

ALONG THE WAY



September 2025 | Cypress Senior Center | cypressrec.org | Monday-Friday, 8 AM-5 PM | (714) 229-6670



DINING CENTER LUAU

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SENIOR CENTER CLOSED FOR LABOR DAY 9/1

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RECREATION
"CREATING COMMUNITY"

ALONG THE WAY

City Council

David Burke, Mayor
Leo Medrano, Mayor Pro Tem
Kyle Chang, Council Member
Scott Minikus, Council Member
Bonnie Peat, Council Member

Acting City Manager

Matt Burton

Recreation & Community Services: Senior Center

Jeff Draper, Recreation and Community Services Director
Ian Kokot, Recreation Manager
Shayna Gutierrez, Recreation Supervisor
Taylor Burtle, Recreation Coordinator
Andi Terry, Recreation Coordinator
Jose Coronel-Rivera, Recreation Specialist
Katherine Diaz, Recreation Specialist
Justin Hart, Recreation Leader IV
Armando Paraiso, Recreation Leader IV
Carol Shore, Office Assistant II
David Middleton, Facilities Attendant

Senior Citizens Commission

David Skorupinski, Chair
Linda Croce, Vice Chair
Claudia Nessary, Commissioner
Ginger Osman, Commissioner
Glen Button, Commissioner
Hank Machal, Commissioner
Marilyn Reames, Commissioner

The Cypress Senior Citizens Commission serves as an advisory board to the City Council on matters pertaining to older adults. The Cypress Senior Citizens Commission meets the second Wednesday of every month at 3:00 pm in the Conference Room of the Senior Center. All interested parties are welcome to attend.

Cypress Recreation Mission Statement:

The Cypress Recreation & Community Services Department promotes and provides quality programs and services to meet the needs of the community.



SCAN FOR THE
RECREATION
ACTIVITY GUIDE



2025 PARTNERS

DIAMOND TIER

FOREST LAWN®

Anette Rivera-Berry

FUNERALS • CREMATIONS • CEMETERIES

Optum

Erika Barrera

THE PALMS LA MIRADA

John Olivas

SKY ACTIVE LIVING

Providence

St. Jude
Medical Center

Daisy Martinez

GOLD TIER



Alignment Health

Evelyn Briano



Providence

Medicare Advantage Plans

Rick Cabarloc
Carlos Lopez



Anne Hsiung

SILVER TIER



Adrienne de Lundi Insurance Services, LLC
360 E 1st St., #717
Tustin, CA 92780

Adrienne de Lundi



GRACE
AFFORDABLE
SENIOR CARE
(714)-235-7110
Graceaffordableseniorcare@gmail.com

Dr. Douglas Emery



American Standard
HOME SERVICES

Martin Eggiman
Pegah S.

FREE SERVICES & AMENITIES

We offer free access to treadmills, stationary bikes, and weight sets—perfect for staying fit at any level.

To use a treadmill, visit the Reception Desk to complete a waiver, get training, and sign in and out each time. For everyone's safety and comfort, please wear tennis shoes and wipe down equipment after use.

Start your fitness journey today—your health is worth it!

Fitness Center



Senior Center Library



Looking for a quiet spot to unwind? Our Library offers a relaxing space with a wide variety of books, including romance, fiction, science fiction, large print, and more. Borrowing is easy with our self-checkout system!

While you're here, take a moment to enjoy the beautiful artwork on display from talented local artists. There's something for everyone to discover!

Stop by the Computer Lab to check your emails, play games, and more! For audio content, please use headphones or earbuds to maintain a quiet environment. A few reminders:

- No food or open containers—water bottles with lids are okay.
- Please be mindful of others and keep noise to a minimum.
- **NOTE:** Printing services are not available.

Enjoy your time and make the most of your visit!

Computer Lab



Cypress Senior Citizens Club - Mondays

Arrivals begin at 6:00pm and the meeting starts at 7:00pm followed by refreshments and bingo.

Plus 40's Dance - Wednesday Nights

6:00-9:00pm | \$7 per person

Dances include ballroom music played by the band "Now and Then". Refreshments will be served.

Offered by the Cypress Senior Citizens Club at the Senior Center. For more information, contact Gayle Weigert at (562) 715-3929.

