

# ALONG THE WAY



January 2023 | Cypress Senior Center | [cypressrec.org](http://cypressrec.org) | Monday-Friday, 8AM-5PM | (714) 229-2005



**WELCOME 2023!**

**INSIDE THIS ISSUE**

SENIOR GROCERY PROGRAM INDOOR | PG. 7

GRACE LACHINA AWARD | PG. 15

IMPORTANT TAX INFORMATION | PG. 8

**CITY CLOSURE DATES | JANUARY 2 & 16**



**RECREATION**  
"CREATING COMMUNITY"

# ALONG THE WAY

## City Council

Anne Hertz-Mallari, Mayor  
Scott Minikus, Mayor Pro Tem  
David Burke, Council Member  
Frances Marquez Ph. D., Council Member  
Bonnie Peat, Council Member

## City Manager

Peter Grant

## Recreation & Community Services

### Senior Center

Jeff Draper, Recreation and Community Services Director  
Ian Kokot, Recreation Manager  
Shayna Gutierrez, Recreation Supervisor  
Alexis Corral, Recreation Coordinator  
Teena Tomlinson, Recreation Specialist  
Taylor Burtle, Recreation Specialist Part-Time  
Travis Ramsdell, Recreation Leader IV  
Armando Paraiso, Recreation Leader IV  
Carol Shore, Office Assistant II

### Senior Citizens Commission

Ginger Osman, Chair  
Hank Machal, Vice-Chair  
Gincy Heins, Commissioner  
David Skorupinski, Commissioner  
Carlos Ramirez, Commissioner  
Jan Stein, Commissioner  
Glenn Button, Commissioner

The Cypress Senior Citizens Commission serves as an advisory board to the City Council on matters pertaining to older adults. The Cypress Senior Citizens Commission meets the second Wednesday of every month at 3:00pm 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.

## Thank You to Our 2022 Sponsors

### 2022 DIAMOND SPONSORS



Cheryl Hirtler



Lisa Montedore



Annette Rivera-Barry



JoAnn Buday



Veronica Rodriguez



Renee Szafirowski

### 2022 PLATINUM SPONSORS



Shiela Dudley  
Westmont of Cypress

Simarran Randhawa  
Beach Terrace Memory Care

## Check Out The Recreation Activity Guide



# FREE SERVICE & AMENITIES

**NEW EXTENDED HOURS: M&W 8AM-8PM | T, TH, F 8AM-5PM**

*\*subject to change without notice*

## Fitness Center

Exercise equipment is available for use at no charge. Equipment includes: treadmills, bikes, and weight sets. If you would like to use a treadmill, please stop at the Reception Desk to complete the required forms and receive training on the machine. Sign in and out at the Reception Desk each time you use a treadmill. Please wear tennis shoes. Please be sure to wipe down equipment after use.



## Senior Center Library

The Library is a nice, quiet place to sit, relax and enjoy a wide variety of books. The selections include romance, fiction, science fiction, large print books and many more. We have a limited selection available of cassette audio books and CD audio books. Books can be borrowed on a self-checkout system. We also have puzzles for your enjoyment and a display of artwork from local artists.

## Computer Lab

Visit the Computer Lab and use computers for your emails, games, and more. When viewing something on a computer that has audio, please use headphones or earbuds.

Please note: No food or open containers; water bottle with a lid only. Please be respectful of others and keep noise to a minimum. **\*Printing services not available.**



### **Cypress Senior Citizens Club- Mondays**

Arrivals begin at 6:00pm and the meeting will start at 7:00pm followed by refreshments and bingo. If you are interested in a Board of Directors position, or if you would like to volunteer to help, please contact Roy Bernhardt at (714) 761-3401  
**No Meeting: 1/2 & 1/16**

### **Plus 40's Dance-Wednesday Night 6:00-9:00pm | \$7 per person**

The dance will have 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 please contact Gayle Weigert at (562) 715-3929

### **Sunshine Club- Thursdays**

Arrivals begin at 1:30pm and the meeting will start at 2:00pm followed by refreshments and the ever popular bingo.

