

# ALONG THE WAY



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



Senior C.A.M.P.

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**SENIOR CENTER CLOSED FRIDAY, JULY 3**

# 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.

**Parks  
Make  
Life  
Better!**

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

Adrienne de Lundi



## Father's Day Fundraiser

THURSDAY, JUNE 11  
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



All details subject to change.

# 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, June 9 and 23**  
9:30 am - 12:30 pm

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

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



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

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



**CARE Patrol**<sup>TM</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, June 10**  
12:00 to 2:00 pm

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



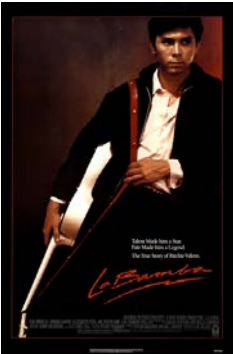
**TO SCHEDULE AN IN PERSON APPOINTMENT VISIT THE RECEPTION DESK OR  
CALL (714) 229-6670**

**CYPRESS SENIOR**  
**CINEMA**

**DOORS OPEN AT 12:30 PM | 12:45 PM SHOWTIME**  
**EVERY WEDNESDAY | 9031 GRINDLAY ST CYPRESS, CA 90630**

**FREE MOVIES**

*Movies are subject to change without notice.*



**June 3: La Bamba | PG-13 | 1h 48m | 1987**

*Actors: Lou Diamond Phillips, Esai Morales, Rosanna DeSoto*

Biographical story of the rise from nowhere of early Native Latino American rock and roll singer Ritchie Valens who died at age 17 in a plane crash with Buddy Holly and The Big Bopper.

**June 10: Project Hail Mary | PG-13 | 2h 36m | 2026**

*Actors: Ryan Gosling, Sandra Huller, James Ortiz*

A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun, and realizes that an unexpected friendship may be the key.



**June 17: The Devil Wears Prada | PG-13 | 1h 49m | 2006**

*Actors: Anne Hathaway, Meryl Streep, Adrian Grenier*

Andy, a smart but sensible young journalist, starts working as an assistant to the cynical high fashion magazine editor Miranda Priestly.

**June 24: Hidden Figures | PG | 2h 7m | 2016**

*Actors: Taraji P. Henson, Octavia Spencer, Janelle Monae*

Three female African American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit while dealing with racial and gender discrimination.



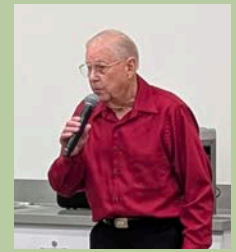
**BEVERAGES FOR SALE AT THE RECEPTION DESK**

# 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  
 Karaoke Party Last Wednesday Monthly



Monday	Tuesday	Wednesday	Thursday	Friday
1 Veggie Egg Salad Roasted Red Chunk Potatoes Moroccan Lentil & Vegetable Soup WW Bread Fresh Orange 1% Milk	2 Pork Loin Sweet Citrus Glaze Mixed Vegetables Quinoa Pilaf Canned Mandarin Orange 1% Milk	3 Chicken Breast Florentine Sauce Peas & Carrots Brown Rice Cream of Spinach Soup Tropical Mixed Fruit 1% Milk	4 Beef Cheeseburger 🎵 Sliced Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mustard & Ketchup Tomato & Cucumber Salad Fresh Apple 1% Milk	5 LUNCH CAFÉ CLOSED
8 Mexican Beef Cocido Soup Beef Broth Mixed Vegetables WG Mini Tortillas (2) Fresh Apple 1% Milk	9 Turkey Bolognese Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	10 Cubed Beef Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	11 ✓ Baked Tilapia 🎵 Ranchera Sauce, Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	12 LUNCH CAFÉ CLOSED
15 **Birthday Celebration** Chicken Strips Lemongrass Sauce Oriental Veg Blend Brown Rice Creamy Cauliflower Soup Fresh Apple 1% Milk	16 ✓ Tofu Burrito Bowl Pico De Gallo Guacamole Fajita Veg Blend Black Beans Cilantro Lime Rice Fresh Orange 1% Milk	17 **Father's Day Lunch** Pork Carnitas Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	18 Roast Beef 🎵 Brown Gravy Broccoli & Carrots Baby Baked Potatoes Chicken Rice Soup WW Dinner Roll Canned Pears Double Chocolate Raspberry Cake Cup 1% Milk	19 LUNCH CAFÉ CLOSED
22 White Chicken Chili w/Pinto Beans ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	23 🎵 **First Day of Summer Menu** Beef Hamburger Patty WG Hamburger Bun French Fries 🎵 Coleslaw Salad Shredded Lettuce & Sliced Tomato Mustard & Ketchup Pineapple Chunks Ice Cream Cup 1% Milk	24 Diced Chicken 🎵 Orange Sauce Egg Drop Soup Oriental Veg Blend Brown Rice Canned Mandarin Orange 1% Milk	25 Ground Beef 🎵 Spaghetti Marinara Sauce Parmesan Cheese (1pk) Winter Veg Blend Fresh Orange 1% Milk	26 LUNCH CAFÉ CLOSED
29 Pork Loin Caramel Sauce Broccoli Brown Rice Fresh Apple 1% Milk	30 Roast Turkey Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Voluntary Contribution - \$3.00  Meal Cost for Under Age 60 - \$5.00  ✓ Meatless Meal		

