



CITY OF CERRITOS



October 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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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 non-transferable. 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.

Griffith Observatory

Join us for a fun and memorable outing to the Griffith Observatory! Seniors will enjoy breathtaking views of Los Angeles, explore fascinating exhibits, and discover the wonders of space and science. Come spend the day learning, exploring, and enjoying time together!

Food and drinks will be available for purchase at the Observatory. Please note that outside food and drinks are not permitted.

Registration Starts:
10/6 Resident, Non-Resident 10/13

Tue	11/17	11AM-5PM	\$20	One Day	#18021
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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	10/26	1:15-3:15PM	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.

1st Mon	10/5	2-4PM	Free	Bi-Weekly Class	Drop-in
3rd Mon	10/19	2-4PM	Free	Bi-Weekly 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	10/20	1:30-2:30PM	Free	Monthly 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.

No movie on Friday, October 2

Fri	Weekly	1-3PM	Free	Weekly Movie	Drop-in
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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](tel:5629168550).



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	10/27	1-4PM	Free	Monthly Class	Drop-in
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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	10/5-11/9	10AM-1PM	\$90	6 classes	#17775
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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	10/6-10/20	2-4PM	\$30	3 Classes	#18020
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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	10/7-10/28	10AM-12PM	\$100	4 Classes	#17993
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Handcrafters

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

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

It's Fall Y'all — Art Walk & 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
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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-12:30PM	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 chorus on Friday, October 2

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

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	1-3PM	\$20	1 Day	#18060
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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	10/5	10AM-12PM	Free	Monthly Game	#17628
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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
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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 and make new friends while learning proper wagering techniques as well as the odds of winning hands.

Wed	Weekly	2-4PM	Free	Weekly Game	Drop-in
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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	10/9 & 10/23	3:30-4:30PM	Free	2 Classes	#18057
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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.

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.

No class on Friday, October 2

Wed/Fri	Weekly	9-10AM	Free	2 Classes/Week	Drop-in
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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	10/6-10/27	1:15PM-2:30PM	\$20	4 Classes	#18008
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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	10/6-10/27	3-4:15PM	\$20	4 Classes	#18009
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Yoga Therapy for Strong Bones and 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. 15 Minute intake prior to first session will be required to adapt the practice to your needs.

Fri	10/9-11/13	9-10AM	\$40	6 Classes	#18018
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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.

A \$6 per class payment option is 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	10/28-11/25	9-10AM	\$25	5 Classes	#17777
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Ping-Pong

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

No play on Thursday, October 1 and Friday, October 2

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.

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	10/9	8:30-10:30AM	Free	Monthly	Drop-in
4th Fri	10/23	8:30-10:30AM	Free	Monthly	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	10/7	12:30-3:30PM	Free	Monthly Class	By Appt.
4th Wed	10/28	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.

Wed	10/7-10/28	9:30-11:30AM	Free	Weekly	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	10/13	10AM-1PM	Free	Monthly	Drop-in
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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	10/8	10AM-12PM	Free	Monthly	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	10/16	10AM-12PM	Free	Monthly	Drop-in
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FEATURED

Staying Active — Healthy Aging

Join a representative from Welcome Health for helpful insights on staying active, supporting overall wellness, and promoting healthy aging.

Wed	11/4	11AM	Free	1 Class	#18053
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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
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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 United California Estate Services 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	10/6	10AM	Free	1 Class	#17765
Tue	11/3	10AM	Free	1 Class	#18050

Cyber Security Awareness

Virtual Presentation*

Technology may be intimidating, but it doesn't have to be! Join Jenny Alcala-Alonzo from Independence at Home to learn about the latest online scams and measures to take for protection from becoming a victim.

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

Tue	10/6	10AM	Free	1 Class	#17767
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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 to learn more about this benefit.

Wed	10/7	9AM	Free	1 Class	#17768
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Grief and Loss

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

Thu	10/8	10:30AM	Free	1 Class	#17769
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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	10/12	11AM	Free	1 Class	#18005
Mon	10/26	11AM	Free	1 Class	#18019

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	10/13	10AM	Free	1 Class	#18006
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Home Care Options

Join Robert Regan from Synergy HomeCare to learn about building a care plan, the difference between non-medical home care vs. home health, and ways families can prepare financially and emotionally.

Wed	10/14	10AM	Free	1 Class	#18007
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Communication and Dementia

Join Kristy Huang-Arai from Alzheimer’s Los Angles for a basic understanding of Alzheimer’s disease and its effects, and receive tips and strategies to help with communication issues over the course of the disease.

Thu	10/15	10AM	Free	1 Class	#18010
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Long-Term Care for the Win

A thoughtful long-term care strategy plays a vital role in protecting family, preserving savings, strengthening retirement plans and maintaining peace of mind. Join Jake Richards from United California Estate Services to learn about the importance of long-term care planning, associated costs, and what is and is not covered by government programs.

