ALONG THE WAY

February 2026 | Cypress Senior Center | cypressrec.org | Monday-Friday, 8 AM-5 PM | (714) 229-6670

Cupid's Cafe 2025

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SENIOR CENTER CLOSED - FEBRUARY 16

CYPRESS RECREATION
" CREATING COMMUNITY "

ALONG THE WAY

City Council
Leo Medrano, Mayor
Kyle Chang, Mayor Pro Tem
David Burke, Council Member
Bonnie Peat, Council Member
Rachel Strong Carnahan, Council Member

Interim City Manager
Sean Joyce

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.

Parks Make Life Better!

SCAN FOR THE RECREATION ACTIVITY GUIDE

WELCOME 2026 PARTNERS

DIAMOND TIER

FOREST LAWN® FUNERALS • CREMATIONS • CEMETERIES — Anette Rivera-Berry

Humana — Frank Kim

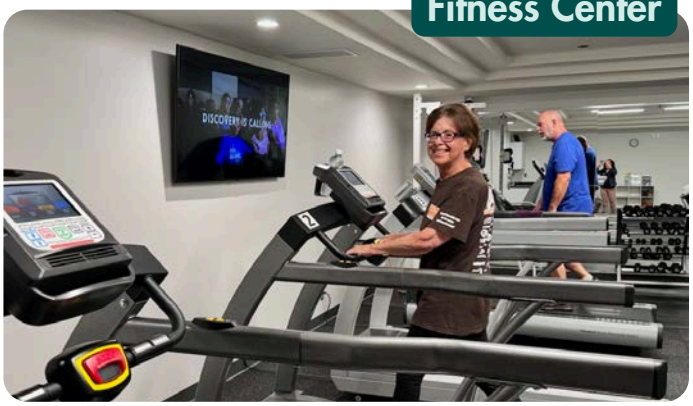
GOLD TIER

aetna® Healthier happens together® — Diann Braunwalder

Alignment Health — Evelyn Briano

FREE SERVICES & AMENITIES

Fitness Center



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!

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!

Computer Lab

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!

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, February 10 and 24
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

- By appointment only
- 20-minute Appointments
- Free-of-Charge
- Current Valid ID required
- 2nd Wednesday of the month

Upcoming Appointment Dates

Wednesday, February 11
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

FREE MOVIES
CYPRESS SENIOR
CINEMA
DOORS OPEN AT 12:30 PM | 12:45 PM SHOWTIME
EVERY WEDNESDAY | 9031 GRINDLAY ST CYPRESS, CA 90630
FREE MOVIES

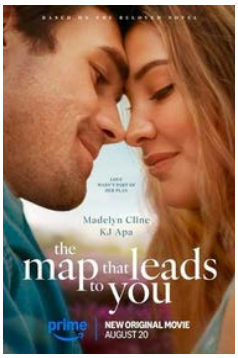
Movies are subject to change without notice.

February 4: F1: The Movie | PG-13 | 2h 35m | 2025
Actors: Brad Pitt, Damson Idris, Javier Bardem

A Formula One driver comes out of retirement to mentor and team up with a younger driver.

February 11: The Map That Leads To You | 1h 36m | 2025
Actors: Madelyn Cline, KJ Apa, Sofia Wylie

Heather's European adventure takes a turn when she meets Jack, sparking an unexpected emotional journey neither of them saw coming.



February 18: Set It Up | TV-14 | 1h 45m | 2018
Actors: Zoey Deutch, Glen Powell, Lucy Liu

Two corporate executive assistants hatch a plan to match-make their two bosses.

February 25: Wicked: For Good | PG-13 | 2h 17m | 2025
Actors: Cynthia Erivo, Ariana Grande, Jeff Goldblum

Elphaba, the future Wicked Witch of the West, and her relationship with Glinda, the Good Witch of the North. The second of a two-part feature film adaptation of the Broadway musical.

