

ALONG THE WAY



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



Oxford Academy Tea and Tunes

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SENIOR CENTER CLOSED MONDAY, MAY 25, FOR MEMORIAL DAY

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

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 related to older adults. The Cypress Senior Citizens Commission meets on 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®

FUNERALS • CREMATIONS • CEMETERIES

Anette Rivera-Berry

Humana

Frank Kim



Anne Hsiung

GOLD TIER



Healthier happens together®

Diann Braunwalder



Alignment Health

Evelyn Briano

THE PALMS LA MIRADA
SKY ACTIVE LIVING

John Olivas

SILVER TIER



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

Adrienne de Lunde



Memorial Day Fundraiser

THURSDAY, MAY 21
CYPRESS SENIOR CENTER
12:00 - 2:00PM

- Single Ice Cream Scoop: \$3.99 (+tax)
- Half Dozen Mini Donuts: \$4.99 (+tax)
- Cake slice: \$5.99 (+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 6:00 pm and the meeting starts at 7:00 pm followed by refreshments and bingo.

Plus 40's Dance - Wednesday Nights

6:00–9:00 pm | \$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 1:30 pm and the meeting starts at 2:00 pm 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, May 12 and 26
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 PatrolTM

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, May 13

12:00 to 2:00 pm

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



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



Movies are subject to change without notice.



May 6: This Means War | PG-13 | 1h 43m | 2012

Actors: Reese Witherspoon, Chris Pine, Tom Hardy

CIA agents and best friends Franklin and Tuck discover that they are in love with the same woman. Each of them then decides to win her over by using their own skills.

May 13: McFarland, USA | PG | 2h 9m | 2015

Actors: Kevin Costner, Maria Bello, Ramiro Rodriguez

Jim White moves his family after losing his last job as a football coach, and at his new school he turns seven disappointing students into one of the best cross-country teams in the region.



May 20: Hamnet | PG-13 | 2h 5m | 2025

Actors: Jessie Buckley, Paul Mescal, Zac Wishart

In late 16th-century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief.

May 27: Jerry and Marge Go Large | PG-13 | 1h 36m | 2022

Actors: Bryan Cranston, Annette Bening, Rainn Wilson

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.



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
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 🌱 Meatless Meal	1 LUNCH CAFÉ CLOSED
4	**5** 🍷 *Cinco De Mayo Menu* Chicken Tinga Sour Cream (1pk) Black Beans Mexican Rice Tortillas (2) Flan Cup Fresh Orange 1% Milk	6 Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	7 🍷 Chicken Cordon Bleu Rice Pilaf Carrots Tiramisu Cup Fresh Orange 1% Milk	**8** *Mother's Day Garden Party Celebration Ticket Required*
11 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	12 Beef Enchilada Casserole Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	13 Diced Chicken Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	14 Ground Beef Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	15 LUNCH CAFÉ CLOSED
18 *Birthday Celebration* Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	19 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	20 Cubed Beef Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	**21** 🍷 *Memorial Day Menu* BBQ McRib w/BBQ Sauce Corn and Carrots Brown Rice Chicken Noodle Soup Red Velvet Cake Fresh Orange 1% Milk	22 LUNCH CAFÉ CLOSED
25 LUNCH CAFÉ CLOSED MEMORIAL DAY	26 Barbacoa Beef Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	27 🌱 Tuna Salad Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk	28 Chicken Breast Asian Sauce Scandinavian Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	29 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, May 13 | 9:30 am

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, May 15 | 9:00 am - 12:00 pm

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. 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. **Contact:** (800) 281-9799 / TTY (714) 834-8500
The call center is open Monday - Friday, 7:30 am to 5 pm. www.BenefitsCal.com

OC Food Help

Looking for food pantries and meal programs? OC Food Help provides food pantries and resources in Orange County. Note: Groceries and meals vary by location. www.ocfoodhelp.org

Orange County Office on Aging

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

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

www.officeonaging.ocgov.com

Orange County Food Bank

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

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

Second Harvest Food Bank Orange County

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

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

ONGOING ACTIVITIES

Exhibiting Artist

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

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

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



Happy Birthday!

