



CITY OF CERRITOS



October 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.*

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# Special Events and Excursions

## Health and Wellness Fair

### “Improve Your Health for a Better Self”

The Cerritos Senior Center’s annual Health and Wellness Fair links seniors to resources that encourage a healthy, well-rounded approach to aging. Seniors, age 50 years and older, may participate in the screenings. A photo I.D. with current address is required to register and participate in screenings and information booths.

*Routine Senior Center activities and classes will not occur on this day, and many programs the day before will end at 1 p.m. The entire Senior Center, including the Fitness Center, will close immediately following the event.*

Fri	10/3	8:30AM-12PM Residents	9AM-12PM Non-Residents
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## It’s Fall, Y’all — Art Walk & Pumpkin Pie

It’s fall, y’all! Leaves are changing, and the fall season is upon us! Enjoy pumpkin pie! We will have a variety of art displayed from various classes and senior artists.

If you’re interested in displaying your art, please inquire with staff at [\(562\) 916-8550](tel:5629168550) for more information.

Tue	10/28	1-2:30PM	Free	1 Class	Drop-in
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# Classes/Lectures

## 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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## 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	10/27	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	10/6	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	10/20	2-4PM	Free	Bi-Weekly Class	Drop-in

## 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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## Country Guitar

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

Tue	Weekly	9:30AM-12PM	Free	Weekly	Drop-in
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## Gardening Club

Join volunteer Ingrid Strange 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	10/21	1-2PM	Free	Monthly Class	Drop-in
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## 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	10/28	1-4PM	Free	Monthly Class	Drop-in
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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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## Texas Hold ‘em Drop-in Play

Saddle up partner; it’s time to play the “Cadillac of Poker.” Join us for a fun-filled afternoon of card playing with friends in the Texas Hold ‘em drop-in practice play where you will have the opportunity to play like the pros. Who’s “all in”?

Wed	Weekly	2-4PM	Free	Weekly Game	Drop-in
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# Lighten Up with Laughter

Laughter brings enthusiasm, happiness and zest in your life. Join volunteer instructor, Sudha Tendulkar and enjoy a little laughter and humor with friends.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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# Ultimate Optimist

Join volunteer instructor Sudha Tendulkar 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.

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.

Thu	Weekly	10AM-12PM	Free	Weekly Class	Drop-in
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# Ping-Pong

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

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

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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 movie on Oct. 3 due to Health and Wellness Fair.

Fri	Weekly	1-3PM	Free	Weekly Movie	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 Morris and dance your way to a healthier lifestyle.

Class fee is \$25 for a 5-week session. A \$6 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.

Wed	10/8-11/5	9-10AM	\$25	5 Classes	#15864
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## Yoga Therapy for Healthy Aging Brain

Support your brain with yoga! This class focuses on gentle movement, breath work, and chanting to enhance memory, reduce stress, improve sleep, and support overall cognitive function. Backed by research, yoga can help maintain brain health and potentially slow cognitive decline. 15 Minute intake prior to first session will be required to adapt the practice to your needs.

Wed	10/10-11/14	9-10AM	\$40	6 Classes	#15870
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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	10/14-11/4	1-2:15PM	\$20	4 classes	#15867
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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	10/15-10/29	10AM-12PM	\$75	3 Classes	#15869
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## Sewing

Join instructor Rosario Lamoureux for a new and fun 6-week introduction to sewing class. Learn how to thread a sewing machine, basic sewing projects, throw pillows, bags and more. Advanced students are welcome to make clothing to wear but must provide own patterns.

*Students provide their own supplies.*

Mon	10/27-12/1	10AM-1PM	\$90	6 classes	#15868
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# 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	10/1	2:30-3:30PM	Free	Monthly Class	By Appt.
4th Wed	10/22	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	10/9	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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## 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	10/17	10AM-12PM	Free	Monthly Class	Drop-in
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## 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	10/6	11AM	Free	1 Class	#15830
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## Downsizing

Is your home too big and getting harder to maintain on a daily basis? Join Amy Brick from Brick & Co. Real Estate to learn how simple it is to downsize to a smaller dwelling.

Tue	10/7	10AM	Free	1 Class	#15831
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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	10/8	10AM	Free	1 Class	#15832
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### Long Term Care

Thu	10/30	10AM	Free	1 Class	#15833
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## Exploring Online Health Resources

The internet can be an excellent source for learning more about your or a loved one’s health. Join a representative from Independence at Home to learn how to evaluate health-related information online.

