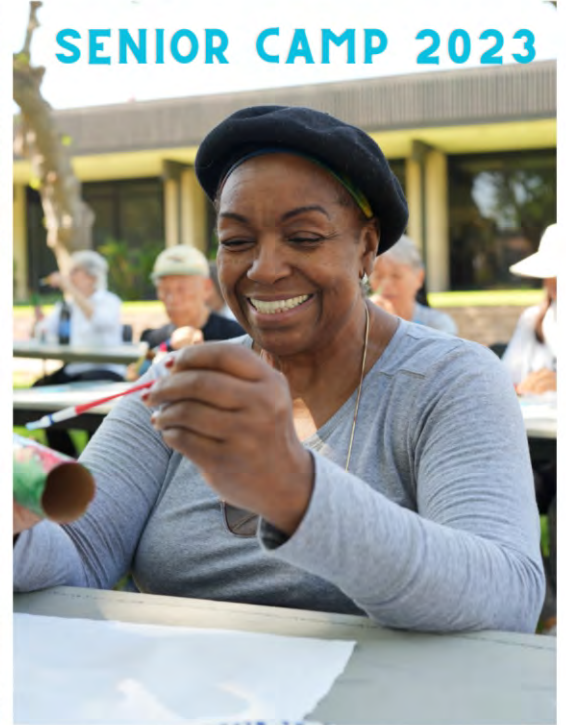


ALONG THE WAY



August 2023 | Cypress Senior Center | cypressrec.org | Monday-Friday, 8AM-5PM | (714) 229-6670



INSIDE THIS ISSUE

CONCERTS ON THE GREEN | PG. 8

FLOW & CHAIR YOGA DAY & TIME UPDATE | PG. 10

ALL ABOUT THAT PACE WALKING CLUB REGISTRATIONS | PG. 15



RECREATION
"CREATING COMMUNITY"

ALONG THE WAY

City Council

Anne 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
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

Hank Machal, Chair
Glenn Button, Vice-Chair
Gincy Heins, Commissioner
David Skorupinski, Commissioner
Ginger Osman, Commissioner
Linda Croce, Commissioner
Jon DeCesare, 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

Check out the
Recreation
Activity Guide



FREE SERVICE & AMENITIES

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.

***Closed every Wednesday from 12:00-5:00pm**

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
&
Plus 40's Dance - Wednesday Nights
&
Sunshine Club - Thursdays

Monday night bingo, Wednesday night dance, and Thursday afternoon bingo will take a break while the Senior Center undergoes its interior improvements. Programming will resume once the improvements have been completed.

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 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) 229-6670.

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, August 8 | 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) 229-6670.



Community Legal Aid SoCal

Thursday, August 17 | 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) 229-6670.



CYPRESS SENIOR CENTER CINEMAS

Enjoy a FREE movie on Wednesdays
(no movie the 2nd Wednesday of every month)

Doors open 12:30 PM and Movie begins 12:45 PM

*Movies are subject to change without notice



August 2: Call of the Wild | PG | 1h 40m

Actors: Harrison Ford, Omar Sy, Cara Gee

Buck is a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.

August 16: 80 for Brady | PG-13 | 1h 33m

Actors: Lily Tomlin, Jane Fonda, Rita Moreno

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.



August 23: Ocean's 11 | PG-13 | 1h 56m

Actors: George Clooney, Brad Pitt, Julia Roberts

Dapper Danny Ocean is a man of action. Less than 24 hours into his parole from a New Jersey penitentiary, the wry, charismatic thief is already rolling out his next plan. Following three rules: Don't hurt anybody, don't steal from anyone who doesn't deserve it, and play the game like you've got nothing to lose. Danny orchestrates the most sophisticated, elaborate casino heist in history.



August 30: Life of the Party | PG-13 | 1h 44m

Actors: Melissa McCarthy, Gillian Jacobs, Maya Rudolph

After her husband abruptly asks for a divorce, a middle-aged mother returns to college in order to complete her degree.



Beverages for sale at the Reception Desk

MEALS ON WHEELS LUNCH CAFE

- Boxed lunches 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.



