

# ALONG THE WAY



March 2026 | Cypress Senior Center | [cypressrec.org](http://cypressrec.org) | Monday-Friday, 8 AM-5 PM | (714) 229-6670



*Lunch Cafe St. Patricks Day 2025*

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**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.



SCAN FOR THE  
RECREATION  
ACTIVITY GUIDE



## 2026 PARTNERS

### DIAMOND TIER

**FOREST LAWN<sup>®</sup>** Anette Rivera-Berry  
FUNERALS • CREMATIONS • CEMETERIES

**Humana** Frank Kim

**THE ORIGINAL RAINBOW CONE<sup>®</sup>** Anne Hsiung

### GOLD TIER

**aetna<sup>®</sup>** Diann Braunwalder  
Healthier happens together<sup>®</sup>

**Alignment Health** Evelyn Briano

**THE PALMS LA MIRADA<sup>™</sup>** John Olivas  
SKY ACTIVE LIVING

### SILVER TIER

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

### St. Patrick's Day Fundraiser

**THURSDAY, MARCH 12**  
**CYPRESS SENIOR CENTER**  
**12:00 - 2:00PM**

- Single Ice Cream Scoop: \$3.99 (+tax)
- Half Dozen Mini Donuts: \$4.99 (+tax)
- Cash and Card Accepted

20% of Proceeds to Support the Cypress Senior Center

# 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, March 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**<sup>™</sup>  
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, March 11**

12:00 to 2:00 pm

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



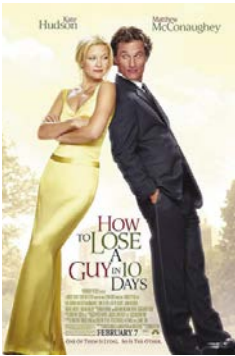
TO SCHEDULE AN IN PERSON APPOINTMENT VISIT THE RECEPTION DESK OR  
CALL (714) 229-6670

**CYPRESS SENIOR**  
**CINEMA**

**DOORS OPEN AT 12:30 PM | 12:45 PM SHOWTIME**

**EVERY WEDNESDAY | 9031 GRINDLAY ST CYPRESS, CA 90630**

*Movies are subject to change without notice.*



**March 4: How to Lose a Guy in 10 Days | PG-13 | 1h 56m | 2003**

Actors: Kate Hudson, Matthew McConaughey, Adam Goldberg

An advertising executive and ladies' man, to win a big campaign, bets that he can make a woman fall in love with him in 10 days.

**March 11: Karate Kid: Legends | PG-13 | 1h 34m | 2025**

Actors: Jackie Chan, Ben Wang, Joshua Jackson

After kung fu prodigy Li Fong relocates to New York City, he attracts unwanted attention from a local karate champion and embarks on a journey to enter the ultimate karate competition with the help of Mr. Han and Daniel LaRusso.



**March 18: Wake Up Dead Man | PG-13 | 2h 24m | 2025**

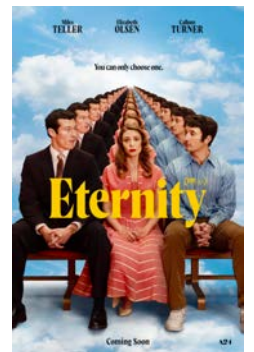
Actors: Daniel Craig, Josh O'Connor, Glenn Close

Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history.

**March 25: Eternity | PG-13 | 1h 54m | 2025**

Actors: Miles Teller, Elizabeth Olsen, Callum Turner

In an afterlife where souls have one week to decide where to spend eternity, Joan is faced with the impossible choice between the man she spent her life with and her first love, who died young and has waited decades for her to arrive.



