

30
YEARS OF SERVICE
1994-2024



March 2026



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

Chair Exercise w/Tracy
Will Not Meet
3/19

Chair Exercise w/Mike
Self Defense For Seniors
Yoga for Seniors
Will Not Meet
3/30 - 4/03

Discovering Joy in Life
Will Not Meet
3/16 - 3/20

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 \$



MONDAY

2
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
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 pm Discovering Joy in Life**
3:30 pm Yoga for Seniors**

9
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Sewing++\$
11 am Caregiver Basics: Cancer+
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**

16
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Sewing++\$
1 pm 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**
3:30 pm Yoga for Seniors**

23
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
10 am Sewing++\$
11 am Benefits of Outdoor Physical Activity for Older Adults+
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**

30
8 am Morning Workout w/Todd**
9 am Mahjong++
9 am Yoga w/Latha++
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

3
8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
9:30 am Interview a Senior (S.P.I.C.E.)+
10 am Wills or Trusts: What do I need?+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++\$
1 pm Cerritos Wei Qi++
4:30 pm Ping-Pong (Doubles)++

10
8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Caregivers are People Too+(V)
10 am Mobile Office Hours+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
12:30 pm Chair Yoga++\$
1 pm Cerritos Wei Qi++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting and Crocheting++\$
5:30 pm The Ageless Collective++\$

17
8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Long Term Care+
11:15 am Keyboard-Piano 1++\$
12 pm Keyboard-Piano 2++\$
1 pm Chinese Wei Qi++
1:30 pm Gardening Club++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5:30 pm The Ageless Collective++\$

24
8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Sensitivity to Aging (S.P.I.C.E.)+
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 Empowered Relief+
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$
5:30 pm The Ageless Collective++\$

31
8 am Senior Walking Group++
8 am Crystal Singing Bowl Sound Bath++\$
9 am Bridge++
9:30 am Country Guitar++
10 am Preserving your Memory+
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++
2:30 pm Neurobics++\$
4:30 pm Ping-Pong (Doubles)++
5 pm Knitting & Crocheting++\$
5:30 pm The Ageless Collective++\$

WEDNESDAY

4
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 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**

11
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Longevity Stick++
9 am Zumba Gold++\$
9:30 am CSULB Nursing Mini Health Fair+
9:30 am Santa Ana Zoo Excursion++\$
10 am Simple Home Safety Adjustments+
10 am Watercolor Painting+\$
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 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**

18
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
8 am 8-Hour AARP Smart Driver++\$
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Watercolor Painting+\$
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**

25
7:30 am Tai Chi**
8 am Morning Workout w/Todd**
9 am Living Trusts+
9 am Longevity Stick++
9 am Zumba Gold++\$
10 am Intro to Managing Your Privacy+
11 am Yoga w/ Anjana++
1 pm Chair Exercise 1 w/Mike**
1 pm Handcrafters++
1 pm One-on-One Coaching++
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**

THURSDAY

5
8 am Senior Walking Group++
10 am Advanced Hula++
10 am Bible Study++
10 am Savvy Caregivers Express+
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

12
8 am Senior Walking Group++
10 am Advanced Hula++
10 am Bible Study++
10 am Savvy Caregivers Express+
10 am Ultimate Optimist++
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

19
8 am Senior Walking Group++
10 am Advanced Hula++
10 am Bible Study++
10 am Savvy Caregivers Express+
10 am Ultimate Optimist++
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

26
8 am Senior Walking Group++
10 am Advanced Hula++
10 am Bible Study++
10 am Ultimate Optimist++
1 pm Healthy Steps for Older Adults+
1 pm Chair Exercise 2 w/Tracy **
2:15 pm Chair Exercise 3 w/Tracy**
3:30 pm Senior Tech Workshop++
4:30 pm Ping Pong (Doubles)++

FRIDAY

6
8 am Morning Workout w/Todd**
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10:15 am Advanced Ukulele++
1 pm Movie Matinee+

"Eleanor the Great"

13
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++
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Flipped"

20
7:30 am Ping Pong (Doubles)++
8 am Morning Workout w/Todd**
8 am 8-Hour AARP Smart Driver++\$
9 am Beginning Ukulele++
9 am Longevity Stick++
9 am Yoga Therapy for Strong Bones & Body++\$
10 am Alzheimers Caregiver Support Group++
10:15 am Chorus++
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Free Solo"

27
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++\$
10:15 am Chorus++
10:15 am Advanced Ukulele++
1 pm Movie Matinee++

"Soul on Fire"