Sunshine Club - Thursdays

Arrivals begin at 1:30pm and the meeting starts at 2:00pm followed by refreshments and bingo.

Sunshine Club Senior Trips

Join the Sunshine Club for exciting trips to musicals, historical landmarks, delicious dining spots, and even casino adventures. Everyone is welcome—you don't need to be a club member or a Cypress resident to join the fun! For details on upcoming trips, contact Darlene Kelly at (714) 995-6735.

FREE SERVICES & AMENITIES

HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM

THRU THE COUNCIL ON AGING SOUTHERN CALIFORNIA (HICAP)



**Council
on Aging**
Southern California

To schedule an in person appointment, visit
the Reception Desk or call (714) 229-6670



Tuesday, September 9 & 23
9:30 am-12:30 pm

Orange County
residents will receive
consultation for
Medicare and senior
health insurance-
related topics.

Appointments are
scheduled every
**2nd and 4th
Tuesday** of the
month.



You will receive unbiased
information to help you make the
best choices for your needs including
information on:

- ✓ Your rights as a healthcare consumer.
- ✓ Medicare benefits & rights, including information on Medicare Part D, prescription drug coverage.
- ✓ Private Medicare supplemental health insurance policy benefits and exclusions.
- ✓ HMO's and how they work.
- ✓ Long-term care insurance.



CARE Patrol™
Your Partner In Senior Care Solutions

NOTARY SERVICE

- Appointment only
- 20 minute Appointments
- Free-of-Charge
- Current Valid ID required
- 2nd and 4th Wednesday of the month

Upcoming Appointment Dates

September 10 & 24
12:00 to 2:00 pm

*Must be an Orange County resident and 60 years or older.



TO SCHEDULE AN IN PERSON APPOINTMENT VISIT THE RECEPTION DESK OR
CALL (714) 229-6670



Movies are subject to change without notice.



September 3: Limitless | PG-13 | 1h 45m | 2011

Actors: Bradley Cooper, Anna Friel, Abbie Cornish

A mysterious pill that enables the user to access 100% of his brain's abilities transforms a struggling writer into a financial wizard, but it also puts him in a new world with many dangers.

September 10: My Oxford Year | PG-13 | 1h 52m | 2025

Actors: Julia Whelan, Allison Burnett, Melissa Osborne

When Anna, an ambitious young American woman, sets out for Oxford University to fulfill a childhood dream, she has her life completely on track until she meets a charming and clever local who profoundly alters both of their lives.



September 17: The Amateur | PG-13 | 2h 2m | 2025

Actors: Rami Malek, Rachel Brosnahan, Jon Bernthal

When his supervisors at the CIA refuse to take action after his wife is killed in a London terrorist attack, a decoder takes matters into his own hands.

September 24: Casablanca | PG | 1h 42m | 1942

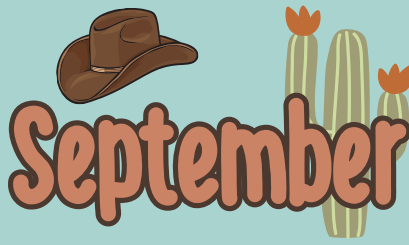
Actors: Humphrey Bogart, Ingrid Bergman, Paul Henreid

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.



BEVERAGES FOR SALE AT THE RECEPTION DESK

MEALS ON WHEELS LUNCH CAFÉ



Nutrition Desk is open from 10:30 am-12:00 pm.
 \$3.00 suggested donation for adults ages 60+.
 \$5.00 fee applies to those under 60.
 First-come, first-served.

Free Entertainment: 🎵
 Pianist Rosemary Carda every Thursday
 Vocalist Phil Bickal 4th Wednesday Monthly



