

May 2025

**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.***

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Lecture +

Virtual Lecture (V)+

Senior Center Class ++

**ABC Adult School
Class ***

Cerritos College
Class **

Fee \$

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MONDAY

may



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	
7:30 am	Tai Chi**
7:35 am	Morning Workout w/ Todd*\$
9 am	Yoga w/Latha++
9 am	Mahjong++
9:30 am	Cal Fresh Healthy Living Workshop+
10 am	Billiards Tournament++
10 am	Sewing++\$
1 pm	Balance & Mobility 1**
1 pm	Chair Exercise w/Mike**
2 pm	Life Stories++
2:15 pm	Balance & Mobility 2**
2:15 pm	Self Defense For Seniors**
3 pm	Discovering Joy in Life**
3:30 pm	Yoga for Seniors**

6

- 7:35 am Aerobics w/ Todd*\$
- 8 am Senior Walking Group++
- 9 am Arthritis Foundation
Exercise Program++
- 9 am Bridge++
- 9:30 am Country Guitar++
- 10 am Reverse Mortgage Myths+
- 11:15 am Keyboard Piano 1++\$
- 12 pm Keyboard Piano 2++\$
- 1 pm Cerritos Wei Qi++
- 1 pm Magic Class++\$
- 3 pm Tech Workshop++
- 4:30 pm Ping-Pong (Doubles)++
- 5 pm Knitting & Crocheting++\$

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- 7:30 am Tai Chi**
- 7:35 am Morning Workout w/ Todd*\$
- 9 am Longevity Stick++
- 10 am AARP Driver Tek+
- 10 am Intermediate Hula++
- 1 pm Chair Exercise w/Mike**
- 1 pm Handcrafters++
- 2 pm Texas Hold'em Tournament++
- 2:15 pm Self Defense For Seniors**
- 2:30 pm Lighten Up/Laughter++
- 3:30 pm Yoga for Seniors**

8	
7:35 am	Aerobics w/ Todd*\$
8 am	Senior Walking Group++
10 am	Advanced Hula++
10 am	Bible Study++
10 am	Living Trusts+
10 am	Ultimate Optimist++
1 pm	Balance & Mobility 1**
2:15 pm	Balance & Mobility 2**
4:30 pm	Ping Pong (Doubles)++

9	
9 am	Arthritis Foundation Exercise Program++
9 am	Beginning Ukulele++
9 am	Longevity Stick++
9 am	Yoga Therapy for Strong Bones & Body++\$
10 am	Pearranging Your Cremation+
10:15 am	Advanced Ukulele++
1 pm	Sweet Friendships: Women's Luncheon++\$

12

- 7:30 am Tai Chi**
- 7:35 am Morning Workout w/ Todd*\$
- 9 am Yoga w/Latha++
- 9 am Mahjong++
- 10 am Sewing++\$
- 1 pm Balance & Mobility 1**
- 1 pm Chair Exercise w/Mike**
- 2:15 pm Balance & Mobility 2**
- 2:15 pm Self Defense For Seniors**
- 3 pm Discovering Joy in Life**
- 3:30 pm Yoga for Seniors**

13	
7:35 am	Aerobics w/ Todd*\$
8 am	Senior Walking Group++
9 am	Arthritis Foundation Exercise Program++
9 am	Bridge++
9:30 am	Country Guitar++
10 am	Living Better with Arthritis+(V)
11:15 am	Keyboard-Piano 1++\$
12 pm	Keyboard-Piano 2++\$
1 pm	Chinese Wei Qi++
1 pm	Magic Class++\$
3 pm	Tech Workshop++
4:30 pm	Ping-Pong (Doubles)++
5 pm	Knitting & Crocheting++\$

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- 7:30 am Tai Chi**
- 7:35 am Morning Workout w/Todd*\$
- 9 am Longevity Stick++
- 9 am Zumba Gold++\$
- 10 am Fluid Expressions: Watercolor Painting++\$
- 10 am Intermediate Hula++
- 1 pm Chair Exercise w/Mike**
- 1 pm Handcrafters++
- 1 pm Stretching Resource Dollars+
- 2 pm Texas Hold'em Tournament+
- 2:15 pm Self Defense For Seniors**
- 2:30 pm Lighten Up/Laughter++
- 3:30 pm Yoga For Seniors**