### **Senior Trips**

Join the Sunshine Club for upcoming trips to extended tours which include but not limited to, musicals, historical venues, enticing food venues, and gambling trips. You do not have to be a club member or live in Cypress to travel. Trips are open to all interested parties. For upcoming travel and trip information please contact Darlene Kelly at (714) 995-6735

# FREE SERVICE & AMENITIES

## ACCEPTING NEW APPLICANTS

### Taxi Voucher Program

The Taxi Voucher Program is a curb-to-curb taxi service provided by the City of Cypress for qualifying Cypress seniors for medical and medically-related appointments, grocery shopping, banking, visiting a relative in a hospital, etc. Each qualified participant may receive up to six vouchers per month. Each voucher is valid for up to 4 miles.

*Individuals must meet the following criteria:*

- ◆ Cypress Resident
- ◆ Age 60 or older
- ◆ Income maximum per month of \$2,712 for an individual



To qualify, you must schedule an in-person appointment at the Senior Center. You will need to bring proof of Cypress residency, United States government-issued photo identification that shows your birth date, plus income verification.

### Nutrition Transportation

If you are 60 years or older, a Cypress resident, and participate in the Lunch Café program, there is transportation available to and from the Cypress Senior Center. There is no charge for the transportation, but you must participate in the Lunch Cafe program. Transportation is by taxi and at fixed times for both pick-up and return rides. Funding for both programs is provided by the City of Cypress and the OCTA Senior Mobility Program. Space is limited. For more information stop by the Reception Desk or call (714) 229-2005.

### Alternative Transportation: 211ride.org

**211ride.org** is a web based trip planning tool that can assist in finding transportation and services. This website gives multiple options based on ride preferences and destination. It also takes into account any mobility challenges a person may have.

### Health Insurance Counseling Advocacy Program thru the Council on Aging Southern California (HICAP)

**Tuesday, Jan. 10 | 9:30 am-12:30 pm**

Consultation for Medicare and senior health insurance-related topics. Appointments are scheduled **every 2nd Tuesday** of the month. Sponsored by Council on Aging. You will receive unbiased information to help you make the best choices for your needs including information on:

- ◆ Your rights as a health care 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.

To schedule an in person appointment visit the Reception Desk or call (714) 229-2005.



### Community Legal Aid SoCal

**Thursday, Jan. 19 | 9:30 am-12:00 pm**

The legal advocacy program (Legal Aid) provides seniors 60 years or older, residing in Orange County only with free counseling, referrals, and representation in administrative and civil cases. Appointments are scheduled **every 3rd Thursday** of the month. A brief 20 minute consultation for adults 60 and older. Advice and referrals are made by a paralegal, under the direction of an attorney in areas such as bankruptcy, small claims, wills, powers of attorney, conservatorship, personal injury, workers' compensation, family law and real estate.

To schedule an in person appointment visit the Reception Desk or call (714) 229-2005.



# CYPRESS SENIOR CENTER CINEMAS

Enjoy a FREE movie every Wednesday of the month  
**Doors open 12:30 PM and Movie begins 12:45 PM**  
\*Movies are subject to change without notice

## January 4: Jurassic World Dominion | PG-13 | 2h 27m

**Actors: Chris Pratt, Bryce Dallas Howard, Laura Dern**

Four years after the destruction of Isla Nublar, dinosaurs now live and hunt alongside humans all over the world. This fragile balance will reshape the future and determine, once and for all, whether human beings are to remain the apex predators on a planet they now share with history's most fearsome creatures.



## January 11: Crazy, Stupid, Love | PG-13 | 1h 58m

**Actors: Steve Carell, Ryan Gosling, Julianne Moore**

Cal Weaver is living the American dream. He has a good job, a beautiful house, great children and a beautiful wife, named Emily. Cal's seemingly perfect life unravels, however, when he learns that Emily has been unfaithful and wants a divorce. Over 40 and suddenly single, Cal is adrift in the fickle world of dating. Enter, Jacob Palmer, a self-styled player who takes Cal under his wing and teaches him how to be a hit with the ladies.

