

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** 



### WEDNESDAY **TUESDAY**

## **THURSDAY**

# FRIDAY



Longevity Stick++ Zumba Gold++\$ 10 am Intermediate Hula++ 11 am Yoga w/ Anjana++ Chair Exercise w/Mike\*\* 1 pm Handcrafters++ 1 pm Texas Hold'em Drop in Play++ 2 pm 2:15 pm Self Defense For Seniors\*\*

2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors\*\*

2 8 am Senior Walking Group+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++

Senior Center and Fitness Center will close at 1 pm due to Health Fair Set-up.

**Cerritos Senior Center** Health & **Wellness Fair** 

8:30 am - noon **Cerritos Residents** 9 am - noon Non-residents

**Please Note: Routine activities/classes** WILL NOT occur. Fitness Center will be closed. Center will close immediately following the Health Fair.

6 7:30 am Tai Chi\*\* Morning Workout w/Todd\* 8 am Yoga w/Latha++ 9 am 9 am Mahjong++ 10 am Billiards Tournament++ 10 am Sewing++\$ 11 am Living Trusts+ Chair Exercise 1 w/Mike\*\* 1 pm Chair Exercise 2 w/Tracy\*\* 1 pm 2 pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy\*\* 2:15 pm Self Defense For Seniors\*\*

Discovering Joy in Life\*\*

3:30 pm Yoga for Seniors\*\*

8 am 9 am

Senior Walking Group++ Bridge++ 9:30 am Country Guitar++ 10 am Downsizing+ 11:15 am Keyboard-Piano 1++\$ Keyboard-Piano 2++\$ 12 pm 12:30 pm Chair Yoga++\$ Cerritos Wei Qi++ 1 pm Magic Class++\$ 1 pm Ping-Pong (Doubles)++ 4:30 pm Knitting and Crocheting++\$ 5 pm

8 7:30 am Tai Chi\*\* Morning Workout w/Todd\*\* 8 am Longevity Stick++ 9 am 9 am Zumba Gold++\$ Intermediate Hula++ 10 am Wills & Trusts+ 10 am 11 am Yoga w/ Anjana++ Chair Exercise w/Mike\*\* 1 pm Handcrafters++ 1 pm

Texas Hold'em Drop in Play+-2 pm Self Defense For Seniors\*\* 2:15 pm 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga for Seniors\*\*

9 8 am Senior Walking Group++ 10 am Advanced Hula++

10 am Bible Study++ 10 am **Exploring Online Health** Resources+ 10 am Ultimate Optimist++

1 pm Chair Exercise 2 w/Tracy \*\* One-on-one Tech Coaching\*\* 1 pm 2:15 pm Chair Exercise 3 w/Tracy\*\* 4:30 pm Ping Pong (Doubles)++

10

8 am

9 am

9 am

9 am

10 am

10 am

3

7:30 am Ping Pong (Doubles)++ Morning Workout w/Todd\*\* Beginning Ukulele++ Longevity Stick++ Yoga Therapy For

Healthy Aging Brain++\$ Chorus++ Long Term Care Planning+

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

"The Penguin Lesson"



## **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 +

Class ++

Virtual Lecture (V)+

**Senior Center** 

**ABC Adult School** Class \*

**Cerritos College** Class \*\*

Fee \$

7:30 am Tai Chi\*\* Morning Workout w/Todd\* 8 am 9 am Mahjong++ Yoga w/Latha++ 9 am 10 am Sewing++\$ Chair Exercise 1 w/Mike\*\* 1 pm Chair Exercise 2 w/Tracy\*\* 1 pm 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\*\*

**14** 8 am 9 am 9:30 am

Bridge++ Country Guitar++ 10 am Cyber Security Awareness(V)+ Medicare Basics+ 10 am 11:15 am Keyboard-Piano 1++\$ Keyboard-Piano 2++\$ 12 pm 12:30 pm Chair Yoga++\$ Chinese Wei Qi++ 1 pm Magic Class++\$ 1 pm Ping-Pong (Doubles)++ 4:30 pm

Senior Walking Group++

Knitting & Crocheting++\$

**15** 

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

**16** 

8 am Senior Walking Group++ 10 am Advanced Hula++ Bible Study++ 10 am Communication & Dementia+ 10 am Ultimate Optimist++ Chair Exercise 2 w/Tracy\*\* 2:15 pm Chair Exercise 3 w/Tracy\*\* 4:30 pm Ping-Pong (Doubles)++

