

ALONG THE WAY



March 2023 | Cypress Senior Center | cypressrec.org | Monday-Friday, 8AM-5PM | (714) 229-2005



St. Patrick's Day Fun

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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 Specialist Part-Time
Armando Paraiso, Recreation Leader IV
Carol Shore, Office Assistant II
Chad Lloyd, Facilities Attendant

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.

DIAMOND SPONSORS



Cheryl Hirtler



Alan Muñoz



Annette Rivera-Barry



Wendy Wheeler



Audrey Caceres



Veronica Rodriguez

PLATINUM SPONSOR



Shirley Bradley

FREE SERVICE & AMENITIES

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.

Plus 40's Dance-Wednesday Nights 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 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 curbside-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



NO INCOME REQUIREMENT

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

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 Café 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, March 14 | 9:30am-12:30pm

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, March 16 | 9:30am-12:00pm

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.



Advocates for Justice in Orange and Los Angeles Counties

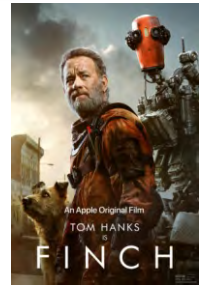
CYPRESS SENIOR CENTER CINEMAS

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

March 1: Finch | PG-13 | 1h 55m

Actors: Tom Hanks, Caleb Landry Jones, Marie Wagenman

On a post-apocalyptic Earth, a robot, built to protect the life of his creator's beloved dog learns about life, love, friendship and what it means to be human.



March 8: Tár | R | 2h 38m

Actors: Cate Blanchett, Noemie Merlant, Nina Hoss

Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra.



March 15: Shotgun Wedding | R | 1h 40m

Actors: Jennifer Lopez, Josh Duhamel, Lenny Kravitz

Darcy and Tom gather their families for the ultimate destination wedding but when the entire wedding party is taken hostage the bride and groom must save their loved ones--if they don't kill each other first.



March 22: The Secret: Dare to Dream | PG | 1h 47m

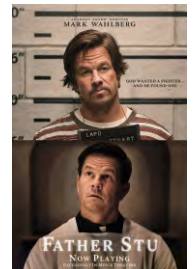
Actors: Katie Holmes, Josh Lucas, Celia Weston

Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit -- but he carries a secret that could change everything.

March 29: Father Stu | R | 2h 4m

Actors: Mark Wahlberg, Mel Gibson, Jacki Weaver

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.



Beverages for sale at the Reception Desk

MEALS ON WHEELS LUNCH CAFE

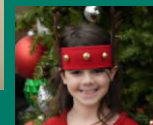
- Lunch is served with a smile.
- Nutrition Desk opens at 10:45 am.
- \$3.00 suggested donation for adults ages 60+
- \$5.00 fee applies to those under 60.

Entertainment:




Thursdays



Pianists: Rosemary Carda

Natalie Worden



Menu – March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal	1 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg. Salad SF Apple Crisp	2 Pork Tenderloin Honey Garlic Sauce Brown Rice Collard Greens WW Dinner Roll w/ Promise SF Custard	3 No Indoor Dining
		6 Garden Burger Shredded Lettuce, Tomato & Onion WW Hamburger Bun Mayonnaise, Mustard & Ketchup Fiesta Corn & Bell Pepper Salad Tropical Fruit Mix 	7 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Veg. Blend WW Dinner Roll w/ Promise SF Custard Orange Juice	** 8 ** National Nutrition Month Celebration Baked Salmon w/ Mango Salsa Rice Pilaf Oriental Veg. Blend BYO: Yogurt Parfait (Low-fat Yogurt w/ Mixed Fruit & Honey Graham Crackers)
13 Vegetarian Lasagna Succotash Carrots SF Crackers Ambrosia 	14 Chicken Strips w/ Hui Pineapple Sauce Jasmine Rice Broccoli SF Fruited Gelatin	15 Breaded Fish Tacos Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla (2) Pico de Gallo SF Custard	16  St. Patrick's Day Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Promise SF Pistachio Pudding TICKET REQUIRED	17 No Indoor Dining
20 Birthday Celebration Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Promise SF Apple Crisp 	21  Pork Carnitas Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin	22 Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/ Promise Tropical Fruit Mix	23 Moroccan Lentil Soup w/ SF Crackers Crab & Veggies Salad Summer Rainbow Quinoa Salad Ambrosia	24 No Indoor Dining
27 Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	28 Pork Tenderloin w/ Pineapple Raisin Sauce Mashed Potatoes Chef's Veg. Blend WW Dinner Roll w/ Promise Pineapple Chunks	29 Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/ Promise SF Cookie	30 Breaded Baked Fish Tartar Sauce Quinoa Pilaf Broccoli Hawaiian Roll w/ Promise Ambrosia	31 No Indoor Dining

