

ALONG THE WAY



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



INSIDE THIS ISSUE

PRESENTATIONS | PG. 10

ECLECTIC YOGA NEW DAY & TIME | PG. 10

INTERIOR IMPROVEMENT UPDATE | PG. 13

NEW AFTERNOON ACTIVITIES | PG. 14

SEPTEMBER 4 CLOSED | LABOR DAY



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.



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

Cypress Recreation Mission Statement:

The Cypress Recreation & Community Services Department promotes and provides quality programs and services to meet the needs of the community.

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 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) 229-6670.

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, September 12 & 26 | 9:30am-12:30pm

Consultation for Medicare and senior health insurance-related topics. Appointments are scheduled **every 2nd and 4th 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, September 21 | 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



September 6: River Wild | PG-13 | 1h 31m

Actors: Adam Brody, Courtney Chen, Eve Connolly

Joey fears there could be trouble ahead after her brother invites a childhood friend with a troubled past on their whitewater rafting adventure. When they become stranded in raging rapids, the thrill-seeking trip quickly turns into a desperate fight for survival as someone seems intent on sabotage to ensure shocking secrets stay buried.

September 20: Creed III | PG-13 | 1h 56m

Actors: Michael B. Jordan, Tessa Thompson, Jonathan Majors

Still dominating the boxing world, Adonis Creed is thriving in his career and family life. When Damian, a childhood friend and former boxing prodigy resurfaces after serving time in prison, he's eager to prove that he deserves his shot in the ring. The face-off between former friends is more than just a fight. To settle the score, Adonis must put his future on the line to battle Damian -- a fighter who has nothing to lose.



September 27: Going in Style | PG-13 | 1h 36m

Morgan Freeman, Michael Caine, Alan Arkin

Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Beverages for sale at the Reception Desk

MEALS ON WHEELS LUNCH CAFE

- Boxed lunches served with a smile.
- Nutrition Desk opens at 10:30 am.
- \$3.00 suggested donation for adults ages 60+
- \$5.00 fee applies to those under 60.



Lunch Menu – September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal	1
				CLOSED
4	5 ✓	6	7 ✓	8
	Heart Healthy Garbanzo Salad Carrifruit Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Roast Turkey Sandwich Mayo & Mustard Lettuce & Tomato Tomato & Cucumber 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	CLOSED
11	12	13	14	15
Chicken Fiesta Salad Mexicorn 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	Turkey Ham and Swiss Cheese Sandwich WW Bread (2) Mayo & Mustard Lettuce & Tomato Coleslaw Salad Fresh Fruit 1% Unflavored Milk	Provençal Tuna Salad Green Pea & Pimiento Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	CLOSED
18 ✓	19	20	21	22
Veggie Egg Salad Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk Birthday Celebration	Chicken Salad Sandwich Black Bean & Corn Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	Roast Turkey Sandwich Mayo & Mustard Lettuce & Tomato WW Bread (2) 3 Bean Salad Fresh Fruit 1% Unflavored Milk	Beef Barley Salad w/ Mango Confetti Rice Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	CLOSED
25	26	27	28 ✓	29
Chicken Fiesta Salad Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Chickpea Tuna Salad Coleslaw & Pineapple Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	Turkey Ham & Swiss Cheese Sandwich Mayo & Mustard Lettuce & Tomato WW Bread (2) Green Pepper & Tomato Salad Fresh Fruit 1% Unflavored Milk	Heart Healthy Garbanzo Salad California Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	CLOSED

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, September 13 | 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, September 15 | 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



PRESENTATIONS & ONGOING ACTIVITIES

PRESENTATIONS

Government Benefits

Presented by: Laura Luu, Attorney
Community Legal Aid SoCal
Date: Wednesday, September 6
Time: 10:30-11:30am

This presentation will go over Social Security Benefits: What is SSI and SSDI? What are common issues with government benefits? How can Community Legal Aid SoCal help you with your benefits?

Nutrition 101: How to Have a Heart Healthy Diet

Presented by: Jacqueline Atwood,
Right at Home
Date: Wednesday, September 20
Time: 10:00-11:00am

Currently in America heart disease is on the rise, affecting over 1 out of 10 Americans over the age of 45. Fortunately, there are many ways that you can help prevent and manage heart disease through the food that you eat. Join us as Right at Home Registered Dietitian Jacqueline Atwood discusses ways that you can alter your diet to keep your heart healthy!

