

November 2026

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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Browse classes and register with

RACER
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Special Events

It’s Fall, Y’all — Art Walk and Pumpkin Pie

It’s fall, y’all! The leaves are changing, and the fall season is upon us! Join us for a festive afternoon featuring pumpkin pie and a variety of artwork created by our talented class participants and senior artists.

Interested in displaying your own artwork? Register to receive more information about participating in the Art Walk.
Artist Registration #18062

Wed	**11/4**	**12:30-2PM**	**Free**	**1 Day**	**Drop-in**

Home for the Holidays: Senior Luncheon Dance

There’s no place like Home for the Holidays! Join us for a cozy Christmas celebration filled with festive décor, delicious holiday food, wonderful music, and joyful company. Gather with friends old and new as we celebrate the warmth, traditions, and simple joys that make the holiday season feel like home. Must be 50 years or older. Limit of four (4) tickets per registration.

Registration Starts:
11/6 Resident, Non-Resident 11/13

Fri	**12/4**	**1-4PM**	**$20**	**1 Day**	**#18060**

Special Activities

Book Club

Join fellow book enthusiasts every month to share insights on select readings. Participants are required to read at least one-third of the book to attend the class. Please visit the Reception Desk for a current book list.

Mon	**11/23**	**1-3PM**	**Free**	**Monthly Class**	**Drop-in**

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 held every first and third Monday.

1st Mon	**11/2**	**2-4PM**	**Free**	**Monthly Class**	**Drop-in**
3rd Mon	**11/16**	**2-4PM**	**Free**	**Monthly 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.

3rd Tue	**11/17**	**1:30-2:30PM**	**Free**	**Monthly Class**	**Drop-in**

Bible Study

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

No class on Thursday, November 26

Thu	**Weekly**	**10AM-12PM**	**Free**	**Weekly Class**	**Drop-in**

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

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.

No movie on Friday, November 27

Fri	**Weekly**	**1-3PM**	**Free**	**Weekly Movie**	**Drop-in**

Senior Services Commission

The Senior Services Commission consists of five members appointed by the City Council. Eligibility includes being a Cerritos resident who is 50 years of age or older at the time of the appointment.

Members of the Senior Services Commission advise the City Council on matters regarding the needs of Cerritos resident seniors, age 50 years and older, and the needs of people with disabilities.

Senior Services Commission meetings are being held quarterly. The next meeting is scheduled on **Tuesday, November 17, 2026, at 7 p.m.** in the City Council Chamber.

For More Information
For additional meeting information, please check the City’s **agenda** page or contact the Cerritos Senior Center at **(562) 916-8550**.

Arts

Chinese Calligraphy

Join this volunteer-led group on the fourth Tuesday of every month to learn this ancient art form. All levels are welcome. Please bring calligraphy pens, brushes, and paper.

4th Tue	**11/24**	**1-4PM**	**Free**	**Monthly Class**	**Drop-in**

Sewing

Join instructor Rosario Lamoureux for a fun 6-week introduction to sewing class. Learn how to thread a sewing machine, basic sewing projects, throw pillows, bags and more. Advanced students are welcome to make clothing to wear but must provide own patterns.

Students provide their own supplies.

Mon	**11/23-12/28**	**10AM-1PM**	**$90**	**6 Classes**	**#18073**

Knitting and Crocheting

Join instructor Candace Broeker to explore the many creations you can give as homemade gifts that add a personal touch for your loved ones. If you have your own equipment, please bring the items with you.

Tue	**11/3-11/17**	**2-4PM**	**$30**	**3 Classes**	**#18076**

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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!

No class on Wednesday, November 11

Wed	**11/4-11/25**	**10AM-12PM**	**$75**	**3 Classes**	**#17994**

Handcrafters

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

No class on Wednesday, November 11

Wed	**Weekly**	**1-3:30PM**	**Free**	**Weekly Class**	**Drop-in**

Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Lifelong Enrichment digital publication is available here online.

Visit the **News Signup page** and create an account, then select the "Lifelong Enrichment" category.

For more information, visit **cerritos.gov/cnewsdigital**.

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-12:30PM**	**Free**	**Weekly Class**	**Drop-in**

Chorus

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

No chorus on Friday, November 27

Fri	**Weekly**	**10-11:15AM**	**Free**	**Weekly Class**	**Drop-in**

Cognitive Arts for Cognitive Health (CACH)

Experience the joy of Indian art forms through Bharatanatyam movement, Carnatic music, singing, and fun interactive activities. Designed for seniors, this engaging class promotes movement, memory, coordination, creativity, and social connection all while celebrating culture and community!

Fri	**11/13 & 11/20**	**3:30-4:15PM**	**Free**	**2 Classes**	**#18057**

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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	11/2	10AM-12PM	Free	Monthly Game	#17629

Chinese Hong Kong Mahjong

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

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

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

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 Tournament

Join Texas Hold ’em and make new friends while learning proper wagering techniques as well as the odds of winning hands.