## January 18: Enola Holmes 2 | PG-13 | 2h 9m

**Actors: Millie Bobby Brown, Henry Cavill, David Thewlis**

Now a detective-for-hire, Enola Holmes takes on her first official case to find a missing girl as the sparks of a dangerous conspiracy ignite a mystery that requires the help of friends - and Sherlock himself - to unravel.



## January 25: The Tender Bar | R | 1h 46m

**Actors: Ben Affleck, Tye Sheridan, Lily Rabe**

In 1972, 9-year-old J.R. Maguire moves into his grandfather's house in Long Island, N.Y. Searching for a father figure, he falls under the unconventional tutelage of his uncle Charlie, a charismatic, self-educated bartender who introduces him the bar's colorful regulars. As the years pass and J.R. grows into a young man, he tries to fulfill his dream of becoming a writer.

**Beverages for sale at the Reception Desk**

# MEALS ON WHEELS LUNCH CAFE

- Lunch is served with a smile.
- Nutrition Desk opens at 10:45 am.
- \$3.00 suggested donation for adults ages 60+
- \$5.00 fee applies to those under 60.

## Entertainment:

Thursdays


Pianist: Rosemary Carda

Natalie Worden



## Menu – January 2023

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
 City is Closed	Pork Tenderloin w/ Orange Raisin Sauce Mashed Potatoes Chef's Vegetable Blend WW Dinner Roll w/Promise Pineapple Chunks	Chicken Breast w/ <b>NEW</b> Sweet Citrus Glaze Jasmine Rice Winter Vegetable Blend WW Dinner Roll w/ Promise SF Cookie	Baked Breaded Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	No Indoor Dining
9 ✓ <b>NEW</b> Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/ Promise Parmesan Cheese SF Fruited Gelatin	Our Best Tortilla Soup w/ Tortilla Chips  <b>NEW</b> Chicken Tinga Taco <b>NEW</b> Cilantro Lime Slaw Tortilla Tropical Fruit Mix	Turkey Shepherd's Pie Peas and Carrots Zucchini Medley WW Dinner Roll w/Promise SF Custard	Salisbury Steak Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp	No Indoor Dining
 City is Closed	LS Roast Turkey Breast w/ Hummus Sandwich WW Pita Bread Tomato and Cucumber Salad Barley Corn and Mango Salad Canned Peaches	Split Pea Soup w/ SF Crackers <b>NEW</b> Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp	Pork Tenderloin w/ <b>NEW</b> Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	No Indoor Dining
23 <b>Birthday Celebration</b> <b>*Lunar New Year*</b> Pork Tenderloin w/ Sweet & Sour Sauce Egg Roll Chow Mein Noodles Oriental Vegetable Blend SF Mandarin Orange Gelatin w/ Fortune Cookie	Crumbled Beef Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/ Promise Orange Juice SF Custard	25 ✓ Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/ Promise Canned Pears	26 Minestrone w/ Pasta Soup w/ SF Crackers <b>NEW</b> Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Promise Ambrosia	No Indoor Dining
30 Vegetarian Lasagna Succotash Sliced Carrots Crackers Ambrosia	31 <b>NEW</b> Huli Huli Chicken Strips w/ Huli Huli Pineapple Sauce Jasmine Rice Broccoli SF Fruited Gelatin	<b>Voluntary Contribution -</b> <b>\$3.00</b>  <b>Meal Cost for Under Age</b> <b>60 - \$5.00</b>   <b>Meatless Meal</b>		

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 reason 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. 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: Wednesday, January 11 | 9:00 am until gone (INDOORS)**

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 Wednesday following the second Tuesday of each month **indoors** in the **Arts & Crafts Room**. Patrons are responsible for providing their own carts and/or bags to transport commodities.

## **Community Action Partnership: Friday, January 20 | 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 waiting list
- Call (714) 667-0717 to find out how to apply

## **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, Home Safety. For more information call (714) 220-0224.

## **Home Delivered Meals**

For those already on the program, Home Delivered Meals will continue to be delivered on a normal schedule. Please visit [www.mealsonwheelsoc.org](http://www.mealsonwheelsoc.org) to apply for the program or call (714) 220-0224.

## **2-1-1 Orange County**

Information on food assistance available through governmental, community & Faith-based organizations. Your local 211 can help you find and access resources in your community. Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs [www.211oc.org](http://www.211oc.org). Receive referrals from trained multilingual specialists.

