

# ALONG THE WAY



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

**MOTHER'S DAY  
2023**



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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, Recreation Leader IV  
David Middleton, 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 SPONSORS



Shirley Bradley



Carlos Lopez

30th Anniversary Recognition  
**SENIOR CENTER**



FRIDAY, JUNE 16  
9 AM - 12 PM

Join us as we recognize 30 years of the Senior Center with giveaways, history of the facility and City, and a pancake breakfast provided by Kiwanis of Cypress.

# 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 | NO INCOME REQUIREMENT

### 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 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 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.

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, June 13 | 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, June 15 | 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

## June 7: Book Club | PG-13 | 1h 44m

**Actors: Diane Keaton, Jane Fonda, Candice Bergen**

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



## June 14: Tombstone | R | 2h 10m

**Actors: Kurt Russell, Val Kilmer, Sam Elliot**

Wyatt Earp and his brothers, Morgan and Virgil, have left their gunslinger ways behind them to settle down and start a business in the town of Tombstone. While they aren't looking to find trouble, trouble soon finds them when they become targets of the ruthless Cowboy gang. Now, together with Wyatt's best friend, Doc Holliday, the brothers pick up their guns once more to restore order to a lawless land.

## June 21: Mack and Rita | PG-13 | 1h 34m

**Actors: Diane Keaton, Taylour Paige, Elizabeth Lail**

A 30-year-old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self.



## June 28: Air | R | 1h 54m

**Actors: Ben Affleck, Madison Ainsley, Matt Damon**

Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture.


**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.

## Lunch Menu – June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	<b>1</b> <b>Minestrone Pasta Soup w/ SF Crackers</b> Vietnamese Chicken Salad Asian Cucumber Salad WW Dinner Roll w/ Smart Balance SF Ambrosia	<b>2</b>  No Indoor Dining
		<b>5</b> <b>Vegetarian Lasagna</b> Succotash Carrots Crackers SF Ambrosia  	<b>6</b> <b>Chicken Strips w/ Hui Hui Pineapple Sauce</b> Chow Mein Noodles Broccoli SF Fruited Gelatin	<b>7</b> <b>Breaded Fish Tacos</b> Cilantro Lime Coleslaw Black Beans & Lentil Salad Tortilla Pico de Gallo SF Custard
<b>12</b> <b>Baked Meatloaf</b> Savory Tomato Sauce Mashed Potatoes Capri Veg. Blend WW Dinner Roll w/ Smart Balance SF Apple Crisp	<b>13</b> <b>Pork Carnitas</b> Cilantro Lime Rice Oregon Bean Medley Tortilla Pico de Gallo SF Fruit Gelatin  	<b>14</b> <b>Beef Stew</b> (Cubed Beef, Stew Sauce & Stew Vegetables) Baby Whole Potatoes WW Dinner Roll w/ Smart Balance Tropical Fruit Mix	<b>15</b> <b>"Father's Day Celebration"</b> <b>Roast Beef w/ Brown Gravy</b> Baked Potatoes w/ Sour Cream Chef's Cut Veg. Blend Parker House Dinner Roll w/ Smart Balance IW Apple Pie <b>Reservation Required</b>	<b>16</b>  No Indoor Dining
<b>19</b> <b>Birthday Celebration</b> <b>Cream of Butternut Squash Soup w/ SF Crackers</b> Pecan Chicken Salad Barley & Black Bean Salad Mandarin Orange	<b>20</b> <b>Pork Tenderloin w/ Pineapple Raisin Sauce</b> Baby Whole Potatoes Chef's Veg. Blend WW Dinner Roll w/ Smart Balance Pineapple Chunks	<b>** 21 **</b> <b>"Welcoming Summer"</b> <b>BBQ Chicken</b> Mashed Potatoes w/ Gravy Green Beans Parker House Dinner Roll w/ Smart Balance Assorted Frozen Dessert	<b>22</b> <b>Breaded Baked Fish w/ Tartar Sauce</b> Quinoa Pilaf Broccoli Hawaiian Roll w/ Smart Balance SF Ambrosia	<b>23</b>  No Indoor Dining
<b>26</b> <b>Cheese Tortellini w/ Marinara Sauce</b> Parmesan Cheese Capri Veg. Blend Broccoli WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	<b>27</b> <b>Our Best Tortilla Soup</b> w/ Tortilla Chips Chicken Tinga Taco Cilantro Lime Slaw Tortilla Tropical Fruit Mix  	<b>28</b> <b>Turkey Shepherd's Pie</b> Peas & Carrots Zucchini Medley WW Dinner Roll w/ Smart Balance SF Custard	<b>29</b> <b>Salisbury Steak w/ Mushroom Gravy</b> Mashed Potatoes 5-Way Mixed Veg. Breadstick SF Pear Crisp	<b>30</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

