



CITY OF CERRITOS



July 2026

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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Browse classes
and register with



Announcements



The City of Cerritos is pleased to announce an update to the existing Dial-A-Ride service — a new fleet of Cerritos Dial-A-Ride vehicles, new design, and more convenient ways to use the service. Check out the latest improvements at cerritos.gov/dialaride or visit the Senior Center during staff office hours offered below.



Community Development Staff's Office Hours: Dial-A-Ride Program

The Community Development Department will host dedicated Dial-A-Ride office hours at the Senior Center, to assist seniors with program information, enrollment support, and service-related questions.

These drop-in sessions are designed to make it easier for seniors to receive personalized support and learn more about Dial-A-Ride services. Residents are encouraged to attend any session that best fits their schedule.

Tue/Wed	6/30 & 7/1	9-11AM	Free	One Day	Drop-in
Thu	7/2	2-4PM	Free	One Day	Drop-in
Tue/Wed	7/7 & 7/8	9-11AM	Free	One Day	Drop-in
Thu/Fri	7/9 & 7/10	2-4PM	Free	One Day	Drop-in

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 the class. Please visit the Reception Desk for a current book list.

Mon	7/27	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 held on every first and third Monday.

1st Mon	7/6	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	7/20	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	7/21	1:30-2:30PM	Free	Monthly Class	Drop-in
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The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

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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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 Friday, July 3.

Fri	Weekly	1-3PM	Free	Weekly Movie	Drop-in
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Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Lifelong Enrichment digital publication is available here online.

Visit the [News Signup page](#) and create an account, then select the “Lifelong Enrichment” category.

For more information, visit cerritos.gov/cnewsdigital.



Arts

Chinese Calligraphy

Join this volunteer-led group on the fourth Tuesday of every month to learn this ancient art form. All levels are welcome. Please bring calligraphy pens, brushes and paper.

4th Tue	7/28	1-4PM	Free	Monthly Class	Drop-in
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Knitting and 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	7/7-7/28	5PM-7PM	\$36	4 Classes	#17661
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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!

Registration Starts:
7/8 Resident, Non-Resident 7/15

Wed	8/12-8/26	10AM-12PM	\$75	3 Classes	#17658
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Handcrafters

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

Wed	Weekly	1-3:30PM	Free	Weekly Class	Drop-in
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Dance & Music

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. A \$7 per class payment option is also available, but the exact dollar amount is required if paying cash. Checks and credit cards will also be accepted for payment.

Tue	7/28-8/25	8-9AM	\$30	5 Classes	#17654
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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-12:30PM	Free	Weekly Class	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 Friday, July 3.

Fri	Weekly	10-11:15AM	Free	Weekly Class	Drop-in
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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	7/6	10AM-12PM	Free	Monthly Game	#17625
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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.

Tue	Weekly	9AM-12PM	Free	Weekly Game	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.

Tue	Weekly	1-4PM	Free	Weekly Game	Drop-in
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Texas Hold 'em Tournament

Join Texas Hold 'em and make new friends while learning proper wagering techniques as well as the odds of winning hands.

Wed	7/1-7/22	2-4PM	Free	Weekly Game	#17631
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Senior Services Commission

The Senior Services Commission consists of five members appointed by the City Council. Eligibility includes being a Cerritos resident who is 50 years of age or older at the time of the appointment.

Members of the Senior Services Commission advise the City Council on matters regarding the needs of Cerritos resident seniors, age 50 years and older, and the needs of people with disabilities.

The next Senior Services Commission meeting is being held on **Tuesday, August 18, 2026, at 7 p.m.** in the City Council Chamber.

For More Information

For additional meeting information, please check the [City's agenda page](#) or contact the Cerritos Senior Center at [\(562\) 916-8550](tel:5629168550).



Fitness & Wellness

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.

No class on Friday, July 3.

Wed/Fri	Weekly	9-10AM	Free	Weekly Class	Drop-in
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Neurobics

Join us for a lively, engaging class designed to keep your brain active, energized, and thriving! Neurobics is all about giving your brain a healthy workout through enjoyable activities that stimulate memory, focus, creativity, and coordination.

Tue	7/28-8/18	2:30-4PM	\$20	4 Classes	#17656
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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	7/29-8/26	9-10AM	\$25	5 Classes	#17655
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Holistic Health

This 4-week class will take you on a holistic health journey around the world where you will learn how to improve your diet, sleep and physical activity levels, balance hormonal changes, manage pain and enhance overall well-being through ancient healing wisdom with a modern twist...all while having fun!

