



CITY OF CERRITOS



February 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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Special Events

Love on the Range: Senior Luncheon Dance

Love on the Range is coming to the Senior Center! Join us for a western-themed Valentine's luncheon and dance featuring a delicious meal, lively music with our DJ, and plenty of time to socialize and enjoy good company. Whether you come with a sweetheart, a friend, or on your own, this fun and festive afternoon celebrates love, friendship, and community. Western clothes are welcome but not required; bring your smile and get ready to dance! Must be 50 years or older.

Registration is underway. Space is limited, and a waitlist is available.

Fri	2/6	1-3PM	\$20	1 Day	#16405
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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.



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 nontransferable. Pickup 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.

Santa Ana Zoo

Enjoy a fun filled day surrounded by wildlife at the Santa Ana Zoo! Explore beautiful exhibits and discover animals from around the world.

Registration Starts:
2/2 Residents, 2/9 Non-Residents

Wed	3/11	9:30AM-2:30PM	\$35	One Day	#16388
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The City does not allow soliciting nor endorse any agency, partner, instructor, vendor, or presenter.

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	2/23	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 held every first and third Monday.

No class on February 16.

1st/3rd Mon 2/2	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. Classes are held every third Tuesday.

3rd Tue	2/17	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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Register at cerritos.gov/register | (562) 916-8550

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.

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.

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	2/10-3/3	1-2:15PM	\$20	4 Classes	#16374
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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.

Tue	2/10-3/10	5-7PM	\$45	5 Classes	#16389
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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	2/11-3/4	10AM-12PM	\$100	4 Classes	#15964
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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

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.

No class on February 16.

Tue	2/3-3/10	8-9AM	\$30	5 Classes	#16350
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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 February 6.

Fri	Weekly	10-11:15AM	Free	Weekly Class	Drop-in
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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	2/2	10AM-12PM	Free	Monthly Game	#16394
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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 February 16.

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 play and make new friends while learning proper wagering techniques as well as the odds of winning hands.

Wed	2/4-2/25	2-4PM	Free	Weekly Game	Drop-in
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Cerritos Resident Talent Showcase Celebrating the City's 70th Anniversary

The stage awaits prospective Cerritos resident performers to participate in the annual citywide Talent Showcase. Performances may include: dancing, singing, musical instrument performances and variety (i.e., juggling, magic, dramatic reading performance or singing and dancing combination) for performers ages 4 to adult. No stand up comedy, please.

Complete and submit the digital entry form on the City's website at cerritos.gov beginning Friday, February 13 through Monday, March 2.

For more information, call Cerritos Park East at [\(562\) 407-2611](tel:(562)407-2611).

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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.

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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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	2/11-3/11	9-10AM	\$25	5 Classes	#16382
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Cerritos Lifelong Enrichment

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Ping-Pong

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

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

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	2/13 & 2/27	8:30AM-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. The Cerritos Senior Center HICAP representative is Erica.

L.A. County Residents only.

1st Wed	2/4	12:30-3:30PM	Free	Monthly Class	By Appt.
4th Wed	2/25	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	2/12	10AM-12PM	Free	Monthly	By Appt.
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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	2/10	10AM-1PM	Free	Monthly	Drop-in
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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	2/4-2/25	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	2/20	10AM-12PM	Free	Monthly	Drop-in
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FEATURED

Tech Support

Whitney High School Branch students are available on Thursdays to assist/guide seniors with their technology questions. No form of technology will be provided, please bring your own.

Student volunteers are leading this activity. Dates & times subject to change based on availability of volunteers.

Thu	Weekly	3:30-4:30PM	Free	Weekly	Drop-in
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Lectures

Home Adventures

Virtual Presentation*

Current events, like pandemics, had led to staying at home for safety. Going to a museum, the zoo, or traveling to different locations has become much more difficult. Join Jenny Alcala-Alonso from Independence at Home to embark on some adventures all from the comfort of your home!

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

Tue	2/10	10AM	Free	1 Class	#16372
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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	2/10	11AM	Free	1 Class	#16373
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Valentine's Trivia

Join Rosa Phillips from Jack Schroeder & Associates for a fun and festive Valentine's Theme Trivia game! Test your knowledge on all things love, romance, and heart-filled history. Perfect for adding a little extra sweetness to your day.

Wed	2/11	10AM	Free	1 Class	#16381
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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.

Tue	2/17	11AM	Free	1 Class	#16375
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Is That A.I.?