No tournament play on Wednesday, November 11

Wed	**Weekly**	**2-4PM**	**Free**	**Weekly Game**	**#18063**

Senior Services Commission Rebroadcast Viewing

The Senior Center will host a viewing of the recorded November 17 Senior Services Commission meeting on **Wednesday, November 18, from 9 to 10 a.m.**

Services Commission consists of five members appointed by the City Council. Members of the Senior Services Commission advise the City Council on matters regarding the needs of Cerritos resident seniors, age 50 years and older, and the needs of people with disabilities.

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Fitness & Wellness

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 Thursday, November 26

Tue/Thu	**Weekly**	**8-9AM**	**Free**	**2 Classes/Week**	**Drop-in**

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 Wednesday, November 11 and Friday, November 27

Wed/Fri	**Weekly**	**9-10AM**	**Free**	**2 Classes/Week**	**Drop-in**

Neurobics

Join us for a lively, engaging class designed to keep your brain active, energized, and thriving! Neurobics is all about giving your brain a healthy workout through enjoyable activities that stimulate memory, focus, creativity, and coordination.

Tue	**11/10-12/1**	**1:30-2:45PM**	**$20**	**4 Classes**	**#18074**

Holistic Health

This 4-week class will take you on a holistic health journey around the world where you will learn how to improve your diet, sleep and physical activity levels, balance hormonal changes, manage pain and enhance overall well-being through ancient healing wisdom with a modern twist… all while having fun!

Tue	**11/10-12/1**	**3-4:15PM**	**$20**	**4 Classes**	**#18075**

Ping-Pong

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

No play on Thursday, November 26 and Friday, November 27

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**

Blood Pressure Screenings

Stop by the Health Room for free standard blood pressure screening provided by a retired or active nurse volunteer. If you are a retired or active nurse interested in volunteering, please contact the Cerritos Senior Center to request an application.

No blood pressure screening on November 27

Mon	**Weekly**	**8:30-10:30AM**	**Free**	**Weekly**	**Drop-in**
Tue	**Weekly**	**10AM-1PM**	**Free**	**Weekly**	**Drop-in**
Tue	**Weekly**	**4-5PM**	**Free**	**Weekly**	**Drop-in**
Wed	**Weekly**	**9-11:30AM**	**Free**	**Weekly**	**Drop-in**
2nd Fri	**11/13**	**8:30-10:30AM**	**Free**	**Monthly**	**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.

L.A. County Residents only.

1st Wed	**11/4**	**12:30-3:30PM**	**Free**	**Monthly Class**	**By Appt.**
3rd Wed	**11/18**	**12:30-3:30PM**	**Free**	**Monthly Class**	**By Appt.**

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.

No appointments on Wednesday, November 11

Wed	**Weekly**	**9:30-11:30AM**	**Free**	**Weekly**	**By Appt.**

Mobile Office Hours

Need assistance with a federal agency? Visit representatives from U.S. Representative Derek Tran's office on the 2nd Tuesday each month for help with Social Security, Medicare, VA benefits, immigration issues, federal grants, and more.

To learn more, visit **tran.house.gov/mobile-office-hours**.

2nd Tue	**11/10**	**10AM-1PM**	**Free**	**Monthly**	**Drop-in**

Notary Public Service

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

2nd Thu	**11/12**	**10AM-12PM**	**Free**	**Monthly**	**By Appt.**

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	**11/20**	**10AM-12PM**	**Free**	**Monthly**	**Drop-in**

Get Digital Newsletter Email and Text Alerts

Receive email and text notices when the new Lifelong Enrichment digital publication is available here online.

Visit the **News Signup page** and create an account, then select the "Lifelong Enrichment" category.

For more information, visit **cerritos.gov/cnewsdigital**.

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Lectures

Why You Need a Trust

Planning for the future is one of the greatest gifts that can be given to family and loved ones. Join Jake Richards of Skyline Legacy Partners to learn how a living trust can help protect assets, avoid the time and expense of probate, and simplify the transfer of an estate. Discover the benefits of living trusts and why they are an essential part of preserving a legacy and providing lasting peace of mind.

Tue	**11/3**	**10AM**	**Free**	**1 Class**	**#18050**

What You Need to Know to Avoid Probate

Join Jennifer Nakamura from J. Nakamura Law, APC, to learn important estate planning strategies to avoid probate and minimize associated time, costs, and complications. Explore trusts, beneficiary designations, and proper asset ownership to help preserve wealth and simplify the transfer of assets to loved ones.

Wed	**11/4**	**10AM**	**Free**	**1 Class**	**#18097**

Social Isolation

Join a Jenna Gutierrez from Los Angeles County Department of Mental Health to learn how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in everyday life in order to live a healthy and productive life.