Monday	Tuesday	Wednesday	Thursday	Friday
1 	**2** Labor Day Special Menu Chicken Breast w/Brown Gravy Rice Pilaf Corn Fresh Apple Lemon Cream Cake Cup 1% Milk	3 Chicken Breast Savory Tomato Sauce Peas & Carrots Brown Rice Canned Tropical Fruit Mix 1% Milk	4 Pork Loin 🎵 Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll Canned Mandarin Orange 1% Milk	5 LUNCH CAFÉ CLOSED
8 Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Canned Mandarin Orange 1% Milk	9 Mexican Cubed Beef Cocido Soup Beef Broth Vegetable Mix WW Crackers (4pk) Fresh Apple SF Cookie 1% Milk	10 Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) Canned Peaches 1% Milk	11 🌱 Baked Tilapia 🎵 Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	**12** Rodeo Ticketed Event Pork Carnitas w/BBQ Sauce Black Beans Coleslaw WW Dinner Roll w/ Smart Balance RS Peach Crisp 1% Milk
15 Pork Carnitas Green Peas Cilantro Lime Rice SF Ambrosia Verde Sauce 1% Milk	16 Chicken Pasta w/Poppy Seed Dressing Spring Mix Italian Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	17 Salisbury Steak Brown Gravy 5-Way Mix Vegetable Sweet Potatoes Butternut Squash Soup WW Bread w/Smart Balance Canned Peaches 1% Milk	18 Turkey Roast 🎵 Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	19 LUNCH CAFÉ CLOSED
22 First Day of Fall Special Menu Cubed Beef California Blend Egg Noodles Goulash Canned Pears Tiramisu Cake Cup 1% Milk	23 🌱 Vegetable Lasagna Pork Tenderloin Sweet Citrus Glaze Green Bean & Carrots WW Dinner Roll w/Smart Balance Fresh Apple 1% Milk	24 Diced Chicken Breast 🎵 Orange Sauce Oriental Vegetable Blend Rice Pilaf Canned Mandarin Orange 1% Milk	25 Pork Carnitas 🎵 Ranchera Sauce Peas & Carrots Cilantro Lime Rice Fresh Orange 1% Milk	26 LUNCH CAFÉ CLOSED
29 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	30 Turkey Roast w/Brown Gravy Scandinavian Veg Blend Sweet Potatoes WW Dinner Roll w/Smart Balance Canned Pineapple Chunks 1% Milk			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 🌱 Meatless Meal

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. 🍷 indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. A weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.MealsOnWheelsOC.org

ADDITIONAL FOOD RESOURCES

Senior Grocery Program & TEFAP: Wednesday, September 10 | 9:30am

The Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at affordable senior apartments, senior centers and other nonprofit partner sites.

Distribution is held on the **2nd Wednesday** of each month. **Check in begins at 8:00am** and **distribution begins as early as 9:30am**. Patrons are responsible for providing their own carts and/or bags to transport commodities.

Community Action Partnership: Friday, September 19 | 9:00am -12:00pm

Distributed at the **Cypress Community Center**, 5700 Orange Ave.

- Third Friday of each month
- New applicants will be placed on a waiting list

To apply, contact: (714) 667-0717

Meals on Wheels Orange County

Meals on Wheels Orange County is a non-profit organization dedicated to serving seniors and their families. They offer a variety of supportive services designed to promote well-being and independence, including: home-delivered meals, frozen meal distribution, case management, homemaking, friendly visitors, CHOICE program, home safety, and more.

For more information, contact: (714) 220-0224.

Home Delivered Meals (provided by Meals on Wheels OC)

Meals on Wheels of Cypress will deliver meals to your home Monday through Friday for a nominal fee if you are home bound and unable to prepare your own meals.

Visit **www.mealsonwheelsoc.org** to apply for the program, or call (714) 220-0224 for more information.

2-1-1 Orange County

Your local 211 can help you find and access resources in your community, including Information on food assistance available through governmental ,community and faith-based organizations. Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs. Receive referrals from trained multilingual specialists. **Contact:** **www.211oc.org**

CalFresh (formerly known as Food Stamps)

CalFresh offers eligible participants an Electronic Benefits Transfer (EBT) card that can be used like an ATM card to purchase eligible food items at stores certified as CalFresh retailers. For interactive assistance: (714) 541-4895 (24-hrs)

Contact: (800) 281-9799 (wait times vary depending on call volume) **www.MyBenefitsCalwin.org**

OC Food Help

Looking for food pantries and meal programs? OC Food Help provides food pantries and resources in Orange County.

Contact: **www.ocfoodhelp.org**. **Note:** Groceries and meals vary by location

Orange County Office on Aging

Discover a wide range of support services, resources and information for older adults in Orange County.