## **CalFresh (formerly known as Food Stamps)**

Electronic Benefits Transfer (EBT) card that can be used like an ATM card to purchase eligible food items at stores certified as CalFresh retailers. For interactive assistance: (714) 541-4895 (24-hrs) For live assistance: (800) 281-9799 (wait times vary depending on call volume) [www.MyBenefitsCalwin.org](http://www.MyBenefitsCalwin.org)

## **OC Food Help**

Listing of food pantries and food resources in Orange County. Groceries and meals vary by location [www.ocfoodhelp.org](http://www.ocfoodhelp.org)

## **Orange County Office on Aging**

Information on resources for older adults in Orange County. Toll Free: (800) 510-2020  
Local: (714) 480-6450 Monday - Friday, 8:00 am - 5:00 pm. [www.areaagencyonaging@occr.ocgov.com](mailto:www.areaagencyonaging@occr.ocgov.com)

## **Orange County Food Bank**

Provides boxes of shelf-stable food for seniors on certain days at various locations in Orange County. Community Action Partnership of OC (CAPOC): (714) 897-6670 or [www.ocfoodbank.org](http://www.ocfoodbank.org)

## **Second Harvest Food Bank Orange County**

Provides food resources for children, families and older adults in Orange County.  
(855) 2-FeedOC / (855) 233-3362 [www.feedoc.org/get-help](http://www.feedoc.org/get-help)

# ONGOING & ACTIVITIES

**SAVE THE DATE**

**SWAN LAKE SENIOR PROM**

Sponsored by Oxford Academy High School ASB

**FREE!**

**Friday, March 10, 2023**

**6:00-9:00 PM**

**Cypress Senior Center**



2022 TAX APPOINTMENTS WILL **NOT** BE AVAILABLE AT THE CYPRESS SENIOR CENTER. PLEASE SEE BELOW FOR ALTERNATIVE SITES!

**BY APPOINTMENT ONLY**

- BUENA PARK, TUESDAY MORNINGS (714) 236-3870
- LA HABRA, FRIDAY MORNINGS (562) 905-9748
- ANAHEIM, MONDAY MORNINGS (714) 765-4510 / (714) 765-3415
- FULLERTON, THURSDAY AFTERNOONS (714) 738-6575
- BREA, TUESDAY AFTERNOONS (714) 990-7750
- YORBA LINDA, THURSDAY MORNINGS (714) 961-7181

FOR UPDATED INFORMATION CONTACT THE RECEPTION DESK

MONDAY		
8:00-9:30	Open Exercise	ER
8:45-9:45	Flow Yoga \$	MUE
8:30-12:20	Quilting for OA	A/C
10:20-12:20	Health & Wellness for OA	MUE
1:00-3:00	Eclectic Yoga for Seniors	ER
1:00-2:50	Health & Wellness for OA	MUE
6:00-9:00	Senior Citizens Club Bingo	MUR

TUESDAY		
8:00-9:30	Open Exercise	ER
9:00-10:00	Tai Chi	MUE
9:00-10:50	Games for Brains	A/C
10:15-11:05	Chair Yoga \$	ER
10:30-12:00	Hula Intermediate \$	MUE
12:00-3:00	Bridge	CR
12:30-2:00	Hula Basic \$	ER
1:30-4:00	Inter. Line Dance	MUE
12:50-4:40	Ceramics for OA	A/C
1:00-2:50	Creative Writing for OA	CONF
1:00-2:00	Cntry. Line Dance & More	Civic Center

WEDNESDAY		
8:00-9:30	Open Exercise	ER
8:30-10:00	Yoga Club	MUE
12:30-3:00	Cribbage	CR
12:30-4:30	Mahjong	A/C
12:45-3:00	Senior Center Cinemas	MUE
2:00-3:00	Peer Support Group	HS
6:00-9:00	Plus 40's Dance \$	MUR

