

**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

**Chair Exercise with Tracy will not meet April 13th**

**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 ++


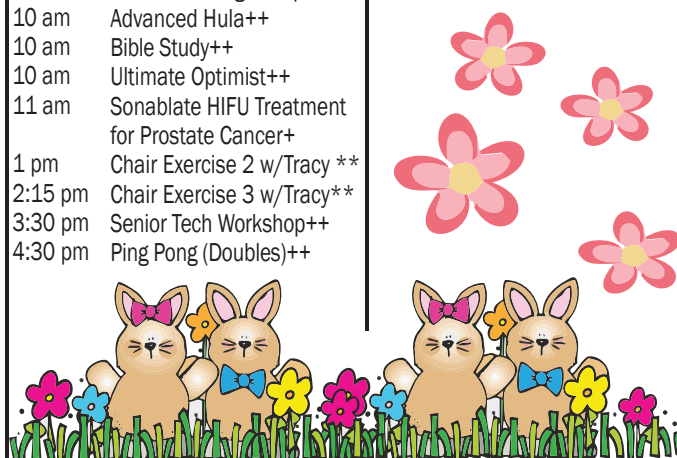
ABC Adult School Class \*

Cerritos College Class \*\*

Fee \$

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# April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">Hello, April</p>		<p><b>1</b></p> <p>8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 11 am Yoga w/ Anjana++ 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-play++ 2:30 pm Lighten Up/Laughter++</p>	<p><b>2</b></p> <p>8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy** 1 pm Healthy Steps for Older Adults+ 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++</p>	<p><b>3</b></p> <p>7:30 am Ping Pong (Doubles)++ 9 am Longevity Stick++ 9am Yoga Therapy for Strong Bones &amp; Body++\$ Chorus++ 10 am Movie Matinee++</p> <p style="text-align: center;"><b>"Jurassic Park: Rebirth"</b></p>
<p><b>6</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 10 am Billiards Tournmanet++ 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**</p>	<p><b>7</b></p> <p>8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Estate Planning Simplified: Living Trusts+ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting and Crocheting++\$</p>	<p><b>8</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Understanding Home Care Options+ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p><b>9</b></p> <p>8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Chair Exercise 2 w/Tracy ** 1 pm Healthy Steps for Older Adults+ 2:15 pm Chair Exercise 3 w/Tracy** 3:30 pm Senior Tech Workshop++ 4:30 pm Ping Pong (Doubles)++</p>	<p><b>10</b></p> <p>7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p style="text-align: center;"><b>"Nuremberg"</b></p>
<p><b>13</b></p> <p>8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 10 am Sewing++\$</p>	<p><b>14</b></p> <p>8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Annuities+ 10 am Spring is in the Air (S.P.I.C.E)++ 10 am Understanding Anxiety &amp; Reducing Stress (V)++ 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 &amp; Crocheting++\$ 5:30 pm The Ageless Collective++\$</p>	<p><b>15</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am CSULB Nursing Mini Health Fair++ 10 am Ai All Around+ 10 am Watercolor Painting+\$ 11 am Yoga w/Anjana++ 1 pm Chair Exercise 1 w/ Mike** 1 pm Handcrafters++ 1 pm One-on-One Coaching++ 2 pm Texas Hold'em Drop-in-play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p><b>16</b></p> <p>8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Memory Loss &amp; Alzheimer's+ 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)++</p>	<p><b>17</b></p> <p>7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Living Trusts+ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones &amp; Body++\$ 10 am Alzheimers Caregiver Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p style="text-align: center;"><b>"Song Sung Blue"</b></p>
<p><b>20</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 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**</p>	<p><b>21</b></p> <p>8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Avoiding Medi-Cal Spend Down+ 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)++ 5:30 pm The Ageless Collective++\$</p>	<p><b>22</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Medicare Basics+ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p><b>23</b></p> <p>8 am Senior Walking Group++ 9 am Depression &amp; Anxiety+ 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)++</p>	<p><b>24</b></p> <p>7:30 am Ping Pong (Doubles)++ 9 am Beginning Ukulele++ 9 am Longevity Stick++ 10 am Long Term Care Planning+ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p style="text-align: center;"><b>"Quake Heroes"</b></p>
<p><b>27</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Mahjong++ 9 am Yoga w/Latha++ 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** 3 pm Discovering Joy in Life** 3:30 pm Yoga For Seniors**</p>	<p><b>28</b></p> <p>8 am Senior Walking Group++ 8 am Crystal Singing Bowl Sound Bath++\$ 9 am Bridge++ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 10:30 am Mental Challenge (S.P.I.C.E)++ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Calligraphy++ 1 pm Chinese Wei Qi++ 2 pm Red Flags that Older Adults Need Help+ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting &amp; Crocheting++\$ 5:30 pm The Ageless Collective++\$</p>	<p><b>29</b></p> <p>7:30 am Tai Chi** 8 am Morning Workout w/Todd** 9 am Longevity Stick++ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in-play++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p><b>30</b></p> <p>8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 11 am Sonablate HIFU Treatment for Prostate Cancer+ 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)++</p>	

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