## **(NEW TIME) Senior Grocery Program & TEFAP: Wednesday, June 14 | 10:00am 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, June 16 | 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](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

## Summer 2023 CONCERTS ON THE GREEN

**FRIDAYS | 6:00 PM**  
**Civic Center Green**

*June 23*

**Family Style | Blues, Soul & Rock N Roll**

*June 30*

**80's Allstars | 80's Music**  
**Salute to America at Cypress College**

*July 7*

**Chico | Latin Rhythms**  
*Sponsored by FOCCA*

*July 14*

**Electric Vinyl | Ultimate Rock Tribute**  
*Sponsored by FOCCA*

*July 21*

**Tino Sings Tom Jones | Tribute Band**

*July 28*

**Like Totally Fer Sure | 80's Music**  
*Sponsored by FOCCA*

*August 4*

**Silver Lining | Country Rock**

*August 11*

**Voodoo Syndicate | Classic Rock & Blues**  
*Sponsored by FOCCA*

### MONDAY

8:00-9:30	Open Exercise	ER
8:15-9:05	Chair 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
10:15-11:15	Flow 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
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
10:05-11:35	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.  
 + Presentation: sign up at the Reception Desk

\*\* Special Event: see Reception Desk for details  
 < By appointment only. Register at the Reception Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Blood Pressure Screening 10:30am-12:00pm 	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b> + Presentation 10:30am	<b>8</b> Blood Pressure Screening 10:30am-12:00pm + Presentation 2:00pm	<b>9</b>
<b>12</b> + Presentation 1:30pm	<b>13</b> <HICAP 9:30am-12:30pm	<b>14</b> Senior Grocery Program! 9:00am until gone	<b>15</b> <Legal Aid 9:30am-12:00pm + Presentation 10:00am Blood Pressure Screening 10:30am-12:00pm **Father's Day Lunch RESERVATION REQUIRED 11:00am	<b>16</b> **Community Resource Fair 9:00am-12:00pm
<b>19</b> **Birthday Celebrations at Lunch Café	<b>20</b> + Presentation 10:30am 	<b>21</b> + Presentation 10:00am	<b>22</b> Blood Pressure Screening 10:30am-12:00pm	<b>23</b> **Summer Concert on the Green 6:00pm
<b>26</b>	<b>27</b> + Presentation 10:30am	<b>28</b> + Presentation 10:30am	<b>29</b> Blood Pressure Screening 10:30am-12:00pm	<b>30</b> **Salute to America at Cypress College 5:30pm

All classes/programs are subject to change without notice.

# CLASSES & PROGRAMS

All classes are held at the Cypress Senior Center unless stated otherwise. Please confirm location.  
**\*subject to change/cancellation without notice**

## NOCE

**ATTENTION:** You must be a registered NOCE student to participate in NOCE classes. For questions regarding NOCE classes or registration, call (714) 808-4679 or email at [starhelp@noce.edu](mailto:starhelp@noce.edu)

### Office Hours

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

F: 7:30am - 4:00pm

Summer Session: June 5-August 5

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

## Open Exercise

C. Wesling no class 6/16

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
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## 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	M	8:15-9:05 am	\$8
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## 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
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## 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
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## 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
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Ongoing	TH	9:45-11:35 am	Free
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## 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
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## 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
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## 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
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## Flow Yoga with Darshini: Pay As You Go

