ALONG THE WAY

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

Boogie Night: Mardi Gras Carnival

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MEDICARE ANNUAL ENROLLMENT CLINIC - *THURSDAY, NOVEMBER 5* | **PG. 15**

THE SENIOR CENTER WILL BE CLOSED MONDAY, SEPTEMBER 7

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
Ginger Osman, Chair
Linda Croce, Vice Chair
Cheryl Bhence, Commissioner
Glen Button, Commissioner
Claudia Nessary, Commissioner
Marilyn Reames, Commissioner
David Skorupinski, 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	Annette Rivera-Berry
Humana	Frank Kim
The Original Rainbow Cone	Anne Hsiung

GOLD TIER

aetna – Healthier happens together®	Ivonne Chavez
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

FREE SERVICES & AMENITIES

Fitness Center

We offer free access to treadmills, stationary bikes, and weight sets—perfect for staying fit at any level.

To use a treadmill, visit the Reception Desk to complete a waiver, get training, and sign in and out each time.
For everyone's safety and comfort, please wear tennis shoes and wipe down equipment after use.

Start your fitness journey today—your health is worth it!

Senior Center Library

Looking for a quiet spot to unwind? Our Library offers a relaxing space with a wide variety of books, including romance, fiction, science fiction, large print, and more. Borrowing is easy with our self-checkout system!

While you're here, take a moment to enjoy the beautiful artwork on display from talented local artists. There's something for everyone to discover!

Computer Lab

Stop by the Computer Lab to check your emails, play games, and more! For audio content, please use headphones or earbuds to maintain a quiet environment. A few reminders:

- No food or open containers—water bottles with lids are okay.
- Please be mindful of others and keep noise to a minimum.
- **NOTE:** Printing services are not available.

Enjoy your time and make the most of your visit!

Cypress Senior Citizens Club - Mondays

Arrivals begin at 6:00 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, September 8 & 22
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, September 9
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

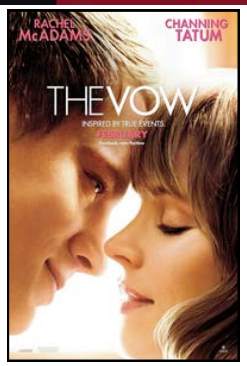
FREE MOVIES

FREE MOVIES

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

EVERY WEDNESDAY | 9031 GRINDLAY ST CYPRESS, CA 90630

Movies are subject to change without notice.



September 2: The Vow | PG -13| 1h 44m | 2012

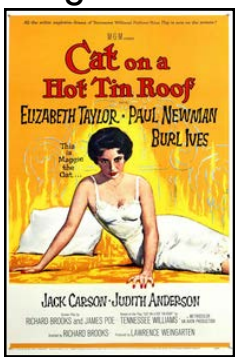
Actors: Rachel McAdams, Channing Tatum, Sam Neil

A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win ger heart again.

September 9: Lilo & Stitch | PG | 1h 48m | 2025

Actors: Maia Kealoha, Sydney Agudong, Chris Sanders

A lonley Hawaiian girl befriends a runaway alien, helping to mend her fragmented family.



September 16: Cat on a Hot Tin Roof | 1h 48m | 1958

Actors: Elizabeth Taylor, Paul Newman, Burl Ives

Brick is an alcoholic ex-football player who drinks his days away and resists the affections of his wife. A reunion with his terminally ill father jogs a host of memories and revelations for both father and son.

September 23: Enola Holmes 3 | PG-13 | 1h 45m | 2026

Actors: Millie Bobby Brown, Henry Cavill, Helena Bonham Carter

Detective Enola Holmes heads to Malta, where her aspirations merge in her most complex and dangerous case yet.

September 30: Don't Say Good Luck | PG-13 | 1h 35m | 2026

Actors: Sunny Sandler, Melanie Lynskey, Max Greenfield

Sophie Birenbaum is ready for the spotlight as the lead in her high school musical — until suddenly she's living with even more drama at home than on the stage.

