



CITY OF CERRITOS



September 2025

# 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 first 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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# Special Events and Excursions

## Health and Wellness Fair “Improve Your Health for a Better Self”

The Cerritos Senior Center’s annual Health and Wellness Fair links seniors to resources that encourage a healthy, well-rounded approach to aging. Seniors, age 50 years and older, may participate in the screenings. A photo I.D. with current address is required to register and participate in screenings and information booths.

*Routine Senior Center activities and classes will not occur on this day, and many programs the day before will end at 1 p.m. The entire Senior Center, including the Fitness Center, will close immediately following the event.*

Fri	10/3	8:30AM-12PM Residents	9AM-12PM Non-Residents
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## Angel Stadium

Join us for a fun-filled afternoon as the Los Angeles Angels take on the Minnesota Twins at Angel Stadium. Enjoy America’s favorite pastime with great company and all the ballpark favorites.

Wed	9/10	11:30AM-5:30PM	\$50	1 Excursion	#15559
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# Classes/Lectures

## 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.

*No class on Mon., Sept. 1 due to Labor Day holiday*

Mon	Weekly	9-11:30AM	Free	Weekly Game	Drop-in
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## 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 class. Please visit the Reception Desk for a current book list.

Mon	9/22	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 every first and third Monday.

*No class on Mon., Sept. 2 due to Labor Day holiday*

3rd Mon	9/15	2-4PM	Free	Bi-Weekly Class	Drop-in
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## 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.

Tue/Thu	Weekly	8-9AM	Free	2 Classes/Week	Drop-in
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## Country Guitar

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

Tue	Weekly	9:30AM-12PM	Free	Weekly	Drop-in
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## Gardening Club

Join volunteer Ingrid Strange 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. This class will meet in the outside patio. Class will not meet in inclement weather.

3rd Tue	9/16	1-2PM	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 Tendulkar and enjoy a little laughter and humor with friends.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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## Ultimate Optimist

Join volunteer instructor Sudha Tendulkar 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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## Ping-Pong

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

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

## 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.

Wed	Weekly	2-4PM	Free	Weekly Class	#15509
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## Magic Class

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

Tue	9/16-10/7	1-2:15PM	\$20	4 Classes	#15553
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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.

Tue	9/30-10/28	5-7PM	\$45	5 Classes	#15488
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## 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.

Mon	9/8-10/13	10AM-1PM	\$90	6 Classes	#15556
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# 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	9/3	12:30-3:30PM	Free	Monthly Class	By Appt.
4th Wed	9/24	12:30-3:30PM	Free	Monthly Class	By Appt.

# Notary Public Service

Join Annie, 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.

2nd Thu	9/11	10AM-12PM	Free	Monthly Class	By Appt.
4th Thu	9/25	10AM-12PM	Free	Monthly Class	By Appt.

# 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.*

Wed	Weekly	9:30-11:30AM	Free	1 Class	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	9/19	10AM-12PM	Free	Monthly Classes	Drop-in
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## Living Trusts

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 Linette Falcon from the Living Trust Co. to learn more about this benefit.

Mon	9/8	11AM	Free	1 Class	#15558
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## Using Relaxation & Guided Imagery to Manage Pain

### Virtual Presentation\*

Join Jenny Alcala-Alonzo from Independence at Home to learn how combining relaxation techniques with guided imagery can help individuals better cope with chronic or postoperative pain.

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

Tue	9/9	10AM	Free	1 Class	#15537
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## Estate Planning

Join Julia Saenz from New York Life to learn how to protect assets and ensure wishes are honored. Topics include wills, trust, and power of attorney, helping you gain peace of mind for the future.

Wed	9/10	10AM	Free	1 Class	#15538
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## AARP DriverTek

Join Jim Jang from AARP to understand the current and emerging vehicle safety technologies and how to recognize how these technologies might extend driving years.

Wed	9/10	1-2:30PM	Free	1 Class	#15637
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## Intro to Estate Planning Resource & Tools

Join Milena Lilien from Independence at Home for a practical overview of the essential documents and strategies used to manage your assets and healthcare.

Thu	9/11	10AM	Free	1 Class	#15540
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## Estate Planning

Join Jake Richards from United California Estate Services to learn how to plan and keep your estate secure by attending the following estate planning lectures:

### Wills & Trusts

Fri	9/12	1PM	Free	1 Class	#15541
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### Annuities

Fri	9/25	10AM	Free	1 Class	#15542
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## Aging in Place

Many people want to stay in their home as they get older but living at home as you age requires careful consideration and planning. Join Amy Brick from Brick & Co. Real Estate to learn more about aging in the home.

Tue	9/16	10AM	Free	1 Class	#15557
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## Stop the Bleed

Join Rodel Rutaquio from the LA County Department of Public Health to learn how uncontrolled bleeding is the leading cause of preventable death from trauma. Injuries can happen anywhere, from accidents at home to incidents in the workplace—and knowing how to stop bleeding could help save a life.

Wed	9/17	1PM	Free	1 Class	#15545
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## Alzheimer’s Disease Research Update

Join Kristy Huang-Arai from Alzheimer’s LA to learn about the latest treatments available and what research is currently being conducted to find a cure.

Th	9/18	10AM	Free	1 Class	#15546
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## Empowered Relief

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

Tue	9/23	1PM	Free	1 Class	#15529
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## Fall Prevention

Join Rosa Phillips from Jack Schroeder and Associates to learn about the importance of personalized assessment, simple home modifications, and proactive exercises to help individuals maintain mobility and independence.

Wed	9/24	10AM	Free	1 Class	#15548
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## Good Sleep for Emotional Well-Being

Getting a good night’s sleep is key for emotional well-being. Join a representative from LA County Department of Mental Health to learn about the importance of sleep and get helpful tips on healthy sleep habits.

Tue	9/30	9AM	Free	1 Class	#15549
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# Senior Clubs and Organizations

## Cerritos Chinese American Seniors

Tue	1-4PM	Aspen/Pine	Katie Yen	(562) 833-6711   kyenet@gmail.com
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## Cerritos Folk Dancers

Tue	5-8PM	Maple	Wen Chiang	(562) 865-8854   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
2nd/4th Thu	2-5PM	Arts & Crafts	Arvind Patel	(562) 322-0085   acp.patel@yahoo.com

## 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**



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## 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.

### Same Day Pre-Purchase

If you request a meal and get your pre-purchased lunch ticket punched, you must eat lunch on the same day you had your ticket punched.

### 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.

### 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 and 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:5629168550).

**Ask us about our private rental availability**

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

# Community Events

## Paper Shredding & Compost Event

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.

Sat	9/27	8AM-12PM	Senior Center Parking Lot
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## Save the Date: Veterans Day Ceremony

The event is held in honor of those who have defended our nation’s freedom by serving in the United States Armed Forces. Prelude music at 9:45 a.m. to precede the ceremony.

Tue	11/11	10AM	Veterans Memorial at Cerritos Civic Center
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# Cerritos Lifelong Enrichment

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Produced by  
**Community Services Division**

**Communications  
and Marketing Division**



**CITY OF CERRITOS**

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# Cerritos Senior Center

**at Pat Nixon Park**

12340 South Street  
Cerritos, CA 90703

**(562) 916-8550**



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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

**Mon., Sept. 1** in observance of Labor Day  
**Thurs., Oct. 2** after 1 p.m. for Health Fair setup  
**Fri., Oct. 3** for Health Fair (see [page 3](#) for details)