

ALONG THE WAY



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



Lunch Cafe Eggstravaganza 2025

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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

City Manager

Shannon DeLong

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[®] Anette Rivera-Berry
FUNERALS • CREMATIONS • CEMETERIES

Humana Frank Kim



Anne Hsiung

GOLD TIER

aetna[®] Diann Braunwalder
Healthier happens together[®]

 Alignment Health Evelyn Briano

THE PALMS LA MIRADA[™] John Olivas
SKY ACTIVE LIVING

SILVER TIER

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



THE ORIGINAL RAINBOW CONE

Spring Fundraiser
THURSDAY, APRIL 9
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, April 14 and 28
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, April 8
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

FREE MOVIES

FREE MOVIES

Movies are subject to change without notice.



April 1: Rental Family | PG-13 | 1h 49m | 2025

Actors: Brendan Fraser, Takehiro Hira, Mari Yamamoto

An American actor in Tokyo struggling to find purpose lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. He rediscovers purpose, belonging, and the beauty of human connection.

April 8: Dr. No | PG | 1h 50m | 1962

Actors: Sean Connery, Ursula Andress, Bernard Lee

A resourceful British government agent seeks answers in a case involving the disappearance of a colleague and the disruption of the American space program.



April 15: Springsteen: Deliver Me From Nowhere | PG-13 | 1h 59m | 2025

Actors: Jeremy Allen White, Jeremy Strong, Paul Walter Hauser

Bruce Springsteen's journey crafting his 1982 album Nebraska, which emerged as he recorded Born in the USA with the E Street Band. Based on Warren Zanes' book.

April 22: National Treasure | PG | 2h 11m | 2004

Actors: Nicolas Cage, Diane Kruger, Justin Bartha

A historian races to find the legendary Templar Treasure before a team of mercenaries.



April 29: Greenland | PG-13 | 1h 59m | 2020

Actors: Gerard Butler, Morena Baccarin, Roger Dale Floyd

To save his family from a catastrophic end of times, a man embarks on a risky quest to locate the last hope for salvation and witness the worst of mankind in the battle for survival.

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 Tuesday Monthly
 Karaoke Party Last Wednesday Monthly



Monday	Tuesday	Wednesday	Thursday	Friday
		1 🎤 *Eggstravaganza Menu* Diced Chicken Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	2 🎵 Colorful Frittata Apple Chicken Sausage(2) Spring Mix w/Balsamic Dressing Roasted Potatoes WW Dinner Roll Tortilla Soup Strawberry Cheesecake Cup Fresh Apple 1% Milk	3 LUNCH CAFÉ CLOSED
6 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	7 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	8 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	9 🎵 Baked Ham w/Pineapple Glaze Sweet Potatoes Spinach Parkerhouse Roll Chicken Noodle Soup Lemon Cream Cup Fresh Orange 1% Milk	10 LUNCH CAFÉ CLOSED
13 Chicken Breast Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	14 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	15 🌱 Tuna Salad Spring Mix Balsamic Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	16 🎵 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	17 LUNCH CAFÉ CLOSED
20 🌱 *Birthday Celebration* Veggie Egg Salad Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	21 Pork Loin Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	22 Chicken Breast Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	23 🎵 Beef Cheeseburger Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	24 LUNCH CAFÉ CLOSED
27 Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	28 🎵 Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	29 🎤 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	30 🎵 Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 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, April 8 | 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, April 17 | 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

CONGRATULATIONS 2026 GRACE LACHINA AWARD WINNER



GINCY HEINS

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



March

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
8:15-9:00	Intermediate/Advanced Tai Chi	MUE
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
10:15-11:05	Strong & Steady: Chair Yoga \$	A/C
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

APRIL 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	2	3 <Tech Help 4:00-5:00pm
6 Blood Pressure Screening 12:15 - 2:00pm	7 Blood Pressure Screening 10:00am-12:00pm	8 Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am ----- <Notary Service 12:00pm	9 +Presentation 10:00am ----- Blood Pressure Screening 11:30am - 1:30pm	10 <Tech Help 4:00-5:00pm
13 +Presentation 10:30am ----- Blood Pressure Screening 12:15 - 2:00pm	14 <HICAP 9:30am - 12:30pm ----- +Presentation 10:00am	15 +Presentation 10:00am	16 +Presentation 10:30am	17 <Tech Help 4:00-5:00pm
20 +Presentation 10:00am ----- Blood Pressure Screening 12:15 - 2:00pm ----- +Presentation 1:00pm	21 Blood Pressure Screening 10:00am-12:00pm ----- +Presentation 10:30am	22 +Presentation 10:30am	23 Blood Pressure Screening 11:30am - 1:30pm	24 <Tech Help 4:00-5:00pm
27 Blood Pressure Screening 12:15 - 2:00pm	28 <HICAP 9:30am - 12:30pm ----- +Presentation 10:00am	29 +Presentation 10:00am	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

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 4/6

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

Intermediate/Advanced Tai Chi

J. Velardo

The practicing of Tai Chi has many health benefits including balance, posture and improving memory. Some Tai Chi training would be helpful.

