



CITY OF CERRITOS



November 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 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.

Contents

Special Events.....3

Special Activities4

Arts.....6

Dance & Music8

Games9

Sports & Fitness11

Information/Referrals ...13

Lectures.....15

Senior Clubs19

Registration20

H.S.A. Lunch Program...21

Fitness Center22

Facility Rental23

Community Events23

**Browse classes
and register with**



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Special Events



CITY OF CERRITOS

Holiday DONATIONS

THIS HOLIDAY SEASON, YOU ARE INVITED TO DONATE TO LOCAL COMMUNITY PROGRAMS THAT HELP MAKE THE SEASON BRIGHTER FOR THE LESS FORTUNATE.

THE SALVATION ARMY ANGEL GIVING TREE PROGRAM

Pick up one or more tags at the Cerritos Senior Center between **Wednesday, November 5 through Friday, December 5**. Each tag (for infants through 12-year-olds) lists the child's age, gender, clothing size and toy request. Return your donations, along with original tag, to the Cerritos Senior Center at 12340 South St, Cerritos, CA 90703. Deadline to return donations is **Friday, December 12**.

U.S. MARINE CORPS TOYS FOR TOTS PROGRAM

New, unwrapped toys can be dropped off in a Toys for Tots bin at either Cerritos City Hall, Cerritos Library, Cerritos Senior Center at Pat Nixon Park, Liberty Park, or Cerritos Park East beginning **Wednesday, November 5 through Friday, December 12**.

For additional information, please call the Community Services Division at (562) 865-8101.

November 2025



Special Activities

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	11/24	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.

1st Mon	11/3	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	11/17	2-4PM	Free	Bi-Weekly Class	Drop-in

Gardening Club

Join volunteer Ingrid 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.

3rd Tue	11/18	1:30-2:30PM	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 and enjoy a little laughter and humor with friends.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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November 2025

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter.

Ultimate Optimist

Join volunteer instructor Sudha 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.

No class on Thurs., Nov. 28 due to the Thanksgiving holiday closure.

Thu	Weekly	10-11AM	Free	Weekly Class	Drop-in
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Bible Study

Join this volunteer-led group and share points of view in a safe and open environment.

No class on Thurs., Nov. 27 due to the Thanksgiving holiday closure.

Thu	Weekly	10AM-12PM	Free	Weekly Class	Drop-in
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Friday Movie Matinee

Movies shown are rated “G” to “PG-13.” Please note that movie titles are subject to change based on availability. Please stop by the Reception Desk to pick up a list of movies and a synopsis of content offered for each month. Visual captions will be in play only if a patron requests this option prior to the start of the movie and only if the movie offers the caption option.

No class on Fri., Nov. 28 due to the Thanksgiving holiday closure.

Fri	Weekly	1-3PM	Free	Weekly Movie	Drop-in
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Arts

Chinese Brush Calligraphy

Join this volunteer-led group to learn Chinese Calligraphy. This group meets on the fourth Tuesday of every month, and all levels are welcome. Please bring calligraphy pens, brushes and paper.

Tue	11/25	1-4PM	Free	Monthly Class	Drop-in
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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	11/18-12/9	1-2:15PM	\$20	4 classes	#15911
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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	11/18-12/16	5-7PM	\$45	5 Classes	#15489
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Watercolor Painting

Immerse yourself in the world of watercolor painting with Darshini Aithal, where you'll refine your skills and embrace the joy of painting. Each session offers engaging demonstrations and hands-on practice, covering basics, techniques, and valuable tips for creating stunning masterpieces. All levels are welcome, from beginners to intermediates. Please bring your own supplies (a list will be provided) and come ready to start this colorful journey with imagination and enthusiasm!

Wed	11/5-11/19	10AM-12PM	\$75	3 Classes	#15890
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November 2025

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Handcrafters

Come out and share your handcrafting talents with your peers. All levels are welcome.