THURSDAY		
8:00-9:30	Open Exercise	ER
8:15-9:15	Zumba Gold \$	MUE
9:00-10:00	Mindfulness & Meditation	CR
9:45-11:35	Health & Wellness for OA	MUE
10:30-12:00	Hatha Yoga	ER
12:00-3:00	Bridge	CR
1:00-2:50	Health & Wellness for OA	ER
1:30-4:00	Sunshine Club Bingo	MUR

FRIDAY		
8:00-9:30	Open Exercise	ER
9:30-11:20	Senior Chorus for OA	A/C
10:00-12:00	Cntry. Line Dance & More	Civic Center
12:30-2:00	Ultra Beg./Beg Line Dance	MUR
3:00-4:50	Health & Wellness for OA	MUE

ROOM LEGEND	
Arts & Crafts Room = A/C	Parking Lot = PL
Card Room = CR	Galleria = G
Conference Room = CONF	Health Services = HS
Exercise Room = ER	Multi-Use Room = MUR
Multi-Use Room West = MUW	Multi-Use Room East = MUE



# SPECIAL ACTIVITIES & PRESENTATIONS

## CALENDAR KEY

\$ 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
<p>2</p> <p><i>Happy New Year!</i></p>	<p>3</p>	<p>4</p> <p>Blood Pressure Screening 10:00am-12:00pm</p>	<p>5</p> <p>Blood Pressure Screening 10:00am-12:00pm</p> 	<p>6</p>
<p>9</p>	<p>10</p> <p>&lt;HICAP 9:30am-12:30pm</p> <p>+ Presentation 10:00am</p>	<p>11</p> <p>Senior Grocery Program! 9:00am until gone</p> <p>Blood Pressure Screening 10:00am-12:00pm</p>	<p>12</p> <p>Blood Pressure Screening 10:00am-12:00pm</p> <p>+ Presentation 11:00am</p>	<p>13</p>
<p>16</p> 	<p>17</p> <p>+ Presentation 1:00pm</p>	<p>18</p> <p>Blood Pressure Screening 10:00am-12:00pm</p> <p>Alzheimer's Support Group 7:00-8:30pm</p>	<p>19</p> <p>&lt;Legal Aid 9:30am-12:00pm</p> <p>Blood Pressure Screening 10:00am-12:00pm</p>	<p>20</p>
<p>23</p> <p>+ Presentation 10:30am</p> <p>**Birthday celebrations at Lunch Café</p>	<p>24</p> 	<p>25</p> <p>Blood Pressure Screening 10:00am-12:00pm</p> <p>+ Presentation 10:30am</p>	<p>26</p> <p>Blood Pressure Screening 10:00am-12:00pm</p>	<p>27</p>
<p>30</p>	<p>31</p> <p>+ Presentation 10:30am</p>			

All classes/programs are subject to change without notice.

# CLASSES & PROGRAMS

All classes are held at the Cypress Senior Center unless otherwise stated. Please confirm location.

**No Classes Jan. 16**

## 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 at [starhelp@noce.edu](mailto:starhelp@noce.edu)

Office Hours

M-TH: 7:30am-7:00pm

F: 7:30am - 4:00pm

**Spring Semester: Jan. 13 - May 27**

**No Classes Jan. 16**

## 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 8:00-9:30 am Free

## Flow Yoga with Darshini: Pay As You Go

D. Aithal

**\*class will resume 1/9**

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 8:45-9:45 am \$10

## 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 8:30 am-12:20 pm 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 M 10:20 am-12:20 pm Free

## Health & Wellness for OA (Cardio)

K. Mastin, NOCE

Class will include activities to help yourself to health through physical fitness activities, 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 light hand weights, theraband resistance, and light-weight bands.

Ongoing M 1:00-2:50 pm Free

Ongoing TH 9:45-11:35 am Free

## Eclectic Yoga for Seniors

R. Siu

Designed to meet the physical/mental needs of seniors, this class utilizes basic Yoga poses such as stretching, twisting, and weight-bearing with attention to various organs such as the brain, pancreas, or lymph-nodes. Bring a sticky yoga mat, blanket/towel and eye cover.

Ongoing M 1:00-3:00 pm Free

## Tai Chi

J. Rice

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

**\*class will resume 1/10**

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

**\*class will resume 1/10**

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 \$8

# CLASSES & PROGRAMS

## Hawaiian Hula: Basic and Intermediate

P. and C. Taoipu

**Basic:** Students will learn basic hand and foot movements taught in the Hawaiian language. There are many benefits like exercising the body and mind while learning another language.

