

30
YEARS OF SERVICE
1994-2024

CERRITOS SENIOR CENTER
at Pat Nixon Park

12340 South St.
Cerritos, CA 90703
Ph: (562) 916-8550
cerritos.us

HOURS:
MONDAY, WEDNESDAY,
& FRIDAY
7:30 a.m. - 5 p.m.
TUESDAY & THURSDAY
7:30 a.m. - 8 p.m.

CLOSED SAT & SUN

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.

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Lecture +
Virtual Lecture (V)+
Senior Center Class ++
ABC Adult School Class *
Cerritos College Class **
Fee \$

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September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Center CLOSED</p>  <p>in observance of Labor Day</p>	<p>3</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Walk with Ease: Program for Better Living++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 10 am Reverse Mortgage+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 1 pm Cerritos Wei Qi++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++</p>	<p>4</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 11 am Yoga w/Anjana++ 10 am Beginner Hula++ 10 am Fluid Expressions Presentation+ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p>5</p> <p>7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Walk with Ease: Program for Better Living++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping Pong (Doubles)++</p>	<p>6</p> <p>7:30 am Ping Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p>"A Family Affair"</p>
<p>9</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Walk with Ease: Program for Better Living++ 9 am Yoga w/Latha++ 10 am Billiards Tournament++ 10 am Food Finders+ 10 am Sewing++\$ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>10</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Walk with Ease: Program for Better Living++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 10 am Understanding Anxiety & Reducing Stress+(V) 10 am Living Trust+ 11:15 am Keyboard Piano 1++\$ 12 pm Keyboard Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Cerritos Wei Qi++ 1 pm Chinese Brush Calligraphy++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$</p>	<p>11</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/ Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 11 am Yoga w/Anjana++ 10 am Cholesterol Management+ 10 am Fluid Expressions: Watercolor Painting++\$ 10 am Beginner Hula++ 10 am Wills & Trusts+ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p>12</p> <p>7:35 am Aerobics w/ Todd*\$ 8 am Senior Walking Group++ 9 am Walk with Ease: Program for Better Living++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Medicare Basics+ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping Pong (Doubles)++</p>	<p>13</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p>"The Union"</p>
<p>16</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Walk with Ease: Program for Better Living++ 10 am Know the Scams Don't Be a Victim+ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2 pm Life Stories++ 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>17</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Magic Class++\$ 2 pm Hands-Only CPR+ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++ 5:45 pm Knitting & Crocheting++\$</p>	<p>18</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 11 am Yoga w/Anjana++ 10 am Fluid Expressions: Watercolor Painting++\$ 10 am Beginner Hula++ 10 am Long Term Care+ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p>19</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 10 am Alzheimer's Disease Research+ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++</p>	<p>20</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Alzheimer's Caregiver Support Group+ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p>"The Long Game"</p>
<p>23</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 10 am Sewing++\$ 10 am Scams & Fraud Abuse+ 1 pm Balance & Mobility 1** 1 pm Book Club++ 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm American Mosaic** 3:30 pm Yoga For Seniors**</p>	<p>24</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 9 am Bridge++ 9 am Chinese Language and Cultural++\$ 9:30 am Country Guitar++ 10 am Managing Feelings of Sadness+ 11:15 am Keyboard-Piano 1++\$ 12 pm Keyboard-Piano 2++\$ 12:30 pm Chair Yoga++\$ 1 pm Chinese Wei Qi++ 1 pm Chinese Brush Calligraphy++ 1 pm Magic Class++\$ 3 pm Tech Workshop++ 4:30 pm Ping-Pong (Doubles)++</p>	<p>25</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Longevity Stick++ 9 am Zumba Gold++\$ 11 am Yoga w/Anjana++ 10 am Annuities+ 10 am Fluid Expressions: Watercolor Painting++\$ 10 am Beginner Hula++ 10 am Floral Arranging++\$ 1 pm Chair Exercise w/Mike** 1 pm Handcrafters++ 2 pm Texas Hold'em Tournament++ 2:15 pm Self Defense For Seniors** 2:30 pm Lighten Up/Laughter++ 3:30 pm Yoga For Seniors**</p>	<p>26</p> <p>7:35 am Aerobics With Todd*\$ 8 am Senior Walking Group++ 10 am Advanced Hula++ 10 am Bible Study++ 10 am Ultimate Optimist++ 1 pm Balance & Mobility 1** 2:15 pm Balance & Mobility 2** 4:30 pm Ping-Pong (Doubles)++</p>	<p>27</p> <p>7:30 am Ping-Pong (Doubles)++ 9 am Longevity Stick++ 9 am Beginning Ukulele++ 10 am Chorus++ 10:15 am Advanced Ukulele++ 1 pm Movie Matinee++</p> <p>"Jack Reacher: Never Go Back"</p>
<p>30</p> <p>7:30 am Tai Chi** 7:35 am Morning Workout w/Todd*\$ 9 am Yoga w/Latha++ 10 am Sewing++\$ 12 pm AARP DriverTek+ 1 pm Balance & Mobility 1** 1 pm Chair Exercise w/Mike** 2:15 pm Balance & Mobility 2** 2:15 pm Self Defense For Seniors** 3 pm American Mosaic** 3:30 pm Yoga For Seniors**</p>				

Please Note: Friday Movie Matinee showings are subject to change. Classes and services are subjected to change. Please call for updated information.