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 **Turkey Bolognese** Parmesan Cheese (1pk) Italian Veg Blend Bow Tie Pasta Canned Peaches 1% Milk	2 **Cubed Beef** Pepper Garlic Sauce Carrots Brown Rice Pineapple Chunks 1% Milk	3 **Baked Tilapia** Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	4 **LUNCH CAFÉ CLOSED**
7 **SENIOR CENTER CLOSED LABOR DAY**	**8** **Labor Day Menu** **Pork Carnitas** w/BBQ Sauce Coleslaw Salad Pinto Beans WG Corn Muffin Peach Crisp 1% Milk	9 **Pork Carnitas** Salsa Verde Carrots Tomato Cilantro Rice WG Mini Tortillas (2) Canned Mandarin Orange 1% Milk	10 **Turkey Pot Roast** Mushroom Gravy Capri Veg Blend Rice Pilaf Fresh Apple 1% Milk	11 **LUNCH CAFÉ CLOSED**
14 **White Chicken Chili w/Pinto Beans** ½ Baked Potato WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	15 **Beef Enchilada Casserole** Peas & Carrots WW Dinner Roll Fresh Apple 1% Milk	**16** **Rodeo Themed Lunch** **Diced Chicken** Orange Sauce Oriental Veg Blend Brown Rice Egg Drop Soup Canned Mandarin Orange 1% Milk	17 **Chicken Breast** Brown Gravy Oriental Veg Blend Rice Pilaf Tortilla Soup Lemon Cake Cup Fresh Orange 1% Milk	18 **LUNCH CAFÉ CLOSED**
21 **Birthday Celebration** **Cubed Beef** Goulash Sauce Egg Noodles California Veg Blend Tiramisu Cake Cup Fresh Apple 1% Milk	22 **Roast Turkey** Brown Gravy Scandinavian Veg Blend Sweet Potatoes Lentil Soup WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	23 **Cubed Beef** Red Chili Sauce Carrots Brown Rice Fresh Orange 1% Milk	21 **Baked Tilapia** Creamy Garlic Sauce Brussel Spouts Orzo w/Vegetable Pilaf WW Dinner Roll Canned Pears 1% Milk	25 **LUNCH CAFÉ CLOSED**
28 **Chicken Breast** Parmesan/Sundried Tomato Tri-Color Pasta Peas & Carrots Tropical Fruit Cocktail 1% Milk	29 **Barbacoa Beef** Pico De Gallo Oregon Bean Medley Mexican Rice WG Tortilla (1) Fresh Orange 1% Milk	30 **Tuna Salad** Spring Mix Balsamic Vinaigrette Dressing Old Fashioned Potato Soup WW Bread (2) Fresh Apple 1% Milk		

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

ADDITIONAL FOOD RESOURCES

Senior Grocery Program & TEFAP: Wednesday, September 9 | 9:30 am

The Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at senior apartments, senior centers, and other nonprofit partner sites. Patrons are responsible for providing their own carts and/or bags to transport commodities. All details subject to change.

- Second Wednesday of each month at the **Cypress Senior Center**
- Check-in begins at 8:00 am and distribution begins as early as 9:30 am

Community Action Partnership: Friday, September 18 | 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

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
2:15-4:05	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
1:30 - 2:30	Indoor Chair Volleyball	MUW

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
2:00-4:00	Sunshine Club Bingo	MUR
5:30-8:30	Elenz Dance Night *(Every 2nd 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	Bunco *(Every 4th 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
CR= Card Room
CC=Civic Center
CONF=Conference Room
ER-Exercise Room
MUW=Multi-Use Room West
LIB= Library
G= Galleria
HS= Health Services
MUR=Multi-Use Room
MUE=Multi-Use Room East

**Room locations subject to change without notice.*

SPECIAL ACTIVITIES & PRESENTATIONS

SEPTEMBER 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 Blood Pressure Screening 10:00am-12:00pm	**2** ‹Tech Help 4:00 - 5:00pm	**3**	**4** ‹Tech Help 4:00 - 5:00pm
7 ***SENIOR CENTER CLOSED*** LABOR DAY	**8** ‹HICAP 9:30am - 12:30pm --- +Presentation 10:00am	**9** Senior Grocery Program *Check in: 8:00am Distribute: 9:30-10:30am --- ‹Notary Service 12:00pm --- ‹Tech Help 4:00 - 5:00pm	**10** +Presentation 10:00am --- Blood Pressure Screening ***CANCELLED***	**11** ‹Tech Help 4:00 - 5:00pm
14 Blood Pressure Screening ***CANCELLED***	**15** Blood Pressure Screening 10:00am-12:00pm --- +Presentation 10:30am	**16** ‹Tech Help 4:00 - 5:00pm	**17** +Presentation 10:00am	**18** ‹Tech Help 4:00-5:00pm
21 Blood Pressure Screening 12:15 - 2:00pm	**22** ‹HICAP 9:30am - 12:30pm --- +Presentation 10:00am	**23** ‹Tech Help 4:00 - 5:00pm	**24** +Presentation 10:30am --- Blood Pressure Screening 12:15 - 1:45pm	**25** ‹Tech Help 4:00 - 5:00pm
28 Blood Pressure Screening 12:15 - 2:00pm	**29**	**30** ‹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

Fall Session: August 10 - December 17
NOCE Holiday: September 7 (No class)

*subject to change/cancellation without notice

Open Exercise

C. Wesling ***No class 9/7***

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 9/7, 9/21, 9/28***

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	$12

Quilting for Older Adults

L. Smith, **NOCE** ***No class 9/7***

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 9/7***

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 9/7***

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 9/7***

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 ***No class 9/8, 9/22, 9/29***

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

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 (9/1 & 9/15)

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!"