Contact:(800) 510-2020 or Local: (714) 480-6450 Monday - Friday, 8:00 am - 5:00 pm. **www.officeonaging.ocgov.com**

Orange County Food Bank

OC Food Bank offers boxes of shelf-stable food for seniors on select days at various locations in Orange County.

Contact: Community Action Partnership of OC (CAPOC): (714) 897-6670 or **www.ocfoodbank.org**

Second Harvest Food Bank Orange County

Second Harvest Food Bank Orange County provides food resources for children, families and older adults.

Contact: (855) 2-FeedOC or (855) 233-3362 **www.feedoc.org/get-help**

ONGOING ACTIVITIES

Exhibiting Artist

The Cypress Senior Center's Exhibiting Artist Program offers a fantastic opportunity for aspiring artists to showcase their work.

Every quarter, we feature a new artist, giving the community a chance to appreciate diverse talents. Interested in being our next featured artist? Apply today!

Pick up an application or call (714) 229-6670 for more information.



Happy Birthday

Every 3rd Monday of the month the center hosts a birthday celebration during lunch! For Cypress residents 60 years or older, your lunch is on us.

Meals are on a first come, first served basis. Check in for lunch begins at 10:30 am

In the event of holiday closures on the 3rd Monday, birthday celebrations will be held on the 4th Monday of the month

August Birthday



MONDAY

8:15-9:45	Open Exercise	ER
8:30-9:30	Flow Yoga \$	MUE
8:30-12:20	Quilting for OA	A/C
10:20-12:10	Health & Wellness for OA	MUE
1:00-3:00	Eclectic Yoga for Seniors	ER
2:00-3:50	Health & Wellness (Cardio)	MUE
6:00-9:00	Sr. Citizens Club Bingo	MUR

TUESDAY

8:15-9:45	Open Exercise	ER
9:00-10:00	Tai Chi Beginner	MUE
9:00-10:50	Games for Brains	A/C
10:15-11:05	Chair Yoga \$	MUE
11:30-2:00	Inter./Adv. Line Dance	MUE
11:45-3:00	Bridge	CR
1:00-2:50	Creative Writing	A/C

WEDNESDAY

8:15-9:45	Open Exercise	ER
8:30-10:00	Yoga Club	MUE
9:30-11:20	Painting for OA	A/C
12:30-3:00	Cribbage	CR
12:30-4:30	Mahjong	ER
12:45-3:00	Senior Center Cinemas	MUE
1:00-4:50	Painting for OA	A/C
2:00-3:00	Peer Support Group	LIB
6:00-9:00	Plus 40's Dance	MUR

THURSDAY

8:15-9:45	Open Exercise	ER
9:00-10:00	Mindfulness & Meditation	CR
9:45-11:35	Health & Wellness (Cardio)	MUE
10:00-11:30	Hatha Yoga	ER
11:45-3:00	Bridge	CR
1:00-2:50	Health & Wellness (Tai Chi Chuan)	ER
1:30-3:20	Music Arts for OA	CONF
2:00-4:00	Sunshine Club Bingo	MUR

FRIDAY

8:15-9:45	Open Exercise	ER
9:30-11:20	Senior Chorus for OA	A/C
10:00-12:00	Cntry. Line Dance & More	MU
12:30-2:00	Ultra Beg. Beg. Line Dance	MU
3:00-4:50	Help Yourself to Health for OA	MUE

ROOM LEGEND*

A/C=Arts & Crafts Room	LIB= Library
CR= Card Room	G= Galleria
CC=Civic Center	HS= Health Services
CONF=Conference Room	MUR=Multi-Use Room
ER=Exercise Room	MUE=Multi-Use Room East
MUW=Multi-Use Room West	


**Room locations subject to change without notice.*

SPECIAL ACTIVITIES & PRESENTATIONS

SEPTEMBER CALENDAR

\$-Fee based class. Pre-register before attending class.
 + Presentation: sign up at the Reception Desk