Thu	10/9	10AM	Free	1 Class	#15851
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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 required — 30 minutes per session. Please sign up at the Reception Desk. Space is limited.*

Thu	10/9	1-4PM	Free	Monthly Class	By Appt.
Thu	10/30	1-4PM	Free	Monthly Class	By Appt.

## Long Term Care Planning

Join Julia Saenz from New York Life to understand the importance of long-term care planning and how it can protect your health, finances and family’s future.

Fri	10/10	10AM	Free	1 Class	#15852
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## Cyber Security Awareness

### Virtual Presentation

Technology can be intimidating, but it doesn’t have to be! Join Jenny Alcala-Alonzo from Independence at Home to learn about the latest online scams and what measure to take to protect yourself and loved ones from becoming a victim.

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

Tue	10/14	10AM	Free	1 Class	#15853
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## Medicare Basics

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

Tue	10/14	10AM	Free	1 Class	#15854
Thu	10/23	10AM	Free	1 Class	#15855

## Emergency Preparedness

Join Rodel Rutaquio from the Los Angeles County Department of Public Health as he helps identify at least three types of emergencies common in LA County, explains how to connect with others before and after an emergency, and provides guidance on creating a plan and assembling emergency supply kits.

Wed	10/15	1PM	Free	1 Class	#15856
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## Communication & Dementia: Connecting with a Person Living with Memory Loss

Join Kristy Huang-Arai from Alzheimer’s LA for a basic understanding of Alzheimer’s disease and its effect and receive tips and useful strategies to help with communication issues over the course of the disease.

Thu	10/16	10AM	Free	1 Class	#15857
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## Coping with Vision Loss

Join Adrienne Crew from Disabled Resource Center to learn tips and tricks on how to adjust to living with changes to eyesight due to aging as well as coping with visual impairments.

Mon	10/20	11AM	Free	1 Class	#15858
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## Late-Life Transitions

Join a representative from Los Angeles County Department of Mental Health to learn about late-life transitions which can affect the way we function, tips on maintaining a positive self-view and making the most of life in the face of these changes.

Tue	10/21	9AM	Free	1 Class	#15859
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## AARP Smart Driver Course 8-hour

The AARP Driver Safety program helps seniors recognize limitations and to learn how to reduce accidents and regain driving privileges. Students will receive a Certificate of Completion, which may offer insurance discounts. Fee is \$20 for AARP Members and \$25 for non-members. Checks only; made payable to AARP at the time of registration. Cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.)

*A certificate will be given out at the completion of the course.*

Wed/Fri	10/22 & 10/24	8AM-12PM	\$20/\$25	2 Classes	#15825
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## Protecting Their Legacy

Estate planning isn't just about documents, it's about honoring the parents' wishes, preventing family conflict, and ensuring peace of mind when it matters most. Join Jake Richards from United California Estate Services to learn how to manage a loved one's affairs and safeguard their legacy.

Tue	10/28	10AM	Free	1 Class	#15866
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## Thankful for Tomorrow: A Visioning Journey with Gratitude

Join Jenny Alcala-Alonzo from Independence at Home to discuss the benefits of practicing gratitude and sharing what gratitude means to you. Each participant will create a gratitude vision board.

Tue	10/28	2PM	Free	1 Class	#15860
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# Navigating the Transition: From Home to Assisted Living

Join Tess Berry from Emerald Court to learn about the emotional, financial and logistical aspects of transitioning from the home to an assisted living facility.

Wed	10/29	10AM	Free	1 Class	#15861
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## Save the Date: Senior Health and Wellness Fair



**Friday, October 3**  
**8:30AM-12PM**  
(Cerritos Residents)  
**9AM-12PM**  
(General Public)  
See [page 3](#) for more information.



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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](http://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 and 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](#).

**Ask us about our private rental availability**

We are now accepting private rentals  
Fridays from 6 p.m. to Midnight

# Community Events

## Save the Date: Veterans Day Ceremony

The event is held in honor of those who have defended our nation’s freedom by serving in the United States Armed Forces. Prelude music at 9:45 a.m. to precede the ceremony.

Tue	11/11	10AM	Veterans Memorial at Cerritos Civic Center
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# Cerritos Lifelong Enrichment

October 2025

Produced by  
**Community Services Division**

**Communications  
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**CITY OF CERRITOS**

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**at Pat Nixon Park**  
12340 South Street  
Cerritos, CA 90703  
**(562) 916-8550**



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Cerritos, CA 90703

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## 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

**Thurs., Oct. 2** after 1 p.m. for Health Fair setup  
**Fri., Oct. 3** for Health Fair (see [page 3](#) for details)