Yoga mats will not be provided.

Ongoing	W	8:30-10:00 am	Free

Painting for Older Adults

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

This class offers older adults an individualized approach to learning painting and artistic expression at their own pace and within their interests and style. Older adults will learn techniques in drawing, brush strokes, and color mixing and application. **Creative supplies required.**

Ongoing	W	9:30-11:20 am	Free
Ongoing	W	1:00-4:50 pm	Free

Cribbage

Cribbage is a card game, usually for two players, in which each player tries to form various counting combinations of cards. All levels welcome. No experience or knowledge of the game required.

Ongoing	W	12:30-3:00 pm	Free

Mahjong

P. Jung

Play a fun and exciting game of Chinese Mahjong and meet new friends! Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Open for people of all skill levels.

Ongoing	W	12:30-4:30 pm	Free

Peer Support Group

R. Bush

This volunteer-led group provides individuals the opportunity to join together with others to discuss and listen to various life issues.

Ongoing	W	2:00-3:00 pm	Free

Alzheimer's Caregiver Support Group

Alzheimer's Orange County This support group is free and open to care givers of individuals with Alzheimer's and related memory disorders. The group provides a safe environment with confidentiality of shared information. They offer support in understanding, respect, coping with, and managing the disease and assist in locating and utilizing community resources.

Every 3rd Wednesday of the month

Ongoing	W **(9/16)**	7:00-8:30 pm	Free

Mindfulness & Meditation

E. Pao, and D. Rose

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)

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

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

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

D. Aithal ***No class 9/17, 9/24***

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**

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	TH	1:00-2:50 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 **(9/10)**	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	W & F	4:00-5:00 pm	Free

Senior Chorus for Older Adults

L. Lassetter, **NOCE** ***No class 8/7***

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

Ongoing	F	9:30-11:20 am	Free

Country Line Dance & More: Improver/Inter.

M. Velasco ***No class 8/14***

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

Bunco

Bunco is a 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 **(9/25)**	12:00-3:00 pm	Free

Ultra Beginner/Beginner Line Dance

L. Tang

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** ***9/18 class at 10:00am***

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.

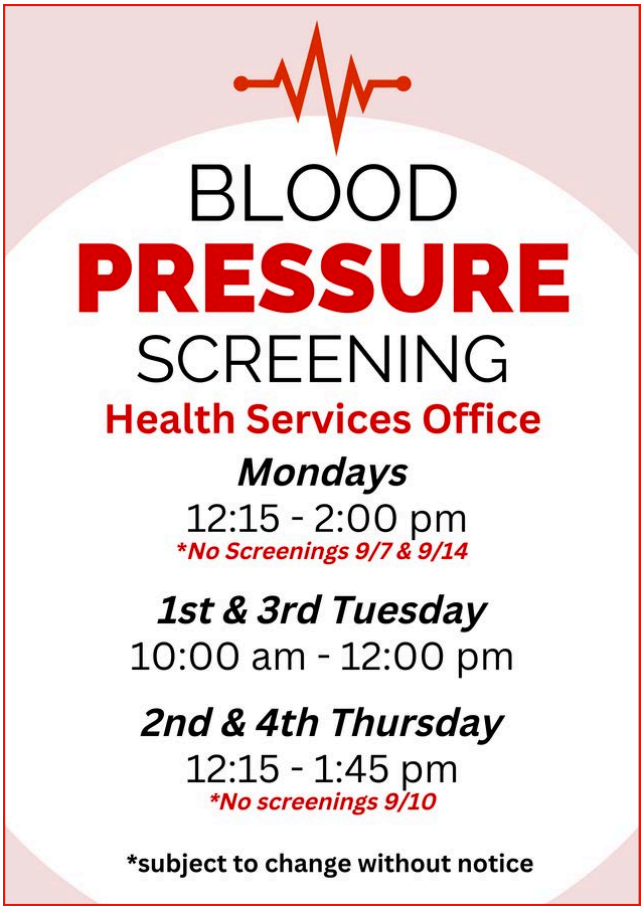
Ongoing	F	3:00-4:50 pm	Free

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



PRESENTATIONS

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

Diabetes and Neuropathy

Presented by: Dr. Zulmy Mancia, Seacrest
Date: Tuesday, September 8 **Time**: 10:00 - 11:00 am

Join Naturopathic Doctor, Dr. Zulmy Mancia, for an informative talk on natural approaches to managing diabetes and supporting nerve health. Learn how blood sugar and diabetes can affect the nerves, common signs and risk factors for diabetic neuropathy, and evidence-based nutrition, lifestyle strategies, and naturopathic therapies that can help support healthy blood sugar levels, protect nerve function, and promote overall health and well-being.