**-Special Event: see Reception Desk for details
 <-By appointment only. Register at the Reception Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SENIOR CENTER CLOSED 	2	3 Blood Pressure Screening 10:00am - 12:00pm	4	5 <Tech Help 3:00-5:00 pm
8 +Presentation 10:00am ----- Blood Pressure Screening 1:00-3:00 pm	9 <HICAP 9:30am - 12:30pm ----- +Presentation 10:00am	10 Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am ----- <Notary Service 12:00pm	11 +Presentation 10:00 am ----- Blood Pressure Screening 11:30am - 1:30pm	12 **Dining Center RODEO - Ticketed Event ----- <Tech Help 4:00-5:00 pm
15 +Presentation 1:00pm ----- Blood Pressure Screening 1:00-3:00 pm	16 +Presentation 10:30 am	17 +Presentation 10:00 am	18 +Presentation 10:00 am	19 <Tech Help 4:00-5:00 pm
22 Blood Pressure Screening 1:00-3:00 pm	23 <HICAP 9:30am - 12:30pm	24 Blood Pressure Screening 10:00am-12:00 pm ----- +Presentation 10:30am ----- <Notary Service 12:00pm	25 Blood Pressure Screening 11:30am - 1:30pm	26 <Tech Help 4:00-5:00 pm
29 Blood Pressure Screening 1:00-3:00 pm	30			

All classes/programs are subject to change without notice.

CLASSES & PROGRAMS

All classes are held at the Cypress Senior Center unless stated otherwise. Please confirm location.
***subject to change/cancellation without notice**

NOCE

ATTENTION: You must be a registered NOCE student to participate in NOCE classes. For questions regarding NOCE classes or registration, call (714) 808-4679 or email starhelp@noce.edu

NOCE Office Hours

M-TH: 7:30 am - 7:00 pm | F: 7:30 am - 4:00 pm

Fall Session: August 11 - December 19

*subject to change/cancellation without notice

Open Exercise

C. Wesling

No Class 9/1

Are you looking for an exercise routine that you can do at your own pace? This class is for you! Follow the video and go at your own pace and skill level.

Ongoing M-F 8:15-9:45 am Free

Flow Yoga with Darshini: Pay As You Go

D. Aithal

No Class 9/1, 9/22, 9/29

Anyone can practice yoga regardless of age or experience. Use this ancient art to improve flexibility and concentration, renew energy and regulate stress. Darshini offers three styles of yoga to fit your needs. All levels welcome. Please bring a yoga mat & wear comfortable clothing.

Ongoing M 8:30-9:30 am \$10

Quilting for Older Adults

L. Smith, NOCE

No Class 9/1

This course is open to quilters of all levels from beginning to advanced abilities. Have fun and learn how to expand on projects from traditional to modern.

Ongoing M 8:30am-12:20pm Free

Health & Wellness for OA

K.Yu, NOCE

No Class 9/1

Class will include various activities to help yourself to health through physical fitness activities, discussion on healthy lifestyle, and how to maintain good physical health. Ongoing

Ongoing M 10:20 am-12:10 pm Free

Health & Wellness for OA (Cardio)

E. Matikinyidze, NOCE

No Class 9/1

Class will include activities like physical fitness, discussion on healthy lifestyle, and how to maintain good health. This class combines strengthening, cardio, and a chair for balance to create a dynamic workout with the use of handweights and lightweight bands.

Ongoing M 2:00-3:50 pm Free

Eclectic Yoga for Seniors

R. Siu

No Class 9/1

Designed to meet the physical/mental needs of seniors, this class utilizes basic Yoga poses such as stretching, twisting, and weight-bearing with attention to various organs such as the brain, pancreas, or lymph-nodes. Bring a sticky yoga mat, blanket/towel, and eye cover.

Ongoing M 1:00-3:00 pm Free

Collage Club: Scraps & Sentimentals

A. Aguilos

Space is limited - Sign up at the front desk or call the Senior Center.

Join us for a collage making session put on by a Occupational Therapy Student from Stanbridge University, Orange County.

Every third Monday of the month.

Ongoing M (9/15) 2:00-4:00 pm Free

Tai Chi Beginner

J. Velardo

The art of Tai Chi is beneficial to people of all ages, especially older adults. Learn and enhance your knowledge of these slow, harmonious, routine movements designed to promote health and longevity. All are welcome.