Wed	Weekly	1-4PM	Free	Weekly Class	Drop-in
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FEATURED

A Storybook Christmas: Senior Luncheon Dance

Step into the magic of the season as the pages of your favorite Christmas stories come to life! Join us for A Storybook Christmas filled with festive décor, delicious holiday food, wonderful music, and joyful company. Celebrate the wonder of Christmas with friends old and new as we turn the season into a tale worth remembering. Registration must be completed in person. Participants must be 50 years of age or older. **Maximum four tickets per household during the first week of registration.**

Registration Starts:
11/3 Residents, 11/10 Non-Residents

Fri	12/5	1-3:30PM	\$20	1 Day	In Person
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November 2025



Dance & Music

Country Guitar

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

No class on Tue., Nov. 11 due to the Veterans Day holiday closure.

Tue	Weekly	9:30AM-12PM	Free	Weekly	Drop-in
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Chorus

Join this volunteer-led group every Friday and learn how to sing amazing songs in perfect harmony.

No class on Fri., Nov. 28 due to the Thanksgiving holiday closure.

Fri	Weekly	10-11:15AM	Free	Weekly	Drop-in
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Crystal Singing Bowl Sound Bath

Experience deep relaxation and natural healing through the soothing sounds of crystal singing bowls. A sound bath is a meditative journey where you sit or lie down comfortably while gentle, beautiful tones surround you. These vibrations help calm the nervous system and bring the body into a state of balance.

There is a \$7 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the 5-week session. Checks and credit cards will also be accepted for payment.

No class on Tue., Nov. 11 due to the Veterans Day holiday closure.

Tue	11/4-12/2	8-9AM	\$24	4 Classes	#15912
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November 2025



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Games

Billiards Tournament

Tournament play will be on the first Monday of every month. Compete for prizes and bragging rights in this friendly monthly competition. Tournaments will be scheduled on the second Monday of the month when holidays occur on the first Monday. Open play is not allowed during tournament play.

1st Mon	11/3	10AM-12PM	Free	Monthly Game	#15446
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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.

Mon	Weekly	9-11:30AM	Free	Weekly Game	Drop-in
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Bridge

Boost your mental fitness, sharpen your bridge skills, while making new friends. All levels are welcome, but some playing knowledge is required.

No class on Tue., Nov. 11 due to Veterans Day closure.

Tue	Weekly	9AM-12PM	Free	Weekly	Drop-in
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Cerritos Wei Qi

Wei Qi is a chess game invented in China more than 2,500 years ago. Some knowledge of the game is required to participate in the group.

No class on Tue., Nov. 11 due to Veterans Day closure.

Tue	Weekly	1-4PM	Free	Weekly	Drop-in
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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	11/5-11/19	2-4PM	Free	Weekly Game	#15910
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SAVE THE DATE

Holiday Movie Marathon

Join us to get into the Christmas spirit and watch some holiday movies with friends. There will be a brief intermission for refreshments in between movies. Movies will be announced on flyers at the Reception Desk.



Friday, December 19
10:30 a.m. and 1 p.m.



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Sports & Fitness

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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Longevity Stick Art

The “Longevity Stick” regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality. This class is held outdoors. Class will not be held on days of inclement weather.

Wed/Fri	Weekly	9-10AM	Free	Weekly	Drop-in
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Zumba Gold

Zumba Gold is a lower-intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie and dance your way to a healthier lifestyle.

There is a \$6 per class payment option also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the 5-week session. Checks and credit cards will also be accepted for payment.

Wed	11/12-12/10	9-10AM	\$25	5 classes	#15865
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November 2025



Ping-Pong

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

No play on Tue., Nov. 11, Thu., Nov. 27 and Fri., Nov. 28 due to the holiday closures.

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

Holiday Donations

Toys for Tots

The annual Toys for Tots program, sponsored by the United States Marine Corps with the City of Cerritos, provides gifts to local underprivileged children. New, unwrapped toys may be dropped off Wednesday, November 5 through Friday, December 12 in the Toys for Tots bins at Cerritos City Hall, Cerritos Library, Cerritos Senior Center at Pat Nixon Park, Liberty Park, Cerritos Park East and Cerritos Sheriff’s Station.

Salvation Army Angel Giving Tree

The Salvation Army Angel Giving Tree Program helps brighten Christmas for needy children. To participate, pick up one or more tags at the Cerritos Senior Center between Wednesday, November 5 and Friday, December 5. Each tag will list the child’s age, gender, clothing size and toy request. Submit your donation, along with the original tag, to the Cerritos Senior Center on or before Friday, December 12.

