

# ALONG THE WAY



January 2024 | Cypress Senior Center | [cypressrec.org](http://cypressrec.org) | Monday-Friday, 8AM-5PM | (714) 229-6670

## HAPPY NEW *Year!*



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NOCE INFORMATION SESSION | PG. 13  
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CITY FACILITIES CLOSED JANUARY 1 & 15  
SENIOR CENTER OPEN JAN. 2, PROGRAMS RESUME JAN. 16



**RECREATION**  
"CREATING COMMUNITY"

# ALONG THE WAY

## City Council

Scott Minikus, Mayor  
Bonnie Peat, Mayor Pro Tem  
David Burke, Council Member  
Anne Mallari, Council Member  
Frances Marquez Ph. D., 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

## Senior Citizens Commission

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

The Cypress Senior Citizens Commission serves as an advisory board to the City Council on matters pertaining to older adults. The Cypress Senior Citizens Commission meets the second Wednesday of every month at 3:00pm in the Conference Room of the Senior Center. All interested parties are welcome to attend.

## Cypress Recreation Mission Statement:

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



# THANK YOU TO OUR 2023 SPONSORS

## DIAMOND SPONSORS



Cheryl Hirtler



Veronica Rodriguez



Annette Rivera-Barry



Alan Muñoz



JoAnn Buday



ASSISTED LIVING | MEMORY CARE

Wendy Wheeler



Audrey Caceres

ALPHA HOSPICE CARE

## PLATINUM SPONSORS



Shirley Bradley



Carlos Lopez

# FREE SERVICE & AMENITIES

Services, Amenities, and Senior Club Activities will resume the week of January 16, 2024

## Fitness Center:

Exercise equipment is available for use at no charge. Equipment includes: treadmills, bikes, and weight sets. If you would like to use a treadmill, please stop at the Reception Desk to complete the required forms and receive training on the machine. Sign in and out at the Reception Desk each time you use a treadmill. Please wear tennis shoes. Please be sure to wipe down equipment after use.



## Senior Center Library

The Library is a nice, quiet place to sit, relax and enjoy a wide variety of books. The selections include romance, fiction, science fiction, large print books and many more. We have a limited selection available of cassette audio books and CD audio books. Books can be borrowed on a self-checkout system. We also have puzzles for your enjoyment and a display of artwork from local artists.

## Computer Lab

Visit the Computer Lab and use computers for your emails, games, and more. When viewing something on a computer that has audio, please use headphones or earbuds.

Please note: No food or open containers; water bottle with a lid only. Please be respectful of others and keep noise to a minimum.

**\*Printing services not available.**



### Cypress Senior Citizens Club- Mondays

\*No meeting 1/1, 1/8 & 1/15

Arrivals begin at 6:00pm and the meeting will start at 7:00pm followed by refreshments and bingo.

### Plus 40's Dance - Wednesday Nights

6:00-9:00pm | \$7 per person

\*No dance 1/3 & 1/10

The dance will have Ballroom music played by the band "Now and Then". Refreshments will be served. Offered by the Cypress Senior Citizens Club at the Senior Center. For more information please contact Gayle Weigert at (562) 715-3929

### Sunshine Club- Thursdays

\*No meeting 1/4 & 1/11

Arrivals begin at 1:30pm and the meeting will start at 2:00pm followed by refreshments and bingo.

### Senior Trips

Join the Sunshine Club for upcoming trips to extended tours which include but not limited to, musicals, historical venues, enticing food venues, and gambling trips. You do not have to be a club member or live in Cypress to travel. Trips are open to all interested parties. For upcoming travel and trip information please contact Darlene Kelly at (714) 995-6735

# FREE SERVICE & AMENITIES

## Taxi Voucher Program

The Taxi Voucher Program is a curb-to-curb taxi service provided by the City of Cypress for qualifying Cypress seniors for medical and medically-related appointments, grocery shopping, banking, visiting a relative in a hospital, etc. Each qualified participant may receive up to ten (10) vouchers per month. Each voucher is valid for up to 4 miles.

## Nutrition Transportation

If you are 60 years or older, a Cypress resident, and participate in the Lunch Café program, there is transportation available to and from the Cypress Senior Center. There is no charge for the transportation, but you must participate in the Lunch Café program. Transportation is by taxi and at fixed times for both pick-up and return rides. Funding for both programs is provided by the City of Cypress and the OCTA Senior Mobility Program. Space is limited.

Individuals must meet the following criteria:

- ♦ Cypress Resident
- ♦ Age 60 or older



To apply, you must schedule an in-person appointment at the Senior Center. You will need to bring proof of Cypress residency and United States government-issued photo identification that shows your birth date. For more information stop by the Reception Desk or call (714) 229-6670.