Ongoing T 9:00-10:00 am Free

Games for Brains

G. Heins

No Class 9/2, 9/9, and 9/16

This fun-filled class will cause you to laugh while enjoying games, trivia, and brain teasers. Not only does this class teach you how to keep your brain healthy, it also encourages socialization with others.

Ongoing T 9:00-10:50 am Free

Chair Yoga with Darshini: Pay As You Go

D. Aithal

No Class 9/23, 9/30

Looking for a safe and gentle, yet effective yoga practice? Chair yoga gives you all the health benefits that normal yoga practice does. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then give this course a try. It's an amazing way to safely stretch and strengthen your body.

Ongoing T 10:15-11:05 am \$8

Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel

This line dance class requires that you are familiar with line dance steps and sequences. Steps will be called out but not broken down. What a fun way to challenge your mind, and get your 5000 steps in.

Ongoing T 11:30 am-2:00 pm Free

Bridge

This trick-taking card game is played with 4 players in two competing partnerships using a 52-card deck. Some knowledge of how to play required.

Ongoing T & TH 11:45 am-3:00 pm Free

CLASSES & PROGRAMS

Creative Writing for Seniors

J. Edwards, **NOCE**

This course teaches both beginning and experienced writers how to create shape autobiographies, fiction and non-fiction writing, and poetry into readable and publishable forms.

Ongoing T 1:00-2:50 pm Free

Indoor Chair Volleyball

Senior Center staff

Space is limited - Sign up at the front desk or call the Senior Center

Get active while having fun. This activity is free and open to anyone. No prior experience is needed and it is open to all skill levels.

Every 3rd Tuesday of the month.

Ongoing T (8/19) 1:30-2:30 pm Free

Yoga Club

J. Ting

Do you enjoy Yoga? Join the Yoga Club to become more physically fit and flexible, meet new friends, and most of all to **HAVE FUN!** No Yoga experience is needed. During each meeting Yoga will be followed by relaxation. Each Yoga session begins with the Yoga Club chant "I AM ALIVE, I AM WELL, I FEEL GREAT!"

Ongoing W 8:30-10:00 am Free

Painting for Older Adults

I. Lopez, **NOCE**, B.Gier, **NOCE**

This class offers older adults an individualized approach to learning painting and artistic expression at their own pace and within their interest and style. Older adults will learn techniques in drawing, brush strokes, and color mixing and application.

Creative supplies required.

Ongoing W 9:30-11:20 am Free

Ongoing W 1:00-4:50 pm Free

Cribbage

Cribbage is a card game, usually for two players, in which each player tries to form various counting combinations of cards. All levels welcome. No experience or knowledge of the game required.

Ongoing W 12:30-3:00 pm Free



Mahjong

P. Jung

Play a fun and exciting game of Chinese Mahjong and meet new friends! Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Open for people of all skill levels.

Ongoing W 12:30-4:30 pm Free

Peer Support Group

R. Bush and P. Estes

This volunteer-led group provides individuals the opportunity to join together with others to discuss and listen to various life issues.

Ongoing W 2:00-3:00 pm Free

Alzheimer's Caregiver Support Group

Alzheimer's Orange County This support group is free and open to care givers of individuals with Alzheimer's and related memory disorders. The group provides a safe environment where confidentiality of shared information is respected. They offer support in understanding, coping with, and managing the disease & assist in locating and utilizing community resources.

Every 3rd Wednesday of the month

Ongoing W (9/17) 7:00-8:30 pm Free

Mindfulness & Meditation

J. Rice

Last class 9/11

Meditation and/or relaxation helps balance our hectic lives. Learn these relaxation techniques while gaining a better mind-body connection. No experience is needed. Bring a mat and cushion for sitting.

Ongoing TH 9:00-10:00 am Free

Health & Wellness for OA (Cardio)

V. Vizcarra, **NOCE**

This class combines strengthening, cardio, and a chair for balance to create a dynamic workout with the use of light hand weights, theraband resistance, and light-weight bands.