For more information on Toys for Tots or the Salvation Army Angel Giving Tree, call the Community Services Division at [\(562\) 865-8101](tel:5628658101).

November 2025



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Information/Referrals

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	11/5	12:30-3:30PM	Free	Monthly Class	By Appt.
3rd Wed	11/19	12:30-3:30PM	Free	Monthly Class	By Appt.

Notary Public Service

Join Certified Senior Advisor from CarePatrol of Inland LA County for a free Notary Service on the 2nd Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons MUST have documents prepared and only 2 documents to be notarized pers appointment. Appointments are required and can be scheduled at the Senior Center Reception Desk.

2nd Thu	11/13	10AM-12PM	Free	Monthly Class	By Appt.
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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.

Cerritos residents only. Please make an appointment at the Reception Desk.

Wed	Weekly	9:30-11:30AM	Free	1 Class	By Appt.
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November 2025



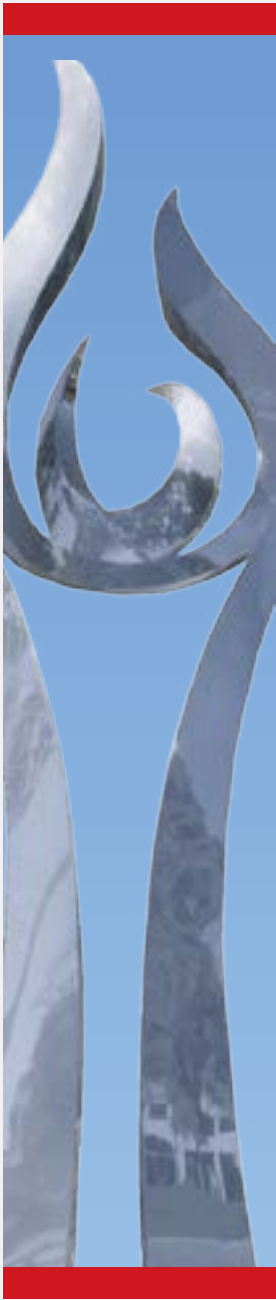
Alzheimer’s Caregiver Support Group

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	11/21	10AM-12PM	Free	Monthly Class	Drop-in
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| SAVE THE DATE

Special Events





CITY OF CERRITOS

Veterans Day Ceremony

Tuesday
Nov. 11, 2025
10 a.m.

Cerritos Civic Center
near the
Veterans Memorial





CITY OF CERRITOS

Christmas Tree Lighting Ceremony

Monday
November 24, 2025
5-7 p.m.

Cerritos Civic Center

November 2025

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Lectures

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	11/3	11AM	Free	1 Class	#15894
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Reverse Mortgage Myths

There are many myths and so much information about Reverse Mortgages. Join Amy Brick from Brick & Co. Real Estate to learn how to KEEP or SELL your home and purchase with a reverse mortgage.

Tue	11/4	10AM	Free	1 Class	#15895
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Estate Planning

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

Wills & Trusts

Wed	11/5	10AM	Free	1 Class	#15896
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Long Term Care

Mon	11/17	11AM	Free	1 Class	#15897
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Annuities

Mon	11/24	11AM	Free	1 Class	#15898
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November 2025



Medicare Basics

Turning 65? Already a Medicare beneficiary, but have questions? Join La Nedra Munson from United Healthcare to learn what Medicare does and does not cover, who qualifies, coverage choices and how to choose a plan based on needs.

Fri	11/7	10AM	Free	1 Class	#15899
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Protect Their Legacy

Estate planning isn't just about paperwork, it's about protecting parent's wishes, avoiding family conflict and ensuring peace of mind when it matters most. Join Jake Richards from United California Estate Services to learn more about protecting the family legacy.

Wed	11/12	10AM	Free	1 Class	#15900
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Growing Gifts: Securing Your Child's Financial Future

Join Julia Saenz from New York Life to learn how to give meaningful, lasting financial gifts that grow with your loved ones. Ensure your children's future is financially secure by exploring smart gifting strategies.