Evacuation Preparedness for Seniors

Presented by: Amy Brick, Brick and Co Real Estate
Date: Thursday, September 10 **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 mementos already packed (Bin). The class will also guide seniors in creating a life organizer to keep track of critical documents, medical information, and emergency contacts, ensuring they are ready for any unexpected situation. With clear ideas and examples, the goal is to guide Seniors to be prepared for evacuation at a moment's notice.

Long-Term Nursing Home Care Government Payment Benefits

Presented by: Carl Leiter, Retired Attorney
Date: Tuesday, September 15 **Time:** 10:30 - 11:30 am

Learn about the legal rules and regulations for little known government funds. Learn how to save $13,000 or more a month in long-term care nursing home costs. It is not necessary to be low income to qualify. Learn about special eligibility rules and special asset forfeiture protection rights. Benefits are provided by Title 42 USC and California Medi-Cal. Learn about government grants to pay for long-term nursing home care.

Meal Planning for One or Two: Eating Well Without the Waste

Presented by: Jacqueline Atwood, Right at Home
Date: Thursday, September 17 **Time:** 10:00 - 11:00 am

Cooking for one or two can be challenging, but eating healthy doesn't have to be complicated or expensive. Join Right at Home dietitian Jacqueline Atwood to learn simple meal planning strategies, budget-friendly shopping tips, and easy ways to prepare balanced meals while reducing food waste.

Dental Care

Presented by: Gilbert Alvarado, AltaMed
Date: Tuesday, September 22 **Time:** 10:00 - 11:00 am

Learn the importance of good oral health, preventive dental care, and available dental services and benefits.

Legal Readiness

Presented by: Monique Hernandez, Live Better Financial
Date: Thursday, September 24 **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.

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

Celebrate Cypress

SATURDAY, SEPTEMBER 26: COMMUNITY FESTIVAL
OAK KNOLL PARK
12:00 – 7:00 PM | FREE

SATURDAY, OCTOBER 3: CYPRESS RUN
CIVIC CENTER GREEN
7 AM: 5K RUN & WALK | 8 AM: COMMUNITY DASH
REGISTER NOW

MONDAY, OCTOBER 19: STATE OF THE CITY
CYPRESS COMMUNITY CENTER
5:30 – 8:00 PM | FREE

Celebrate Women
CYPRESS WOMEN'S CONFERENCE
October 21, 2026 | 8 AM-1 PM | Cypress Community Center
Join us for an inspiring morning of networking, learning, and connection at the 2026 Cypress Women's Conference. Whether you're a professional, student, or simply seeking personal growth, this conference is for everyone.
Tickets only $25
includes continental breakfast
CYPRESS
CALIFORNIA
REGISTER HERE
(714) 229-6780 | CYPRESSCA.ORG/WOMENSCONFERENCE

Medicare Info Fair
FRIDAY, OCTOBER 23 | 9:00 - 11:30 AM
CYPRESS SENIOR CENTER
FREE EVENT
Visit with participating health plans and medical groups to compare your current plant to other options available to you.
SALES REPRESENTATIVES FROM HEALTH PLANS WILL BE PRESENT WITH INFORMATION REGARDING BENEFITS AND APPLICATIONS, AND MAY HELP YOU IN APPLYING.
cypressca.org/seniorcenterevents

MEDICARE
ANNUAL ENROLLMENT CLINIC
OFFERED BY COUNCIL ON AGING, HICAP
Council on Aging
Southern California
THURSDAY, NOVEMBER 5
9 AM - 3 PM
*Appointment Required.
Make an appointment and receive free, unbiased one-on-one personalized counseling to review and compare current Medicare benefits and plans to assure that the plan will still meet your needs in 2027.
CALL OR SIGN UP
AT THE RECEPTION DESK
* HICAP counselors do not sell, promote, or endorse any insurance product.

Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630

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E-MAIL ADDRESS: _____

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

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

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

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

NAME: _____

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

PHONE NUMBER: _____ DATE: _____

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