8526 T 1/10-3/21 12:30-2:00pm \$118/11

**Intermediate:** Hawaiian Hula Dance is a form of sign language that is indigenous to the Hawaiian Islands. All lessons are taught in the Hawaiian language. Physical and mental exercises will stimulate the mind, body, and soul, where Hula lives!

**\*Prerequisite: Hawaiian Hula Basics**

8527 T 1/10-3/21 10:30am-12pm \$118/11

## 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 12:00-3:00 pm Free

## Ceramics for Older Adults

C. Heck Trapani, **NOCE**

This course includes lecture, demonstration and application of ceramic art work. Students will learn mold selection, glazing, decorating techniques, and proper firing procedures. Individual artistic creativity is encouraged.

Ongoing T 12:50-4:40 pm Free

## Country Line Dance and More

M. Velasco

**\*class will resume 1/10**

Come join us for this fun-filled line dance class and learn all the country favorites. Dancers will learn popular country line dances so that they can join in the fun and show off their dance moves at parties and other festivities. This class is ideal for line dancers with some dance experience.

**Location: Outside City Hall Council Chambers, 5275 Orange Ave.**

Ongoing T 1:00-2:00 pm Free

Ongoing F 10:00 am-12:00 pm Free

## Creative Writing for Seniors

J. Edwards, **NOCE**

This class teaches memoir, novel, short story, poetry and non-fiction writing and helps students prepare work for publication. Please bring a three-ring binder, lined paper, a black pen and a red pen.

Ongoing T 1:00-2:50 pm Free

## Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel

This level line dance class requires that you know and are already familiar with line dance steps and sequences. Dance steps will be called out but not broken down. You will be learning Intermediate and advanced level dances. What a fun way to challenge your mind, and get your 3000-5000 steps in for the day.

Ongoing T 1:30-4:00 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

## 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! Similar to the western card game Rummy, Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. This Mahjong class is for people of all skill levels.

Ongoing W 12:30-4:30 pm Free

## Mature Driver Improvement

W. Marlowe, **NOCE**

A DMV Certificate of Completion of this 8-hour classroom setting course will be provided as evidence of attendance to potentially obtain reduced insurance rates. We will review how age may affect your ability to drive along with a refresher on traffic laws and safety techniques. Space is limited. Must be 55 and older to register for the class. Must present valid drivers license.

3/1 & 3/2 W & TH 1:00-5:00 pm Free

# CLASSES & PROGRAMS

## 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 where confidentiality of shared information is respected. They offer support in understanding, coping with, and managing the disease. They also assist in locating and utilizing community resources.

**Every 3rd Wednesday of the month**

Ongoing 7:00-8:30 pm Free

## Peer Support Group

R. Bush and C. Moore

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

## Zumba Gold: Pay As You Go

L. Morris

Are you ready for fun? Dance your way to better fitness to learn Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. Zumba Gold is perfect for the active older adults with easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No dance experience necessary or partner required.

Ongoing TH 8:15-9:15 am \$7

## Mindfulness & Meditation

J. Rice

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

## 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 TH 10:30 am-12:00 pm Free



## 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

## Senior Chorus for Older Adults

L. Lassetter, NOCE

The Cypress Senior Chorus learns two concert programs each year, performing in June and December. We focus on good vocal technique and harmony singing, as well as reading written music soprano, alto, tenor, and bass.

Ongoing F 9:30-11:20 am Free

## Ultra Beginner/Beginner Line Dance

E. Ilagan

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 and sequences. The creative side of your brain, the right side will appreciate the different types of music that will be dance. 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 (Dynamic Balance & Mobility)

K. Yu, NOCE

This class will be focusing on dynamic balance, mobility, functional movement, strength and conditioning for physical health.