Tue	7/28-8/18	5:30-7PM	\$20	4 Classes	#17657
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Ping-Pong

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

No play on Friday, July 3.

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



Blood Pressure Screenings

Stop by the Health Room for free standard blood pressure screening provided by a retired or active nurse volunteer. If you are a retired or active nurse interested in volunteering, please contact the Cerritos Senior Center to request an application.

Tue	Weekly	10AM-1PM	Free	Weekly	Drop-in
Wed	Weekly	9-11:30AM	Free	Weekly	Drop-in
2nd/4th Fri	7/10 & 7/24	8:30-10:30AM	Free	Monthly	Drop-in

FEATURED

Grandparents Event

Grandparents and grandchildren let’s have some fun! Join us for a fun-filled afternoon and enjoy lunch, craft and a movie. The movie information will be available at the senior center. All grandparents must be accompanied by a child. Adults 50 and older and children 12 and under may register. Space is limited.

Fri	7/17	11AM-3PM	Free	One Day	#17236
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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	7/1	12:30-3:30PM	Free	Monthly Class	By Appt.
4th Wed	7/22	12:30-3:30PM	Free	Monthly Class	By Appt.

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	7/1-7/29	9:30-11:30AM	Free	Weekly	By Appt.
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Mobile Office Hours

Need assistance with a federal agency? Visit representatives from U.S. Representative Derek Tran’s office on the 2nd Tuesday each month for help with Social Security, Medicare, VA benefits, immigration issues, federal grants, and more.

To learn more, visit tran.house.gov/mobile-office-hours.

2nd Tue	7/14	10AM-1PM	Free	Monthly	Drop-in
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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 per appointment. Appointments are required and can be scheduled at the Senior Center Reception Desk.

2nd Thu	7/9	10AM-12PM	Free	Monthly	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	7/17	10AM-12PM	Free	Monthly	Drop-in
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Senior Services Commission Rebroadcast Viewing

The Senior The Senior Center will host a viewing of the recorded August 18 Senior Services Commission meeting on **Wednesday, August 19, from 9 to 10 a.m.**

Services Commission consists of five members appointed by the City Council. Members of the Senior Services Commission advise the City Council on matters regarding the needs of Cerritos resident seniors, age 50 years and older, and the needs of people with disabilities.



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Lectures

Core Family Caregiver Skills

CORE Caregiving Skills for Family Caregivers focuses on practical guidance to help family members confidently care for their loved ones at home. Join a representative from Senior Helpers to learn essential skills, safety tips, and the best practices to support seniors’ well-being while reducing caregiver stress.

Mon	7/6	11AM	Free	1 Class	#17227
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Estate Planning

Estate planning provides a structured approach for managing and distributing assets while helping reduce uncertainty for loved ones. A well-designed plan can address wills, trusts, healthcare directives, and tax considerations to help preserve financial goals and family legacy.

Tue	7/7	10AM	Free	1 Class	#17228
Fri	7/24	10AM	Free	1 Class	#17641
Tue	8/4	10AM	Free	1 Class	#17642

Home-Care Options

Join Robert Regan from Synergy HomeCare to learn about building a care plan, the difference between non-medical home care vs. home health, and ways families can prepare financially and emotionally.

Wed	7/8	10AM	Free	1 Class	#17229
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Know the Scams, Don't Be a Victim

As technology improves and as the older adult population increases, financial abuse of older adults is becoming more frequent. Join Jenna Gutierrez from LA County Department of Mental Health for learn about financial exploitation, how to identify common scams and techniques, and get tips for scam prevention.

Thu	7/9	9AM	Free	1 Class	#17230
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Healthy Steps for Older Adults

Join Linda Castle from Partners in Care Foundation for this 3-week fall risk screening and prevention program. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

You must attend the first session to take part in the class. No one will be allowed to participate if you miss the first class.

Thu	7/9-23	1PM	Free	3 Class	#17231
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Why Annuities Win

Join Jake Richards from United California Estate Services to learn how to plan for the future and keep your estate secure.

Tue	7/14	10AM	Free	1 Class	#17633
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Cancer 101

Virtual Presentation*

Cancer is a serious disease, and understanding the basics can help make it easier to navigate. Join Jenny Alcala-Alonzo from Independence at Home to learn essential cancer information and gain a better understanding of this disease.

