



CITY OF CERRITOS



December 2025

Cerritos Lifelong Enrichment

Recreation, Education, Fitness, Wellness, and Adult Services
for People 50 Years and Over

Your Cerritos Digital Newsletter

The City of Cerritos welcomes you to our digital edition of the “Cerritos Lifelong Enrichment!” We’re pleased to present information about upcoming activities at the Cerritos Senior Center at Pat Nixon Park.

To print this newsletter, download the PDF first (icon located on lower right side below the newsletter) and select printing options from your browser.

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Special Events

Chorus Holiday Concert

The Cerritos Senior Center Chorus will be spreading holiday cheer with a lively performance of seasonal favorites! Join us for an afternoon of music and merriment and wear your most festive sweater to get in the holiday spirit. Light refreshments will be served following the concert.

Fri	12/12	1-3PM	Free	1 Day	Drop-in
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Holiday Movie Marathon

Join us to get into the Christmas spirit and watch some holiday movies with friends. There will be a brief intermission for refreshments in between movies. Movies will be announced on flyers at the Reception Desk.

Fri	12/19	10:30AM/1PM	Free	1 Day	Drop-in
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Thank You, Cerritos Senior Center Volunteers!

As we wrap up another wonderful year, the Center looks back on all we’ve accomplished—and shining brightly in every memory are *you*, our amazing volunteers. From greeting senior patrons in the gift boutique, serving warm lunches, instructing classes, and providing blood pressure screenings, to supporting Community Wide Ceremonies and countless special events, you’ve been there with energy, kindness, and heart.

A very special thank-you to each of our volunteers. You are truly the heartbeat of the Senior Center!

Wishing you a joyful, healthy, and Happy New Year! We can’t wait to celebrate another successful and exciting year together!

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Senior Excursion

Travel Policy

Please join us for the exciting excursion listed below. During Cerritos resident registration, Cerritos residents may purchase a maximum of two tickets per household account: one for themselves and one additional ticket. During open registration, Cerritos residents and non-residents may purchase multiple number of tickets.

Tickets may be purchased in person or online for participants 50 years and older and paid in full by check, money order, Visa or MasterCard.

All cancellations must be made 10 days prior to excursion date, unless noted otherwise. Tickets are non-transferable. Pick-up and drop-off location will be the Cerritos Sports Complex front lot at 19900 Bloomfield Avenue.

Changes will be noted on flyers and confirmed two days prior to the excursion date. During registration, you will be given a new excursion affidavit form to fill out, and prior to boarding the bus, you MUST show your picture I.D.

Natural History Museum

Discover the wonders of our world — ancient fossils, sparkling gems, and captivating exhibits await. Join us for an inspiring afternoon of curiosity and discovery.

Registration Starts:					
12/2 Residents, Non-resident 12/9					
Tue	1/6	9:30AM-4PM	\$35	1 Day	#15970

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Special Activities

Writing Your Life Story

Leave a legacy for your family to cherish through this inspiring group writing experience. Share your life journey through meaningful storytelling in this friendly and encouraging setting. Classes are every first and third Monday.

1st Mon	12/1	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	12/15	2-4PM	Free	Bi-Weekly Class	Drop-in

Gardening Club

Join volunteer Ingrid for our new gardening club. Whether you’re new to gardening or have years of experience, the club will be educational and fun. There will be basic gardening techniques, as well as information on what to plant for natural wellness. Let’s grow a new garden community at the Cerritos Senior Center.

3rd Tue	12/16	1:30-2:30PM	Free	Monthly Class	Drop-in
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Lighten Up with Laughter

Laughter brings enthusiasm, happiness and zest in your life. Join volunteer instructor, Sudha and enjoy a little laughter and humor with friends.

No class on December 24.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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Ultimate Optimist

Join volunteer instructor Sudha and learn to become the ultimate optimist. Acquiring knowledge on how to think differently and create a life that honors your deepest desires. Daily practice will keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity and more.

No class on December 25.

Thu	Weekly	10-11AM	Free	Weekly Class	Drop-in
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Bible Study

Join this volunteer-led group and share points of view in a safe and open environment.

No class on December 25.