Wed	11/12	1PM	Free	1 Class	#15901
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Protecting Personal Information Online

Join Mila Lilien from Independence at Home to learn essential strategies for protecting your personal information online and get practical tips on password safety, recognizing scams, and keeping personal data secure in the digital world.

Thu	11/13	10AM	Free	1 Class	#15902
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November 2025



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One-on-One Tech Coaching

Need help using an iPhone, tablet, or other tech devices? Join a representative from Independence at Home for one-on-one tech support and get personalized help to better understand and use devices with confidence.

Appointments are 30 minutes per session. Please sign up at the Reception Desk. Space is limited.

Thu	11/13	1-4PM	Free	Monthly Class	By Appt.
Fri	11/21	12-3PM	Free	Monthly Class	By Appt.

Fall Prevention

Did you know that 1 out of every 4 people over 65 will have a fall this year? The good news is that falls are preventable. Join Beatriz Sereno from Independence at Home to learn how to help identify fall risks.

Fri	11/14	10AM	Free	1 Class	#15903
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Social Isolation

Join a representative from Los Angeles County Department of Mental Health to learn about how isolation can affect mental and physical health. Get tips on how to manage isolation and make simple changes in daily life in order to live a healthy and productive life.

Tue	11/18	9AM	Free	1 Class	#15904
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Bone Health Basics

Virtual Presentation*

Osteoporosis is a serious condition for women and men. It causes bones to get weak and may cause them to break. The good news is that it can often be prevented and treated. Join Jenny Alcala-Alonzo from Independence at Home to learn how to prevent bone loss and possible broken bones.

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

Tue	11/18	10AM	Free	1 Class	#15905
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Medicare 101

Understanding Medicare can be complex, but breaking it down into its main parts can help. Join Andrew Van Ginkle from CR Partners to learn more about the different coverages and costs of Medicare.

Mon	11/10	11AM	Free	1 Class	#15906
Wed	11/19	2PM	Free	1 Class	#15907

Making Home Safe for a Person with Alzheimer’s

Join Kristy Huang-Arai from Alzheimer’s Los Angeles to understand how to manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer’s or a related dementia’s ability to stay at home and in the community for as long as possible.

Thu	11/20	10AM	Free	1 Class	#15908
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Music Appreciation: World Music and Music as Culture

Join Jenny Alcala-Alonso from Independence at Home for this social activity for a discussion on how music is influenced by culture. Listen to music from around the world and share songs from different cultural backgrounds.

Tue	11/25	2PM	Free	1 Class	#15909
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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



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

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.

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:5629168555)



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 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 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

Veterans Day Ceremony

The community is invited to attend the City of Cerritos’ Veterans Day Ceremony in honor of those who have defended our nation’s freedom by serving in the United States Armed Forces.

The event will feature patriotic selections performed by the Cerritos College Community Band, City Council and dignitary comments, wreath laying, and a moment of silence. In addition, children’s patriotic crafts will be offered. Parking is available at the Civic Center. Event will occur rain or shine.

Tue	11/11	10AM	Veterans Memorial at Cerritos Civic Center
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Christmas Tree Lighting Ceremony

Celebrate the holiday season with your family and friends at this free, fun gathering. Event will include crafts for children, entertainment by local groups, refreshments and a photo opportunity with Santa Claus. The Cerritos City Council will light the City’s beautiful Christmas tree at 6 p.m.

Mon	11/24	5PM	Cerritos Civic Center
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Cerritos Lifelong Enrichment

November 2025

Produced by
Community Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

- Frank Aurelio Yokoyama** Mayor
- Lynda P. Johnson** Mayor Pro Tem
- Jennifer Hong** Councilmember
- Mark E. Pulido** Councilmember
- Sophia M. Tse** Councilmember
- Robert A. Lopez** City Manager

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Get the latest on email and text updates throughout the City of Cerritos.

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Cerritos Senior Center

at Pat Nixon Park

12340 South Street
Cerritos, CA 90703

(562) 916-8550



SM



**CITY OF
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

- Tues., Nov.11** for Veterans Day
- Thurs., Nov. 27** for Thanksgiving
- Fri., Nov. 28** for Thanksgiving observed