Ongoing T 8:15-9:00 am 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 4/7

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 \$10

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

CLASSES & PROGRAMS

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
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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 (4/7 & 4/21)

Ongoing	T	1:30-2:30 pm	Free
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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
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Painting for Older Adults

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

No class 4/1

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
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Ongoing	W	1:00-4:50 pm	Free
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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
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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
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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
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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 (4/15)	7:00-8:30 pm	Free
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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
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Health & Wellness for OA (Cardio)

V. Vizcarra, **NOCE**

No class 4/2

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
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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
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NEW! Strong & Steady: Chair Yoga & Strength for Everyday Wellness: Pay As You Go

D. Aithal

Starting 4/16

Strong & Steady is a gentle yet effective class that combines the relaxing benefits of chair yoga with light strength training. Designed especially for beginners, older adults, or anyone looking for a supportive workout, this class focuses on building strength, improving flexibility, and enhancing balance in a safe and accessible way. The movements are adaptable for different fitness levels, making the class welcoming and enjoyable for everyone.

Students should bring their own hand weights. Recommended sizes are 1 lb, 2 lb, or 3 lb, depending on your comfort level.

Ongoing	TH	10:15-11:05 am	\$10
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CLASSES & PROGRAMS

Health and Wellness for OA (Tai Chi Chuan)

D. Layne, **NOCE** *No class 4/2*
 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** *No class 4/2*
 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 (4/9)	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** *No class 4/3*
 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 4/3*
 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 4/3 and 4/24*
 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** *No class 4/3*
 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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4/24	F	10:20 am - 12:10 pm	Free
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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
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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.

Reverse Mortgage Myths

Presented by: Amy Brick, Brick and Co Real Estate
Date: Thursday, April 9 **Time:** 10:00 - 11:00 am

There are many myths about reverse mortgages. This is an informational approach to explaining the truth about Reverse Mortgage and how it can be beneficial for seniors who need to eliminate their mortgage payment or access their equity.

VITAMINS A, D, E, K and B12

Presented by: Bill Liu, Pharmacist
Date: Monday, April 13 **Time:** 10:30 - 11:30 am

Vitamins, when taken in the correct amount, are essential for good health, and taking too much can be harmful to our health. This presentation will discuss the roles of the fat-soluble vitamins A, D, E, K, and the water-soluble vitamin B12.

Cholesterol & Triglycerides

Presented by: Dr. Zulmy Mancia, Seacrest
Date: Tuesday, April 14 **Time:** 10:00 - 11:00 am

Join us as Dr. Zulmy shares insights on natural approaches to support healthy cholesterol and triglyceride levels. Learn how natural treatments, diet, and lifestyle changes can improve your lipid profile and overall cardiovascular health.

Blue Zones: How to Connect With Others As We Age

Presented by: Jacqueline Atwood, Right at Home
Date: Wednesday, April 15 **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.

Understanding Care Options

Presented by: Monique Hernandez, Live Better Financial
Date: Thursday, April 16 **Time:** 10:30 - 11:30 am

This session will compare home care, community living, and assisted living, helping you weigh the advantages and disadvantages of each option.

Medication Brown Bag One-on-One Medication Review

Presented by: Bill Liu, Pharmacist
Date: Monday, April 20 **Time:** 10:00 am - 1:00 pm

***By Appointment Only** (6) 30-minute appointments available. Please call (714) 229-6670 to schedule.

Pharmacist Bill will assess your medications and supplements. Please bring your medications and supplements, or a detailed list of what you are taking.

Distraction Scams: "Where Did My Wallet/Purse Go?"

Presented by: Steve Levin, Huntington Beach P.D.
Date: Monday, April 20 **Time:** 1:00 - 2:00 pm

Unlike most well-known scams, distraction scams utilize some type of physical interaction between the scammer and the victim. This presentation will provide examples of how these crimes are committed, along with the red flags to look for, and what can be done to reduce/minimize the risk of becoming a victim.

We'll Protect Your Loved Ones When You No Longer Can

Presented by: Julie Rodriguez, Lincoln Heritage
Date: Tuesday, April 21 **Time:** 10:30 - 11:30 am

When a loved one dies, most people have no idea where to start. As a result, families can often make expensive mistakes regarding funeral arrangements. How you plan today can make all the difference for those you love later.

The Sugar Cycle

Presented by: Dr. Trinh, Alzheimer's Orange County
Date: Wednesday, April 22 **Time:** 10:30 - 11:30 am

Come chat with Dr. Trinh about the effects of sugar, insulin, and chronic inflammation.

Your Voice, Your Choice: Voting in Orange County

Presented by: Tess Morales, OC Registrar of Voters
Date: Tuesday, April 28 **Time:** 10:00 - 11:00 am

Learn about the valuable information and services for senior voters available for the 2026 Primary Election, held May 4 to June 2, including the voting process and voter registration.