Thu	Weekly	10AM-12PM	Free	Weekly Class	Drop-in
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Friday Movie Matinee

Movies shown are rated “G” to “PG-13.” Please note that movie titles are subject to change based on availability. Please stop by the Reception Desk to pick up a list of movies and a synopsis of content offered for each month. Visual captions will be in play only if a patron requests this option prior to the start of the movie and only if the movie offers the caption option.

Fri	Weekly	1-3PM	Free	Weekly Movie	Drop-in
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FEATURED CLASS

Holiday Blues

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. Join Eunbin Sim from Los Angeles County Department of Mental Health to discuss strategies to combat feelings of sadness or “the blues” during the winter holidays.

Mon	12/15	9AM	Free	1 Class	#15960
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Arts

Magic Class

Join instructor Todd Reis for an exciting magic class. Learn how to do basic card tricks and other tricks of the trade.

Tue	12/16-1/6	1-2:15PM	\$20	4 Classes	#15927
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Watercolor Painting

Immerse yourself in the world of watercolor painting with Darshini Aithal, where you'll refine your skills and embrace the joy of painting. Each session offers engaging demonstrations and hands-on practice, covering basics, techniques, and valuable tips for creating stunning masterpieces. All levels are welcome, from beginners to intermediates. Please bring your own supplies (a list will be provided) and come ready to start this colorful journey with imagination and enthusiasm!

Wed	12/3-12/17	10AM-12PM	\$75	3 Classes	#15962
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Handcrafters

Come out and share your handcrafting talents with your peers. All levels are welcome.

Wed	12/3-12/17	1-4PM	Free	Weekly Class	Drop-in
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Dance & Music

Country Guitar

Join this volunteer-led group for a guitar play session. Some knowledge of guitar playing is required.

Tue	Weekly	9:30AM-12PM	Free	Weekly Class	Drop-in
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Chorus

Join this volunteer-led group every Friday and learn how to sing amazing songs in perfect harmony.

No class on December 26.

Fri	Weekly	10-11:15AM	Free	Weekly Class	Drop-in
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Crystal Singing Bowl Sound Bath

Experience deep relaxation and natural healing through the soothing sounds of crystal singing bowls. A sound bath is a meditative journey where you sit or lie down comfortably while gentle, beautiful tones surround you. These vibrations help calm the nervous system and bring the body into a state of balance.

There is a \$7 per class payment option is also available, but the exact dollar amount is required if paying cash. Space is limited and priority class space will be given to students who have registered for the 5-week session. Checks and credit cards will also be accepted for payment.

Tue	12/23-1/20	8-9AM	\$30	5 Classes	#15967
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Games

Billiards Tournament

Tournament play will be on the first Monday of every month. Compete for prizes and bragging rights in this friendly monthly competition. Tournaments will be scheduled on the second Monday of the month when holidays occur on the first Monday. Open play is not allowed during tournament play.

1st Mon	12/1	10AM-12PM	Free	Monthly Game	#15447
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Chinese Hong Kong Mahjong

Mahjong is a Chinese board game that gained U.S. popularity in the 1920's. Some knowledge of the game is required to participate in the group.

Mon	Weekly	9-11:30AM	Free	Weekly Game	Drop-in
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Bridge

Boost your mental fitness, sharpen your bridge skills, while making new friends. All levels are welcome, but some playing knowledge is required.

Tue	Weekly	9AM-12PM	Free	Weekly Game	Drop-in
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Cerritos Wei Qi

Wei Qi is a chess game invented in China more than 2,500 years ago. Some knowledge of the game is required to participate in the group.

Tue	Weekly	1-4PM	Free	Weekly Game	Drop-in
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Texas Hold ‘em Drop-in Play

Join Texas Hold ‘em drop-in play and make new friends while learning proper wagering techniques as well as the odds of winning hands.

Wed	12/3-12/17	2-4PM	Free	Weekly Game	Drop-in
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SAVE THE DATE

Holiday Movie Marathon

Join us to get into the Christmas spirit and watch some holiday movies with friends. There will be a brief intermission for refreshments in between movies. Movies will be announced on flyers at the Reception Desk.



Friday, December 19
10:30 a.m. and 1 p.m.



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Sports & Fitness

Senior Walking Group

Join volunteer instructor and fellow walkers and enjoy the outdoors. You can get fit while making friends. All levels welcomed and will not meet in cases of inclement weather. Group meets at the Reception Desk and will leave the Senior Center site. Walkers must sign in and have a current waiver on file.

