



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



November 2026

Cerritos Senior Center

12340 South St. Cerritos, CA 90703

Monday, Wednesday, & Friday: 7:30 a.m. - 8 p.m.

CLOSED Saturday & Sunday

H.S.A. Lunch Program

(SERVES PATRONS 50 YEARS AND OLDER)

Reservations now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before 11 am on the previous day you plan to attend.

(Monday Reservations must be made on the previous Friday)

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.

Lunch is promptly at 12 p.m. 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.

60+ years: Suggested donation of \$3.00

50-59 years: a fee of \$7.00

For reservations or more information, please CALL (562) 916-8555.

HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” SENIOR DINING CENTER NOVEMBER 2026

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TURKEY MEATLOAF WG Bread Mashed Potatoes Marinated Tomato Salad Applesauce	3 <i>Choice of Entrée</i> GARLIC BUTTER FISH OR SWEET & SOUR PORK Barleyw/Parsley Spinach Mesclun Salad Orange	4 Creamof Mushroom SLOPPY TURKEY JOES WG Bun Sweet Potato Marinated Cucumber Salad Pineapple & Mango	5 ROSEMARY CHICKEN w/CREAMY GARLIC SAUCE WGDinnerRollCouscousPilaf Cauliflower/Three Bean Salad Cantaloupe Oatmeal Cookie	6 Tofu & Vegetable Soup ASIAN BEEF w/GREEN ONIONS Brown Rice Broccoli Chopped Salad Pear
BBQ CHICKEN Barley Pilaf Collard Greens Black Eye Peas Tropical Fruit	10 BEEF LASAGNA WG Bread Broccoli Caesar Salad Pear Chocolate Chip	11 ALL SITES CLOSED 	12 Happy November Birthdays! BEEF STEW WG Bread Carrots & Zucchini Medley Creamy Dill Cucumber Salad Kiwi Cake	13 Tomato Soup PORK w/MUSHROOM SAUCE WGPenne Pasta w/Marsala Sauce Peas & Onions Marinated Beet Salad Orange
Cream of Mushroom BREADED FISH WG Roll Zucchini Medley Creamy Coleslaw Peach	17 CREAMY BASIL CHICKEN WGBarley Pilaf Peas Garden Salad w/Cucumber Cantaloupe Wedge	18 HAMBURGER WGHamburger Bun Tomato, Lettuce Baked Beans Brussel Sprouts Orange Fruited Vanilla Yogurt	19 Split Pea Soup TUNA SALAD SANDWICH WG BREAD Lettuce& Tomato Potato Salad Mandarin Orange	20 Thanksgiving Luncheon ROAST TURKEY W/GRAVY WGDinnerRoll Cornbread Stuffing Mashed Potatoes Peas & Carrots FreshFruit/Pumpkin Pie
CHICKEN MOLE CilantroLimeBrown Rice Flour Tortilla Cauliflower Corn Relish Salad Tropical Fruit	24 ItalianWeddingSoup TUNA SALAD SANDWICH WGBread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Applesauce	25 SPAGHETTI w/TURKEY MEAT SAUCE WG Spaghetti Sourdough Bread Broccoli Romaine Caesar Salad w/Croutons/ Banana	26 ALL SITES CLOSED <i>Happy Thanksgiving Day</i>	27 ALL SITES CLOSED
ButternutSquash Soup PORKLOIN w/PEPPERCORN SAUCE WG Bread Stuffing/Carrots Mediterranean Salad Orange Oatmeal or Chocolate Chip Cookie	31 VEGETARIAN CHILI Barleyw/Herbs Zucchini Chopped Spinach/Kale Salad Banana			VOLUNTARY CONTRIBUTION FOR SENIORS 60 YRS & OLDER \$3.00 FEE FOR NON-SENIORS \$7.00