With the advances in artificial intelligence (A.I.) technology, A.I. programs can now create text, images, and much more. At first sight, it may be hard to tell what is created or altered by A.I. Join Mila Lilien from Independence at Home for tips and tools to help determine if an image or piece of writing was generated by A.I.

Wed	2/18	10AM	Free	1 Class	#16376
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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	2/18	1-4PM	Free	1 Class	By Appt.
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Lost Memories: Season 2

Join Kristy Huang-Arai from Alzheimers Los Angeles for the next chapter of Lost Memories, as the Ramirez family navigates Grandma Gloria's middle-stage Alzheimer's. Discover practical tips for managing challenging behaviors, reducing caregiver stress, and finding the support every family deserves.

Thu	2/19	11AM	Free	1 Class	#16377
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Benefits of Drinking Water

Many of us don't get the water that our bodies need. Remember that our bodies are made up of mostly water. Join a representative from Independence at Home to learn about why it's important to keep hydrated and what to do to get enough water throughout the day.

Tue	2/24	2PM	Free	1 Class	#16378
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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.

Wed	2/25	9AM	Free	1 Class	#16379
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Discover Your Passion

Discovering our passion can give new meaning to our lives. Join a representative from Los Angeles County Department of Mental Health who will help to reflect on feelings of joy and happiness.

Thu	2/26	9AM	Free	1 Class	#16380
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Wills & Trusts

Join Jake Richards from United California Estate Services 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	3/3	10AM	Free	1 Class	#16414
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Savvy Caregivers Express

Join Kristy Huang-Arai from Alzheimer's Los Angeles for this 3-week program and develop the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer's disease or another dementia.

Thu	3/5-3/19	10AM-12PM	Free	3 Classes	#16413
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Register at cerritos.gov/register | (562) 916-8550



CITY OF CERRITOS



FESTIVAL OF FRIENDSHIP

CONNECTING CULTURES THROUGH DANCE AND MUSIC



**SATURDAY,
FEBRUARY 7, 2026
11 AM - 4 PM**

CERRITOS CENTER FOR THE PERFORMING ARTS



The City of Cerritos invites the community to attend the 27th annual Festival of Friendship at the Cerritos Center for the Performing Arts. The festival provides a unique opportunity to learn about the City's rich cultural diversity through a variety of performances. Guests will receive a commemorative gift, while supplies last. The event is free to attend. For more information, please call the Recreation Services Division at (562) 916-1254.

Special thanks to the Port of Long Beach for helping make this event possible.



PERFORMANCE SCHEDULE

11:00 AM	MAYOR'S WELCOME
11:25 AM	JC CULTURE FOUNDATION
11:40 AM	FILIPINO SENIORS OF CERRITOS ASSOCIATION
11:55 AM	GLOBAL CULTURE EDUCATION FOUNDATION
12:10 PM	SHAKTI DANCE COMPANY
12:25 PM	ADAPTIVE RECREATION - DANCE & MOVEMENT
12:40 PM	FORMOSA SENIORS ASSOCIATION INC.
12:55 PM	HANABI TAIKO
1:10 PM	DA' HAWAII SENIORS CLUB
1:25 PM	RAY SHINE FOUNDATION
1:40 PM	THE ORIGINAL HAPPY SENIORS OF CERRITOS
1:55 PM	ROYAL SCOTTISH COUNTRY DANCING SOCIETY - ORANGE COUNTY
2:10 PM	CERRITOS IVY CLUB
2:25 PM	ANGKLUNG GROUP OF CERRITOS
2:40 PM	CERRITOS FOLK DANCERS
2:55 PM	CERRITOS CHINESE-AMERICAN SENIOR CITIZENS ASSOCIATION
3:10 PM	NA IPO HULA
3:25 PM	CHINESE CULTURE ASSOCIATION OF SOUTHERN CALIFORNIA
3:40 PM	PASO DE ORO DANCE COMPANY



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

Festival of Friendship

The City of Cerritos invites the community to attend the 27th annual Festival of Friendship at the Cerritos Center for the Performing Arts. The festival provides a unique opportunity to learn about the City's rich cultural diversity through a variety of performances. Guests will receive a commemorative gift, while supplies last. The event is free to attend.

For more information, please call the Recreation Services Division at [\(562\) 916-1254](#).

Sat 2/7

11AM

Cerritos Center for the Performing Arts

February 2026



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

Cerritos Lifelong Enrichment

February 2026

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

Robert A. Lopez City Manager

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Get the latest on email and text updates throughout the City of Cerritos.

Subscribe

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

Mon., Feb. 16 in observance of Presidents' Day