No class on December 25.

Tue/Thu	Weekly	8-9AM	Free	2 Classes/Week	Drop-in
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Longevity Stick Art

The “Longevity Stick” regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity, and vitality. This class is held outdoors. Class will not be held on days of inclement weather.

No class on December 24, December 26, and December 31.

Wed/Fri	Weekly	9-10AM	Free	Weekly Class	Drop-in
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Ping-Pong

Join your friends on Tuesdays, Thursdays, and Fridays for doubles play.

No play on December 25.

Tue	Weekly	4:30-7:30PM	Free	Weekly Class	Drop-in
Thu	Weekly	4:30-7:30PM	Free	Weekly Class	Drop-in
Fri	Weekly	7:30AM-12PM	Free	Weekly Class	Drop-in

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Information/Referrals

Health Insurance Counseling and Advocacy Program

The Health Insurance Counseling and Advocacy Program (HICAP) of the Center for Health Care Rights provides free assistance to Los Angeles County Medicare beneficiaries who need help getting through the Medicare Maze. The Cerritos Senior Center HICAP representative is Erica.

L.A. County Residents only.

1st Wed	12/3	12:30-3:30PM	Free	Monthly Class	By Appt.
3rd Wed	12/17	12:30-3:30PM	Free	Monthly Class	By Appt.

Notary Public Service

Join Certified Senior Advisor from CarePatrol of Inland LA County for a free Notary Service on the 2nd Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons MUST have documents prepared and only 2 documents to be notarized pers appointment. Appointments are required and can be scheduled at the Senior Center Reception Desk.

2nd Thu	12/11	10AM-12PM	Free	Monthly Class	By Appt.
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HSA Case Management

Sponsored by Human Services Association, the Supportive Services Program (SSP) helps elders obtain services that enable them to safely remain at home with a measure of independence and dignity. Human Services Association representative is Reina.

Cerritos residents only. Please make an appointment at the Reception Desk.

Wed	12/3-12/17	9:30-11:30AM	Free	Weekly Class	By Appt.
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Alzheimer’s Caregiver Support Group

For many, the best source of support is through support groups. Join a facilitator from Alzheimer’s Los Angeles on the third Friday of each month to develop new coping strategies and find comfort, strength and hope in a compassionate and safe environment.

3rd Fri	12/19	10AM-12PM	Free	Monthly Class	Drop-in
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Holiday Donations

United States Marine Corps Toys for Tots

The annual Toys for Tots program, sponsored by the United States Marine Corps with the City of Cerritos, provides gifts to local underprivileged children. New, unwrapped toys may be dropped off Wednesday, November 5 through Friday, December 12 in the Toys for Tots bins at Cerritos City Hall, Cerritos Library, Cerritos Senior Center at Pat Nixon Park, Liberty Park, Cerritos Park East.

Salvation Army Angel Giving Tree

The Salvation Army Angel Giving Tree Program helps brighten Christmas for needy children. To participate, pick up one or more tags at the Cerritos Senior Center between Wednesday, November 5 and Friday, December 5. Each tag will list the child’s age, gender, clothing size and toy request. Submit your donation, along with the original tag, to the Cerritos Senior Center on or before Friday, December 12.

For more information on Toys for Tots or the Salvation Army Angel Giving Tree, call the Community Services Division at [\(562\) 865-8101](tel:5628658101).

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Lectures

Holiday Tips for Caregivers

Family gatherings and holidays can be challenging when a loved one has dementia. Join Kristy Huang-Arai from Alzheimer’s Los Angeles as she shares practical tips to help make these occasions more enjoyable and inclusive for everyone.

Thu	12/4	10AM	Free	1 Class	#15945
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One-on-One Tech Coaching

Need help using an iPhone, tablet, or other tech devices? Join a representative from Independence at Home for one-on-one tech support and get personalized help to better understand and use devices with confidence.

Appointments are 30 minutes per session. Please sign up at the Reception Desk. Space is limited; patrons are permitted to schedule one appointment only.

Thu	12/4	1-4PM	Free	Monthly	By Appt.
Fri	12/12	12-3PM	Free	Monthly	By Appt.