D. Aithal no class 6/20 & 6/27

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	T	10:15-11:15 am	\$10
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# 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 6/13-8/29 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 6/13-8/29 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



## 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



# 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

no class 6/1 & 6/8

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 10:05-11:35 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

no class 6/16

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

no class 6/3 & 6/10

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

## 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



## FATHER'S DAY LUNCH

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 MAY 30 - JUNE 1.  
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 PG. 6

# 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

## What Can Legal Aid Do For You?

**Presented by:** Audrey Kim,  
Community Legal Aid SoCal

**Date:** Wednesday, June 7 | 10:30 - 11:30am

Community Legal Aid SoCal helps our neighbors fight injustice by providing compassionate, high quality legal aid, and advocating for stronger communities. Come out to learn more about your legal options and how we can assist you.

## How to Cook for One Healthy Senior Meal

**Presented by:** Jason Hasoi, Sunrise Senior Living

**Date:** Thursday, June 8 | 2:00 - 3:00pm

Come join a cooking demonstration with Chef Jason Hasoi as he shows how to prepare a healthy senior meal.

## Food for Thought: Changing My Diet to Manage My Conditions

**Presented by:** Vanessa Torres,  
Independence at Home

**Date:** Monday, June 12 | 1:30 - 2:30pm

There is an old saying "we are what we eat." Is that really true? Sometimes certain foods can improve or help prevent a medical condition and sometimes the wrong foods can make a medical condition worse. Come and join us for a discussion on how food affects certain medical conditions and how you may be able to improve your health by changing the foods that you eat.

## Medicare Essentials

**Presented by:** Beatriz Nunez, HICAP

**Date:** Thursday, June 15 | 10:00 - 11:00am

Come join the Health Insurance Counseling & Advocacy Program (HICAP) as they share what you need to know about Medicare. Whether you would like to learn about Medicare eligibility requirements and enrollment periods, insurance coverage options and costs, or resources about Medicare and the services that HICAP offers, this presentation is for you.

## Long Term Nursing Home Care Government Benefits

**Presented by:** Carl Leiter, Retired Attorney

**Date:** Tuesday, June 20 | 10:30 - 11:30am

Learn the legal rules and regulations for little known government funds. Eliminate spend down, liens and payback. Keep your home and your savings. Learn how to save in long term care nursing home costs and about government grants to pay for long-term nursing home care.

## Blue Zones: How Having the Right Outlook Can Change Your Life

**Presented by:** Grace and Jacqueline Atwood,  
Right at Home

**Date:** Wednesday, June 21 | 10:00 - 11:00am

Blue Zones are regions of the world where people live the longest and healthiest. Right at Home is continuing a speaking series where we discuss some of their secrets to this longevity. Join us as we discuss how Blue Zoners live in the moment, manage stress, and rediscover their purpose.

## Shoulder Education

**Presented by:** Dr. Peppard

**Date:** Tuesday, June 27 | 10:30 - 11:30am

Come and learn about shoulder problems many of us commonly experience, how doctors diagnose the different conditions and what can be done for them.

## Vitamins and Supplements for Brain Health

**Presented by:** Dr. Trinh

**Date:** Wednesday, June 28 | 10:30 - 11:30am

Come chat with Dr Trinh to discuss about vitamins and supplements that are important for brain health and do they work?

## Blood Pressure Screening

Health Services Office

Every 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

## Community Resource Fair

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



Friday, June 30 | 5:30-9:30PM  
Cypress College • 9200 Valley View Street  
**Food • Family • Fun • Fireworks**

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

## CYPRESS SENIOR CHORUS

Tuesday, June 20  
11:00AM  
During the Lunch Café

**Spectator seating will be available if not having lunch**

The 50-voice Cypress Senior Chorus is excited to perform their Spring program at our Senior Center. It has been four years since their last performance! You will hear a patriotic medley, the folk songs Simple Gifts, Old Joe Clark, I Gave My Love a Cherry, a jazz rendition of It Had to Be You, and more. Your spirits will be lifted by the music. We look forward to seeing you there!



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***