

# ALONG THE WAY



October 2023 | Cypress Senior Center | [cypressrec.org](http://cypressrec.org) | Monday-Friday, 8AM-5PM | (714) 229-6670

## CELEBRATE CYPRESS THIS OCTOBER

**FRIDAY  
OCTOBER 6  
5-9 PM  
&  
SATURDAY  
OCTOBER 7  
12-8 PM**

Oak Knoll Park • 5700 Orange Avenue  
2023 THEME: SADDLE UP CYPRESS  
[cypressfestival.com](http://cypressfestival.com)

**7 AM: 5K Run & Walk  
7-10 AM: New Family Health & Fun Expo  
8 AM: New Family Dash  
Civic Center Green**

— 2023 —  
**STATE  
OF THE CITY**

October 17  
5:30 PM - 8 PM  
Civic Center Green  
FREE

*Celebrate Women*  
CYPRESS WOMEN'S CONFERENCE

Wednesday, October 25 | 8 AM-12:30 PM  
Cypress Community Center | Registration required

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**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  
Armando Paraiso, Recreation Leader IV  
Carol Shore, Office Assistant II  
Chad Lloyd, Recreation Leader IV  
David Middleton, Facilities Attendant  
Katherine Diaz, Recreation Leader  
Maxwell Marvin, Recreation Leader

## 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.

## 2024 Grace Lachina Outstanding Senior Recognition Award

Do you know an outstanding senior 50 years of age or older who has made a contribution to the Cypress Community? You can nominate them for the Grace Lachina Outstanding Senior Recognition Award.

Applications are available and must be received by Friday, February 16, 2024. Please call the Senior Center for more information. 714-229-6670.

## DIAMOND SPONSORS



Cheryl Hirtler



Veronica Rodriguez



Annette Rivera-Barry



Alan Muñoz



JoAnn Buday



IVY PARK  
*at Seal Beach*  
ASSISTED LIVING | MEMORY CARE

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: 8am-12pm

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.

**Enter through exterior doors**



## Senior Center Library



## Computer Lab



### **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.  
Thank you.

### **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) 229-6670.

### 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, October 10 & 24 | 9:30am-12:30pm**

Orange County residents will receive 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, October 19 | 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



**October 4: Puss in Boots: The Last Wish | PG | 1h 42m**

**Actors: Antonio Banderas, Salma Hayek, Harvey Guillen**

When Puss in Boots discovers that his passion for adventure has taken its toll and he has burned through eight of his nine lives, he launches an epic journey to restore them by finding the mythical Last Wish.

**October 18: Murder on the Orient Express | PG-13 | 1h 53m**

**Actors: Kenneth Branagh, Penelope Cruz, Willem Dafoe**

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again.



**October 25: The Legend of Bagger Vance | PG-13 | 2h 6m**

**Actors: Will Smith, Matt Damon, Charlize Theron**

During the Great Depression, Georgia socialite Adele Invergordon announces a publicity-garnering high-stakes match at her struggling family golf course, featuring the greatest golfers of the era. Once-promising local golfer Rannulph Junuh, whose career and life were derailed by World War I, is brought in to play alongside the stars, but his game is weak -- until the enigmatic Bagger Vance offers to coach him back into the great golfer he once was.









**Beverages for sale in the Multi-Use Room**


# 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.
- Enter through South West side of Arts & Crafts Room



## October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Tarragon Chicken Salad</b> Lemon Orzo Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>3</b> <b>Crab, Corn &amp; Tomato Salad</b> Barley & Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>4</b> <b>Chicken Fiesta Salad</b> Black Bean & Corn Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>5</b> <b>Mediterranean Tuna Salad</b> Tomato & Zucchini Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
<b>9</b> <b>Poppy Seed Chicken Salad</b> Harvest Salad with Dressing WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>10</b> ✓ <b>Heart Healthy Garbanzo Salad</b> Carrifruit Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>11</b> <b>Roast Turkey Sandwich</b> Mayo & Mustard Lettuce & Tomato Tomato & Cucumber Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	<b>12</b> ✓ <b>Veggie Egg Salad</b> Coleslaw Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
<b>16</b> <b>Birthday Celebration Chicken Fiesta Salad</b> Mexican Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>17</b> <b>Greek Quinoa Chicken Salad</b> Barley Mango Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>18</b> <b>Turkey Ham &amp; Swiss Cheese Sandwich</b> WW Bread (2) Mayo & Mustard Lettuce & Tomato Coleslaw Salad Fresh Fruit 1% Unflavored Milk	<b>19</b> <b>Provencal Tuna Salad</b> Green Pea & Pimiento Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
<b>23</b> ✓ <b>Veggie Egg Salad</b> Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>24</b> <b>Chicken Salad Sandwich</b> Black Bean & Corn Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	<b>25</b> <b>Roast Turkey Sandwich</b> Mayo & Mustard Lettuce & Tomato WW Bread (2) 3 Bean Salad Fresh Fruit 1% Unflavored Milk	<b>26</b> <b>Barley Mango Salad w/ Beef</b> Confetti Rice Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	
<b>30</b> <b>Chicken Fiesta Salad</b> Broccoli & Peppers Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>31</b> <b>Chickpea Tuna Salad</b> Coleslaw & Pineapple Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</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