BEVERAGES FOR SALE AT THE RECEPTION DESK

MEALS ON WHEELS LUNCH CAFÉ

FEBRUARY

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 Tuesday Monthly

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	**Turkey Bolognese** Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	**Cubed Beef** Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	**Baked Tilapia** Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	LUNCH CAFÉ CLOSED
9	**10**	11	12	13
Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	*Cupid's Cafe* **Tofu Burrito Bowl** Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk	**Pork Carnitas** Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	**Chicken Breast** Alfredo Sauce Fettuccini Pasta Italian Veg Blend Healing Chicken Rice Soup Canned Apricot Strawberry Cake 1% Milk	LUNCH CAFÉ CLOSED
16	**17**	18	19	20
LUNCH CAFÉ CLOSED PRESIDENT'S DAY	*Mardi Gras Lunch* **Roast Beef** Mushroom Gravy Red Chunk Potatoes Capri Veg Blend Fresh Orange Apple Pie 1% Milk	**Diced Chicken** Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Mandarin Orange 1% Milk	**Ground Beef** Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	LUNCH CAFÉ CLOSED
23	24	25	26	27
Birthday Celebration **Pork Loin** Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	**Roast Turkey** Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	**Cubed Beef** Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	**Baked Tilapia** Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	LUNCH CAFÉ CLOSED

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, February 11 | 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, February 20 | 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.
Contact: (714) 220-0224 for more information or visit **www.mealsonwheelsoc.org** to apply for the program.

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

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

**Room locations subject to change without notice.*

SPECIAL ACTIVITIES & PRESENTATIONS

FEBRUARY 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
2 Blood Pressure Screening 12:15 - 2:00pm	**3** Blood Pressure Screening 10:00am-12:00pm	**4**	**5**	**6** <Tech Help 4:00-5:00pm
9 +Presentation 10:30am --- Blood Pressure Screening 12:15 - 2:00pm	**10** <HICAP 9:30am - 12:30pm --- +Presentation 10:00am	**11** Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am --- <Notary Service 12:00pm	**12** +Presentation 10:00am --- Blood Pressure Screening 11:30am - 1:30pm	**13** <Tech Help 4:00-5:00pm
16 SENIOR CENTER CLOSED 	**17** +Presentation 10:00am --- Blood Pressure Screening 10:00am-12:00pm	**18** +Presentation 10:00am	**19** +Presentation 10:30am	**20** <Tech Help 4:00-5:00pm
23 +Presentation 10:30am --- Blood Pressure Screening 12:15 - 2:00pm	**24** <HICAP 9:30am - 12:30pm	**25** +Presentation 10:30am	**26** Blood Pressure Screening 11:30am - 1:30pm	**27** <Tech Help 4:00-5:00pm

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

Spring Session: January 12 - May 21
*subject to change/cancellation without notice

Open Exercise
C. Wesling — *No class 2/16*

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 2/16*

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 2/16*

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 2/16*

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 2/16*

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 2/16*

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

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

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

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

Health & Wellness Cardio

CLASSES & PROGRAMS

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-2:30 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

Creative Writing for Seniors

J. Edwards, **NOCE**

No class 2/17

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 1st & 3rd Tuesday of the month (2/3 & 2/17)

Ongoing	T	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, B. Gier, **NOCE**

This class offers older adults an individualized approach to learning painting and artistic expression at their own pace and within their interests 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

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 They offer support in understanding, respected. coping with, and managing the disease & assist in locating and utilizing community resources.

Every 3rd Wednesday of the month

Ongoing	W (2/18)	7:00-8:30 pm	Free

Mindfulness & Meditation

E. Pao, and D. Rosa

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

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 rhythmmic activities. Older adult students will learn to appreciate and understand different varieties of music.

Ongoing	TH	1:30-3:20 pm	Free

Elenz Dance Night: Pay As You Go

E. Illagan

Are you seeking an opportunity to practice and refresh your intermediate and advanced line dance skills? Join us for our Monthly Line Dance Social, where we review and dance a mix of current and classic routines. This class is designed to help dancers stay confident, connected, and up to date with today's most popular line dances.

Every 2nd Thursday of the month

Ongoing	TH (2/12)	5:30-8:30 pm	$10

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**

No class 2/13

This course introduces students to a broad spectrum of choral music including its cultural and histrorical 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

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

L. Tang

No class 2/27

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**

No class 2/13

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.