**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 4<sup>th</sup> Tuesday Monthly



Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	4	5 📏 ✓	6
<b>Chicken Breast</b> Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit 1% Milk	<b>*Lunar New Year Lantern Fest*</b> <b>Barbacoa Beef</b> 🏮 Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk 🐎	<b>Tuna Salad</b> Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	<b>Baked Salmon</b> 🎵 Mango Sauce Broccoli Rice Pilaf Creamy Mushroom Soup Canned Apricots Yogurt Parfait w/Chocolate Granola 1% Milk	<b>LUNCH CAFÉ CLOSED</b>
9	10	11	12	**13** ✓
<b>Chicken Strips</b> Kung Pao Sauce Oriental Veg Blend Pineapple Fried Rice Canned Pears 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	<b>Chicken Breast</b> Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	<b>Beef Cheeseburger</b> 🎵 Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	<b>Lucky Charms (Ticketed Event)</b> 🍀 <b>Veggie Egg Salad</b> Roasted Red Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk
**16**	**17** 📏	18	19	20
<b>*Birthday Celebration*</b> <b>Mexican Beef Cocido Soup</b> 🎂 Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	<b>*St Patrick's Day Menu*</b> <b>Corned Beef</b> 🍀 Cabbage Whole Baby Potatoes WW Dinner Roll Canned Peaches Pistachio Pudding 1% Milk	<b>Cubed Beef</b> Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	<b>Chicken Breast</b> 🎵 Alfredo Sauce Brussel Sprouts WG TriColor Pasta Butternut Squash Soup Canned Mandarin Orange 1% Milk	<b>LUNCH CAFÉ CLOSED</b>
23	24	25	26	27
<b>Chicken Strips</b> Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	<b>Salisbury Steak</b> 🎵 Brown Gravy Peas Mashed Potatoes Healing Chicken Rice Soup WW Dinner Roll Canned Apricot 1% Milk	<b>Pork Carnitas</b> Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	<b>Turkey Pot Roast</b> 🎵 Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	<b>LUNCH CAFÉ CLOSED</b>
30	31	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>		
<b>White Chicken Chili w/Pinto Beans</b> ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Beef Enchilada Casserole</b> Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk			

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](http://www.MealsOnWheelsOC.org)

# ADDITIONAL FOOD RESOURCES

## Senior Grocery Program & TEFAP: Wednesday, March 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, March 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.feedoc.org/get-help)

# ONGOING ACTIVITIES



WISH OF A LIFETIME®  
**cupid crew™**  
FROM AARP

## 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\**



THANK YOU TO OUR BIRTHDAY  
SPONSOR: DEBI SUGDEN

Spark

### 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

## MARCH 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	4	5	6  <Tech Help 4:00-5:00pm
9  +Presentation 1:00pm	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	13  <Tech Help 4:00-5:00pm
16  +Presentation 10:00am	17  Blood Pressure Screening 10:00am-12:00pm ----- +Presentation 10:30am	18  +Presentation 10:00am	19  +Presentation 10:30am	20  <Tech Help 4:00-5:00pm
23  Blood Pressure Screening 12:15 - 2:00pm	24  <HICAP 9:30am - 12:30pm	25  +Presentation 9:30am	26  +Presentation 10:00am ----- Blood Pressure Screening 11:30am - 1:30pm	27  <Tech Help 4:00-5:00pm
30  Blood Pressure Screening 12:15 - 2:00pm	31			

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](mailto: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

Spring Break: March 30 - April 3

\*subject to change/cancellation without notice

## Open Exercise

C. Wesling

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 3/30**

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 **NOW \$12**

## Quilting for Older Adults

L. Smith, NOCE

**No class 3/30**

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 3/30**

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 3/30**

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

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

**No class 3/31**

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 **NOW \$10**



**Join us in the Lunch Cafe!**

# 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 3/31**

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 (3/3 & 3/17)**

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 with confidentiality of shared information. They offer support in understanding, respect, coping with, and managing the disease and assist in locating and utilizing community resources.

**Every 3rd Wednesday of the month**

Ongoing W (3/18) 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

# CLASSES & PROGRAMS

## 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
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## 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
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## 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
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## 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
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## 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
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## Country Line Dance & More: Improver/Inter.

M. Velasco

**No class 3/13**

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
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## Ultra Beginner/Beginner Line Dance

L. Tang

**No class 3/13**

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. The creative side of your brain, the right side, will appreciate the different types of music that will be danced. Put the two sides of your brain together to dance, exercise, and have fun!

Ongoing	F	12:30-2:00 pm	Free
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## 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
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## Zumba Fitness: Pay As You Go

L. Morris

**No class 3/21**

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
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# BLOOD PRESSURE SCREENING

**Health Services Office**

Mondays  
12:15-2:00 pm

1st and 3rd Tuesday  
10:00 am-12:00 pm

2nd and 4th Thursday  
11:30 am-1:30 pm

**\*subject to change without notice**

# PRESENTATIONS

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

## Again and Memory, Don't Forget to Come!

**Presented by:** Dr. Nathan Newman, Geriatrics with Welcome Health

**Date:** Monday, March 9 **Time:** 1:00 - 2:00 pm

Family Physician Dr. Nathan Newman will go over cognitive decline and ways to improve memory to stay sharp as we age.