## **Senior Grocery Program & TEFAP: Wednesday, October 11 | 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**. **Check in begins at 8:00am** and **distribution begins at 10:00am**. Patrons are responsible for providing their own carts and/or bags to transport commodities.

## **Community Action Partnership: Friday, October 20 | 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

## 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**

## HAPPY HALLOWEEN!

Date: Tuesday, October 31

Time: 11:00am

Location: Dining Center

No ticket or reservation required

First Come First Serve

Join us for fun activities during lunch!

### MONDAY

<b>8:00-9:30</b>	<b>Open Exercise (ON HOLD)</b>	<b>CR</b>
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 (Cardio)	ER

### TUESDAY

<b>8:00-9:30</b>	<b>Open Exercise (ON HOLD)</b>	<b>CR</b>
8:15-9:45	Games for Brains	ER
9:00-10:00	Tai Chi	CONF
10:00-12:30	Inter./Adv. Line Dance	Civic Center
10:15-11:05	Chair Yoga \$	CONF
10:30-12:00	Hula Intermediate \$	ER
<b>12:00-4:00</b>	<b>Bridge (ON HOLD)</b>	<b>CR</b>
12:30-2:00	Hula Basic \$	ER
1:00-2:50	Creative Writing for OA	CONF
1:00-2:00	Exp. Beg./Improv. Line Dance	Civic Center
2:15-4:15	Eclectic Yoga for Seniors	ER

### WEDNESDAY

<b>8:00-9:30</b>	<b>Open Exercise (ON HOLD)</b>	<b>CR</b>
8:30-10:00	Yoga Club	ER
<b>12:30-3:00</b>	<b>Cribbage (ON HOLD)</b>	<b>CR</b>
12:30-4:30	Mahjong	ER
12:45-3:00	Senior Center Cinemas	CONF
2:00-3:00	Peer Support Group	A/C

### THURSDAY

<b>8:00-9:30</b>	<b>Open Exercise (ON HOLD)</b>	<b>CR</b>
8:15-9:15	Zumba Gold \$	Community Center
9:00-10:00	Mindfulness & Meditation	CONF
9:45-11:35	Health & Wellness (Cardio)	ER
10:05-11:35	Hatha Yoga	CONF
<b>12:00-4:00</b>	<b>Bridge (ON HOLD)</b>	<b>CR</b>
1:00-2:50	Health & Wellness (Tai Chi Chuan)	ER

### FRIDAY

<b>8:00-9:30</b>	<b>Open Exercise (ON HOLD)</b>	<b>CR</b>
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 (Dynamic Balance)	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  
BOLD = classes on hold



# 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
2 	3	4 + Presentation 10:30am	5	6 
9 + Presentation 1:30pm	10 <HICAP 9:30am-12:30pm	11 Senior Grocery Program 10:00am until gone 	12	13 + Presentation 1:00pm
16 **Birthday Celebrations at Lunch Café 	17	18 + Presentation 10:00am	19 <Legal Aid 9:30am-12:00pm	20 + Presentation 1:00pm
23 + Cypress Police Department Tour 9:00am	24 <HICAP 9:30am-12:30pm	25 + Presentation 10:30am	26	27
30	31 **Halloween Celebration at Lunch Café 11:00am			

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. Lobby will be closed. Please access the rooms through exterior doors. Staff will be located in the Multi-Use Room.