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

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

# ADDITIONAL FOOD RESOURCES

## Senior Grocery Program & TEFAP: Wednesday, June 10 | 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, June 19 | 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](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. [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. **Contact:** (800) 281-9799 / TTY (714) 834-8500  
The call center is open Monday - Friday, 7:30 am to 5 pm. [www.BenefitsCal.com](http://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](http://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](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

## Father's Day at the Lunch Cafe

### Wednesday, June 17

Join us as we celebrate dads!  
10:30 AM: Check-in & activities  
12:00 PM: Lunch is served  
Space is limited.  
No ticket required.  
First-come, first-served.

## 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	<b>NEW!</b> 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 <sup>nd</sup> 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	<b>NEW!</b> Bunco (Every 4 <sup>th</sup> 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\*

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

\*Room locations subject to change without notice.

## 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

# SPECIAL ACTIVITIES & PRESENTATIONS

## JUNE 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
<b>1</b> Blood Pressure Screening 12:15 - 2:00pm	<b>2</b> Blood Pressure Screening 10:00am-12:00pm	<b>3</b>	<b>4</b>	<b>5</b>  <Tech Help 2:00-5:00pm
<b>8</b> Blood Pressure Screening 12:15 - 2:00pm	<b>9</b> <HICAP 9:30am - 12:30pm ----- +Presentation 10:00am	<b>10</b> Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am ----- <Notary Service 12:00pm	<b>11</b>  +Presentation 10:00am	<b>12</b>  <Tech Help 2:00-5:00pm
<b>15</b>  +Presentation 10:00am	<b>16</b> Blood Pressure Screening 10:00am-12:00pm ----- +Presentation 10:00am	<b>17</b>	<b>18</b>  +Presentation 10:30am	<b>19</b>  <Tech Help 2:00-5:00pm
<b>22</b> Blood Pressure Screening 12:15 - 2:00pm	<b>23</b> <HICAP 9:30am - 12:30pm ----- +Presentation 10:30am	<b>24</b>  +Presentation 10:30am	<b>25</b>  Blood Pressure Screening 11:30am - 1:30pm	<b>26</b>  <Tech Help 2:00-5:00pm
<b>29</b> Blood Pressure Screening 12:15 - 2:00pm ----- +Presentation 1:00pm	<b>30</b>			

**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

**Summer Session: June 1 - July 31**

**NOCE Holidays: June 19 (No class) and July 3 (No Class)**

\*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

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**

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**

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

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**

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**

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 (6/2 & 6/16)**



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**

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 (6/17)	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)

C. Viteri, **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
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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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## 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
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# 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

## 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

## Elenz Dance Night: Pay As You Go

E. Illagan

**\*Class on 1<sup>st</sup> Thursday in June**

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 (6/4) 5:30-8:30 pm \$10

## TechHelp

**By Appointment Only**



Student Volunteers

Sign up for a **30-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 2:00-5:00 pm Free

## Senior Chorus for Older Adults

L. Lassetter, **NOCE**

**No class on 6/19 & 7/3**

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.

**Class on 6/12 held at Community Center**

Ongoing F 9:30-11:20 am Free

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

M. Velasco

**No class 6/12 & 7/3**

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

## 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 4<sup>th</sup> Friday of the month.**

Ongoing F (6/26) 12:30-3:00 pm Free

## Ultra Beginner/Beginner Line Dance

L. Tang

**No Class 6/12 & 7/3**

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**

**No class 6/19 & 7/3**

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

## 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

## 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.

## Brain Health and Memory Support

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

**Date:** Tuesday, June 9 **Time:** 10:00 - 11:00 am

Join Naturopathic Doctor, Dr. Zulmy Mancía, for an informative talk on natural approaches to supporting brain health and memory. Learn how targeted nutrition, lifestyle strategies, and naturopathic therapies can help support cognitive function, enhance memory, and promote healthy aging.