Thu	**11/5**	**10:30AM**	**Free**	**1 Class**	**#18049**

What to Know When Leaving the Dr. Office

Virtual Presentation*

Preparing for a doctor's visit can help make every appointment more productive. Planning ahead can help patients make the most of valuable time with a healthcare provider. Join Jenny Alcala-Alonzo from Independence at Home for helpful information about what to know before leaving a doctor's appointment.

**A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

Tue	**11/10**	**10AM**	**Free**	**1 Class**	**#18064**

Retirement Planning

Join Jake Richards from Skyline Legacy Partners to explore key retirement considerations, including income planning, savings strategies, investment decisions, and managing potential risks, with practical guidance for building a retirement strategy aligned with long-term goals.

Tue	**11/10**	**10AM**	**Free**	**1 Class**	**#18065**

Digital Tools for Brain Health

Join a representative from Independence at Home for practical resources designed to keep the mind active and support cognitive wellbeing in today's digital world.

Thu	**11/12**	**10AM**	**Free**	**1 Class**	**#18066**

One-on-One Tech Coaching

Need help using an iPhone, tablet, or other tech device? Join tech coaches from Independence at Home for one-on-one support and get personalized help to better understand and use devices with confidence. * Appointments required – 30 minutes per session. Please sign up at the Reception Desk. Space is limited.

Thu	**11/12**	**1PM**	**Free**	**1 Class**	**By Appt.**

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Medicare Basics

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

Mon	**11/16**	**11AM**	**Free**	**1 Class**	**#18067**

Financial Foundations:

Banking, Credit, and Cybersecurity

Join Pat Patnaik from Wallis Bank for an overview of banking operations, including safeguarding deposits and lending practices. Topics include basic financing terms and options, the financing process, the 5 C's of credit, and common cybersecurity threats such as identity theft and phishing.

Tue	**11/17**	**10AM**	**Free**	**1 Class**	**#18083**

Signs of Cognitive Decline

Join Robert Regan from Synergy HomeCare to understand how to recognize changes in memory and behavior, along with communication strategies that reduce frustration, activities that stimulate memory, and insights into how in-home caregivers support dementia care.

Wed	**11/18**	**10AM**	**Free**	**1 Class**	**#18068**

Making Home Safe

Join a Kristy Huang-Arai from Alzheimer's Los Angeles for this training that helps caregivers understand, manage and improve the safety risk factors at home that can seriously impact individuals with Alzheimer's or a related dementia's ability to stay at home and in the community for as long as possible.

Thu	**11/19**	**10AM**	**Free**	**1 Class**	**#18069**

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Planning for the Future

Too many people are faced with making difficult healthcare decisions for themselves or loved ones. Most never think or talk about what kind of care they want and don't want until it's too late. Join Jenny Alcala-Alonzo from Independence at Home to learn how to plan for the future.

Fri	**11/20**	**2PM**	**Free**	**1 Class**	**#18070**

Holiday Tips for Caregivers

The holidays or other family events can be a stressful time when a family member has dementia. Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn several tips that can help make family gatherings more enjoyable for all.

Thu	**12/3**	**10AM**	**Free**	**1 Class**	**#18072**

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Senior Clubs and Organizations

Cerritos Chinese American Seniors

Tue	1-4PM	Aspen/Pine	Helen Huang	(562) 547-5849 | h1h312@yahoo.com

Cerritos Folk Dancers

Tue	5-8PM	Maple	Wen Chiang	(626) 500-5035 | chiangwenli@yahoo.com

Cerritos Gadabouts

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

Cerritos Ivy Club

Thu	1-4PM	Aspen/Pine	Bonnie Lin	(562) 412-1267 | bonnielee1950@yahoo.com

Da' Hawaii Seniors Club

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

Filipino Seniors of Cerritos

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

Formosa Seniors Association

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

Cerritos Indo American Seniors

1st/3rd Thu	3-6PM	Maple	Arvind Patel	(562) 322-0085 | acp.patel@yahoo.com
2nd/4th Thu	3-6PM	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

The "Original" Happy Seniors of Cerritos

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

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 RACER
Powered by CivicRec

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.

No lunch will be served on Wednesday, November 11; Thursday, November 26; and Friday, November 27.

Cost

Ages 60+: Suggested donation of $3

Ages 50-59: $7 fee

For More Information

Call **(562) 916-8555**

Community Events

CITY OF CERRITOS

Celebrating Est. 1956 CerriTOs Years



Veterans Day Commemoration

The community is invited to attend the City of Cerritos' Veterans Day Commemoration in honor of those who have defended our nation's freedom by serving in the United States Armed Forces.

Wednesday, November 11, 2026
10 a.m.