**\*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

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

## Flow Yoga with Darshini: Pay As You Go

D. Aithal

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

Ongoing M 8:30-9:30 am \$10

## Quilting for Older Adults

L. Smith, NOCE

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

Ongoing M 8:30 am-12:20 pm Free

## Health & Wellness for OA

K. Yu, NOCE

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

Ongoing M 10:20 am-12:20 pm Free

## Health & Wellness for OA (Cardio)

K. Mastin, NOCE

Class will include activities to help yourself to health through physical fitness activities, discussion on healthy lifestyle, and how to maintain good health. This class combines strengthening, cardio, and a chair for balance to create a dynamic workout with the use of light hand weights, theraband resistance, and light-weight bands.

Ongoing M 1:00-2:50 pm Free

## 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 (NEW TIME)

G. Heins

**No class 10/3**

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 8:15-9:45 am Free

## Chair Yoga with Darshini: Pay As You Go

D. Aithal

Looking for a safe and gentle, yet effective yoga practice? Chair yoga gives you all the health benefits that normal yoga practice does. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then give this course a try. It's an amazing way to safely stretch and strengthen your body.

Ongoing T 10:15-11:05 am \$8

# CLASSES & PROGRAMS

## Hawaiian Hula: Basic and Intermediate

P. and C. Taoipu

**Basic:** Students will learn basic hand and foot movements taught in the Hawaiian language. There are many benefits like exercising the body and mind while learning another language.

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 no class 10/17

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

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

## 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

# CLASSES & PROGRAMS

## Alzheimer's Caregiver Support Group

Alzheimer's Orange County **(NEW LOCATION)**

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 & assist in locating and utilizing community resources.

Every 3rd Wednesday of the month

**Location: Cypress Community Center, 5700 Orange Ave.**

Ongoing TH 7:00-8:30 pm Free

## Zumba Gold: Pay As You Go

L. Morris

Are you ready for fun? Dance your way to better fitness to learn Latin rhythms of Salsa, Merengue, Cha Cha, Mambo, Cumbia and more. Zumba Gold is perfect for the active older adults with easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No dance experience necessary or partner required.

**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

## Health & Wellness for OA (Cardio)

K. Mastin, **NOCE**

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 TH 9:45-11:35 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

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

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

# PRESENTATIONS

## Elder Abuse

**Presented by:** Community Legal Aid SoCal  
**Date:** Wednesday, Oct. 4 | 10:30-11:30am

Yelling. Name Calling. Gaslighting. Elder abuse can take many forms, not just financial and physical abuse. It can include isolation, control, emotional abuse, and undue influence by family members. This presentation will help you identify what constitutes elder abuse and what can be done about it.

## Cyber Security Awareness

**Presented by:** Independence at Home  
**Date:** Monday, Oct. 9 | 1:30-2:30pm

Technology may be intimidating, but it doesn't have to be! Learn about the latest online scams and the measures you can take to protect yourself and your loved ones from becoming a victim.



## iPhone Smartphone Training

**Presented by:** Andie Squires, California Connect  
**Date:** Friday, Oct. 13 | 1:00-3:00pm

**\*Registration Required: SPACE IS LIMITED**

Attend this free training and make your iPhone smartphone work better for you! Attendees will learn how to operate basic functions of a smartphone, Bluetooth, wi-fi and much more. Upon completion of the training, participants will receive a full color manual of all material covered. This is a one time, 2 hour group training led by the experienced staff from California Phones.

## Nutrition 101:

### How to Lower Your Blood Sugar

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

**Date:** Wednesday, Oct. 18 | 10:00-11:00am

Unfortunately, over 1.4 million Americans are diagnosed with diabetes every year. Thankfully, there are many ways that you can help prevent and manage diabetes through the food that you eat. Join us as Right at Home Registered Dietitian Jacqueline Atwood discusses ways that you can lower your blood sugar to keep yourself healthy!

## Android Smartphone Training

**Presented by:** Andie Squires, California Connect

**Date:** Friday, Oct. 20 | 1:00-3:00pm

**\*Registration Required: SPACE IS LIMITED**

Attend this free training and make your Android smartphone work better for you! Attendees will learn how to operate basic functions of a smartphone, Bluetooth, wi-fi and much more. Upon completion of the training, participants will receive a full color manual of all material covered. This is a one time, 2 hour group training led by the experienced staff from California Phones.