## Alternative Transportation: 211ride.org

211ride.org is a web based trip planning tool that can assist in finding transportation and services. This website gives multiple options based on ride preferences and destination. It also takes into account any mobility challenges a person may have.

## Health Insurance Counseling Advocacy Program thru the Council on Aging Southern California (HICAP)

**Tuesday, January 9 & 23 | 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, January 18 | 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.



**Community  
Legal Aid SoCal**

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



**January 17: Catch Me If You Can | PG-13 | 2h 21m**

**Actors: Leonardo DiCaprio, Tom Hanks, Christopher Walken**

Barely 21 yet, Frank is a skilled forger who has passed as a doctor, lawyer and pilot. FBI agent Carl becomes obsessed with tracking down the con man, who only revels in the pursuit.

**January 24: The Back-up Plan | PG-13 | 1h 41m**

**Actors: Jennifer Lopez, Alex O'Loughlin, Frank Welker**

A woman conceives twins through artificial insemination, then meets the man of her dreams on the very same day.



**January 30: The Fugitive | PG-13 | 2h 10m**

**Actors: Harrison Ford, Tommy Lee Jones, Sela Ward**

Dr. Richard Kimble, unjustly accused of murdering his wife, must find the real killer while being the target of a nationwide manhunt led by a seasoned U.S. Marshal.

**Beverages for sale at the Reception Desk.**

# MEALS ON WHEELS LUNCH CAFE

- 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.

**Entertainment:**  
Thursdays  
Pianist: Rosemary Carda



## January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>Provençal Tuna Salad</b> Herbed Farro w/ Nuts, Feta & Cucumber WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>Meatloaf Sandwich</b> Spring Mix Carrot Raisin Salad Mayonnaise & Mustard WG Hamburger Bun Fresh Fruit 1% Unflavored Milk 	<b>Greek Quinoa Chicken Salad w/ Balsamic Dressing</b> California Salad WW Dinner Roll w/Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>CLOSED</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> ✓	<b>12</b>
<b>Mediterranean Quinoa Salad w/Chicken, Feta &amp; Balsamic Dressing</b> Cucumber Walnut Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>Mexican Tuna Salad on Spring Mix</b> California Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>Beef Barley Salad w/ Mango Dressing</b> Confetti Rice Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>Heart Healthy Garbanzo Salad</b> Beets & Orange Salad WW Dinner Roll w/ Smart Balance Fresh Fruit 1% Unflavored Milk 	<b>CLOSED</b>
<b>15</b>	<b>16</b> ✓	<b>17</b>	<b>18</b>	<b>19</b>
	<b>Macaroni &amp; Cheese</b> Diced Tomatoes Carrots Breadstick (1pk) SF Apple Crisp Orange-Pineapple Juice	<b>Turkey Pot Roast</b> Brown Gravy Mashed Potatoes Green Beans SF Fruited Gelatin	<b>Chicken Meatball</b> Sweet Citrus Glazed Sweet Potatoes Oriental Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	<b>CLOSED</b>
<b>22</b> 🍷	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange	<b>Barbacoa Beef</b> Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice	<b>Split Pea Soup w/ SF Crackers</b> Provençal Tuna Salad Sunshine Gelatin Salad WW Dinner Roll w/ Smart Balance Fresh Apple	<b>Diced Chicken</b> Sweet & Sour Sauce Egg Noodles Oriental Veg Blend WW Dinner Roll w/ Smart Balance SF Fruited Gelatin	<b>CLOSED</b>
<b>29</b>	<b>30</b>	<b>31</b> ✓		
<b>Chicken Torta Sandwich</b> (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 	<b>Beef Cheeseburger</b> Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin	<b>Moroccan Lentil Veg. Soup w/ SF Crackers</b> Veggie Egg Salad Barley Mushroom Salad WW Mini Blueberry Muffin w/ Smart Balance Diet Pear Crisp	<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, January 10 | 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, January 19 | 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 (provided by Meals on Wheels)**

Meals on Wheels of Cypress will deliver meals to your home Monday through Friday for a nominal fee if you are home bound and unable to prepare your own meals. Please visit [www.mealsonwheelsoc.org](http://www.mealsonwheelsoc.org) to apply for the program or call (714) 220-0224 for more information.

## **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

## PRESENTATIONS

### Long Term Nursing Home Care Government Benefits

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

**Date:** Tuesday, January 16

**Time:** 10:30 - 11:30am

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

### What's New in Alzheimer's Research in 2024

**Presented by:** Dr. Trinh

**Date:** Wednesday, January 24

**Time:** 10:30 - 11:30am

Come chat with Dr Trinh about new Alzheimer's clinical trials in 2024 and Brain Health breakthrough discoveries of 2023.