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

ADDITIONAL FOOD RESOURCES

Senior Grocery Program: Wednesday, March 15 | 9:00am 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, March 17 | 9:00am - 12:00pm

Distributed at the Cypress Community Center, 5700 Orange Ave.

- Third Friday of each month
- New applicants will be placed on 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 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. 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

OC Food Help

Listing of food pantries and food resources in Orange County. Groceries and meals vary by location 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

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

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



ONGOING & ACTIVITIES

Swan Lake
CYPRESS SENIOR CENTER PROM
FRIDAY, MARCH 10TH
6-9 PM | FORMAL ATTIRE
FREE ADMISSION
CYPRESS SENIOR CENTER
9031 GRINDLAY STREET
SPONSORED BY OXFORD ACADEMY ASB
 LIGHT REFRESHMENTS WILL BE SERVED WITH MUSIC
 FROM THE BAND "NOW AND THEN"

Cypress Line Dance Social
SAVE THE DATE

Presented by: Elen Ilagan
Date: Saturday, May 20, 2023
Time: 1:00 - 5:00pm
Tickets: \$10

*Dance list and more information to follow!

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
10:00-11:30	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
		1 Blood Pressure Screening 10:30am-12:00pm	2 Blood Pressure Screening 10:30am-12:00pm 	3
6	7	8 Blood Pressure Screening 10:30am-12:00pm	9 Blood Pressure Screening 10:30am-12:00pm	10
13 + Presentation 1:00pm	14 <HICAP 9:30am-12:30pm	15 Senior Grocery Program! 9:00am until gone + Presentation 10:00am Blood Pressure Screening 10:30am-12:00pm	16 <Legal Aid 9:30am-12:00pm Blood Pressure Screening 10:30am-12:00pm **St. Patrick's Day Themed Event at Lunch Café 11:00am Reservation Ticket Required	17 
20 **Birthday Celebrations at Lunch Café	21 	22 Blood Pressure Screening 10:30am-12:00pm + Presentation 10:30am	23 Blood Pressure Screening 10:30am-12:00pm	24
27	28 + Presentation 10:30am	29 Blood Pressure Screening 10:30am-12:00pm + Presentation 10:00am	30 Blood Pressure Screening 10:30am-12:00pm + Presentation 10:00am	31

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.

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

Office Hours

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

F: 7:30am - 4:00pm

Spring Semester: Jan. 13 - May 27

Spring Break (No Classes): March 20-24 & 31

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

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

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 \$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 3/28-6/6 12:30-2:00pm \$173/11

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 3/28-6/6 10:30am-12pm \$173/11

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

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 TH 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 (NEW TIME)

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 10:00-11:30 am 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

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

DINING CENTER EVENTS

ST. PATRICK'S DAY LUNCH

WEAR GREEN TO CELEBRATE

THURSDAY, MARCH 16

11AM-1PM

DOORS OPEN @ 10:30AM

RESERVATION TICKET REQUIRED FOR EVENT

MENU:

CORNED BEEF & CABBAGE
WHOLE BABY POTATOES
CARROTS
WW DINNER ROLL W/ PROMISE
SF PISTACHIO PUDDING

TICKETS AVAILABLE:

LUNCH PARTICIPANTS: FEBRUARY 27
GENERAL PUBLIC: MARCH 6
UNTIL SOLD OUT

- ARRIVE TO THE EVENT PRIOR TO 11:30AM TO AVOID RELINQUISHING YOUR TICKET.
- VOLUNTARY CONTRIBUTION OF \$3 FOR THOSE OVER 60.
- SHOW YOUR LUNCH CARD OR REGISTER TO MAKE A RESERVATION.