Tue	10/20	10AM	Free	1 Class	#18011
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AI and Disinformation

Disinformation refers to false information created to mislead people, and it’s nothing new. But today’s AI-powered tools and social media have made it easier and faster to create and spread disinformation. Join a representative from Independence at Home to explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content and explore tech tools that can help identify content created with AI.

Wed	10/21	10AM	Free	1 Class	#18012
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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.

Wed	10/21	1PM	Free	1 Class	By Appt.
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Power of Budgeting

Join Marco Tolento from Edward Jones to learn about the power of budgeting and explore wants versus needs, personal spending habits, and savings goals while discovering how a budget can provide greater financial control and serve as the foundation for a strong financial strategy.

Thu	10/22	9AM	Free	1 Class	#18013
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Pelvic Health Essentials

Join Sarah Pizzey from MovementX to learn practical strategies for supporting pelvic health, improving daily comfort, and building confidence in overall well-being.

Thu	10/22	11AM	Free	1 Class	#18051
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Asset Protection Planning

With a little preparation and guidance, retirement can become a fulfilling and confident new chapter. Explore strategies for adding stability and protection to retirement. Join Julia Saenz from New York Life to learn how to add stability and protection to retirement.

Fri	10/23	10AM	Free	1 Class	#18014
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Story Sharing: A Walk Down Memory Lane

Story Sharing offers participants the opportunity to contemplate some of life’s big questions and/or review their life experience and adventures with a group. Join Jenny Alcala-Alonzo from Independence at Home for this new and fun presentation.

Tue	10/27	2PM	Free	1 Class	#18015
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Grief Support Group

Join a representative from Independence at Home for a Grief Support Group offering guidance, conversation and community for those experiencing loss. Participants are invited to share, listen, and learn coping strategies in a respectful and caring environment.

Wed	10/28	10AM	Free	Monthly	Drop-in
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Narcan and Responding to Overdose

Join Rodel Rutaquio from the County of Los Angeles Department of Public Health to learn about opioids and Narcan, including overdose response, Narcan administration, and Fentanyl test strip use. Attendees will receive information on community resources, including the Substance Abuse Service Helpline (SASH) and Fentanyl resources from CDC, DEA, and DPH, with free Narcan and Fentanyl test strips available.

Wed	10/28	1PM	Free	1 Class	#18016
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Reverse Mortgage Myths

There are many myths and so much information about Reverse Mortgages. Join Amy Brick from Brick & Co. Real Estate to learn how to KEEP or SELL your home and purchase with a reverse mortgage.

Thu	10/29	10AM	Free	1 Class	#18017
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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
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Cerritos Folk Dancers

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

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

Thu	1-4PM	Aspen/Pine	Bonnie Lin	(562) 412-1267 bonnielee1950@yahoo.com
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Da’ Hawaii Seniors Club

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

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

Thu	5-8PM	Aspen/Pine	Chrstine Ya Chin Lee	(213) 219-1430 yachinlee@hotmail.com
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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
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The “Original” Happy Seniors of Cerritos

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



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.

Sack lunch will be offered on Friday, October 2.

No lunch will be served on Monday, October 12.

Cost

Ages 60+: Suggested donation of \$3

Ages 50-59: \$7 fee

For More Information

Call [\(562\) 916-8555](tel:5629168555)



Community Events




CERRITOS SENIOR CENTER
at Pat Nixon Park



Active Bodies, Healthy Minds

**CITY OF CERRITOS**

SENIOR HEALTH & WELLNESS FAIR

Friday, October 2, 2026

CERRITOS RESIDENTS
8:30 a.m. - 12 p.m.

 **GENERAL PUBLIC** 
9 a.m. - 12 p.m.

Event is open to patrons age 50 and older.

- ✓ **MORE THAN 50 VENDORS PROVIDING SENIOR-RELATED INFORMATION**
- ✓ **FREE HEALTH SCREENINGS!**

Routine Senior Center activities and classes will not occur on this day. The Senior Center will be closed immediately following the event.

Guests are encouraged to carpool or use alternative forms of transportation.

**Port of LONG BEACH**
THE PORT OF CHOICE

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

CERRITOS SENIOR CENTER AT PAT NIXON PARK • (562) 916-8550 • 12340 SOUTH ST. CERRITOS, CA 90703

October 2026



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:5629168550).

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.



Cerritos Lifelong Enrichment

October 2026

Produced by
Community Services Division

**Communications
and Marketing Division**



CITY OF CERRITOS

- Lynda Provide Johnson** Mayor
- Mark E. Pulido** Mayor Pro Tem
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Cerritos Senior Center

at Pat Nixon Park

12340 South Street
Cerritos, CA 90703

(562) 916-8550



SM



**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., Oct. 1 at 1 p.m. for Senior Health Fair setup
Fri., Oct. 2 for Senior Health Fair