Ongoing TH 9:45-11:35 am Free

Hatha Yoga

J. Dominh

A yoga class to discover and connect with your own body that encompasses balance, proper stretching, self massaging techniques, breathing, and meditation, for physical and mental energy. Bring yoga mat, towel, eye cover. Ongoing

Ongoing TH 10:00-11:30 am Free

Health and Wellness for OA (Tai Chi Chuan)

D. Layne, **NOCE**

This class includes various activities to better health through physical fitness, discussion on healthy lifestyles, and how to maintain good health. Learn the art of Tai Chi Chuan to strengthen muscles and relax the mind and body. Ongoing

Ongoing TH 1:00-2:50 pm Free

CLASSES & PROGRAMS

Music Arts for Older Adults

S.Orozco, **NOCE**

This course provides stimulating interaction for older adults through musical reminiscence, discussions, and listening to music from different time periods and genres. Older adults will participate in sing-alongs and rhythmic activities. Older adult students will learn to appreciate and understand different varieties of music.

Ongoing TH 1:30-3:20 pm Free

TechHelp

By Appointment Only



Student Volunteers

Sign up for a **15-minute** appointment to assist you with your technological questions. To schedule an appointment, please call the Senior Center or visit the front desk. **Please bring your fully charged device.**

Ongoing F 4:00-5:00 pm Free

Senior Chorus for Older Adults

L. Lassetter, **NOCE**

This course introduces students to a broad spectrum of choral music including its cultural and historical aspects. Students will gain knowledge of correct posture, breath control, enunciation, harmony, rhythm and basic music concepts.

Ongoing F 9:30-11:20 am Free

Country Line Dance & More: Improver/Inter.

M. Velasco

No Class 9/12

Enjoy a fun-filled, high-spirited class to enjoy line dancing to the fullest. This class is designed for more experienced dancers who have mastered line dance patterns and movements. This class is challenging and rewarding.

Ongoing F 10:00am-12:00 pm Free

Ultra Beginner/Beginner Line Dance

E. Ilagan

No Class 9/12

This Ultra Beginner Line Dance class will teach you basic line dance steps and their names. You will be using the left side of your brain by learning the steps and The creative side of your brain, the right side, will appreciate the different types of music that will be dance. Put the two sides of your brain together to dance, exercise, and have fun!

Ongoing F 12:30-2:00 pm Free

Help Yourself to Health for OA

K. Yu, **NOCE**

Various health-related topics of interest to older adults will be discussed. Safe, beneficial exercises intended to promote general health and fitness for older adults will be introduced. Each class will incorporate information, discussion, and exercises.

Ongoing F 3:00-4:50 pm Free

Zumba Fitness: Pay As You Go

L. Morris

Class will resume 10/11

Zumba fitness is perfect for everybody and every body! We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's effective and fun! What are you waiting for? Try it now!

Ongoing SA 9:00-10:00 am \$7

BLOOD PRESSURE SCREENING

Health Services Office

Mondays | 1-3pm
Wednesdays | 10am-12pm
**no screenings 2nd Wednesday*
2nd and 4th Thursday | 11:30am-1:30pm
**subject to change without notice*

PRESENTATIONS

Pre-registration is highly encouraged. To pre-register, please visit the front desk or call (714) 229-6670.

How to Make Your Home Safer as You Age

Presented by: Garret Graubins, American Standard Home Services

Date: Monday, September 8

Time: 10:00 - 11:00 am

Take an important look at ways to make your home a safer place. This presentation will equip you with the knowledge to identify and address common hazards.

Immune Support for the Fall Season

Presented by: Dr. Zulmy Mancía, Seacrest

Date: Tuesday, September 9

Time: 10:00 - 11:00 am

Join Naturopathic Doctor, Dr. Zulmy Mancía, as she shares natural approaches to strengthen your immune system during the fall months. Learn how nutrition, lifestyle habits, and gentle natural remedies can help support your body's defenses and keep you feeling your best as the weather changes.

Aging in Place for Seniors

Presented by: Amy Brick, Brick and Co Real Estate

Date: Thursday, September 11

Time: 10:00 - 11:00 am

Most people want to stay in their homes for as long as they possibly can. Join us for helpful suggestions for home modifications that can be made on a large and small scale to accommodate the needs of Seniors, as they age at home. We'll also address the need to plan ahead and know about resources that are available to stay at home, as transportation and self care may become more challenging.

Investment Scams: How Much Can You Afford To Lose?

Presented by: Steve Levin, Huntington Beach P.D.