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

Tue	7/14	10AM	Free	1 Class	#17632
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Saving Money with Technology

The internet can open a new world for saving money and managing your finances. Join a representative from Independence at Home to learn how to keep your financial information safe, online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items.

Wed	7/15	10AM	Free	1 Class	#17634
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One-on-One Tech Coaching

Need help using an iPhone, tablet, or other tech devices? Join tech coaches from Independence at Home for one-on-one 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.

Wed	7/15	1PM	Free	1 Class	By Appt.
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Love Your Brain, Love Your Heart: The Healthy Brain Heart Connection

Join Kristy Huang-Arai from Alzheimer’s Los Angeles to understand the connection between heart health and brain health. Learn how high blood pressure and diabetes can impact brain health. Suggestions will be provided for how evidence-based healthy lifestyle choices can further decrease the risk for dementia.

Thu	7/16	10AM	Free	1 Class	#17637
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Planning for Long-Term Care

A thoughtful long-term care strategy plays a vital role in protecting family, preserving savings, strengthening retirement plans, and maintaining peace of mind. Join Jake Richards from United California Estate Services to learn about the importance of long-term care planning, associated costs, and what is and is not covered by government programs.

Tue	7/21	10AM	Free	1 Class	#17638
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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 Linnette Falcon to learn more about this benefit.

Wed	7/22	9AM	Free	1 Class	#17639
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Extreme Heat

Join Rodel Rutaquio from County of Los Angeles Public Health to learn about heat illness, what activities to avoid during extreme heat, and how to stay safe.

Wed	7/22	1PM	Free	1 Class	#17640
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AARP Smart Driver 8-Hour Course

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	7/29 & 7/30	8AM-12:30PM	\$20/\$25	2 Class	#17645
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Heart Health

Heart disease is the leading cause of death for men and women in the U.S., but there are some things to do to lower the chances of developing heart problems. Join Jenny Alcala-Alonzo from Independence at Home to learn some changes to make in your daily life to improve heart health.

Thu	7/30	11AM	Free	1 Class	#17643
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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.

Thu	8/6	10AM	Free	1 Class	#17648
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Meal Prep for Seniors

Meal Prep for Seniors highlights a healthier, more affordable alternative to eating out while empowering seniors to feel confident in the kitchen. Join Darshana Gajjar from Senior Helpers as she provides a strong foundation for meal preparation, covering recipe selection, grocery shopping, meal planning, nutrition reminders, and proper storage techniques to help reduce food waste.

Fri	8/7	11AM	Free	1 Class	#17650
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July 2026



Senior Clubs and Organizations

Cerritos Chinese American Seniors

Tue	1-4PM	Aspen/Pine	Helen Huang	(562) 547-5849 h1h312@yahoo.com
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Cerritos Folk Dancers

Tue	5-8PM	Maple	Wen Chiang	(626) 500-5035 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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July 2026

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** **RACER**
Powered by CivicRec

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.

No lunch service on Friday, July 3, 2026.

Cost

Ages 60+: Suggested donation of \$3

Ages 50-59: \$7 fee

For More Information

Call [\(562\) 916-8555](tel:(562)916-8555)



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.

July 2026



Community Events

July 2026



Community Events



Cerritos Rabies Clinic

\$15 RABIES VACCINE

BIO-HAZARD DISPOSAL FEE: \$3 (per pet)

No appointment needed, everyone is welcome!

Individual Vaccinations &
Cost Saving Vaccination Packs Available

*Dog & Cat Vaccinations • Fecal Exams • Deworming •
Wellness Exams • Microchipping • Nail Trimming •
Prescription Flea Control • Diagnostic Testing*

Fees charged for services.

CREDIT CARD (3% CARD FEE) & CASH ACCEPTED

**Cerritos Park East
Shelter 1
13234 166th Street
Cerritos, CA 90703**

**Wednesday, July 8, 2026
4 – 7 P.M.**

*Clinic is sponsored by the City of Cerritos Community
Services Division in partnership with Vet Care Pet Clinic.*

For more information, contact: **Community Services at (562) 865-8101**



July 2026



Cerritos Lifelong Enrichment

July 2026

Produced by
Community Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

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

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

Subscribe

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



**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

Fri., July 3 in observance of Independence Day