August

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	Crab Corn and Tomato Salad Barley and Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Chicken Fiesta Salad Black Bean & Corn Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Mediterranean Tuna Salad Tomato Zucchini Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
7	8	9	10	11
Poppy Seed Chicken Salad Harvest Salad w/ Dressing WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Heart Healthy Garbanzo Salad Carrifruit Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Roast Turkey Sandwich Coleslaw Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	Veggie Egg Salad Coleslaw Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
14	15	16	17	18
Turkey Ham and Swiss Cheese Sandwich Green Pepper & Tomato Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Chicken Fiesta Salad Mexican Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Greek Quinoa Chicken Salad Barley Mango Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Provencal Tuna Salad Green Pea Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
21	22	23	24	25
Roast Turkey Sandwich 3 Bean Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	Veggie Egg Salad Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Chicken Salad Sandwich Black Bean & Corn Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Beef Barley Salad with Mango Confetti Rice Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
28	29	30	31	
Chickpea Tuna Salad Coleslaw & Pineapple Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Chicken Fiesta Salad Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Turkey Ham & Swiss Sandwich Coleslaw Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Hearty Healthy Garbanzo Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for 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 & TEFAP: Wednesday, August 9 | 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**. Patrons are responsible for providing their own carts and/or bags to transport commodities.

Community Action Partnership: Friday, August 18 | 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

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	CR
8:30-9:30	Flow Yoga \$	ER
8:30-12:20	Quilting for OA	CONF
10:20-12:20	Health & Wellness for OA	ER
1:00-3:00	Eclectic Yoga for Seniors	CR
1:00-2:50	Health & Wellness for OA	ER

TUESDAY

8:00-9:30	Open Exercise	CR
9:00-10:00	Tai Chi	ER
9:00-10:50	Games for Brains	CONF
10:00-12:30	Inter./Adv. Line Dance	Civic Center
10:15-11:05	Chair Yoga \$	CR
10:30-12:00	Hula Intermediate \$	ER
12:00-4:00	Bridge	CR
12:30-2:00	Hula Basic \$	ER
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	CR
8:30-10:00	Yoga Club	ER
12:30-3:00	Cribbage	CR
12:30-4:30	Mahjong	ER
12:45-3:00	Senior Center Cinemas	CONF
2:00-3:00	Peer Support Group	LIBRARY

THURSDAY

8:00-9:30	Open Exercise	CR
8:15-9:15	Zumba Gold \$	Community Center
9:00-10:00	Mindfulness & Meditation	CONF
9:45-11:35	Health & Wellness for OA	ER
10:05-11:35	Hatha Yoga	CONF
12:00-4:00	Bridge	CR
1:00-2:50	Health & Wellness for OA	ER

FRIDAY

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

ROOM LEGEND

Arts & Crafts Room = A/C	Library = LIBRARY
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

*Room location subject to change without notice

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 + Presentation 10:30am	3 Blood Pressure Screening 10:30am-12:00pm	4
7 + Presentation 10:30am	8 <HICAP 9:30am-12:30pm	9 Senior Grocery Program 10:00am until gone 	10 Blood Pressure Screening 10:30am-12:00pm	11
14 + Presentation 1:30pm	15	16 + Presentation 10:00am	17 <Legal Aid 9:30am-12:00pm Blood Pressure Screening 10:30am-12:00pm	18
21 **Birthday Celebrations at Lunch Café Senior Citizens Day	22	23 + Presentation 10:30am	24 Blood Pressure Screening 10:30am-12:00pm 	25
28	29	30	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.
***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 Session: June 5-August 5

Break: August 7-10

Fall Session: August 11-December 16

***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
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Flow Yoga with Darshini: Pay As You Go

D. Aithal ***no class 8/7 & 8/21**

Anyone can practice yoga regardless of age or experience. Use this ancient art to improve flexibility and concentration, renew energy and regulate stress. Darshini offers three styles of yoga to fit your needs. All levels welcome. Please bring a yoga mat & wear comfortable clothing.

Ongoing	M	8:30-9:30 am	\$10
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Quilting for Older Adults

L. Smith, **NOCE** ***no class 8/7**

This course is open to quilters of all levels from beginning to advanced abilities. Have fun and learn how to expand on projects from traditional to modern.

Ongoing	M	8:30 am-12:20 pm	Free
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Health & Wellness for OA

K. Yu, **NOCE** ***no class 8/7**

Class will include various activities to help yourself to health through physical fitness activities, discussion on healthy lifestyle, and how to maintain good physical health.

Ongoing	M	10:20 am-12:20 pm	Free
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Health & Wellness for OA (Cardio)

K. Mastin, **NOCE** ***no class 8/7 & 8/10**

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 ***no class 8/29**

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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Chair Yoga with Darshini: Pay As You Go

D. Aithal ***no class 8/8**

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
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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.

8979 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**

8980 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 12:00-4:00 pm Free

Experienced Beginner/Improver Line Dance

M. Velasco

Come have fun and improve your basic line dance skills designed for more experienced beginners by adding slightly more complex dances to various tempos while building the dancer's confidence.

Not suited for first time line dancers.