Stay Strong as We Age: The Truth About Diet and Supplements

Presented by: John Graef, Anaheim Healthcare Center
Date: Wednesday, April 29 **Time:** 10:00 - 11:00 am

Join us as we discuss common myths, such as the belief that supplements can replace a balanced diet. Attendees will learn practical ways to prioritize nutrient-dense foods.

***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

LUNCH CAFE EGGSTRAVAGANZA WEDNESDAY, APRIL 1

Join us for springtime fun and lunch!

10:30 AM: Check-in & activities

12:00 PM: Lunch is served

Space is limited.

No ticket required.

First-come, first-served.



Farewell & Good Luck!

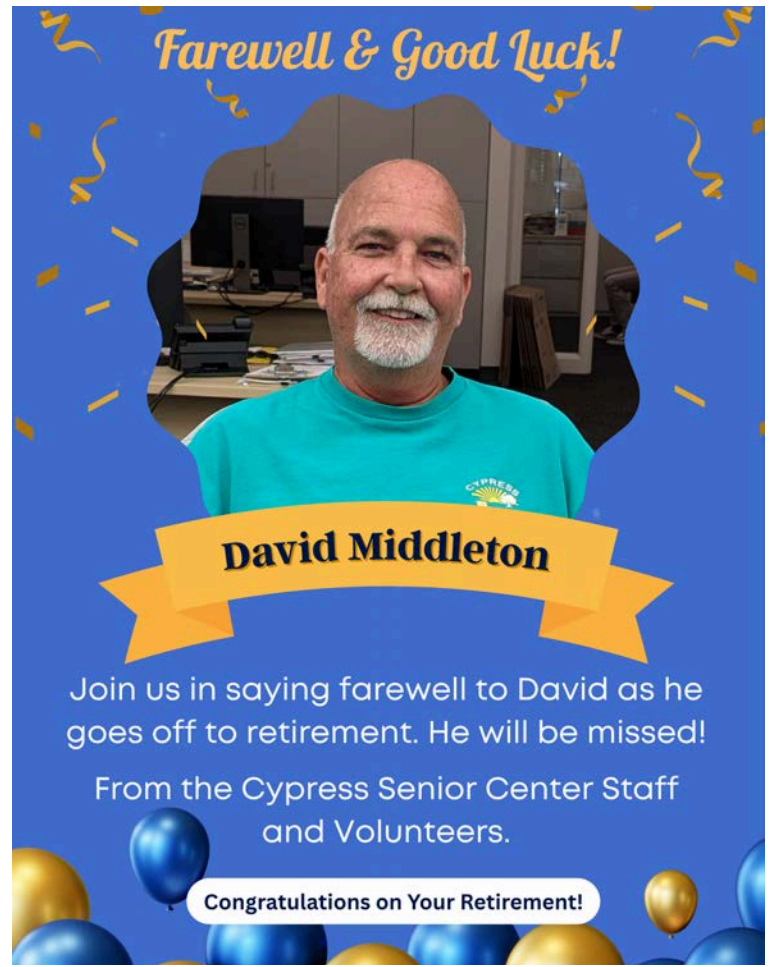


David Middleton

Join us in saying farewell to David as he goes off to retirement. He will be missed!

From the Cypress Senior Center Staff
and Volunteers.

Congratulations on Your Retirement!



OCTA POP-UP INFORMATION TABLE

MONDAY, APRIL 13 | 9:00 AM – 1:00 PM

Connect with OCTA representatives for the latest information regarding OC ACCESS and their Senior Reduced Fare Program.

They will also answer any questions relating to the new Wave card.



LOCATED IN THE SENIOR CENTER LOBBY

INFORMATION AND EVENTS

DINING CENTER CELEBRATION

MOTHER'S DAY *Garden Party*

FRIDAY, MAY 8 | 10:30 AM - 1:00 PM

RESERVATION TICKET REQUIRED

\$10/TICKET | CASH ONLY

Tickets are available for purchase on
April 13-16, from 10:30 to 11:30 AM at the Nutrition
Desk for those having lunch.

Remaining tickets will be for sale starting
April 20 at the Office Reception Desk
during office hours.

Event Details:

10:15 AM: Check-In

10:30 AM - 1:00 PM:

Activities,

Sonic Sounds (DJ Gonzo),
Dancing, Lunch, and More!

Space is limited.

First-come, first-served until sold out.

Tickets are non-refundable.

All details subject to change.

LUNCH CAFE

Karaoke

PARTY

Free!

JOIN THE FUN!

LAST WEDNESDAY OF EACH MONTH

10:30 AM: Check in
11:00 AM: Karaoke begins
12:00 PM: Lunch is served

Must be joining us for lunch in order to
participate. Space is limited. First-come,
first served. All details subject to change.