Date: Monday, September 15

Time: 1:00 - 2:00pm

The Cypress Senior Center will host the third of its quarterly presentations on senior fraud, this one focusing on investment scams...how they work, how the victim is contacted and convinced to participate, and the almost inevitable financial damage to victims in terms of total or significant loss of assets.

Long-term Nursing Home Care Government Benefits

Presented by: Carl Leiter, Retired Attorney

Date: Tuesday, September 16

Time: 10:30 - 11:30 am

Learn the legal rules and regulations for a little-known government program. Eliminate liens, estate claims, disqualification, asset forfeiture, and payback/reimbursement. Keep your home and your savings. Learn about government grants to pay for long-term nursing home care while protecting your home, life savings, and other assets from forfeiture.

Nourish to Flourish: Nutrition for Every Stage of Aging

Presented by: Jacqueline Atwood, Right at Home

Date: Wednesday, September 17

Time: 10:00 - 11:00 am

As we age, our bodies change, and so do our nutrition needs. Join us as we discuss how to adjust your eating habits to support energy, bone health, digestion, and overall well-being. Discover simple ways to get the nutrients your body needs to stay strong, active, and healthy through every stage of aging.

Be Red Cross Ready: Preparedness for Older Adults

Presented by: Kimberly Aufrecht, American Red Cross

Date: Thursday, September 18

Time: 10:00 - 11:00 am

Are you ready for the next emergency? This presentation will walk through what to expect before, during, and after a disaster and will share ways to be prepared to face expected challenges. You will learn how to create an emergency kit, what kind of information to include in a household emergency plan, where to get updates about emergencies as they unfold, and much more!

What is Alzheimer's Disease

Presented by: Dr. Trinh, Alzheimer's Orange County

Date: Wednesday, September 24

Time: 10:30 - 11:30 am

With the FDA approval of a blood test to detect the proteins associated with Alzheimer's plaques, how do we define Alzheimer's disease? Is Alzheimer's defined by symptoms of memory loss? Or is Alzheimer's defined by the presence of Alzheimer's plaques in the brain while some have perfect memory?

***Subject to change without notice. The Senior Center does not recommend, endorse, or guarantee products or professional services offered at the center.**

CELEBRATIONS AND EVENTS



FREE EVENT

Medicare Info Fair

FRIDAY, OCTOBER 24
9:00 - 11:30 AM
CYPRESS SENIOR CENTER

Visit with participating health plans and medical groups to compare your current plan to other options available to you.

SALES REPRESENTATIVES FROM HEALTH PLANS WILL BE PRESENT WITH INFORMATION REGARDING 2026 BENEFITS AND APPLICATIONS, AND MAY HELP YOU IN APPLYING.

MEDICARE

ANNUAL ENROLLMENT CLINIC

OFFERED BY COUNCIL ON AGING, HICAP



WEDNESDAY, NOVEMBER 5
9AM-3PM
*Appointment Required.

Make an appointment and receive free, unbiased one-on-one personalized counseling to review and compare current Medicare benefits and plans to assure that the plan will still meet your needs in 2026.

CALL OR SIGN UP AT THE RECEPTION DESK



*HICAP counselors do not sell, promote, or endorse any insurance product.



PLEASE JOIN US TO

CELEBRATE CYPRESS

THROUGHOUT THE MONTH OF OCTOBER

SATURDAY, OCTOBER 4: CYPRESS RUN
CIVIC CENTER GREEN
7AM: 5K RUN & WALK | 8AM: COMMUNITY DASH
REGISTER NOW

SATURDAY, OCTOBER 4: COMMUNITY FESTIVAL
OAK KNOLL PARK
11:00 AM - 7:00 PM
FREE

TUESDAY, OCTOBER 14: STATE OF THE CITY
CIVIC CENTER GREEN
5:30 - 8:00 PM
FREE



Boogie Night
BOO-BASH!

FRIDAY, OCTOBER 31

5 TO 8 PM

SENIOR CENTER

\$6 PER PERSON

Save the Date!

LIGHT REFRESHMENTS | DJ | ACTIVITIES

**TICKETS GO ON SALE SEPTEMBER 29.
FIRST-COME, FIRST-SERVED.**

CYPRESSCA.ORG/SENIOREVENTS | 714-229-6670

