create a vision board, which is a visual representation of goals, dreams, and aspirations. Supplies will be included.

14377 Free
Tues., Apr. 22 10 a.m.

Small Space Gardening

Join a representative from Water Replenishment District to discover design tips the many opportunities to create inviting gardens in limited outdoor spaces.

14405 Free
Mon., Apr. 28 10:30 a.m.-12:30 p.m.

Living Trust

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.

14493 Free
Thurs., May 8 10 a.m.

Prearranging Your Cremation

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.

14494 Free
Fri., May 9 10 a.m.

Stretching Resource Dollars

Proper nutrition is essential for maintaining good health but can also help you stretch your resource dollars. Join a representative from Food Finders to learn how to make intelligent choices about what to eat and how to save money while still getting all the nutrients the body needs.

14495 Free
Wed., May 14 1 p.m.

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. Checks only; made payable to AARP at the time of registration. Cash cannot be accepted. (The class period includes 30 minutes dedicated to processing paperwork.) A certificate will be given out at the completion of the course.

14497 AARP Members \$20/
Non-Members \$25
Wed. & Fri., May 21 & 23 8 a.m.-12:30 p.m.

Heart Health

Heart disease is the leading cause of death for men and women in the United States but there are some things to do to lower the chances of developing heart problems. Join Jenny Alcala-Alonzo from Independence at Home for tips on how to make changes in your daily life to improve heart health.

14498 Free
Tues., May 27 10 a.m.

Stress & Emotional Wellbeing

Stress and emotional wellbeing are deeply interconnected, and maintaining a balance between the two is crucial for mental and physical health. Join a representative from Los Angeles County Department of Mental Health to learn about the impact of stress and emotional wellbeing and coping strategies.

14500 Free
Fri., May 30 1 p.m.

Edible Gardening

As food prices increase and the nutritional value of vegetables decreases, creating your own successful edible garden is more valuable than ever. Join a representative from Water Replenishment District to learn about growing vegetables and herbs in planters, optimizing soil health for maximum benefits and plan for year-round plantings.

14501 Free
Mon., June 2 10:30 a.m.-12:30 p.m.

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 Amaya. **Please make an appointment at the Reception Desk. Cerritos residents only.*

Appt. Required Free
Every Wed. 9:30-11:30 a.m.

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.*

Appt. Required Free
1st & 4th Wed. 12:30-3:30 p.m.

Notary Public Service

Join Annie Sciarra, CSA, Certified Senior Advisor from CarePatrol of Inland LA County for a free Notary Service on the 2nd and 4th Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons MUST have documents prepared. Appointments are required and can be scheduled at the Senior Center Reception Desk.

Appt. Required Free
2nd & 4th Thurs. 10 a.m.-noon

Published by the City of Cerritos
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