15	
7:35 am	Aerobics w/Todd*\$
8 am	Senior Walking Group++
10 am	Advanced Hula++
10 am	Bible Study++
10 am	Dementia Friends+
10 am	Ultimate Optimist++
1 pm	Balance & Mobility 1**
2:15 pm	Balance & Mobility 2**
4:30 pm	Ping-Pong (Doubles)++

16	
7:30 am	Ping-Pong (Doubles)++
9 am	Arthritis Foundation Exercise Program++
9 am	Beginning Ukulele++
9 am	Longevity Stick++
9 am	Yoga Therapy for Strong Bones & Body++\$
10 am	Alzheimer's Caregiver Support Group+
10 am	Chorus++
10:15 am	Advanced Ukulele++
1 pm	Movie Matinee++

19	
7:30 am	Tai Chi**
7:35 am	Morning Workout w/Todd*\$
9 am	Yoga w/Latha++
9 am	Mahjong++
10 am	Sewing++\$
1 pm	Balance & Mobility 1**
1 pm	Chair Exercise w/Mike**
2 pm	Life Stories++
2:15 pm	Balance & Mobility 2**
2:15 pm	Self Defense For Seniors**
3 pm	Discovering Joy in Life**
3:30 pm	Yoga For Seniors**

20	
7:35 am	Aerobics w/Todd*\$
8 am	Senior Walking Group++
9 am	Bridge++
9 am	The Markets Today: Market Updates Related to Current Events+
9:30 am	Country Guitar++
11:15 am	Keyboard Piano 1++\$
12 pm	Keyboard Piano 2++\$
12:30 pm	Chair Yoga++\$
1 pm	Chinese Wei Qi++
1 pm	Magic Class++\$
3 pm	Tech Workshop++
4:30 pm	Ping-Pong (Doubles)++
5 pm	Knitting & Crocheting++\$

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7:30 am Tai Chi**
7:35 am Morning Workout w/Todd
8 am AARP Smart Driver Course+\$
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Fluid Expressions: Waercolor
Painting+
10 am Intermediate Hula++
11 am Yoga w/ Anjana++
1 pm Chair Exercise w/Mike**
1 pm Handcrafters++
2 pm Texas Hold'em Tournament+
2:15 pm Self Defense for Seniors**
2:30 pm Lighten Up/Laughter++
3:30 pm Yoga For Seniors**

22	
7:35 am	Aerobics w/Todd*\$
8 am	Senior Walking Group++
10 am	Advanced Hula++
10 am	Bible Study++
10 am	Ultimate Optimist++
1 pm	Balance & Mobility 1**
2:15 pm	Balance & Mobility 2**
4:30 pm	Ping-Pong (Doubles)++

23	
7:30 am	Ping-Pong (Doubles)++
8 am	AARP Smart Driver Course+\$
9 am	Beginning Ukulele++
9 am	Longevity Stick++
9 am	Yoga Therapy for Strong Bones & Body++\$
10 am	Chorus++
10:15 am	Advanced Ukulele++
1 pm	Movie Matinee++

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**Senior Center
CLOSED**

Memorial Day

**memorial
DAY**



**Memorial Day Ceremony
at Cerritos Civic Center
10 am**

27

8 am	Senior Walking Group++
8:30 am	Ronald Reagan Presidential Library++\$
9 am	Bridge++
9:30 am	Country Guitar++
10 am	Medicare Basics+
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	Heart Health+
3 pm	Tech Workshop++
4:30 pm	Ping-Pong (Doubles)++

28

- 7:30 am Tai Chi**
- 9 am Longevity Stick++
- 9 am Zumba Gold++\$
- 10 am Fluid Expressions: Waercolor Painting+
- 10 am Intermediate Hula++
- 10 am GERD+
- 11 am Yoga w/ Anjana++
- 1 pm Balance & Mobility 1**
- 1 pm Chair Exercise w/Mike**
- 1 pm Handcrafters++
- 2 pm Texas Hold'em Tournament+
- 2:15 pm Balance & Mobility 2**
- 2:15 pm Self Defense For Seniors**
- 2:30 pm Lighten Up/Laughter++
- 3:30 pm Yoga For Seniors**

29

- 8 am Senior Walking Group++
- 10 am Advanced Hula++
- 10 am Bible Study++
- 10 am Ultimate Optimist++
- 4:30 pm Ping-Pong (Doubles)++

30

7:30 am Tai Chi**

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++

1 pm Stress & Emotional Wellbeing+

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