

ALONG THE WAY



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



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CITY CLOSURE DATE | MONDAY, MAY 29



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



Veronica Rodriguez



Annette Rivera-Barry



Alan Muñoz



JoAnn Buday



Wendy Wheeler



ALPHA HOSPICE CARE

Audrey Caceres

PLATINUM SPONSOR



Shirley Bradley

VOLUNTEERS NEEDED

Make an impact at the Senior Center!

Various positions available:

- Home Delivered Meals
- Dining Center
- Front Office
- Event Committees and more.

Applications available at the Front Counter
or online @ cypressrec.org

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.

No Bingo 5/29

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 | NO INCOME REQUIREMENT

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 ten (10) vouchers per month. Each voucher is valid for up to 4 miles.

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.

Individuals must meet the following criteria:

- ♦ Cypress Resident
- ♦ Age 60 or older



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. 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, May 9 | 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, May 18 | 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.



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

May 3: A Knight's Tale | PG-13 | 2h 12m

Actors: Heath Ledger, Shannyn Sossamon, Mark Addy

Peasant-born William Thatcher begins a quest to change his stars, win the heart of an exceedingly fair maiden and rock his medieval world. With the help of friends, he faces the ultimate test of medieval gallantry -- tournament jousting -- and tries to discover if he has the mettle to become a legend.



May 10: The Fabelmans | PG-13 | 2h 31m

Actors: Michelle Williams, Gabriel LaBelle, Paul Dano

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

May 17: Tetris | R | 1h 58m

Actors: Taron Egerton, Mara Huf, Miles Barrow

Henk Rogers discovers Tetris in 1988, and then risks everything by travelling to the Soviet Union, where he joins forces with inventor Alexey Pajitnov to bring the game to the masses.



May 24: A Man Called Otto | PG-13 | 2h 6m

Actors: Tom Hanks, Mariana Trevino, Rachel Keller

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

May 31: The Way Back | R | 1h 48m

Actors: Ben Affleck, Al Madrigal, Janina Gavankar

Jack Cunningham was a high school basketball phenom who walked away from the game, forfeiting his future. Years later, when he reluctantly accepts a coaching job at his alma mater, he may get one last shot at redemption.



Beverages for sale at the Reception Desk

MEALS ON WHEELS LUNCH CAFE

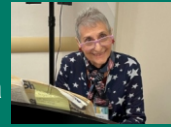
- Lunch is served with a smile.
- Nutrition Desk opens at 10:45 am.
- \$3.00 suggested donation for adults ages 60+
- \$5.00 fee applies to those under 60.

Entertainment:

Thursdays


Pianists: Rosemary Carda

Natalie Worden



May 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 1 Baked Meatloaf Savory Tomato Sauce Mashed Potatoes Capri Vegetable Blend WW Dinner Roll w/Smart Balance SF Apple Crisp | 2 Chicken Meatballs Sweet & Sour Sauce Jasmine Rice Carrots SF Cookie Orange Pineapple Juice | 3 Beef Stew Stew Veg. Sauce Baby Whole Potatoes WW Dinner Roll w/Smart Balance Tropical Fruit Mix | 4 Moroccan Lentil Soup w/ SF Crackers Crab & Veggie Salad Summer Rainbow Quinoa Salad Ambrosia | **5** No Indoor Dining |
| 8 Cream of Butternut Squash w/ SF Crackers Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange | 9 Pork Tenderloin w/ Pineapple Raisin Sauce Chow Mein Chef's Veg. Blend WW Dinner Roll w/Smart Balance Pineapple Chunks | 10 Chicken Breast Sweet Citrus Glazed Jasmine Rice Winter Veg. Blend WW Dinner Roll w/Smart Balance SF Cookie | 11 *Mother's Day* Chicken Cordon Bleu Rice Pilaf Chef's Cut Vegetables WW Dinner Roll w/Smart Balance Assorted Cake Reservation Required | **12** No Indoor Dining |
| 15 Birthday Celebration Cheese Tortellini w/ Marinara Sauce Broccoli Capri Vegetable Blend WW Dinner Roll w/Smart Balance Parmesan Cheese SF Fruited Gelatin | 16 Our Best Tortilla Soup w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix | 17 Turkey Shepherd's Pie Green Beans Zucchini Medley WW Dinner Roll w/Smart Balance SF Custard | 18 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Mixed Vegetables Breadstick SF Pear Crisp | 19 No Indoor Dining |
| 22 Baked Tilapia w/ Savory Tomato Braised Baby Baker Potatoes California Veg Blend WW Dinner Roll w/Smart Balance Canned Peaches | 23 LS Roast Turkey Breast w/ Hummus Sandwich Tomato and Cucumber Salad Barley Corn and Mango Salad WW Pita Bread Mandarin Orange | 24 Split Pea Soup w/ SF Crackers Greek Salad w/ Edamame & Shredded Chicken Marinated Veg Salad SF Apple Crisp | 25 Cream of Carrot Soup w/ SF Crackers Mexican Tuna Salad Barley Mango Salad WW Dinner Roll w/Smart Balance Pineapple Chunks | **26** No Indoor Dining |
| 29 City Closed  | 30 Crumbled Beef w/ Bolognese Sauce Penne Pasta Italian Vegetable Blend WW Dinner Roll w/Smart Balance Orange Juice SF Custard | 31 Spinach Mushroom Quiche Sweet Potatoes Winter Vegetable Blend Blueberry Muffin w/Smart Balance Canned Pears | Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  |  |