Ongoing F 3:00-4:50 pm Free

# DINING CENTER EVENTS

## Valentine's Day Lunch



TUESDAY, FEBRUARY 14  
11AM - 1PM

*In Person Reservation  
Required*

PLEASE MAKE YOUR  
RESERVATION IN THE  
DINING ROOM FROM  
JANUARY 23 - FEBRUARY 7

RESERVATIONS ACCEPTED:  
MONDAY - THURSDAY  
10:30AM - 12:00PM

## ★ SUPER BOWL ★ WEEK



**FEBRUARY 1 - 9**

EVERYONE HAVING LUNCH FROM  
FEBRUARY 1-9 WILL HAVE A CHANCE  
TO PUT THEIR NAME IN A SQUARE  
FOR THE SUPER BOWL BOARD.

WINNERS FOR HALF TIME AND  
FINAL SCORE WILL BE ANNOUNCED  
ON MONDAY, FEBRUARY 13.

WE ENCOURAGE EVERYONE TO  
WEAR YOUR TEAM JERSEY,  
APPAREL, OR EVENT COLORS!

## January Birthdays

### Cypress Residents

Olga Alvarado  
Editha Aragon  
Abel Barboza  
Barbara Butler  
Virginia Cartier  
Victor Chen  
Alice Chou Chiu  
Ana Connor  
Susan Craddock  
Gina Dalfiume  
Barbara Dangan  
Mabel Dieterman  
Patricia Dumas  
Karen Dykema  
Francis Fernando  
Eugene (Gene) Geib  
Mike Gerdis  
Leo Gines  
Barbara Girard  
Lydia Gonzales  
Pedro Gonzalez  
Tom Greathead

Carol Hammel  
Charlotte Hansen  
Yoko Hatton  
Jo-Ting Ho  
Alma Hokason  
Wanjoo Hyun  
Ramesh Jhaveri  
Waheed Khan  
Noemi Kilthau  
Hwa Ja Kim  
Costa (Gus) Kokkinos  
Chisato Kuramoto  
Marion J. LaBrie  
Diane Livernois  
Cathy Lozano  
Tammy Lu  
Chander Mayer

Pannaben Mehta  
Connie Metzger  
Elizabeth Mezzetta  
Ernest Molina  
Martha Montes  
Cynthia Moore  
Toni Morgan  
Suzanne Moriarty  
Mark Moses  
Raj Nathan  
Kang Oh  
Tita Padayao  
Maw-Sheng Pan  
Chris Park  
Pat Pearce  
Georgine Peterson  
LaVonne Phillips

Margaret McMillan  
Kumudchondra Mehta  
Carol Reed  
Jim Rice  
Michele Roe  
John Roper  
Gun Young Shin  
Richard Siu  
Vincenta Sutil  
Nancy Thong  
Diana Tillman  
Judy Trojahn  
Edna Tubola  
Nelson Vison  
Peggy Vison  
Betty Vocke  
Ray Webster, Jr.  
Charles Wendland  
Ronald West  
Harla Wood  
Barry Young  
Walter Zwonitzer

Birthday celebration on January 23 sponsored by [Humana](#)

# PRESENTATIONS & SCREENINGS

## I.D. Theft and Fraud

Presented by Detective Curbelo and Detective Hernandez with Cypress Police Department  
**Tuesday, January 10 | 10:00 - 11:00am**

The presentation will provide tips for recognizing suspicious emails and other tactics used by criminals engaging in I.D. theft and financial fraud. Following, there will be a Q&A session regarding criminal activity and other public safety issues within the City of Cypress.

## What is a Reverse Mortgage?

Presented by Anthony Vigil  
from Open Mortgage

**Thursday, January 12 | 11:00am - 12:00pm**

This presentation will explain reverse mortgages, dispel the myths, and provide the facts on reverse mortgage.

## Music Appreciation: Music & Memory

Presented by Jenny Alcala-Alonzo from  
Independence at Home

**Tuesday, January 17 | 1:00 - 2:00pm**

Participants will have an opportunity to discuss music through different era's and the impact on generations. They will have an opportunity to share songs or artists that are meaningful to them.

## One-On-One Medication Review

**Monday, January 23 | Bill Liu  
9:00 - 10:30 am | (3) 30 minute appts.**

Are you taking prescription medicines, buying over-the-counter medicines, vitamins and nutritional supplements? Questions about what you are taking? Make an appointment to meet with Pharmacist Bill and he will assess the medications and supplements you are taking and answer your questions. Bring all your medications and supplements or a detailed list of what you are taking.



