

30

YEARS OF SERVICE

1994-2024

CERRITOS

SENIOR

CENTER

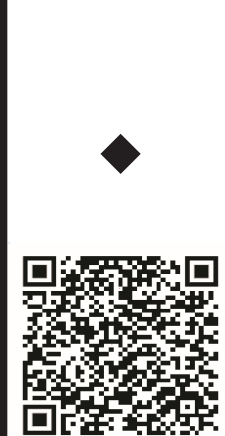
at Pat Nixon Park

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



Scan the QR code
for the Lifelong
Enrichment

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 \$



September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HELLO SEPTEMBER	1 8 am Senior Walking Group++ 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++\$ 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++\$	2 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold Make Up++\$ 9:30 am HSA Case Management #(A) 10 am Watercolor Painting+\$ 11 am Yoga w/Anjana++ 12:30 pm HICAP Program #(A) 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	3 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++	4 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd++ 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++ "Thelma"
7 Senior Center CLOSED in observance of Labor Day	8 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 10 am Derek Tran Mobile Office # 10 am Medications-What you Need to Know to be Safe (V)+ 10 am Why Annuities Win+ 11:15 am Keyboard-Piano 1++\$ 12:00 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++\$	9 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 10 am Simple Home Safety Adjustments+ 10 am Watercolor Painting+\$ 11 am Yoga w/Anjana++ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	10 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 9 am Managing Your Medications+ 9 am Notary Public Service #(A) 10 am Advanced Hula++ 10 am Bible Study++ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++	11 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd++ 8:30 am Blood Pressure Screenings # 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++ "The Dink"
14 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** 2:15 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**	15 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 10 am Long-Term Care for the Win+ 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++\$	16 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 10 am Tips for Being News Savvy Online+ 11 am Yoga w/Anjana++ 1 pm Chair Exercise 1 w/ Mike** 1 pm One-on-One Coaching (A) 1 pm Handcrafters++ 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	17 8 am Senior Walking Group++ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Alzheimer's Disease Research Update+ 10 am Bible Study++ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++	18 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd++ 9 am Beyond Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy for Strong Bones & Body++\$ 10 am Alzheimers Caregiver Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 11:30 am Beginning Ukulele++ 1 pm Movie Matinee++ "The Thursday Murder Club"
21 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Arthritis Foundation Exercise Program++ 9 am Mahjong++ 10 am Sewing++\$ 1 pm Cal Fresh # 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**	22 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++ 1 pm Chinese Wei Qi++ 1 pm Chinese Calligraphy++ 2 pm Memory Loss & Medication Safety+ 2:30 pm Neurobics++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$ 5:30 pm Holistic Health++\$	23 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Arthritis Foundation Exercise Program++ 9 am Blood Pressure Screening # 9 am Longevity Stick ++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 10 am Grief Support Group+ 11 am Yoga w/Anjana ++ 11 am Whale Watching ++\$ 12:30 pm HICAP Program #(A) 1 pm Chair Exercise 1 w/Mike** 1 pm Emergency Preparation+ 1 pm Handcrafters ++ 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**	24 8 am Senior Walking Group++ 8 am AARP Smart Driver++\$ 8:30 am Yoga w/Latha++ 10 am Advanced Hula++ 10 am Bible Study++ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping Pong (Doubles)++	25 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd++ 8 am AARP Smart Driver++\$ 8 am Blood Pressure Screenings # 9 am Beyond Beginning Ukulele++ 9 am Longevity Stick++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 11:30 am Beginning Ukulele++ 1 pm Movie Matinee++ "Reminder of Him"
28 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Arthritis Foundation Exercise Program++ 9 am Mahjong ++ 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++	29 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am Blood Pressure Screening # 12:30 pm Chair Yoga++ 1 pm Chinese Wei Qi++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	30 7:30 am Tai Chi** 8 am Morning Workout w/Todd++ 9 am Arthritis Foundation Exercise Program++ 9 am Blood Pressure Screening # 9 am Longevity Stick++ 9 am Zumba Gold++\$ 9:30 am HSA Case Management #(A) 11 am Yoga w/Anjana++ 12 pm Memory: What's Normal & What's Not+ 1 pm Chair Exercise 1 w/Mike** 1 pm Handcrafters++ 2:15 pm Self Defense For Seniors** 3:30 pm Yoga For Seniors**		

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



September 2026

Cerritos Senior Center

12340 South St., Cerritos, CA 90703

Monday, Wednesday, & Friday: 7:30 a.m. - 5 p.m.