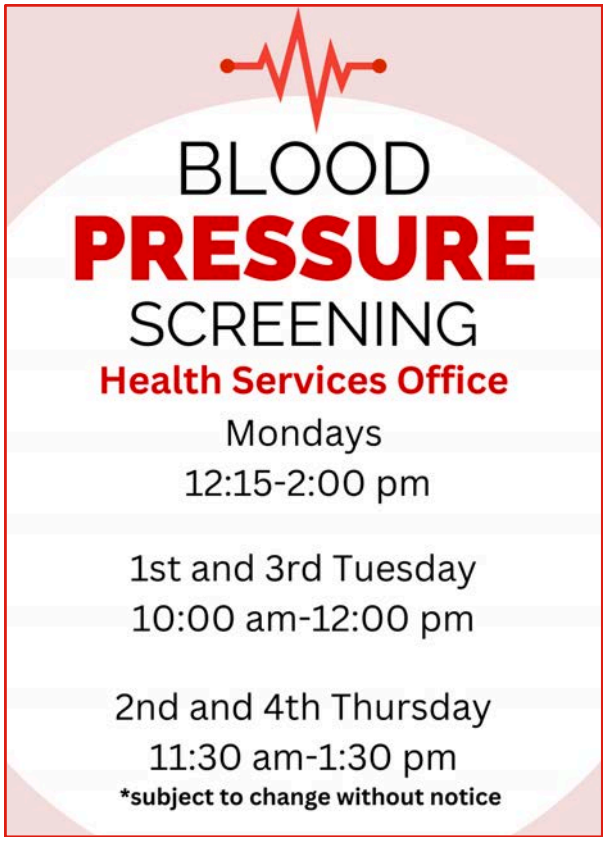
Ongoing	F	3:00-4:50 pm	Free
2/27	F	10:20 am-12:10 pm	Free

Zumba Fitness: Pay As You Go

L. Morris

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



PRESENTATIONS

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

Lifeline Phone Program

Presented by: Nathan Castillo, Castillo Innovation Enterprises
Date: Monday, February 9 **Time:** 10:30 - 11:30 am

The Lifeline Phone Program is a government-funded program that gets individuals connected to a free device with service at no cost to them. During this presentation, we will discuss the details and how to qualify.

Cardiovascular Health

Presented by: Dr. Zulmy Mancia, Seacrest
Date: Tuesday, February 10 **Time:** 10:00 - 11:00 am

Join Naturopathic Doctor, Dr. Zulmy Mancia, as she discusses natural approaches to support heart health, healthy cholesterol levels, and overall cardiovascular wellness.

Downsizing for Seniors

Presented by: Amy Brick, Brick and Co Real Estate
Date: Thursday, February 12 **Time:** 10:00 - 11:00 am

A step-by-step approach to getting a handle on paring down belongings to help a Senior to downsize into another home or to function better in their current home. Letting go of our "things" can be very difficult. Amy not only provides steps to follow and resources, but also addresses the emotional aspect of our connection to our "things".

Build a Healthy Plate

Presented by: Lindsey Evelyn, Registered Dietitian & Carlos Fernandez CalFresh Healthy Living and Orange Office on Aging
Date: Tuesday, February 17 **Time:** 10:00 - 11:00 am

Join us as we discuss options for additional food assistance in Orange County and the ways to build a healthier plate. Topics will include a discussion on the five food groups, what dietary changes you can make to build a healthier plate, and will look at ways to include physical activity in your daily routine.

Blue Zones: How to Exercise Naturally & Prevent Falls

Presented by: Jacqueline Atwood, Right at Home
Date: Wednesday, February 18 **Time:** 10:00 - 11:00 am

Blue Zones are regions of the world where people live the longest and healthiest. Right at Home will be discussing some of their secrets to this longevity. Join us as Registered Dietitian Jacqueline Atwood discusses the ways that Blue Zones incorporate natural movement and ways that you can prevent falls.

Alzheimer's & Memory Loss

Presented by: Monique Hernandez, Live Better Financial
Date: Thursday, February 19 **Time:** 10:30 - 11:30 am

The Alzheimer's Association will begin by explaining the differences between normal aging and Alzheimer's. They will review the most common warning signs, discuss why early detection matters, and share resources that can support both seniors and their families.