## An Overview of Medications Used in Pain Management

Presented by Bill Liu, Pharmacist  
**Monday, January 23 | 10:30 - 11:30am**

There are many forms of pain. Pain management experts will use one or many approaches to alleviate pain, such as, physical therapy, surgical intervention, medications, behavioral therapy, just to name a few. This presentation will discuss common medications used to manage pain including the pain medications' effects and side effects.

## Alzheimer's Disease: Is it Preventable?

Presented by Dr. Trinh  
**Wednesday, January 25 | 10:30 - 11:30am**

Come chat with Dr. Trinh about the latest clinical trial designed to prevent Alzheimer's Disease.

## Keeping Your Brain Young

Presented by Dr. Peppard  
**Tuesday, January 31 | 10:30 - 11:30am**

Come and learn about things that you can do to keep your brain healthy. In this talk, Dr. Peppard talks about the necessary components needed to maintain good brain health.

## Blood Pressure Screenings

Health Services Office  
Every Wednesday and Thursday  
10:00 am - 12:00 pm

\*subject to change without notice



**\*Reservations Required: call (714) 229-2005 or visit the Reception Desk \*Subject to change without notice. The Senior Center does not recommend, endorse, or guarantee products or professional services offered at the center.**

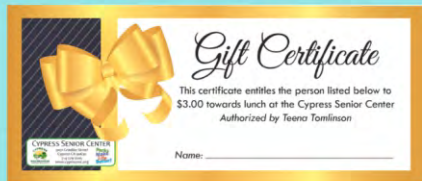
# STAYING YOUNG AT HEART

## DINING CENTER GIFT CERTIFICATES

Looking for a gift for a  
friend 60 and older?  
Dining Center Gift  
Certificates are available  
for \$3.

CASH ONLY  
AVAILABLE FOR  
PURCHASE  
MONDAY - FRIDAY  
8:00 AM - 5:00 PM

\*valid only at the  
Cypress Senior Center



**STOP BY AND VISIT THE  
ARTWORK IN THE  
LIBRARY.  
THERE ARE FOUR NEW  
ART DISPLAYS PER YEAR  
DONE BY OUR  
EXHIBITING ARTISTS.**

## 2023 Grace Lachina Outstanding Senior Recognition Award

Do you know an outstanding senior who has made a contribution to the Cypress Community? The Cypress Senior Citizens Commission would like to recognize them.

- **Must be 50 years of age or older**
- **Have made an outstanding contribution to the Cypress Senior Center and/or the senior community in the City of Cypress**

Applications are available now and must be received by Friday, February 17, 2023 by 5:00 pm. Applications are available at the Senior Center, Community Center and online at [cypressca.org/gracelachinaaward](http://cypressca.org/gracelachinaaward). For more information call (714) 229-2005.





Cypress Senior Center  
9031 Grindlay Street  
Cypress, CA 90630  
[www.cypressrec.org](http://www.cypressrec.org)  
Phone: (714) 229-2005  
Fax: (714) 229-2008  
Hours: Monday - Friday, 8:00 am - 5:00 pm

## Subscription to "Along the Way"

Subscribe to the Cypress Senior Center Monthly Newsletter.

The newsletter can be **EMAILED** or **MAILED** to you monthly, or visit [cypressca.org](http://cypressca.org) to download a copy.

YES! **EMAIL** me my subscription to "Along the Way" newsletter. (Complimentary)

**E-MAIL ADDRESS:** \_\_\_\_\_

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

Resident (Complimentary)  Non-Resident (\$15.00 - 12 months)

**Send check only for \$15.00, payable to the City of Cypress.  
You may also pay cash at the Reception Desk.**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
Street/Apartment # City State Zip Code

PHONE NUMBER: \_\_\_\_\_ DATE: \_\_\_\_\_

**Email form to [senior@cypressca.org](mailto:senior@cypressca.org) or Mail form to:  
Cypress Senior Center, 9031 Grindlay Street, Cypress, CA 90630**