

CERRITOS Lifelong Enrichment

Recreation, Special Interest & Adult Services for those 50 & older

The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter. Participants need to gather information to make the best personal decision on using and/or contacting professionals providing information-only lectures at the Senior Center.

Registration Information

Registration for all classes listed is currently underway, unless noted otherwise.

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

The monthly activity calendar and “Lifelong Enrichment” newsletter may be viewed online at cerritos.gov. 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.

Please visit cerritos.gov/register or call (562) 916-8550 for more information.

Operating Hours

The Cerritos Senior Center at Pat Nixon Park is open Monday, Wednesday and Friday from 7:30 a.m. to 5 p.m., Tuesday and Thursday from 7:30 a.m. to 8 p.m. and Saturday/Sunday for private rentals.

Senior Center Fitness Center

Membership is limited to Cerritos residents, age 50 or older for a fee of \$50 per year. Seniors must submit a completed waiver to qualify for membership and have the option to attend a fitness center tour. Please bring proper proof of Cerritos residency, for example, a driver's license, California ID card or other government-issued ID. The fee may be waived for those seniors proving a need or hardship based on federal income poverty guidelines.

Fitness Center Hours:

Mon., Wed., Fri.	7:30 a.m.-5 p.m.
Tues., Thurs.	7:30 a.m.-8 p.m.

Sewing

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

14568	\$90/6 classes
Mon., June 2-July 7	10 a.m.-1 p.m.

Knitting & 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.

15020	\$36/4 classes
Tues., June 3-June 24	5-7 p.m.

Hands-Only CPR

Join Rodel Rutaquio from County of Los Angeles Public Health for a discussion on U.S. statistics regarding cardiac arrest, understanding the signs, symptoms, and differences of cardiac arrest, and heart attack. In addition, patrons will learn about Hands-Only CPR. **Informational only. CPR certifications will not be given to participants.*

15006	Free
Wed., June 11	1 p.m.

Zumba Gold

Zumba Gold is a lower-intensity version of standard Zumba. The class is designed to help older adults meet their fitness goals through fun, rhythmic cardio-dancing. Join instructor Lettie Morris and dance your way to a healthier lifestyle.

Class fee is \$25 for a 5-week session. A \$6 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.

15018	\$25/5 classes
Wed., June 18-July 16	9-10 a.m.

Magic Class

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

15012	\$20/4 classes
Tues., June 24-July 15	1-2:15 p.m.

Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back over 5,000 years. This simple, yet effective modification of incorporating a chair, provides extra security and stability while transitioning through poses. Chair yoga allows you to make gradual improvements to your strength, balance, and flexibility, while improving mental clarity. Join instructor Anjana Rajput for a fun, new take on traditional yoga.

14566	\$35/5 Classes
Tues., June 24-July 22	12:30-1:30 p.m.

Yoga Therapy for Strong Bones & Body

Discover the transformative power of Yoga Therapy in Instructor Lucy Cheng's specialized workshop designed to enhance bone health and joint stability. This class emphasizes the unique benefits of weight-bearing poses and targeted muscle strengthening to stimulate bone growth and improve joint support.

14999	\$40/6 Classes
Fri., July 11-Aug. 15	9-10:10 a.m.

Registration:

Resident	Fri., June 13
Non-resident	Fri., June 20

Ukulele

Join a senior volunteer to learn, listen, and play ukulele, a significant Hawaiian tradition. Students may sign up for one class only. Registration will end two weeks after class begins.

Beyond Beginning

15044	Free/12 classes
Fri., July 11-Sept. 26	9-10 a.m.

Intermediate/Advanced

15046	Free/12 classes
Fri., July 11-Sept. 26	10:15-11:15 a.m.

Registration:

Resident	Fri., June 13
Non-resident	Fri., June 20

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.

Drop-in	Free
Mon.	9:30-11:30 a.m.

Country Guitar

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

Drop-in	Free
Tues.	9:30 a.m.-noon

Ping-Pong

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

Drop-in	Free
Tues./Thurs.	4:30-7:30 p.m.
Fri.	7:30 a.m.-noon

Senior Walking Group

Join volunteer instructors 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.

Drop-in Free
Tues./Thurs. 8-9 a.m.

UnitedTech: Online Safety

Join us for easy-to-follow classes that introduce the world of artificial intelligence. Learn how AI is already part of your daily life, from voice assistants to chatbots like ChatGPT that can help answer questions, write messages, and more. We will explore how AI works, where it is used, and how to use AI tools safely and confidently. No technical experience is required.

14939 Free/4 classes
Thurs., June 5-July 17 4:30-5:30 p.m.

Medicare 101

Understanding Medicare can be complex, but breaking it down into its main parts can help. Join Andrew Van Ginkle from CR Partners to learn more about the different coverages and costs of Medicare.

15002 Free
Fri., June 6 1 p.m.

Fall Prevention

***Virtual Presentation**

Join Jenny Alcala-Alonzo from Independence at Home to learn about the causes of why people fall, how to prevent falls, and understand the risk factors. **A link to access the Zoom presentation will be emailed to you prior to the day of the lecture.*

15003 Free
Tues., June 10 10 a.m.

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 the home.

15004 Free
Tues., June 10 10 a.m.

Prearranging Your Cremation

Join Martha Franco from Smart Cremation to learn about the benefits of prearranging, from ensuring wishes are honored, to easing the emotional and financial burden on loved ones.

15005 Free
Wed., June 11 10 a.m.

Healthy Brain Habits: Reducing the Risk of Alzheimer's

Join Kristy Huang-Arai from Alzheimer's Los Angeles to learn about age-related changes in memory and thinking, risk factors for dementia, and tips for developing healthy brain habits.

15007 Free
Thurs., June 12 10 a.m.

Tax Planning Strategies

Join Julia Saenz from New York Life to learn about the impact taxes can have on retirement and how life insurance can provide valuable protection during your working years.

15008 Free
Fri., June 13 10 a.m.

Frauds & Scams

Scams and fraud are deceptive schemes designed to steal money, personal information, or assets from individuals. Join financial professional Greg Cabling to learn how to stay informed, cautious, and verify sources that can help protect against becoming a victim.

15011 Free
Mon., June 16 11 a.m.

Grief, Loss, & Resiliency

Grief that comes with loss is a common stressor facing older adults and can be a challenging experience. Join a representative from Los Angeles County Department of Mental Health to understand the components of the grief process, and tips to improve the ability to cope with and move on from a loss.

15009 Free
Tues., June 17 9 a.m.

Retirement: Making Your Money Last

Join Mark Tigchelarr from Edward Jones to learn investment strategies to help build a strategy to last throughout your retirement years.

15010 Free
Tues., June 17 2 p.m.

Senior Nutrition & Health

Join a representative from Food Finders to learn how a balanced diet rich in essential nutrients such as fiber, calcium, and vitamin D can help manage health and enhance overall well-being.

15047 Free
Wed., June 18 1 p.m.

Anti-Virus & Malware Removal Program

Join Milena Lilien from Independence at Home to learn some essential steps for detecting and removing viruses and malware from your device, including using reputable tools and system-safe modes.

15015 Free
Tues., June 24 10 a.m.

Changing Diet to Manage Conditions

Sometimes certain foods can improve or help prevent a medical condition and sometimes the wrong foods can make a medical condition worse. Join Jenny Alcala-Alonzo from Independence at Home to understand how food affects certain medical conditions and how to improve health by changing the diet.

15016 Free
Tues., June 24 2 p.m.

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 Linnette Falcon to learn more about this benefit.

15017 Free
Thurs., June 26 10 a.m.

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

Appt. Required Free
Every Wed. 9:30-11:30 a.m.

Lighten Up with Laughter

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

Drop-in Free
Wed. 2:30-3:30 p.m.

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.*

Appt. Required Free
1st & 4th Wed. 12:30-3:30 p.m.

Notary Public Service

Join Annie Sciarra, CSA, Certified Senior Advisor from CarePatrol of Inland LA County for a free Notary Service on the 2nd and 4th Thursday of each month. Basic Notarization, including acknowledgements and jurats, will be provided. Patrons MUST have documents prepared. Appointments are required and can be scheduled at the Senior Center Reception Desk.


Appt. Required Free
2nd & 4th Thurs. 10 a.m.-noon

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.

Drop-in Free
3rd Fri. 10 a.m.-noon

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