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

(NEW TIME) Senior Grocery Program & TEFAP: Wednesday, May 10 | 10:00-11:30am or until gone

The Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at affordable senior apartments, senior centers and other nonprofit partner sites. **Distribution** is held on the 2nd Wednesday of each month **indoors** in the **Arts & Crafts Room**. Patrons are responsible for providing their own carts and/or bags to transport commodities.

Community Action Partnership: Friday, May 19 | 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

9-11 AM FREE

Senior C.A.M.P.

10-14 JULY

Cypress Civic Center Green
 Registration required | Starts June 12
 Space is limited
 To register, call (714) 229-2005
 or visit the Senior Center

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

| 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 | ER |
| 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 | 2 | 3 | 4 Blood Pressure Screening 10:30am-12:00pm  | 5 |
| 8 + Presentation 1:30pm | 9 <HICAP 9:30am-12:30pm | 10 Senior Grocery Program! 9:00am until gone + Presentation 10:00am | 11 **Mother's Day Lunch & Tea RESERVATION REQUIRED 11:00am | 12 |
| 15 **Birthday Celebrations at Lunch Café | 16 | 17 + Presentation 10:00am | 18 <Legal Aid 9:30am-12:00pm Blood Pressure Screening 10:30am-12:00pm | 19 |
| 22 | 23  | 24 + Presentation 10:30am | 25 | 26 |
| 29  | 30 + Presentation 10:30am | 31 + Presentation 9:30am | | |

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.

No Class 5/29

***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 at starhelp@noce.edu

Office Hours

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

F: 7:30am - 4:00pm

Summer Break: May 29 - June 2

Summer Session: June 5-August 5

Registration begins May 2

***subject to change/cancellation without notice**

Open Exercise

C. Wesling

Are you looking for an exercise routine that you can do at your own pace? This class is for you! Follow the video and go at your own pace and skill level.

Ongoing M-F 8:00-9:30 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

no class 5/23 & 5/30

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.

8684 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**

8685 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**

***last class 5/23. will resume at a later date**

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.

5/3 & 5/4 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

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

MOTHER'S DAY LUNCH & TEA

Bring a tea cup and wear your prettiest hat

THURSDAY, MAY 11.

11:00 am-1:00 pm

Doors will open at 10:15 am

RESERVATION TICKET REQUIRED

Bring your Meals on Wheels lunch card

Tickets available in the Dining Center during lunch hours for those having lunch on April 24.

Any remaining tickets will be available to the general public beginning May 1 at the Reception Desk.

Space is limited

Tickets available until sold out

Arrive by 11:30 am to avoid relinquishing your ticket

Voluntary contribution of \$3 for those over 60

FOR MORE INFORMATION CALL

(714) 229-2005

OR VISIT THE RECEPTION DESK

***FOR MENU SEE THE ALONG THE WAY**

FATHER'S DAY LUNCH

COME DRESS TO IMPRESS IN YOUR 50'S ATTIRE AS WE CELEBRATE FATHER'S DAY!

THURSDAY, JUNE 15

11:00AM - 1:00 PM

DOORS OPEN: 10:00AM

RESERVATION TICKET REQUIRED

BRING YOUR MEALS ON WHEELS LUNCH CARD

TICKETS AVAILABLE IN THE DINING CENTER DURING LUNCH HOURS FOR THOSE HAVING LUNCH ON MAY 30.