## Tour of Cypress Police Department

**Presented by:** Julie Marquez

**Date:** Monday, Oct. 23 | 9:00-10:00am

**Location:** Cypress Police Department  
5275 Orange Ave.

Join us for a tour of the newly renovated Police Department.

## Longevity Update

**Presented by:** Dr. Trinh

**Date:** Wednesday, Oct. 25 | 10:30-11:30am

Come chat with Dr Trinh regarding new findings in 2023 in the science of Longevity and Anti-Aging.

Reservations required: call (714) 229-6670 or visit the Reception Desk located in the Multi-Use Room. Subject to change without notice. The Senior Center does not recommend, endorse, or guarantee products or professional services offered at the center.

## Senior Center Interior Improvements

After 30 years, the Senior Center is receiving some enhancements to its interior. These enhancements will update the Senior Center and allow us to continue to offer the programs you love for the next 30 years!

The interior improvement project has been broken down into four phases in order to allow for programming and vital services to continue. With a projected completion date in January 2024, the Senior Center staff are working hard to ensure we continue to provide the best service and programs to our patrons during this time. While we adapt to these changes, the Senior Center continues to remain open Monday through Friday, from 8:00am – 5:00pm.

The next phase of the project will take place October 2 – 27 and includes improvements to the lobby and staff offices. With safety a priority, access to the lobby, restrooms, Library, Computer Lab, and Card Room will not be available. Classes, services, and programs using these areas will be placed on hold until completion of the project phase. Senior Center staff will temporarily relocate to the partially completed Multi-Use Room during this phase.

Classes, services, and programs are subject to change depending on room availability of the Conference Room, Exercise Room, Arts & Crafts Room, and Fitness Center. Our in-person Lunch Program will continue to be hosted Monday through Thursday in the Arts & Crafts Room, with boxed lunches.

As the lobby will be closed, entrance to the facility will be through exterior doors. We highly encourage arriving at the respective class time to avoid waiting outdoors. Portable restrooms will be located outside the facility to serve staff and patron's needs during business hours.

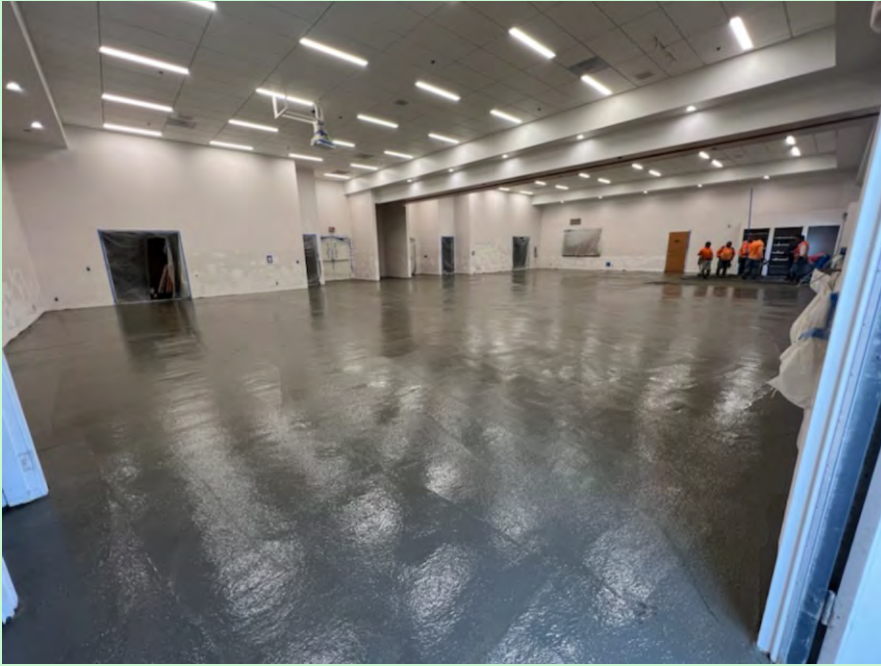
Your patience during this process is greatly appreciated. We are very excited for the much-needed improvements that will benefit the Senior Center in the years to come. If you have any questions please call the Senior Center.

Cypress Senior Center

# SENIOR CENTER UPDATE

## Senior Center Interior Improvements

We are making progress at the Senior Center. The next phases of the project include the kitchen, lobby, and staff offices.





Cypress Senior Center  
9031 Grindlay Street  
Cypress, CA 90630  
[www.cypressrec.org](http://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](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**