Medicare Basics

Turning 65? Already a Medicare beneficiary, but have questions? Join La Nedra Munson from United Healthcare to learn what Medicare does and does not cover, who qualifies, coverage choices and how to choose a plan based on needs.

Fri	12/5	10AM	Free	1 Class	#15946
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Living Trusts

A Living Trust is a legal tool for financial planning that allows a person (Trustee) to hold another person’s (Settlor’s) property for the benefit of someone else (Beneficiary). Join Linette Falcon from the Living Trust Co. to learn more about this benefit.

Mon	12/8	11AM	Free	1 Class	#15947
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How to Reach Your Exercise Goals *Virtual Presentation

Deciding to be more physically active can be one of the best things to do for better health. Physical activity and exercise are not only great for mental and physical health but can help keep us independent as we age. Join Jenny Alcala-Alonzo from Independence at Home and learn how to set exercise goals and get started today!

Tue	12/9	10AM	Free	1 Class	#15948
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*A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.

Aging in Place

Many people want to stay in their home as they get older but living at home as you age requires careful consideration and planning. Join Amy Brick from Brick & Co. Real Estate to learn more about aging in place.

Tue	12/9	10AM	Free	1 Class	#15949
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Estate Planning — Wills & Trusts

Join Jake Richards from United California Estate Services to learn effective estate planning and strategies to help keep estates secure.

Wed	12/10	10AM	Free	1 Class	#15950
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AARP DriverTEK

Join Jim Jang from AARP to understand the current and emerging vehicle safety technologies and how to recognize how these technologies might extend driving years.

Thu	12/11	10-11:30AM	Free	1 Class	#15958
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What’s Different About Retirement?

Join Julia Saenz from New York Life to find out how to navigate the retirement environment and learn about the possible risks.

Fri	12/12	10AM	Free	1 Class	#15959
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Beating the Holiday Blues

The holidays are a joyous season for many, but for others, it’s a time for blues. But it doesn’t have to be. Join Jenny Alcala-Alonzo from Independence at Home to discuss strategies on how to combat feelings of sadness and beat those holiday blues.

Tue	12/16	2PM	Free	1 Class	#15961
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Navigating the Transition: From Your Home to Senior Living

Join Tess Berry from Emerald Court to learn about the emotional, financial and logistical aspects of transitioning from the home to an assisted living facility.

Thu	12/18	9AM	Free	1 Class	#15966
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Senior Clubs and Organizations

Cerritos Chinese American Seniors

Tue	1-4PM	Aspen/Pine	Katie Yen	(562) 833-6711 kyenet@gmail.com
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Cerritos Folk Dancers

Tue	5-8PM	Maple	Wen Chiang	(562) 865-8854 chiangwenli@yahoo.com
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Cerritos Gadabouts

Mon	9AM-12PM	Aspen/Pine	Ray Ramirez	(562) 276-3716 rayram43@gmail.com
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Cerritos Ivy Club

Thu	1-4PM	Aspen/Pine	Bonnie Lin	(562) 412-1267 bonnielee1950@yahoo.com
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Da’ Hawaii Seniors Club

2nd/4th Thu	2-5PM	Maple	Carmelita Tiongson	(562) 305-7995 carmelitationgson@gmail.com
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Filipino Seniors of Cerritos

1st/3rd Fri	1:30-4:30PM	Arts/Crafts	Mayette Centeno	(562) 331-0938 mayette118@gmail.com
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Formosa Seniors Association

Thu	5-8PM	Aspen/Pine	Chrstine Ya Chin Lee	(213) 219-1430 yachinlee@hotmail.com
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Cerritos Indo American Seniors

1st/3rd Thu	2-5PM	Maple	Arvind Patel	(562) 322-0085 acp.patel@yahoo.com
2nd/4th Thu	2-5PM	Arts & Crafts	Arvind Patel	(562) 322-0085 acp.patel@yahoo.com

Mid-City Korean American Seniors

1st-4th Thu	9AM-12PM	Riverrock	Kyo Kim	(562) 900-9382 kyohokim@hotmail.com
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The “Original” Happy Seniors of Cerritos

1st-4th Tue	5-8PM	Aspen/Pine	Lucita Cordero	(714) 947-6456 lucitac586@gmail.com
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Register for an Account

To register for classes, visit the Senior Center at Pat Nixon Park, located at [12340 South Street](#) in Cerritos, or call [\(562\) 916-8550](#). All classes are held at the Senior Center, unless noted otherwise.