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

Ongoing T 1:00-2:00 pm Free

Country Line Dance & More: Improver/Inter.

M. Velasco

Enjoy a fun-filled, high spirited class to enjoy line dancing to the fullest. This class is designed for more experienced dancers who have mastered line dance patterns and movements. This class is challenging and rewarding.

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

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 (NEW TIME)

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.

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

Ongoing T 10:00 am-12:30 pm Free

Yoga Club

J. Ting

Do you enjoy Yoga? Join the Yoga Club to become more physically fit and flexible, meet new friends, and most of all to HAVE FUN! No Yoga experience is needed. During each meeting Yoga will be followed by relaxation. Each Yoga session begins with the Yoga Club chant:

"I AM ALIVE, I AM WELL, I FEEL GREAT!"

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 P. Estes

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 (NEW LOCATION)

L. Morris ***no class 8/24**

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.

Location: Cypress Community Center, 5700 Orange Ave.

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 ***no class 8/10**

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 ***no class 8/11 & 8/18**

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!

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

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 (NEW LOCATION)

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!

Location: Cypress Community Center, 5700 Orange Ave.

Ongoing SA 9:00-10:00 am \$7

STAYING YOUNG AT HEART

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**

Cypress Run
All About That Pace Walking Club
Saturday | October 7 | 7:00am



Are you an older adult who would like to participate in the Cypress Run?

Register at the Senior Center.
Walk in registration only.
Opens Friday, August 18.
FREE | Space is limited

Pardon our Dust
The Senior Center is undergoing some interior improvement projects.



PRESENTATIONS

Conservatorships

Presented by: Audrey Kim,
Community Legal Aid SoCal

Date: Wednesday, August 2 | 10:30-11:30am

A conservatorship is a court case where a judge appoints a responsible person or organization to care for another adult who is unable to manage their personal self-care or finances. What are the different types of conservatorships? Who needs a conservatorship? How can I set one up? This presentation will teach you all you need to know!

Medication Brown Bag

Presented by: Bill Liu

Date: Monday, August 7 | 9:00-10:30am

Location: Health Services Office

At this private meeting, the pharmacist will review your medications and supplements, answer your questions and assess your regimen for appropriateness, potential side effects and drug-drug interactions. Bring your medications and dietary supplements with you or make a list with their names on it. **Make your appointment today!**

Basics on Sleep and “Sleep Hygiene”

Presented by: Bill Liu

Date: Monday, August 7 | 10:30-11:30am

The Centers for Disease Control (CDC) and the Sleep Foundation both state that “sleep hygiene” or good sleep habits may help you get a good night's sleep. This presentation will cover the basics on Sleep, share ideas on Sleep Hygiene and discuss the importance of a good night's sleep.

Blood Pressure Screening

Health Services Office

Every Thursday

10:30am - 12:00pm

*subject to change without notice



Active Every Day

Presented by: Vanessa Torres,
Independence at Home

Date: Monday, August 14 | 1:30-2:30pm

Start exercising doesn't mean go and run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!

Nutrition 101: How to Have a Balanced Diet

Presented by: Jacqueline Atwood,
Right at Home

Date: Wednesday, August 16 | 10:00-11:00am

As we age, many problems can arise that can lead to poor nutrition including physical pain while eating, changes in taste, and lack of resources. Learn more about how food affects your body and ways you can incorporate balanced foods you'll actually eat. Join us for a nutrition discussion with Right at Home Registered Dietitian Jacqueline Atwood.

The Story of Cancer

Presented by: Dr. Trinh

Date: Wednesday, August 23 | 10:30-11:30am

Come chat with Dr. Trinh about Cancer and strategies to reduce your cancer risk.

*Reservations Required: call (714) 229-6670 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



SUMMER

WORD SEARCH



D N G X S P R K D N X D A A T
D Q A G I V O F T N A D V M T
C S P C S P U U H W L V C S U
K W N R Z S T Y W F E L U M T
P I K N H K H Z W M R G P X S
C M L O X Z M O S B U K A S W
C S H L W C L K T A P N D Z I
A U J E N M R N H O A W C T M
M I U M E O H C O C W T P A F
P T L R W J I L E V A R T D K
C Y Y E V B U T S A M V M J D
P C R T V J E N A M Q P O I G
G I Z A T Y W A E C G F C Q R
F B U W Y L M Z C N A I O Y N
K R P P Q V O J B H C V Y O X

AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON



Cypress Senior Center
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Phone: (714) 229-6670
Fax: (714) 229-2008
Hours: Monday - Friday, 8:00 am - 5:00 pm

Subscription to "Along the Way"

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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**