ANY REMAINING TICKETS WILL BE AVAILABLE TO THE GENERAL PUBLIC BEGINNING JUNE 5 AT THE RECEPTION DESK

SPACE IS LIMITED

TICKETS AVAILABLE UNTIL SOLD OUT

ARRIVE BY 11:30 AM TO AVOID RELINQUISHING YOUR TICKET

VOLUNTARY CONTRIBUTION OF \$3 FOR THOSE OVER 60

FOR MORE INFORMATION CALL (714) 229-2005

OR VISIT THE RECEPTION DESK

***FOR MENU SEE THE ALONG THE WAY**

HAPPY BIRTHDAY

Every third Monday of the month, the Cypress Senior Center hosts a birthday celebration during lunch!

For Cypress residents 60 years or older your lunch is on us if you show us your birthday is in the current month.

Meals are on a first-come, first-serve basis so sign in early!

Please check-in for lunch by 11:30 am.

Cupcakes provided by: *Humana*

PRESENTATIONS

Aging and Vision Loss

Presented by: Jessica Gonzalez,
Independence at Home
Date: Monday, May 8 | 1:30 - 2:30pm

Have you started wearing glasses recently? It happens with age. Your eyes and vision are important to your health. Learn about some common vision problems that come with age, what to look out for and what you can do to prevent vision loss.

Your Life Your Legacy

Presented by: Yicel Young, Dignity Memorial
Date: Wednesday, May 10 | 10:00 - 11:00am

Pre-planning brings peace of mind to you and your family. Decisions made together, not alone. It's about protecting the ones you love. We strive to get every detail right the first time, every time. Come join Yicel Young from Dignity Memorial to learn more about pre-planning!

Blue Zones: How to Exercise Naturally & Prevent Falls

Presented by: Jacqueline Atwood, Right At Home & Berlynn Coffman, Wellness Medical Supplies
Date: Wednesday, May 17 | 10:00 - 11:00am

Blue Zones are regions of the world where people live the longest and healthiest. Right at Home will be discussing some of their secrets to this longevity. Join us as Registered Dietitian Jacqueline Atwood and Berlynn Coffman from Wellness Medical Supplies discuss ways that Blue Zones incorporate natural movement and ways that you can prevent falls.

Longevity Science

Presented by: Dr. Trinh
Date: Wednesday, May 24 | 10:30 - 11:30am

Come chat with Dr Trinh about the new research on Longevity and Anti-Aging Medicine published out of Harvard University.

Osteoporosis

Presented by: Dr. Zulmy Mancía
Dr. Peppard's Office
Date: Tuesday, May 30 | 10:30 - 11:30am

In this talk, Dr. Mancía will speak about the importance of bone health and natural alternative treatments that can help prevent and improve this condition.

Senior Scams

Presented by: Sergeant Fassell, Cypress PD
Date: Wednesday, May 31 | 9:30 - 10:30am

A guide to staying safe. Seniors are often targets of thieves and scam artists. These criminals prey on the trust and compassion of seniors by pretending to be someone they are not or by tricking them into participating in a confusing scam. Often these crimes go unreported due to fear or embarrassment. Despite this, reported losses from these types of scams reach well into the millions every year. Come hear a speech from a Cypress Police Detective who specializes in investigating these types of cases and learn some tips on how to avoid becoming a victim.



Blood Pressure Screening
Health Services Office
1st and 3rd 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

Senior Center Exhibiting Artist Showcase

stop by and visit the artwork in the Library. There are four new art displays per year done by our exhibiting artists.

SENIOR CHORUS PERFORMANCE

PERFORMANCE BY:
NOCE SENIOR CHORUS STUDENTS

PERFORMANCE WILL TAKE PLACE DURING LUNCH

TUESDAY, JUNE 20

CHECK IN OPENS: 10:45AM

PERFORMANCE: 11AM

Community Resource Fair

Friday, June 16 | 9 AM -12 PM | Cypress Senior Center

The Community Resource Fair is back. Don't miss this opportunity to gain information in a variety of services including health screenings, finance, recreation, and more. Come hungry as Kiwanis of Cypress will be providing a pancake breakfast, while supplies last. We will also be recognizing the 30th Anniversary of our center. The event is free and open to the public.





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***