

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

Senior Center
CLOSED
Independence Day

4th of July
Let Freedom Ring Celebration
Cerritos Civic Center
4 - 9 pm
Formal Ceremony - Main Stage
6:30 pm

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 ++

By Appointment (A)

Services #

ABC Adult School
Class *

Cerritos College
Class **

Fee \$

July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6 7:30 am Tai Chi** 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ 11 am CORE Family Caregiver Skills+ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 2pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	7 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Dial-A-Ride Office Hours # 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 10 am Estate Planning+ 11:15 am Keyboard-Piano 1+++ 12 pm Keyboard-Piano 2+++ 1 pm Chinese Wei Qi++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$ 5:30 pm Holistic Health++\$	1 7:30 am Tai Chi** 9am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 10 am Watercolor Painting+\$ 12:30 pm HICAP Program #(A) pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	2 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Bible Study++ 4:30 pm Angel Stadium++\$ 4:30 pm Ping Pong (Doubles)++	3 Senior Center CLOSED Independence Day
13 7:30 am Tai Chi** 9 am Mahjong++ 10 am Sewing++\$ v 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** 3:30 pm Yoga For Seniors**	14 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 10 am Cancer 101+(V) 10 am Mobile Office Hours # 10 am Why Annuities Win+ 11:15 am Keyboard-Piano 1+++ 12 pm Keyboard-Piano 2+++ 1 pm Neurobics++\$ 2:30 pm Chinese Wei Qi++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ 5:30 pm Holistic Health++\$	15 7:30 am Tai Chi** 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 10 am Saving Money with Technology+ 1 pm Chair Exercise 1 w/ Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm One-on-One Coaching++ 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	16 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am The Healthy Brain Heart Connection+ 1 pm Healthy Steps for Older Adults+ 4:30 pm Ping Pong (Doubles)++	17 7:30 am Tai Chi** 7:30 am Ping Pong (Singles)++ 9 am Beyond Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Alzheimers Caregiver Support Group++ 10:15 am Advanced Ukulele++ 11 am Movie, Craft & Lunch Grandparents Month++ 11:30 am Beginning Ukulele++ 1 pm Movie Matinee++ "Zootopia 2"
20 7:30 am Tai Chi** 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** 3:30 pm Yoga For Seniors**	21 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 10 am Planning for Long-Term Care+ 11:15 am Keyboard-Piano 1+++ 12 pm Keyboard-Piano 2+++ 1 pm Chinese Wei Qi++ 1:30 pm Gardening Club++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	22 7:30 am Tai Chi** 9 am Blood Pressure Screening # 9 am Living Trusts+ 9 am Longevity Stick++ 9:30 am HSA Case Management #(A) 10 am Grief Support Group++ 12:30 pm HICAP Program #(A) 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Extreme Heat+ 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	23 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Bible Study++ 1 pm Healthy Steps for Older Adults+ 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++	24 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8:30 am Blood Pressure Screening # 9 am Beyond Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Chorus++ 10 am Estate Planning+ 10:15 am Advanced Ukulele++ 11:30 am Beginning Ukulele++ 1 pm Movie Matinee++ "Remarkably Bright Creatures"
27 7:30 am Tai Chi** 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 pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	28 8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 11:15 am Keyboard-Piano 1+++ 12 pm Keyboard-Piano 2+++ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ 5:30 pm Holistic Health++\$	29 7:30 am Tai Chi** 8 am AARP Smart Driver++\$ 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am CSULB Nursing Mini Health Fair+ 9:30 am HSA Case Management #(A) 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	30 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Bible Study++ 11 am Heart Health+ 4:30 pm Ping Pong (Doubles)++	31 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8 am AARP Smart Driver++\$ 9 am Beyond Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body ++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 11:30 am Beginning Ukulele++ 1 pm Movie Matinee++ "Passengers"

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