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

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

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



April

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	NEW! 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
5:30-8:30	Elenz Dance Night (Every 2 nd Th)	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
12:00-3:00	NEW! Bunco (Every 4 th Friday)	CR
12:30-2:00	Ultra Beg. Beg. Line Dance	MUR
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
MUW=Multi-Use Room	East
West	

*Room locations subject to change without notice.

SPECIAL ACTIVITIES & PRESENTATIONS

MAY CALENDAR

\$-Fee based class. Pre-register before attending class. **-Special Event: see Reception Desk for details
 + Presentation: sign up at the Reception Desk < -By appointment only. Register at the Reception Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <Tech Help 4:00-5:00pm
4 Blood Pressure Screening 12:15 - 2:00pm	5 Blood Pressure Screening 10:00am-12:00pm	6	7	8 <Tech Help 4:00-5:00pm
11 Blood Pressure Screening 12:15 - 2:00pm	12 <HICAP 9:30am - 12:30pm ----- +Presentation 10:00am	13 Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am ----- <Notary Service 12:00pm	14 +Presentation 10:00am ----- Blood Pressure Screening 11:30am - 1:30pm	15 <Tech Help 4:00-5:00pm
18 Blood Pressure Screening 12:15 - 2:00pm	19 Blood Pressure Screening 10:00am-12:00pm ----- +Presentation 10:30am	20 +Presentation 10:00am	21 +Presentation 10:30am	22 <Tech Help 4:00-5:00pm
25 SENIOR CENTER CLOSED  MEMORIAL DAY	26 <HICAP 9:30am - 12:30pm	27 +Presentation 10:30am	28 +Presentation 10:30am ----- Blood Pressure Screening 11:30am-1:30pm	29 <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

NOCE Break: May 25 - May 29

Summer Session: June 1 - July 31

*subject to change/cancellation without notice

Open Exercise

C. Wesling

No class 5/25

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 5/25

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 5/25

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 5/25

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

Eclectic Yoga for Seniors

R. Siu

No class 5/25

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

Health & Wellness for OA (Cardio)

E. Matikinyidze, NOCE

No class 5/25

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

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

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 5/26

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 (5/5 & 5/19)

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**

No class 5/27

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 (5/20) 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**

No class 5/28

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

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

D. Aithal

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

CLASSES & PROGRAMS

Health and Wellness for OA (Tai Chi Chuan)

D. Layne, **NOCE**

No class 5/28

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**

No class 5/28

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

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 (5/14) 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 5/28

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

Ongoing F 9:30-11:20 am Free

Country Line Dance & More: Improver/Inter.

M. Velasco

No class 5/8

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

NEW! Bunco

Bunco is a dice game with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. All levels welcome. No experience or knowledge of the game required. **Every 4th Friday of the month.**

Ongoing F (5/22) 12:30-3:00 pm Free

Ultra Beginner/Beginner Line Dance

L. Tang

No Class 5/8

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

Help Yourself to Health for OA

K. Yu, **NOCE**

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

Ongoing F 3:00-4:50 pm Free

Zumba Fitness: Pay As You Go

L. Morris

No class 5/30

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

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

BLOOD PRESSURE SCREENING

Health Services Office

Mondays

12:15-2:00 pm

1st & 3rd Tuesday

10:00 am-12:00 pm

2nd & 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.

Arthritis

Presented by: Dr. Zulmy Mancía, Seacrest
Date: Tuesday, May 12 **Time:** 10:00 - 11:00 am
Join Naturopathic Doctor, Dr. Zulmy Mancía, for an informative talk on natural approaches to managing arthritis. Learn how targeted nutrition, lifestyle changes, and naturopathic therapies can help reduce inflammation, ease joint pain, and improve mobility.

Evacuation for Seniors!

Presented by: Amy Brick, Brick and Co Real Estate
Date: Thursday, May 14 **Time:** 10:00 - 11:00 am
This class is designed for seniors to help them prepare for evacuations. Participants will learn essential evacuation strategies, including preparing an emergency "Bin and Binder". It's essential to have precious photos and momentos already packed. The class will also guide seniors in creating a life organizer to keep track of important information, ensuring they are ready for any unexpected situation.