17 7:30 am

Ping Pong (Doubles)++ Morning Workout 8 am w/Todd\*\* 9 am Beginning Ukulele++ Longevity Stick++ 9 am Yoga Therapy For 9 am Healthy Aging Brain++\$ 10 am **Alzheimers Caregiver** Support Group++ 10 am Chorus++ 10:15 am Advanced Ukulele++ Movie Matinee++

"The Cloverfield Paradox"

20 7:30 am

13

Tai Chi\*\* Morning Workout w/Todd\* Mahjong++ 9 am 9 am Yoga w/Latha++ 11 am Coping with Vision Loss+ Chair Exercise 1 w/Mike\*\* 1 pm Chair Exercise 2 w/Tracy\*\* 1 pm Life Stories++ 2:15 pm Chair Exercise 3 w/Tracy\*\* 2:15 pm Self Defense For Seniors\*\* 1:30 pm Gardening Club++ pm Discovering Joy in Life\*\* 3:30 pm Yoga for Seniors\*\*

21 8 am 9 am

Senior Walking Group++ Bridge++ Late-Life Transitions+ 9 am 9:30 am Country Guitar++ 11:15 am Keyboard Piano 1++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ Chinese Wei Oi++ 1 pm 1 pm Magic Class++\$ 1:30 pm Ping-Pong (Doubles)++ Knitting & Crocheting++\$ 22 7:30 am Tai Chi\*\* 8-Hour AARP Samrt Driver+\$

Morning Workout w/Todd\*\* 8 am Longevity Stick++ 9 am 9 am Zumba Gold++\$ Hula Intermediate++ 10 am 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ Chair Exercise w/Mike\*\* 1 pm Handcrafters++ 1 pm 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\*\*

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8 am Senior Walking Group++ 10 am Advanced Hula++ Bible Study++ 10 am Medicare Basics 101+ 10 am 10 am Ultimate Optimist++ Chair Exericse 2 w/Tracy\*\* 1 pm 2:15 pm Chair Exercise 3 w/Tracy\*\* 4:30 pm Ping-Pong (Doubles)++

**24** 7:30 am Ping-Pong (Doubles)++

8 am

8 am

9 am

9 am

9 am

8-Hour AARP Smart Driver+\$ Morning Workout w/Todd\*\* Beginning Ukulele++ Longevity Stick++ Yoga Therapy For Healthy Aging Brain++\$ Chorus++

10:15 am Advanced Ukulele++ Movie Matinee++

"The Phoenician Scheme"

**27** 

7:30 am Tai Chi\*\* Morning Workout w/Todd\* 8 am 9 am Mahjong++ Yoga w/Latha++ 9 am 10 am Sewing++\$ Book Club++ 1 pm Chair Exercise 1 w/Mike\*\* 1 pm Chair Exercise 2 w/Tracy\*\* 1 pm 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\*\*

**28** 

8 am Senior Walking Group++ 9 am Bridge++ Country Guitar++ 9:30 am Protecting Their Legacy+ 10 am 11:15 am Keyboard Piano 1++\$ Keyboard Piano 2++\$ 12 pm Chair Yoga++\$ 12:30 pm Chinese Wei Qi++ 1 pm Chinese Calligraphy++ 1 pm 1 pm It's Fall Yall++ 1 pm Magic Class++\$ Thankful for Tomorrow: 2 pm A Visioning Journey with Gratitude+ 4:30 pm Ping-Pong (Doubles)++ Knitting & Crocheting++\$ 5 pm

**29** 

7:30 am Tai Chi\*\* Morning Workout w/Todd\*\* 9 am Longevity Stick++ 9 am Zumba Gold++\$ 10 am Hula Intermediate++ 10 am Navigating the Transition: From Home to Assisted Living+ 10 am Watercolor Painting+\$ 11 am Yoga w/ Anjana++ Chair Exercise w/Mike\*\* 1 pm 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\*\*

**30** 

8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Long Term Care+ 10 am Ultimate Optimist++ 1 pm Chair Exericse 2 w/Tracy\*\* 1 pm One-on-one Tech Coaching+ 2:15 pm Chair Exercise 3 w/Tracy\*\* 4:30 pm Ping-Pong (Doubles)++

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7:30 am Ping-Pong (Doubles)++ Morning Workout 8 am w/Todd\*\* 9 am Beginning Ukulele++ Longevity Stick++ 9 am 9 am Yoga Therapy For Healthy Aging Brain++\$ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++

"Honest Thief"