The monthly activity calendar and “Lifelong Enrichment” newsletter may be viewed online at [cerritos.gov/seniorclasses](#). Please see the Activity Calendar for a full list of classes and services.

All patrons who want to partake in any Senior Center activities and obtain/retain a fitness center membership must create a RACER account.

Browse classes and register with



For More Information

Visit [cerritos.gov/register](#) or call the Senior Center at [\(562\) 916-8550](#) and contact Cerritos Senior Center staff for assistance.



H.S.A. Lunch Program

Serving Patrons 50 and Over

Reservations

Reservations are now accepted. Reservations for dine-in hot meals must be made 24 hours in advance before you plan to attend lunch.

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.

Time and Check-In

Lunch is served promptly at noon 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.

Cost

Ages 60+: Suggested donation of \$3

Ages 50-59: \$7 fee

For More Information

Call [\(562\) 916-8555](tel:(562)916-8555)



Senior Center Fitness Center

The 5,000-square-foot Cerritos Senior Center at Pat Nixon Park Fitness Center features state-of-the-art cardiovascular and weight equipment, locker rooms, restrooms, a public counter, weighing scale, and a stretching area.

Membership

Membership is required to use the Fitness Center and is limited to Cerritos residents age 50 or older. The fee is \$50 per year, which allows seniors to work out at the Senior Center, Cerritos Park East, and Swim Center fitness centers. The fee will be waived for those seniors proving a need or hardship based on federal income guidelines. All seniors must submit a completed waiver to qualify for Fitness Center membership. Seniors must also bring proper proof of Cerritos residency.

Senior Center Fitness Center Hours

Monday, Wednesday, and Friday
7:30 a.m.–5 p.m.

Tuesday and Thursday
7:30 a.m.–8 p.m.

Saturday and Sunday
Closed

Amenities

Cerritos Senior Fitness Center amenities include:

- Cardiovascular equipment
- Stretching area
- Locker rooms
- Restrooms
- Weight training equipment
- Weighing scale

For More Information

Visit cerritos.gov/seniorfitness or call the Senior Center at [\(562\) 916-8550](tel:5629168550).

Senior Center Fitness Center members can also use their membership to access the fitness centers at the Cerritos Olympic Swim Fitness Center and Liberty Park Fitness Center.



Facility Rental

Rooms at the Cerritos Senior Center can be rented for adult-oriented events. The Senior Center’s 5,000-square foot Majestic Room and catering kitchen can accommodate large parties. The Senior Center also offers multi-purpose rooms and an outdoor patio area that can be reserved.

For More Information

Visit the [Senior Center Facility Rental page](#) or call the Cerritos Senior Center at [\(562\) 916-8550](#).

Ask us about our private rental availability

We are now accepting private rentals
Fridays from 6 p.m. to Midnight

Community Events

Martin Luther King, Jr. Ceremony

Participate in a celebration of American civil rights leader and 1964 Nobel Peace Prize winner Dr. Martin Luther King, Jr. The ceremony will include comments by the Cerritos City Council and musical performances. Light refreshments will be served.

Please bring canned goods to donate to a local food pantry. For more information call the Community Services Division at [\(562\) 865-8101](#).

Mon	1/19	10AM	Cerritos Center for the Performing Arts
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Cerritos Lifelong Enrichment

November 2025

Produced by
Community Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

- Frank Aurelio Yokoyama** Mayor
Lynda P. Johnson Mayor Pro Tem
Jennifer Hong Councilmember
Mark E. Pulido Councilmember
Sophia M. Tse Councilmember
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at Pat Nixon Park
12340 South Street
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(562) 916-8550



**CITY OF
CERRITOS**

18125 Bloomfield Avenue
Cerritos, CA 90703

(562) 860-0311 | cerritos.gov

Senior Center Hours

Monday, Wednesday and Friday
7:30 a.m.–5 p.m.

Tuesday and Thursday
7:30 a.m.–8 p.m.

Saturday and Sunday
Friday 6 p.m. to Midnight
Closed for private rentals

Senior Center Closures

Wed., Dec. 24 and Thurs., Dec. 25
in observance of Christmas Day

Thurs., Jan. 1 in observance of New Year's Day