## Seasonal Allergies

**Presented by:** Dr. Zulmy Mancía, Seacrest

**Date:** Tuesday, March 10 **Time:** 10:00 - 11:00 am

Join Naturopathic Doctor, Dr. Zulmy Mancía, as she shares insights on natural ways to alleviate seasonal allergy symptoms and elevate your overall well-being this upcoming spring season.

## Aging in Place for Seniors

**Presented by:** Amy Brick, Brick and Co Real Estate

**Date:** Thursday, March 12 **Time:** 10:00 - 11:00 am

Most people want to stay in their homes for as long as they possibly can. Amy offers 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. She also addresses 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.

## The Markets Today

**Presented by:** Mark Tigchelaar, Financial Advisor

**Date:** Monday, March 16 **Time:** 10:00 - 11:00 am

Timely market updates related to current events. Stay informed with concise analysis to help you understand trends.

## Long-Term Nursing Home Care Government Payment Benefits

**Presented by:** Carl Leiter, Retired Attorney

**Date:** Tuesday, March 17 **Time:** 10:30 - 11:30 am

Learn about the legal rules and regulations for little known government funds. Eliminate liens, estate claims, disqualification, asset forfeiture, and payback/reimbursement. Learn how to save on long-term care nursing home costs. Learn about government grants to pay for long-term nursing home care.

## Blue Zones: How Having the Right Outlook Can Change Your Life

**Presented by:** Jacqueline Atwood, Right at Home

**Date:** Wednesday, March 18 **Time:** 10:00 - 11:00 am

Blue Zones are regions of the world where people live the longest and healthiest. Right at Home is continuing a speaking series where we discuss some of their secrets to this longevity. Join us as Registered Dietitian Jacqueline Atwood discusses how Blue Zoners live in the moment, manage stress, and rediscover their purpose.

## Home Equity Strategies

**Presented by:** Monique Hernandez, Live Better Financial

**Date:** Thursday, March 19 **Time:** 10:30 - 11:30 am

Live Better Financial will guide you through the important considerations when deciding whether to remain at home, downsize, or move to a care facility. They will also explore strategies to make these transitions financially feasible.

## Longevity Science

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

**Date:** Wednesday, March 25 **Time:** 9:30 - 10:30 am

Come chat with Dr Trinh to learn strategies to live to 100 years old with your brain and body intact.

## Overcoming Sleepless Nights

**Presented by:** Kaziah Hernandez, St. Jude Sleep Center

**Date:** Thursday, March 26 **Time:** 10:00 - 11:00 am

Sleep disorders can lead to auto accidents, high blood pressure, heart failure and stroke. Learn how the St. Jude Sleep Center brings unusual expertise to the most common and undiagnosed sleep problem in America today: "sleep apnea".



\*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



## Senior Spring C.A.M.P. Around The World



Join us for themed activities,  
games, arts & crafts, and more!

March 30 - April 3  
9:00 - 11:00 AM

Cypress Senior Center

Sign-ups begin Monday, March 9  
Space is limited. First-Come, First-Serve



Sign-up at the Front Desk or Call 714-229-6670

*Oxford Academy Presents*

## Afternoon Teas & Tunes

Come enjoy a fun afternoon of  
tea and karaoke.

Friday, April 3<sup>rd</sup> at 2:30pm

Sign-ups begin March 9<sup>th</sup>

Free | Reservation Ticket required

For more information stop by the  
front desk or call (714) 229-6670



# INFORMATION AND EVENTS

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.  
Tickets are non-refundable.

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!

YOUTH ACTION COMMITTEE  
PRESENTS

## TRIVIA SHOWDOWN: THEN VS. NOW

WEDNESDAY, MARCH 25  
IN THE DINING CENTER

FREE!

Must sign in for Meals on  
Wheels Lunch Cafe to  
participate.

Sign up to play at check in!  
Suggestion donation of  
\$3.00 for adults 60+,  
\$5.00 for those under 60.

CHECK IN: 10:30 AM  
GAME TIME: 11:00 AM  
LUNCH: 12:00 PM  
SPACE IS LIMITED!