New Proposed Definition of Alzheimers Disease

Presented by: Dr. Trinh
Date: Wednesday, September 27
Time: 10:30-11:30am

Come chat with Dr. Trinh about the National Institute of Aging-Alzheimer's Association and their newly proposed diagnostic criteria for Alzheimer 's disease.

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.

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
1:00-2:50	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
2:15-4:15	Eclectic Yoga for Seniors	ER

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
4 	5	6 + Presentation 10:30am	7	8
11	12 <HICAP 9:30am-12:30pm	13 Senior Grocery Program 10:00am until gone 	14 **Western Day Celebration at Lunch Café 11:00am	15
18 **Birthday Celebrations at Lunch Café 	19	20 + Presentation 10:00am	21 <Legal Aid 9:30am-12:00pm	22
25	26 <HICAP 9:30am-12:30pm	27 + Presentation 10:30am	28	29

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

Fall Session: August 11-December 16

No Class: September 4

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

Open Exercise

C. Wesling *no class 9/4

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 *no class 9/4, 9/18 & 9/25

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
---------	---	--------------	------

Quilting for Older Adults

L. Smith, NOCE *no class 9/4

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 *no class 9/4

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 *no class 9/4

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 (NEW DAY & TIME)

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	T	2:15-4:15 pm	Free
---------	---	--------------	------

Tai Chi

J. Rice

The art of Tai Chi is beneficial to people of all ages, especially older adults. Learn and enhance your knowledge of these slow, harmonious, routine movements designed to promote health and longevity. All are welcome.

Ongoing	T	9:00-10:00 am	Free
---------	---	---------------	------

Games for Brains

G. Heins

This fun-filled class will cause you to laugh while enjoying games, trivia, and brain teasers. Not only does this class teach you how to keep your brain healthy, it also encourages socialization with others.

Ongoing	T	9:00-10:50 am	Free
---------	---	---------------	------

Chair Yoga with Darshini: Pay As You Go

D. Aithal *no class 9/19 & 9/26

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.

