

May 2026

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.

Lecture +

Virtual Lecture (V)+

Senior Center
Class ++

ABC Adult School
Class *

Cerritos College
Class **

Fee \$

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

may



4

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
10 am Billiards Tournament++
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**

5

8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Living Trusts+
11:15 am Keyboard-Piano 1+++
12 pm Keyboard-Piano 2+++
12:30 pm Chair Yoga++\$
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++\$

6

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Huntington Library & Botanical Garden++\$
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Mother's Day Trivia+
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 w/Mike**
1 pm Handcrafters++
2 pm Texas Hold'em Tournament++
2:15 pm Self Defense For Seniors**
2:30 pm Lighten up with Laughter**
3:30 pm Yoga For Seniors**

7

8 am Senior Walking Group++
8:30 am Yoga w/Latha++
10 am Advanced Hula++
10 am Bible Study++
10 am Protecting Equity & Avoiding Common Real Estate Pitfalls+
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

8

8 am Morning Workout w/Todd**
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Stress Management+++
10 am Chorus++
10:15 am Advanced Ukulele++
1 pm Enjoy the Little Things Women's Luncheon+++

**No Movie
Due to Luncheon**

"Find me Falling"

11

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
10 am Sewing++\$
11 am Senior Scams+
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**

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8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Investments in Retirement+
10 am Home Safety & Fall Prevention+(V)
12:30 pm Chair Yoga++\$
1 pm Chinese Wei Qi++
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting+++

13

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Early Signs of Cognitive Decline+
10 am Watercolor Painting+\$
11 am Yoga w/Anjana++
1 pm Chair Exercise 1 w/ Mike**
1 pm Handcrafters++
1 pm Stop the Bleed+
2 pm Texas Hold'em Drop-in-play++
2:15 pm Self Defense For Seniors**
2:30 pm Lighten up with Laughter**
3:30 pm Yoga For Seniors**

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8 am Senior Walking Group++
8:30 am Yoga w/Latha++
10 am Advanced Hula++
10 am Bible Study++
10 am Healthy Brain Habits+
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

15

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 Stress Management++\$
10 am Alzheimers Caregiver Support Group++
10 am Chorus++
10 am iPad Essentials+
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Lilly"

18

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**

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8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Roth Conversions+
11:15 am Keyboard-Piano 1+++
12 pm Keyboard-Piano 2+++
12:30 pm Chair Yoga++\$
1 pm Chinese Wei Qi++
1:30 pm Gardening Club++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting+++
5:30 pm Holistic Health++\$

20

7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Understanding Online Fraud & Scams+
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 w/Mike**
1 pm One-on-One Coaching++
1 pm Handcrafters++
2 pm Texas Hold'em Tournament++
2:15 pm Self Defense For Seniors**
2:30 pm Lighten up with Laughter**
3:30 pm Yoga For Seniors**

21

8 am Senior Walking Group++
8:30 am Yoga w/Latha++
9 am Arthritis Foundation Exercise Program++
9 am How Much is Too Much?+
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

22

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 Stress Management++\$
10 am Chorus++
10 am Grief Support Group+
10 am iPad Essentials+
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Madame Web"

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**Senior Center
CLOSED**

Memorial Day

**Memorial Day
Wreath Laying
at Cerritos Civic Center
10 am**

26

8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Arthritis Foundation Exercise Program++
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++
2 pm Aging & Vision Loss+
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5:30 pm Holistic Health++\$

27

7:30 am Tai Chi**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
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**
2:30 pm Lighten up with Laughter**
3:30 pm Yoga For Seniors**

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8 am Senior Walking Group++
8:30 am Yoga w/Latha++
9 am Arthritis Foundation Exercise Program++
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

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7:30 am Tai Chi**
7:30 am Ping Pong (Doubles)++
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Stress Management++\$
10 am Chorus++
10 am iPad Essentials+
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Hamnet"