Cerritos Civic Center
near the Veterans Memorial

For More Information
Call the City's Community Services Division at **(562) 865-8101**.

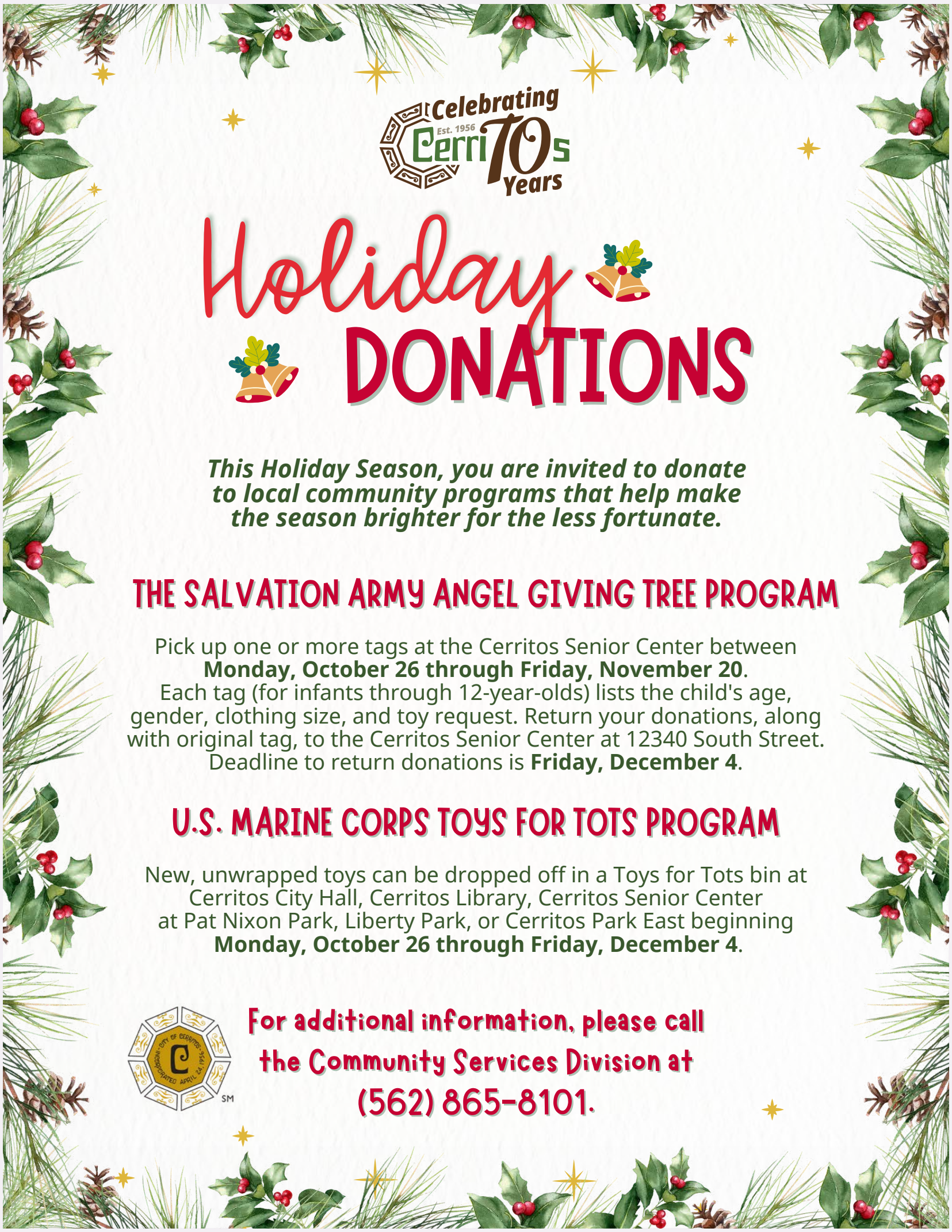
Community Events



Community Events



Community Events



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.

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

Stay Connected

Follow us on **Facebook**, **Instagram**, **LinkedIn**, **YouTube**, and **X** to stay informed about the City of Cerritos and get the latest City updates:

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CITY OF CERRITOS

cerritos.gov

Cerritos Lifelong Enrichment
November 2026

Produced by
Community Services Division

Communications and Marketing Division

CITY OF CERRITOS

Lynda Provido Johnson Mayor
Mark E. Pulido Mayor Pro Tem
Jennifer Hong Councilmember
Sophia M. Tse Councilmember
Frank Aurelio Yokoyama Councilmember
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Cerritos Senior Center
at Pat Nixon Park

12340 South Street
Cerritos, CA 90703

(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., Nov.11 for Veterans Day

Thurs., Nov. 26 for Thanksgiving

Fri., Nov. 27 for Thanksgiving observed