

ALONG THE WAY



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



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CITY FACILITIES CLOSED NOVEMBER 10, 23 & 24



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

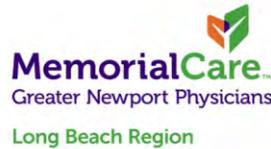
Senior Citizens Commission

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.



DIAMOND SPONSORS



Cheryl Hirtler



Veronica Rodriguez



Annette Rivera-Barry



Alan Muñoz



JoAnn Buday



at Seal Beach
ASSISTED LIVING | MEMORY CARE

Wendy Wheeler



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:

**TEMPORARILY
CLOSED**



Senior Center Library

**TEMPORARILY
CLOSED**

Computer Lab

**TEMPORARILY
CLOSED**



**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.

No holiday parties in 2023.

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, November 14 & 28 | 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, November 16 | 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.



Advocates for Justice in Orange and Los Angeles Counties

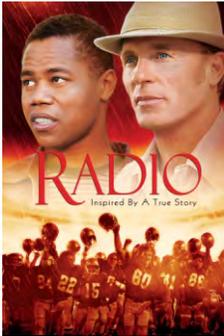
CYPRESS SENIOR CENTER CINEMAS

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



November 1: Radio | PG | 1h 49m

Actors: Cuba Gooding Jr., Ed Harris, Debra Winger

The story of a high school coach and the developmentally challenged man who he took under his wing.

November 15: Chicago | PG-13 | 1h 53m

Actors: Renee Zellweger, Catherine Zeta-Jones, Richard Gere

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention.



November 22: Instant Family | PG-13 | 1h 58m

Actors: Mark Wahlberg, Rose Byrne, Isabela Merced

When Pete and Ellie decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child, but when they meet three siblings, including a rebellious 15-year-old girl, they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must try to learn the ropes of instant parenthood in the hope of becoming a family.



November 29: Love at First Sight | PG-13 | 1h 31m

Actors: Haley Lu Richardson, Ben Hardy, Rob Delaney

Hadley and Oliver begin to fall for each other on their flight from New York to London. The probability of ever finding each other again seems impossible, but love - and London - may have a way of defying the odds.



Beverages for sale in the Multi-Use Room

MEALS ON WHEELS LUNCH CAFE

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



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Ham & Swiss Cheese Sandwich WW Bread (2) Mayo & Mustard Lettuce & Tomato Carrifruit Salad Fresh Fruit 1% Unflavored Milk	2 Pasta w/Butternut Squash & Feta Cheese Moroccan Couscous WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	3 CLOSED
		6 Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	7 ✓ Crab, Corn & Tomato Salad on Spring Mix Barley and Black Beans Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	8 Roast Turkey Sandwich Mayo & Mustard Lettuce & Tomato Beets & Orange Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk
13 Chicken w/ Green Beans & Tomato Salad Healthy Veggie Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	14 Couscous w/ Feta Cheese Salad Tomato & Zucchini WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	15 Turkey Ham & Swiss Cheese Sandwich WW Bread (2) Mayo & Mustard Lettuce & Tomato Carrifruit Salad Fresh Fruit 1% Unflavored Milk	16 Beef Taco Salad on Spring Mix (Crumbled Beef, Pinto Beans, Corn & Shredded Cheese) Lemony Lentil Salad Tortilla Strips Cilantro Lime Dressing Fresh Fruit 1% Unflavored Milk	17 CLOSED
20 Signature Chicken Salad Black Beans & Corn WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	21 Provencal Tuna Salad Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	22 Meatloaf Sandwich Spring Mix Carrot Raisin Salad Mayonnaise & Mustard WG Hamburger Bun Fresh Fruit 1% Unflavored Milk	23 24 HAPPY Thanksgiving	
27 Mediterranean Quinoa Salad w/ Chicken, Feta Cheese & Balsamic Dressing Cucumber Walnut Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	28 Mexican Tuna Salad on Spring Mix California Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk	29 Roast Turkey Sandwich Mayo & Mustard Lettuce & Tomato Confetti Rice Salad WW Bread (2) Fresh Fruit 1% Unflavored Milk	30 ✓ Heart Healthy Garbanzo Salad Beets & Orange Salad WW Crackers (2pk) Fresh Fruit 1% Unflavored Milk	Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 ✓ Meatless Meal

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, November 8 | 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, November 17 | 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

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 Thanksgiving

Date: Wednesday, Nov. 22

Time: 11:00am

Location: Dining Center

No ticket or reservation required

First Come First Serve

Join us for fun activities during lunch!

MONDAY

8:00-9:30	Open Exercise (ON HOLD)	CR
8:30-9:30	Flow Yoga \$	MUE
8:30-12:20	Quilting for OA	CYPRESS COLLEGE
10:20-12:20	Health & Wellness for OA	MUE
1:00-2:50	Health & Wellness (Cardio)	MUE

TUESDAY

8:00-9:30	Open Exercise (ON HOLD)	CR
8:15-9:45	Games for Brains	MUW
9:00-10:00	Tai Chi	Civic Center
10:00-12:30	Inter./Adv. Line Dance (ON HOLD)	
9:00-9:50	Chair Yoga \$	MUE
10:30-12:00	Hula Intermediate \$	MUE
12:00-4:00	Bridge (ON HOLD)	CR
12:30-2:00	Hula Basic \$	MUE
1:30-3:20	Creative Writing for OA	MUW
1:00-2:00	Exp. Beg./Improv. Line Dance	Civic Center
2:15-4:15	Eclectic Yoga for Seniors	MUE