Tuesday & Thursday: 7:30 a.m. - 8 p.m.

CLOSED Saturday & Sunday

H.S.A. Lunch Program

(SERVES PATRONS 50 YEARS AND OLDER)

Reservations now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before 11 am on the previous day you plan to attend.

(Monday Reservations must be made on the previous Friday.)

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.

Lunch is promptly at 12 p.m. 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.

60+ years: suggested donation of \$3.00

50-59 years: a fee of \$7.00

For reservations or more information, please call (562) 916-8555.

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” “ CERRITOS SENIOR DINING CENTER SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00	1 Italian Wedding Soup TUNA SALAD SANDWICH WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	2 SPAGHETTI w/MEAT SAUCE WG Spaghetti Sourdough Bread/Garlic Spread/Broccoli Romaine Caesar Salad w/CROUTONS/ Banana	3 CHICKEN ENCHILADA CASSEROLE w/RED SAUCE Spanish Rice Black Beans Tomato & Cucumber Salad Orange	4 Labor Day Luncheon Orange Juice ! CHILI HOT DOG! WG Hot Dog Bun Potato Salad Garbanzo Bean, Tomato, Cucumber and Red Onion Salad Watermelon Wedge
7 ALL SITES CLOSED  We'll Be Closed IN OBSERVANCE OF LABOR DAY	8 <i>Happy September Birthdays!</i> VEGETARIAN CHILI Barley w/Herbs Zucchini Chopped Spinach/Kale Salad Banana/ “Cake” 	9 CARRIBEAN JERK BAKED CHICKEN WG Bread/ Couscous Pilaf Steamed Cabbage Garden Salad w/Tomato Pineapple & Mango	10 TURKEY A LA KING WG Pasta Cauliflower Marinated Beet Salad Peas & Carrots Pear	11 <i>Hawaiian Luau Luncheon</i> HAWAIIAN CHICKEN Hawaiian Roll Brown Rice Broccoli Spinach Salad w/Mandarin Oranges Pineapple w/ Mango Coconut Cake 
14 HERB CHICKEN WG Spiral Pasta Cauliflower Mesclun Field Salad Cantaloupe Wedge	15 Cabbage Soup STUFFED BELL PEPPER WG Roll Mashed Potato Carrots Apple or Applesauce	16 POZOLE WG Corn Tortilla Chopped Onions & Radish Hominy Shredded Cabbage w/Lime Fresh Fruit Arroz con Leche	17 Cream of Celery Soup TUNA SALAD WG Bread Marinated Broccoli Salad Garden Salad Banana	18 LEMON DIJON CHICKEN WG Cornbread Stuffing Green Beans w/Almond Slivers Pineapple w/Mango Red Gelatin
21 SWEDISH MEATBALLS WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	22 <i>Choice of Entrée</i> GARLIC BUTTER FISH OR SWEET & SOUR PORK Barley w/Parsley Spinach Mesclun Salad Orange	23 Cream of Mushroom SLOPPY JOES WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	24 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE WG Dinner Roll Couscous Pilaf Cauliflower/Bean Salad Cantaloupe Oatmeal Cookie	25 Tofu & Vegetable Soup ASIAN BEEF w/GREEN ONIONS Brown Rice Broccoli Chopped Salad Pear
28 BBQ CHICKEN Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	29 BEEF LASAGNA WG Bread Broccoli Caesar Salad Pear Ice Cream	30 Spinach Soup CHICKEN CURRY Brown Rice Asian Mixed Vegetables Chopped Asian Salad Cantaloupe Wedge	<i>happy labor day!</i> 	HELLO <i>September</i>

ALL MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT ! HIGH SODIUM! *MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES