



CITY OF CERRITOS



January 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.

Contents

Announcements	3
Special Activities	4
Arts.....	6
Dance & Music	7
Games	8
Sports & Fitness	10
Information/Referrals ..	12
Lectures.....	14
Senior Clubs	19
Registration	20
H.S.A. Lunch Program....	21
Fitness Center	22
Facility Rental	23
Community Events	23

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Announcements



Cerritos Senior Center Celebrating 32 Years of Service

The Cerritos Senior Center at Pat Nixon Park proudly celebrates 32 years of dedicated service to the community, honoring its long-standing commitment to enriching the lives of older adults. Since 1994, the Center has provided a warm and welcoming environment where seniors can connect, learn, and thrive through diverse programs, wellness activities, educational workshops, a fully equipped fitness center, and enjoyable social events.

The Center provides valuable information and referral services, and seniors may even discover a new hobby through the many engaging activities available. In addition to its extensive programming, the Center has also served as a host venue for private rentals, offering a welcoming space for community gatherings and special occasions.

Adults ages 50 and older are encouraged to stop by the Cerritos Senior Center and take part in all we have to offer.

For More Information

Visit cerritos.gov/seniorservices or call [\(562\) 916-8550](tel:(562)916-8550).



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 class. Please visit the Reception Desk for a current book list.

Mon	1/26	1-3PM	Free	Monthly Class	Drop-in
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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	1/5	2-4PM	Free	Bi-Weekly Class	Drop-in
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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	1/20	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.

Wed	Weekly	2:30-3:30PM	Free	Weekly Class	Drop-in
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The City does not allow soliciting nor endorse any agency, partner, instructor, vendor or presenter.

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 January 1.

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 January 1.

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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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	1/13-2/3	1-2:15PM	\$20	4 Classes	#16304
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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	1/7-1/28	10AM-12PM	\$100	4 Classes	#15963
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Handcrafters

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

Wed	Weekly	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.

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

Blood Pressure Screenings

Stop by the Health Room for a 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.

Wed	Weekly	9AM-11:30AM	Free	Weekly	Drop-in
2nd/4th Fri	1/9 & 1/23	8:30AM-10:30AM	Free	Monthly	Drop-in



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	1/5	10AM-12PM	Free	Monthly Game	#16351
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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.

No class on January 19.

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 Tournament Play

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

Wed	1/7-1/28	2-4PM	Free	Weekly Game	Drop-in
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FEATURED

Morning Workout with Todd

This strength and mobility class pairs upper and lower body exercises that incorporate body weight, dumbbells, and exercise tubes to help your legs, arms, and balance get stronger. Instructor is a licensed physical therapist assistant. Please bring your own weights, exercise tube, towel, and water.

CHECKS ONLY payable to ABC Adult School. Please choose classes carefully.

ABC Adult School policy: \$10 processing fee for dropping a class; no refunds one week prior to start of first class. The Cerritos Senior Center is not authorized to provide ABC Adult School refunds and/or class changes. Any questions regarding refunds please contact ABC Adult School at [\(562\) 926-6734](tel:(562)926-6734).

M/W/F	1/5-3/6	8AM-9AM	\$100	Weekly	#15051
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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 January 1.

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.

Wed/Fri	Weekly	9-10AM	Free	Weekly Class	Drop-in
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Chair Yoga

Chair yoga is derived from traditional yoga, an ancient practice with poses that date back over 5000 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.

Tue	1/6-3/10	12:30-1:30PM	\$70	10 Classes	#16011
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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.

Wed	1/7-2/4	9-10AM	\$25	5 Classes	#16303
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Yoga Therapy for Strong Bones & Body

Discover the transformative power of Yoga Therapy in Instructor Lucy'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.

Fri	1/23-2/27	9-10AM	\$40	6 Classes	#16307
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Ping-Pong

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

No play on January 1.

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



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	1/7	12:30-3:30PM	Free	Monthly Class	By Appt.
3rd Wed	1/21	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 per appointment. Appointments are required and can be scheduled at the Senior Center Reception Desk.

2nd Thu	1/8	10AM-12PM	Free	Monthly	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	1/7-1/28	9:30-11:30AM	Free	Weekly	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	1/16	10AM-12PM	Free	Monthly	Drop-in
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Mobile Office Hours with Representatives from U.S. Representative Derek Tran's Office

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	1/13	10AM-1PM	Free	1 Class	Drop-in
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Lectures

Early Signs of Cognitive Decline

Join Robert Regan from Synergy HomeCare to learn 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	1/7	10AM	Free	1 Class	#16306
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On the Move Riders Program

Metro's On the Move Riders Program works to empower older adults with the information and confidence to travel on fixed-route transportation. Join a representative from L.A. Metro for information about public safety the bus and rail overview.

Thu	1/8	11AM	Free	1 Class	#16308
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Health, Wellness & Wholeness

Join Eunbin Sim from the L.A. County Department of Mental Health to explore how maintaining emotional and physical fitness supports overall health and fosters a positive outlook. Learn how building strong social networks and support systems can benefit you, family and friends.

Fri	1/9	11AM	Free	1 Class	#16343
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Caregiver Basics: Alzheimer's & Dementia

Join Edgar Serrano from Home Instead to learn about the importance of reducing frustration and remaining patient when a loved one has been affected by the progressive diseases of Alzheimer's and other dementias.

Mon	1/12	11AM	Free	1 Class	#16314
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Arthritis Foundation Exercise Program

The Arthritis Foundation Exercise Program is a low-impact physical activity proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Join a Linda Castle from Partners in Care for these enjoyable and motivational classes that can be taken either standing or sitting in a chair.

This is a 6-week program that meets two days a week for a one-hour session.

Tue/Thu	1/13-2/19	9AM	Free	12 Classes	#15937
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Active Every Day

Virtual Presentation

Start exercising doesn't mean go and run a mile every day. There are lots of ways to stay active and healthy. Join Jenny Alcala-Alonzo from Independence at Home for tips on how to stay active every day!

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

Tue	1/13	10AM	Free	1 Class	#16315
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Wills or Trusts: What do I Need?

Join Jake Richards from United California Estate Planning to understand the key differences between wills and trusts. Learn how each option can help protect assets, streamline estate administration, and provide clarity for loved ones.

Tue	1/13	11AM	Free	1 Class	#16316
Tue	2/3	11AM	Free	1 Class	#16353



Lost Memories: Season 1

Join Kristy Huang-Arai from Alzheimer's Los Angeles for a 4-episode mini-series which follows the Ramirez family as they confront the challenges of Alzheimer's when Grandma Gloria starts showing signs of memory loss. Warning signs, the process of getting a diagnosis, disease progression and the challenges that families face will be discussed following each episode.

Thu	1/15	11AM	Free	1 Class	#16317
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Investments in Retirement

Join Jake Richards from United California Estate Services to explore strategies on how to grow and protect wealth during retirement. Learn some methods for balancing risk, maximizing income, and making sound financial decisions for long-term stability.

Tue	1/20	11AM	Free	1 Class	#16318
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Affordable Home Internet

Having home internet can help save money, look for a job, connect with others and make everyday tasks easier. Join a representative from Independence at Home to learn about resources for finding low-cost programs from internet service providers across the country.

Wed	1/21	10AM	Free	1 Class	#16345
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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.

Wed	1/21	1-4PM	Free	1 Class	By Appt.
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Long-Term Care

Join Jake Richards from United California Estate Services to learn about the costs, coverage options, and planning strategies associated with long-term care, as well as ways to protect assets, ensure quality care, and prepare financially for future health needs.

Mon	1/26	11AM	Free	1 Class	#16319
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Eat Smart

Eating healthy is not as hard as you might think. With a little planning and making healthier choices, you too can eat smart. Join Jenny Alcala-Alonzo from Independence at Home to learn some helpful tips for eating healthy and smart!

Tue	1/27	2PM	Free	1 Class	#16320
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AARP Smart Driver Course 8-hour

The AARP Driver Safety program helps seniors recognize limitations and to learn how to reduce accidents and regain driving privileges. Students will receive a Certificate of Completion, which may offer insurance discounts.

Fee is \$20 for AARP Members and \$25 for non-members. Checks only; made payable to AARP at the time of registration. Cash cannot be accepted. (An extra 30 minutes is added for paperwork completion.)

A certificate will be given out at the completion of the course.

Wed/Fri	1/28 & 1/30	8AM-12:30PM	\$20/\$25	2 Classes	#16321
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CITY OF CERRITOS

Dr. Martin Luther King, Jr. Day Ceremony

In celebration of Martin Luther King, Jr. Day,
the City of Cerritos is pleased to invite you to a special event.

**Monday
January 19, 2026
10 a.m.**

**Cerritos Center for the Performing Arts
18000 Park Plaza Drive**

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 a canned good to donate to a local food pantry.

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



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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 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

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 
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.

Cost

Ages 60+: Suggested donation of \$3

Ages 50-59: \$7 fee

For More Information

Call **(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:(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

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, a guest speaker, and musical performances. Light refreshments will be served. This event is presented in partnership with Alpha Kappa Alpha Sorority, Inc., Pi Sigma Omega Chapter, Cerritos, CA.

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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January 2026



Register at cerritos.gov/register | (562) 916-8550

Cerritos Lifelong Enrichment

January 2026

Produced by
Community Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

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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

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

Mon., Jan. 19 in observance of Martin Luther King, Jr. Day