WEDNESDAY

8:00-9:30	Open Exercise (ON HOLD)	CR
8:30-10:00	Yoga Club	MUE
12:30-3:00	Cribbage (ON HOLD)	CR
12:30-4:30	Mahjong (ON HOLD)	ER
12:45-3:00	Senior Center Cinemas	MUE
2:00-3:00	Peer Support Group	MUW

THURSDAY

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

FRIDAY

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

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
		1	2	3
6	7	8 Senior Grocery Program 10:00am until gone 	9	10 
13	14 <HICAP 9:30am-12:30pm	15	16 <Legal Aid 9:30am-12:00pm	17
20 **Birthday Celebrations at Lunch Café 	21	22 **Thanksgiving Celebration at Lunch Café 11:00am	23 	24
27	28 <HICAP 9:30am-12:30pm	29	30	

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

***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 (NEW LOCATION)

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.

Location: NOCE Cypress College, 9200 Valley View St.

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

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 (NEW LOCATION: OUTDOORS)

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.

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

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 8:15-9:45 am Free

Chair Yoga with Darshini: Pay As You Go (NEW TIME)

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 9:00-9:50 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 11/23

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 (NEW TIME)

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 1:30-3:20 pm Free

Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel

This level line dance class requires that you know and are already familiar with line dance steps and sequences. Dance steps will be called out but not broken down. You will be learning intermediate and advanced level dances. What a fun way to challenge your mind, and get your 3000-5000 steps in for the day.

Ongoing T 11:30 am-2:00 pm Free

Yoga Club

J. Ting

no class 11/8

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

no class 11/8

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

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

Ongoing TH 7:00-8:30 pm Free

Zumba Gold: Pay As You Go (BACK @ SC)

L. Morris **no class 11/9 & 11/23**

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

Ongoing TH 8:15-9:15 am \$7

Mindfulness & Meditation (OUTDOORS)

J. Rice **no class 11/23**

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.

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

Ongoing TH 9:00-10:00 am Free

Health & Wellness for OA (Cardio)

K. Mastin, NOCE **no class 11/23**

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 (OUTDOORS)

J. Dominh **no class 11/23**

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.

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

Ongoing TH 10:05-11:35 am Free

Health and Wellness for OA (Tai Chi Chuan)

D. Layne, NOCE **no class 11/23**

This class includes various activities to better health through physical fitness, discussion on healthy lifestyles, and how to maintain good health. Learn the art of Tai Chi Chuan to strengthen muscles and relax the mind and body.

Ongoing TH 1:00-2:50 pm Free

Senior Chorus for Older Adults

L. Lassetter, NOCE **no class 11/24**

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 **no class 11/24**

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 (BACK @ SC)

L. Morris **no class 11/4, 11/11, 11/25**

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

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

UPCOMING EVENTS

Holiday Decorating Contest 2023



- All residences and businesses within the City of Cypress are eligible
- For entry and guidelines, visit: www.cypressca.org/holiday-decorating
- Entries will be placed on the City's website: www.cypressrec.org
- Deadline is Friday, December 15, 5:00 PM
- All participants will receive a yard sign noting their award or recognizing their participation
- There is no charge to participate in the "Holiday Decorating Contest"
- New For 2023, this year participants choose the category that best suits their decoration style
- For more information visit cypressrec.org or call (714) 229-6780

Holiday Sing & Tree Lighting

Tuesday, December 5 at 6:00 PM • Civic Center Green



- Visits with Santa
- School Performers
- Train Rides
- Games & Holiday Activities

For more information visit cypressca.org/holidaysing

2024 Grace Lachina Outstanding Senior Recognition Award

Do you know an outstanding senior 50 or older who has made a contribution to the senior community and or the Cypress Senior Center? The Cypress Senior Citizens Commission would like to recognize them.

Applications are available now and must be received by Friday, February 16, 2024 by 5 PM. Applications are available at the Senior Center, Community Center and online at cypressca.org/gracelachinaaward.



For more information
call (714) 229-6670

SENIOR CENTER UPDATE

Senior Center Interior Improvements

Senior Center Participants,

The Cypress Senior Center is excited to announce that phase 4 of the interior improvement project will begin in November and run through the end of 2023.

With a projected completion date of January 2024, the Senior Center staff are working hard to 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 final phase of the project includes improvements to the Conference Room, Computer Lab, Library, Card Room, Exercise Room, Arts and Crafts Room, and Fitness Center. The Computer Lab, Library, and Fitness Center will not be available for use. Programs, classes and activities hosted in Conference Room, Card Room and Exercise Room will move to the Multi-use Rooms depending on room availability. Please refer to the class list and descriptions as some classes and programs may be placed on hold due to lack of facility space.

The in-person Lunch program returns to the Multi-Use West Room, and will continue to be hosted Monday through Thursday.

Senior Center staff will return to the office area and the lobby restrooms will be available for use.

Your patience during this process is greatly appreciated. We are very excited for the final phase of this project that will benefit the Senior Center in the years to come.

Cypress Senior Center



HAPPY THANKSGIVING

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

ACORN
APPLE
BLESSED
CORN
FEATHER
FOOD

GRATEFUL
INDIAN
NOVEMBER
PIE
PILGRIM
PUMPKIN

SQUASH
THANKFUL
TURKEY





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***