Long-Term Nursing Home Care Government Payment Benefits

Presented by: Carl Leiter, Retired Attorney
Date: Tuesday, May 19 **Time:** 10:30 - 11:30 am
Learn about the legal rules and regulations for little known government funds. Eliminate liens, estate claims, disqualifications, 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.

Protein & Aging: Staying Strong, Energized, and Independent

Presented by: Jacqueline Atwood, RD, Right at Home
Date: Wednesday, May 20 **Time:** 10:00 - 11:00 am
As we age, our protein needs increase and getting enough becomes essential for overall health. Join us as Right at Home dietitian, Jacqueline Atwood, explains why protein matters for older adults, how much you really need, and affordable ways to include protein in your daily meals.

Smart Financial Planning

Presented by: Monique Hernandez, Live Better Financial
Date: Thursday, May 21 **Time:** 10:30 - 11:30 am
We'll address the "hidden costs of aging" and illustrate how these challenges affect real families. They will explain how thoughtful financial planning can help protect assets, reduce risks, and prepare for the realities of long-term care expenses.

Can AI Be Your Health Coach?

Presented by: Dr. Trinh, Alzheimer's Orange County
Date: Wednesday, May 27 **Time:** 10:30 - 11:30 pm
Come chat with Dr Trinh about the latest trends in both health and technology. Is it possible to utilize AI to help you get healthier?

Staying Safe & Independent at Home

Presented by: Edna Ruiz, Living Well Home Care
Date: Thursday, May 28 **Time:** 10:30 - 11:30 am
Join us for a brief educational presentation on aging in place and home safety. Learn practical tips to prevent falls, stay hydrated, protect yourself from the flu, and remain safe during hot weather. Explore different ways to get support at home—from family and friends to community programs—so you can maintain your independence and continue enjoying life at home.

**Chair Volleyball
ADAPT, SET, SPIKE**
WITH STANBRIDGE
M.S.O.T. STUDENTS


TUESDAY, MAY 12
1:30 - 2:30 PM
Cypress Senior Center

Let the
games
begin!

**Learn more about what Occupational
Therapy can do for you!**


Sign up at the front desk to participate.

**For more information call
(714) 299-6670**

 **STANBRIDGE
UNIVERSITY.**

***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



CYPRESS SENIOR CENTER
Community
RESOURCE FAIR

Friday, June 12
9 AM – 12 PM

9031 Grindlay Street

Connect with local organizations about the benefits they provide in our community to help you stay active and independent!

**Free pancake breakfast provided by the Kiwanis Club of Cypress beginning at 9:00 AM until supplies last.*

For additional information call 714-229-6670 or visit: cypressca.org/seniorevents

Get Free Information

- Financial Advice
- Health & Wellness Programs
- Enrichment Opportunities
- Men's Health Screening provided by UCI School of Medicine
- And many more!



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.

Summer CONCERTS ON THE GREEN 2026

JUNE 19–AUGUST 7
FRIDAYS AT 6 PM
CIVIC CENTER GREEN
5275 ORANGE AVENUE



JUNE 19

Full Strength | R&B, Disco, Jazz, Pop/Top '40s
Kiwanis Club BBQ

JUNE 26

Acme Time Machine | 1950s, Rockabilly
Food Truck: TBD

JULY 3

Pop Vision | Top '40s
Salute to America 5:30 – 9:30 PM @ Cypress College

JULY 10

The OC Groove | Motown, R&B
Food Truck: TBD

JULY 17

Soto Band | Latin, Funk, Dance
Kiwanis Club BBQ

JULY 24

80z All Stars | 1980s
Kiwanis Club BBQ

JULY 31

1969 Tribute Band | 1960s, Classic Rock
Food Truck: TBD

AUGUST 7

Yachtzee | Yacht Rock, Top '40s, '70s & '80s
Kiwanis Club BBQ

Pack your picnic baskets, bring your blankets and chairs and get ready to enjoy your favorite summer pastime. Refreshments will be available for purchase at all concerts. Alcohol and smoking of any kind is prohibited. All personal items left before 2:00 p.m. on Thursday will be removed. Space markers and tarps of any kind are not permitted and will be removed.

(714) 229-6780 • CYPRESSCA.ORG/SUMMERCONCERTS