Safety and Prevention for Elderly

Presented by: Wilber Noya, Origins Home Health Care
Date: Monday, February 23 **Time:** 10:30 - 11:30 am

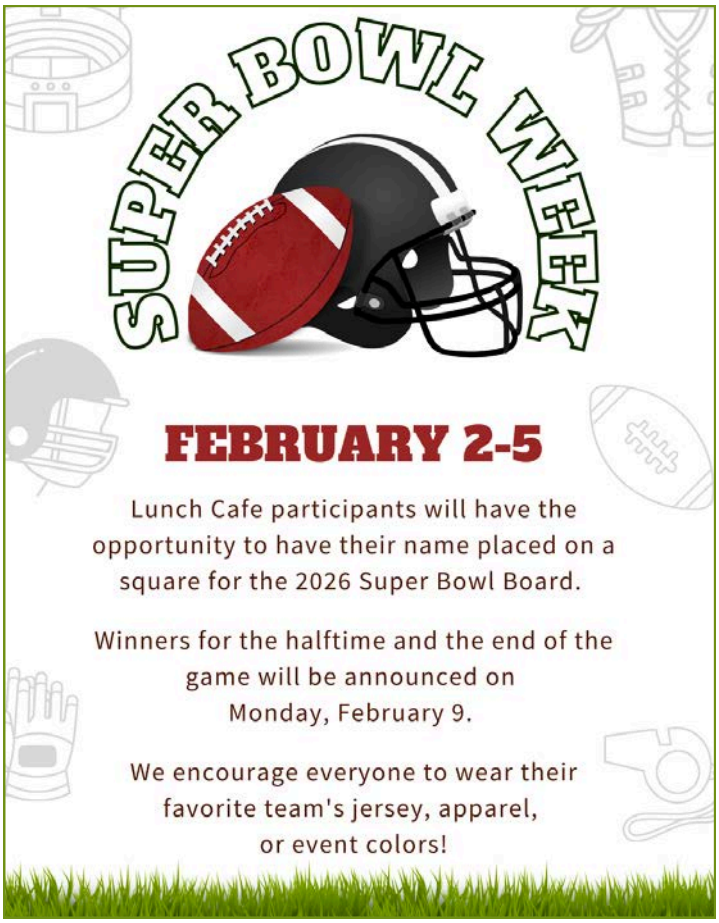
Most of our elderly are living independently. Thus, it is very important to make sure that they're safe at home. Based on some studies, falls, burns, and poisonings are among the most common accidents involving older people. Moreover, they have also become the target of criminals.

The Science of Breath Work

Presented by: Dr. Trinh, Alzheimer's Orange County
Date: Wednesday, February 25 **Time:** 10:30 - 11:30 am
Come chat with Dr Trinh about the Science behind Breath Work: What is it, and what are the potential health benefits?

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

INFORMATION AND EVENTS



2026 Grace Lachina Outstanding Senior Recognition Award

Do you know an outstanding senior 50 or older who has made a contribution to the senior community and/or the Cypress Senior Center? The Cypress Senior Citizens Commission would like to recognize them.

Applications must be received by Friday, February 13, 2026, by 5 PM. Applications are available at the Senior Center, Community Center, and online at cypressca.org/gracelachinaaward.

For more information, call (714) 229-6670

DINING CENTER CELEBRATION

LUCKY CHARMS

FRIDAY, MARCH 13

RESERVATION TICKET REQUIRED
$10/TICKET | CASH ONLY

Tickets are available for purchase on February 17, 18, and 19, from 10:30 to 11:30 AM at the Nutrition Desk for those having lunch.

Remaining tickets will be for sale starting February 23 at the Office Reception Desk during office hours.

Space is limited.
First-come, first-served until sold out.

Wear green for good luck!

EVENT DETAILS:
10:15 AM: CHECK-IN
10:30 AM - 1:00 PM:
ACTIVITIES,
SONIC SOUNDS (DJ GONZO),
DANCING, LUNCH, AND MORE!

Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630

Subscription to "Along the Way"

Subscribe to the Cypress Senior Center Monthly Newsletter.

___ YES! **EMAIL** me my subscription to"Along the Way"newsletter. (Complimentary)

E-MAIL ADDRESS: _____

___ YES! **MAIL** me my subscription to"Along the Way"newsletter.

___Mark here if you are a resident of Cypress to receive a complimentary subscription.

___Mark here if you do not live in Cypress. Non-resident subscriptions cost $15 for 12 months.

Payment Options:

- Send check only for $15, payable to the City of Cypress.
- You may also pay cash at the Senior Center Reception Desk.

NAME:_____

ADDRESS:_____ _____ _____ _____
Street/Apartment # City State Zip Code

PHONE NUMBER: _____ DATE: _____

Email completed form to senior@cypressca.org or
Mail form to: Cypress Senior Center, 9031 Grindlay Street, Cypress, CA 90630