## Downsizing for Seniors

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

**Date:** Thursday, June 11 **Time:** 10:00 - 11:00 am

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

## Carbs & Aging: Fueling Energy, Brain Health, and Daily Living

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

**Date:** Monday, June 15 **Time:** 10:00 - 11:00 am

Carbohydrates are often misunderstood, but they play an important role in providing energy, supporting brain health, and helping us stay active as we age. Join Right at Home dietitian, Jacqueline Atwood, to learn the difference between simple and complex carbohydrates, how to make balanced choices, and practical ways to include healthy carbs in your daily meals without fear or confusion.

## What Keeps You Up At Night: Women's Checklist

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

**Date:** Tuesday, June 16 **Time:** 10:00 - 11:00 am

As a woman, you have a lot to think about financially. We can help check off any concerns you have right now. An investment professional can help address the unique financial challenges that women face and that may be worrying you most. Knowing the right questions to ask is the first step toward finding solutions.

## Legal Readiness

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

**Date:** Thursday, June 18 **Time:** 10:30 - 11:30 am

Will discuss the importance of having the right legal documents in place. Even if you already have an estate plan, this session will reveal the most common pitfalls that many people overlook and explain how to safeguard yourself and your loved ones for the future.

## What Is AI? A Simple Introduction to Today's Technology

**Presented by:** Emily Woodman-Nance, At Their Side

**Date:** Tuesday, June 23 **Time:** 10:30 - 11:30 am

Artificial Intelligence (AI) is becoming part of everyday life, but what exactly is it? Join Emily Woodman-Nance of At Their Side for a simple, easy-to-understand introduction to AI and how it already shows up in the technology many of us use every day. This presentation will explore what AI is, a brief history of how it developed, where it appears in everyday life, and how voice assistants such as Siri, Alexa, and Google Assistant can help with convenience, information, and staying connected. No prior technology experience is needed.

## Mind, Body, and Spirit

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

**Date:** Wednesday, June 24 **Time:** 10:30 - 11:30 am

Come chat with Dr Trinh about the connection between our body, mind, and soul.

## Fall Prevention-Staying Active

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

**Date:** Thursday, June 29 **Time:** 1:00 - 2:00 pm


Join Dr. Nathan Newman as he covers practical tips to improve balance, strength, mobility, and overall safety, along with ways seniors can maintain independence and reduce the risk of injury. He will also go over simple daily habits and exercises that support healthy aging and overall wellness.



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.

\*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](http://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!

## SENIOR C.A.M.P. SUMMER OLYMPICS

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

Sign-ups begin Monday, June 22  
Space is limited.  
First-Come, First-Served

**July 20 - 24  
9:00 - 11:00 AM  
Civic Center Green**



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

# INFORMATION AND EVENTS







**JUNE 19–AUGUST 7**

**FRIDAYS AT 6 PM**

**CIVIC CENTER GREEN**  
5275 ORANGE AVENUE

<b>JUNE 19</b>	<b>Full Strength</b>   R&B, Disco, Jazz, Pop/Top '40s Kiwanis Club BBQ
<b>JUNE 26</b>	<b>Acme Time Machine</b>   1950s, Rockabilly Family Pizza Truck
<b>JULY 3</b>	<b>Pop Vision</b>   Top '40s Salute to America 5:30 – 9:30 PM @ Cypress College
<b>JULY 10</b>	<b>The OC Groove</b>   Motown, R&B Family Pizza Truck
<b>JULY 17</b>	<b>Soto Band</b>   Latin, Funk, Dance Kiwanis Club BBQ
<b>JULY 24</b>	<b>80z All Stars</b>   1980s Kiwanis Club BBQ
<b>JULY 31</b>	<b>1969 Tribute Band</b>   1960s, Classic Rock Family Pizza Truck
<b>AUGUST 7</b>	<b>Yachtzee</b>   Yacht Rock, Top '40s, '70s & '80s Kiwanis Club BBQ

(714) 229-6780 • [CYPRESSCA.ORG/SUMMERCONCERTS](http://CYPRESSCA.ORG/SUMMERCONCERTS)

**CITY OF CYPRESS**

# SALUTE TO AMERICA

Celebrating America's 250th & Cypress' 70th Anniversary

**FRIDAY, JULY 3, 2026**      **5:30 – 9:30 PM**  
**CYPRESS COLLEGE, 9200 VALLEY VIEW ST.**



**FOOD ★ FUN ★ FIREWORKS**

Free entry ★ Festival seating ★ Live Music ★ Food Vendors ★ Community Games



(714) 229-6780 | [CYPRESSCA.ORG/SALUTE](http://CYPRESSCA.ORG/SALUTE)



