

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

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 ++

By Appointment (A)

Services #

ABC Adult School
Class *

Cerritos College
Class **

Fee \$

August 2026

MONDAY

3
7:30 am Tai Chi**
9 am Mahjong++
10 am Billiards Tournament++
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**

10
7:30 am Tai Chi**
9 am Mahjong++
10 am Sewing++\$
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3:30 pm Yoga For Seniors**

17
7:30 am Tai Chi**
8 am Morning Workout w/Todd++
9 am Mahjong++
10 am Sewing++\$
10 am Cal Fresh #
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 pm Discovering Joy in Life++
3:30 pm Yoga For Seniors**

24
7:30 am Tai Chi**
8 am Morning Workout w/Todd++
9 am Mahjong++
10 am Sewing++\$
1 pm Book Club+
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3 pm Discovering Joy in Life++
3:30 pm Yoga For Seniors**

31
8 am Morning Workout w/Todd++
9 am Mahjong++
10 am Sewing++\$
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
3 pm Discovering Joy in Life++

TUESDAY

4
8 am Senior Walking Group++
9 am Bridge++
9:30 am Country Guitar++
10 am Blood Pressure Screening #
10 am Estate Planning+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++
1 pm Chinese Wei Qi++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5:30 pm Holistic Health++\$

11
8 am Senior Walking Group++
9 am Bridge++
9:30 am Country Guitar++
10 am Blood Pressure Screening #
10 am Derek Tran Mobile Office #
10 am Music and Memory+(V)
10 am Why Annuities Win+
12:30 pm Chair Yoga++
1 pm Chinese Wei Qi++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting and Crocheting++\$
5:30 pm Holistic Health++\$

18
8 am Senior Walking Group++
9 am Bridge++
9:30 am Country Guitar++
10 am Blood Pressure Screening #
10 am Planning for Long-Term Care+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
1:30 pm Gardening Club++
2:30 pm Chinese Wei Qi++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$
5:30 pm Holistic Health++\$

25
8 am Senior Walking Group++
9 am Bridge++
9:30 am Country Guitar++
10 am Blood Pressure Screening #
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++
1 pm Chinese Wei Qi++
1 pm Chinese Calligraphy++
2 pm Music for Social Entertainment+
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$

WEDNESDAY

5
7:30 am Tai Chi**
9 am Blood Pressure Screening #
9 am Longevity Stick++
9 am Zumba Gold++\$
9:30 am HSA Case Management #(A)
11 am Yoga w/Anjana++
12:30 pm HICAP Program #(A)
pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
1 pm Handcrafters++
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3:30 pm Yoga For Seniors**

12
7:30 am Tai Chi**
8 am Morning Workout w/Todd++
9 am Blood Pressure Screening #
9 am Longevity Stick++
9 am Zumba Gold++\$
9:30 am HSA Case Management #(A)
10 am Signs of Cognitive Decline+
10 am Watercolor Painting+\$
11 am Yoga w/Anjana++
1 pm Chair Exercise 1 w/Mike**
1 pm Chair Exercise 2 w/Tracy**
1 pm Handcrafters++
1 pm West Nile Virus+
2:15 pm Chair Exercise 3 w/Tracy**
2:15 pm Self Defense For Seniors**
3:30 pm Yoga For Seniors**

19
7:30 am Tai Chi**
8 am Morning Workout w/Todd++
9 am Blood Pressure Screening #
9 am Longevity Stick++
9 am Senior Services Commission Viewing +
9 am Zumba Gold++\$
9:30 am HSA Case Management #(A)
10 am Technology for Aging in Place+
10 am Watercolor Painting+\$
11 am Yoga w/Anjana++
1 pm Chair Exercise 1 w/ Mike**
1 pm One-on-One Coaching (A)
1 pm Handcrafters++
2:15 pm Self Defense For Seniors**
3:30 pm Yoga For Seniors**

26
7:30 am Tai Chi**
8 am Morning Workout w/Todd++
9 am Blood Pressure Screening #
9 am Living Trusts+
9 am Longevity Stick++
9 am Zumba Gold++\$
9:30 am HSA Case Management #(A)
10 am Watercolor Painting+\$
11 am Yoga w/Anjana++
12:30 pm HICAP Program #(A)
1 pm Chair Exercise 1 w/Mike**
1 pm Handcrafters++
2:15 pm Self Defense For Seniors**
3:30 pm Yoga For Seniors**

THURSDAY

6
8 am Senior Walking Group++
8:30 am Yoga w/Latha++
10 am Advanced Hula++
10 am Bible Study++
10 am Medicare Basics+
4:30 pm Ping Pong (Doubles)++

13
8 am Senior Walking Group++
8:30 am Yoga w/Latha++
9 am Notary Public Service #(A)
9 am Stress Management+
10 am Advanced Hula++
10 am Bible Study++
4:30 pm Ping Pong (Doubles)++

20
8 am Senior Walking Group++
8:30 am Yoga w/Latha++
10 am Advanced Hula++
10 am Behaviors & Alzheimer's Disease+
10 am Bible Study++
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
4:30 pm Ping Pong (Doubles)++

27
8 am Senior Walking Group++
8:30 am Yoga w/Latha++
10 am Advanced Hula++
10 am Bible Study++
10 am Cerritos Dial-A-Ride Program Workshop+
1 pm Chair Exercise 2 w/Tracy**
2:15 pm Chair Exercise 3 w/Tracy**
4:30 pm Ping Pong (Doubles)++

FRIDAY

7
7:30 am Tai Chi**
7:30 am Ping Pong (Doubles)++
8:30 am Blood Pressure Screenings #
9 am Beyond Beginning Ukulele++
9 am Longevity Stick++
10 am Chorus++
10:15 am Advanced Ukulele++
11 am Meal Prep for Seniors+
11:30 am Beginning Ukulele+
1 pm Movie Matinee++

"Project Hail Mary"

14
7:30 am Tai Chi**
7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd++
8:30 am Blood Pressure Screenings #
9 am Beyond Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Chorus++
10:15 am Advanced Ukulele++
11:30 am Beginning Ukulele+
1 pm Movie Matinee++

"The Rental Family"

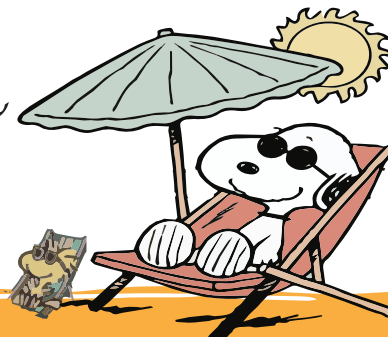
21
7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd++
8:30 am Blood Pressure Screenings #
9 am Beyond Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Alzheimers Caregiver Support Group++
10 am Chorus++
10:15 am Advanced Ukulele++
11:30 am Beginning Ukulele++
1 pm Movie Matinee++

"Superman"

28
7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd++
9 am Beyond Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Aging in Place+
10 am Chorus++
10:15 am Advanced Ukulele++
11:30 am Beginning Ukulele++
1 pm Movie Matinee++

"The Sheep Detectives"

HAPPY AUGUST



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