ST. PATRICK'S DAY LUNCH MENU

THURSDAY
MARCH 16

CORNED BEEF AND
CABBAGE
WHOLE BABY POTATOES
CARROTS
WW DINNER ROLL W/
PROMISE
SF PISTACHIO PUDDING

March Birthdays

Cypress Residents

Solange Abdelsayed
Mary Anderson
Joji Angeline
Roy Bernhardt
Virginia Bernhardt
Sandra Boostrom
Lois Campbell
David Chang
Sylvia Chavez
Robin Christian
Chun Ja Chung
Rolanda Engstrom
Kerrin Estabrook
JoAnn Eyre
Alma Flores
Francis Fothergill
Darshan Singh Ghuman
Prescilla Gines
Will Grohmann
Frances Gunderson
Diane Halliday
Lore Hardcastle

Tom Henry
Adriana Hernandez
Yoshie Hiroto de Aguilar
Denise Howard
Mike Hung
Chang Soon Im
Raymunda Jacalne
Colleen Janssen
Star Johnson
Edna Jose
Marion T. Justice
Young Kim
Bruce Kimura
Hazel (Pat) Langham
Esther Lee
Mila Licuanan-Dazey
Yao Liu
Erlinda Losaria

Karen J. Lynch
Margaret MacArthur
Carolyn MacKay
June Mackay
Allison Mak
Arthur Mamitag
Sally Marquez
Alice McDonald
Roberta Miller
Eileen Mills
Evelyn Miskiel
John Morales
Glenn Morikawa
Sue Muellerleile
Diane Nagle
Emmie Neri
Miaozhen Niu
Norma Ohnemus

Connie Ordanza
John Palmer
Kwang Park
Donna L. Petersen
Michael Porter
Kanchan Ramnani
Ramiro Ramos
Leo Reyes
Lisa Rimland
Fred Rish
Gertrude Rothery
Narinder Singh
Sachdeva
Nancy Shaw
George Shigematsu
Karin Shurtleff
Nancy Sprague
Conchita Torres
Labaprasad Tripathy
Susan Vanderwal-Faber
Paul Vargas
Francisca Villarruel de R

Birthday celebration on March 20 sponsored by [Humana](#)

PRESENTATIONS & SCREENINGS

What's it Worth and Downsizing

Presented by: Christina Bruce, Caring Transitions
Date: Monday, March 13
Time: 1:00 - 2:00pm

As the population ages, more and more seniors are faced with making tough decisions regarding their current living arrangements. This presentation is designed to help alleviate some of their concerns. One of the biggest questions we get is, "What will I do with all my stuff?". We will help answer this question and will show you how to identify which of your belongings are sellable, able to donate or in some cases, haul away able. We will also give tips on the best ways to sell the treasures you no longer need or want.

Meal Planning: Make the Most Food With Your Money!

Presented by: Jacqueline Atwood and Grace Atwood, Right at Home
Date: Wednesday, March 15
Time: 10:00 - 11:00am

Learn about ways in which you can improve your diet with healthy snack and meal planning that tastes delicious, won't leave you hungry, and won't break the bank. Join us for a nutrition discussion with Right at Home Registered Dietitian Jacqueline Atwood and Gerontologist Grace Atwood.

Ketogenic vs. Mediterranean Diet

Presented by: Dr. Trinh
Date: Wednesday, March 22
Time: 10:30 - 11:30am

Come learn about the pros and cons of both diets and which is best to consider.

Arch Madness

Presented by: Dr. Peppard
Date: Tuesday, March 28
Time: 10:30 - 11:30am

Problems in the feet can lead to a variety of health problems. Come and learn about why having good arches is important in maintaining good health and solving other common health problems that arise from poor arches in the feet.

Pharmacy Brown Bag/ Medication Review

Presented by: Orange County Pharmacist Association
Date: Wednesday, March 29
Time: 10:00am - 12:00pm | *30 minute appt.

***Call the Reception Desk to schedule an appt.**

Are you taking multiple prescription medicines, having questions about over-the-counter medicines, vitamins and nutritional supplements? Questions about side effects, drug interactions, or unsure of how to dispose of medicines? Pharmacists and pharmacy students will review your medicines and answer all your questions regarding indication, proper usage, storage and disposal. Bring all your medicines and supplements or a detailed list of what you are taking. ***By appointment only.**

Blood Pressure Screenings

Health Services Office
Every Wednesday and Thursday
10:30am - 12:00pm
*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

Valentine's Day 2023





Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630
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 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 or Mail form to:
Cypress Senior Center, 9031 Grindlay Street, Cypress, CA 90630***