9392 T 9/12-11/28 12:30-2:00pm \$188/12

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 Basic**

9171 T 9/12-11/28 10:30am-12pm \$188/12

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

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

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 9/8

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

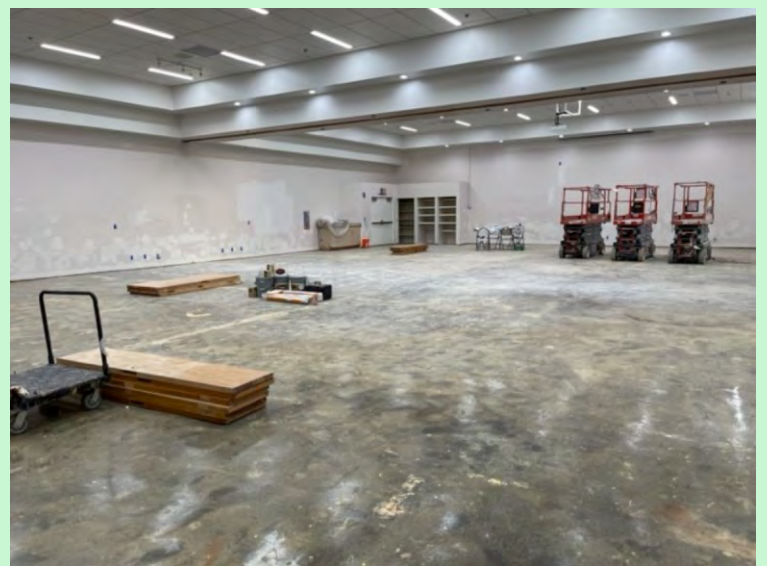
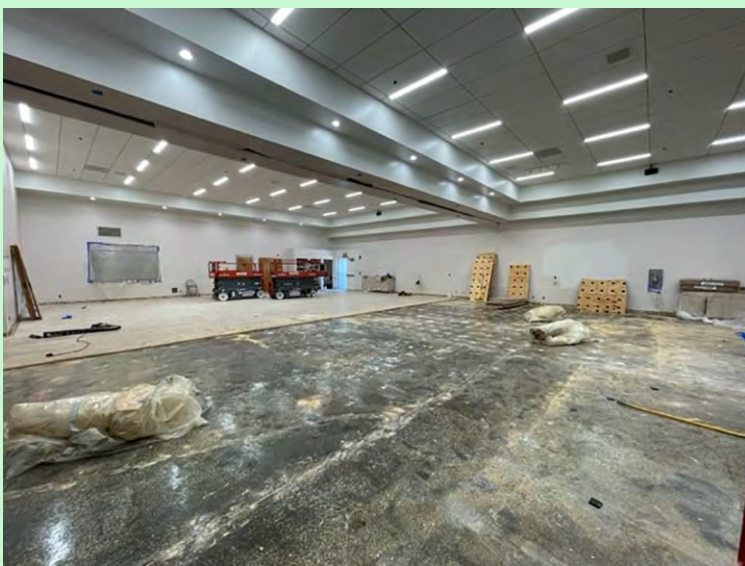
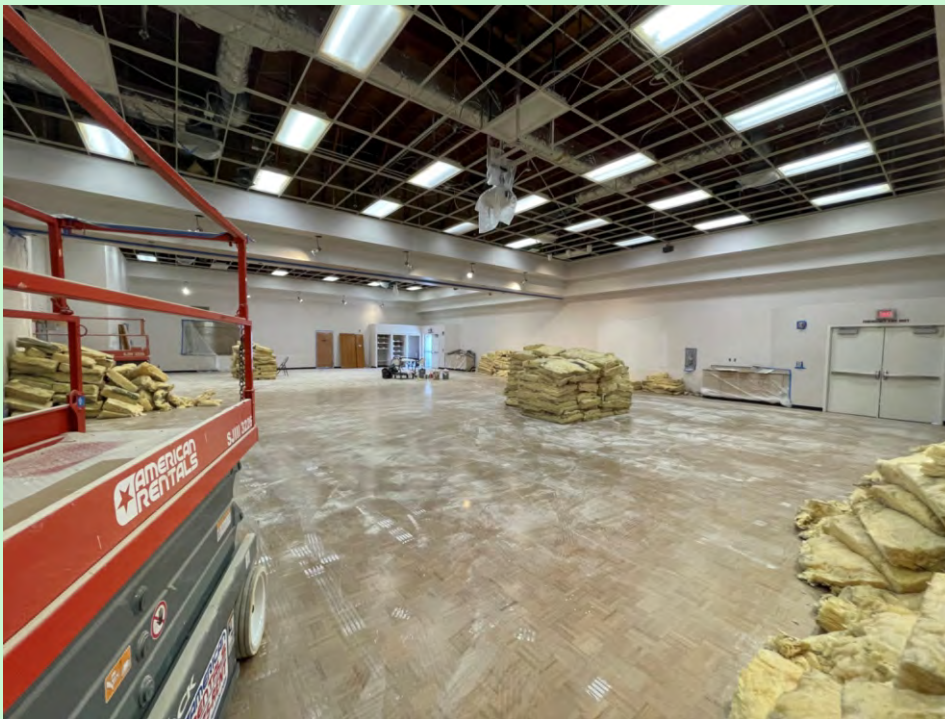
Zumba fitness is perfect for everybody and every body! We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise 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

Interior Improvement Project Updates

The Senior Center is undergoing interior improvements that are projected to be completed by January 2024. During this time the Senior Center will remain open Monday – Friday from 8:00am-5:00pm. Staff are working hard to provide the best service and programs to our patrons at this time. We appreciate your patience during this process and are excited to make these much needed improvements that will benefit the Senior Center in the years to come.



STAYING YOUNG AT HEART

NEW

Afternoon Activities

FREE

LOOKING FOR SOMETHING TO DO AFTER LUNCH, MEET NEW FRIENDS, OR TRY SOMETHING NEW? LOOK AT WHAT WE HAVE SCHEDULED AND COME JOIN US!

THURSDAYS | 1:30-2:30PM | CONFERENCE ROOM

**14
SEP**

WII BOWLING

Come practice your bowling skills using the Nintendo Wii video game console! No need to lift anything heavy!

**28
SEP**

BINGO

Test your luck on our Bingo day! Full of friends and fun!

Western Day Celebration

Date: Thursday, Sept. 14

Time: 11:00am

Location: Dining Center

No ticket or reservation required

First Come First Serve

Join us for fun activities during lunch!

SHOUT OUT



Congratulations to our Nutrition Team for earning Program of the Month! Thank you for all the hard work you do!

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**

September word search

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

Apples

Fall

Football

Halloween

Hayrides

Hot chocolate

Leaves

Marshmallows

Orange

Popcorn balls

Pumpkin

Red

S'mores

Scare crows

Spices

Spooky

Sweaters

Warm

Wizard of oz

Yellow



Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630
www.cypressrec.org
Phone: (714) 229-6670
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***