

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

CERRITOS COLLEGE

Summer Sessions Ends
August 15th

Fall Session Begins
August 18th

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 ++

ABC Adult School
Class *

Cerritos College
Class **

Fee \$

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 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++ Sunday Best
4 7:30 am Tai Chi** 9 am Yoga w/Latha++ 9 am Mahjong++ 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** 3:30 pm Yoga for Seniors**	5 8 am Senior Walking Group++ 9 am Arthritis 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++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Gardening Club++ 1 pm Magic Class++\$ 4:30 pm Ping-Pong (Doubles)++	6 7:30 am Tai Chi** 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Water Color Painting++\$ 11 am Yoga w/ Anjana++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Health Benefits of Carbs+ 2 pm Texas Hold'em Drop-in Play++ 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**	7 8 am Senior Walking Group++ 9 am Arthritis Exercise Program++ 9 am Revitalize Your Traditional Garden+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 4:30 pm Ping Pong (Doubles)++	8 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 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++ The Man from Toronto
11 7:30 am Tai Chi** 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Sewing++\$ 11 am Wills & Trusts+ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3:30 pm Yoga for Seniors**	12 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 10 am How to Dispose of Medication Safely (V)+ 10 am Medicare Basics+ 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++\$ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	13 7:30 am Tai Chi** 8 am Morning Workout w/Todd* 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Water Color Painting++\$ 10 am Long Term Care Planning+ 11 am Yoga w/ Anjana++ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in Play++ 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**	14 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 10 am Everyday Uses of AI++ 4:30 pm Ping-Pong (Doubles)++	15 7:30 am Tai Chi** 7:30 am Ping Pong (Doubles)++ 8 am Morning Workout w/Todd* 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Strong Bones & Body++\$ 10 am Chorus++ 10 am Alzheimer's Caregiver Support Group+ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ Damsel
18 7:30 am Tai Chi** 8 am Morning Workout w/Todd* 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Sewing++\$ 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** 3:30 pm Yoga for Seniors**	19 8 am Senior Walking Group++ 9 am Bridge++ 9 am Preserving Your Memory+ 9:30 am Country Guitar++ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 1 pm Gardening Club++ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	20 7:30 am Tai Chi** 8 am Morning Workout w/Todd* 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Intermediate Hula++ 10 am Water Color Painting++\$ 11 am Yoga w/ Anjana++ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 1 pm Fentanyl & Responding to Overdose+ 2 pm Texas Hold'em Drop-in Play++ 2:15 pm Self Defense for Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**	21 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 10 am Behaviors & Alzheimer's Disease+ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping-Pong (Doubles)++	22 7:30 am Tai Chi** 7:30 am Ping-Pong (Doubles)++ 8 am Morning Workout w/Todd* 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Brain++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ The Electric State
25 7:30 am Tai Chi** 8 am Morning Workout w/Todd* 9 am Yoga w/Latha++ 9 am Mahjong++ 10 am Sewing++\$ 11 am Preparing to Evacuate+ 1 pm Chair Exercise 1 w/Mike** 1 pm Chair Exercise 2 w/Tracy** 1 pm Book Club++ 2 pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy** 2:15 pm Self Defense for Seniors** 3:30 pm Yoga for Seniors**	26 8 am Senior Walking Group++ 9 am Bridge++ 9:30 am Country Guitar++ 11 am Ice Cream Social++ 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++ 1 pm Magic Class++\$ 2 pm Memory Loss & Medication Safety+ 4:30 pm Ping-Pong (Doubles)++ 5 pm Knitting & Crocheting++\$	27 7:30 am Tai Chi** 8 am Morning Workout w/Todd* 9 am Longevity Stick++ 10 am Intermediate Hula++ 10 am Water Color Painting++\$ 11 am Yoga w/ Anjana++ 1 pm Handcrafters++ 2 pm Texas Hold'em Drop-in Play++ 2:15 pm Self Defense for Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors**	28 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 10 am Long Term Care+ 1 pm Chair Exercise 2 w/Tracy** 2:15 pm Chair Exercise 3 w/Tracy** 4:30 pm Ping-Pong (Doubles)++	29 7:30 am Tai Chi** 7:30 am Ping-Pong (Doubles)++ 8 am Morning Workout w/Todd* 9 am Beginning Ukulele++ 9 am Longevity Stick++ 9 am Yoga Therapy For Healthy Aging Brain++\$ 10 am Chorus++ 10 am Medicare 101+ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++ No One Will Save You

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