### Set a Goal to Take Care of Yourself

**Presented by:** Gincy Heins, Commissioner

**Date:** Wednesday, January 31

**Time:** 10:30 - 11:30am

Let's kick off 2024 by talking about self-care. You will come away from this discussion with at least one self-care related goal to accomplish in 2024! Take the first step towards making yourself a priority by making plans to attend this discussion.

### iPhone Smartphone Training

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

**Date:** Friday, February 2

**Time:** 1:00 - 3:00pm

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. **RESERVATION REQ. SPACE IS LIMITED**

**\*Subject to change without notice. The Senior Center does not recommend, endorse, or guarantee products or professional services offered at the center.**

## MONDAY

8:15-9:30	Open Exercise	ER
8:30-9:30	Flow Yoga \$	MUE
8:30-12:20	Quilting for OA	A/C
10:20-12:20	Health & Wellness for OA	MUE
1:00-2:50	Health & Wellness (Cardio)	MUE

## TUESDAY

8:15-9:30	Open Exercise	ER
9:00-10:50	Games for Brains	A/C
9:00-10:00	Tai Chi	MUE
10:15-11:05	Chair Yoga \$	MUE
10:30-12:00	Hula Intermediate \$	ER
11:30-2:00	Inter./Adv. Line Dance	MUE
11:45-3:00	Bridge	CR
12:30-1:30	Hula Basic \$	ER
1:00-2:50	Creative Writing	CONF
1:00-2:00	Exp. Beg./Improv. Line Dance	Civic Center
2:15-4:15	Eclectic Yoga for Seniors	ER

## WEDNESDAY

8:15-9:30	Open Exercise	ER
8:30-10:00	Yoga Club	MUE
12:30-3:00	Cribbage	CR
12:30-4:30	Mahjong	ER
12:45-3:00	Senior Center Cinemas	MUE
1:00-2:50	Painting for OA	A/C
2:00-3:00	Peer Support Group	CONF

## THURSDAY

8:15-9:30	Open Exercise	ER
8:15-9:15	Zumba Gold \$	MUE
9:00-10:00	Mindfulness & Meditation	CR
9:45-11:35	Health & Wellness (Cardio)	MUE
10:05-11:35	Hatha Yoga	ER
11:45-3:00	Bridge	CR
1:00-2:50	Health & Wellness (Tai Chi Chuan)	ER
1:00-2:50	Music Arts for OA	CONF

## FRIDAY

8:15-9:30	Open Exercise	ER
9:30-11:20	Senior Chorus for OA	A/C
9:30-11:20	Health & Wellness Restricted Mobility	MUE
10:00-12:00	Cntry. Line Dance & More	Civic Center
12:30-2:00	Ultra Beg./Beg Line Dance	MUR
3:00-4:50	Health & Wellness (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




# 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 **New Year Celebration at Lunch Café 11:00am	3	4	5
8	9 <HICAP 9:30am-12:30pm	10 Senior Grocery Program 10:00am until gone *Check in at 8:00am 	11	12
15 	16 Programming and Activities Resume  +Presentation 10:30am	17 +NOCE Info Session 10:30am	18 <Legal Aid 9:30am-12:00pm	19
22 **Birthday Celebrations at Lunch Café 	23 <HICAP 9:30am-12:30pm	24 +Presentation 10:30am	25	26
29	30	31 +Presentation 10:30am	1	2 +Presentation 1:00pm Space is Limited Reservation Required

All programming and activities will resume on Tuesday, January 16, 2024.  
 All classes/programs are subject to change without notice.

# CLASSES & PROGRAMS

All programming and activities will resume on Tuesday, January 16, 2024.

All classes are held at the Cypress Senior Center unless stated otherwise. Please confirm location.

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

## NOCE

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

### Office Hours

M-TH: 7:30am-7:00pm | F: 7:30am - 4:00pm

Spring Session: January 12-May 25

Spring Recess: March 25-29

**\*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 8:15-9:30 am Free

## Flow Yoga with Darshini: Pay As You Go

D. Aithal

**\*class will resume 2/12**

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 like physical fitness, 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 hand weights, 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 (OUTDOORS UNTIL 1/16)

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

**\*no class 2/13**

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

**\*class will resume 2/13**

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

## Hawaiian Hula: Basic and Intermediate

P. and C. Taoipu

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!

### Basic:

9703 T 1/16-3/19 12:30-2:00pm \$143/9

### Intermediate:

9702 T 1/16-3/19 10:30am-12pm \$143/9

# CLASSES & PROGRAMS

## Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel

This 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 learn Intermediate and advanced level dances. What a fun way to challenge your mind, and get your 3000-5000 steps in.

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

## 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 11:45-3:00 pm Free

## Experienced Beginner/Improver Line Dance

M. Velasco

\*no class 1/30

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

## Creative Writing for Seniors

J. Edwards, NOCE

This course teaches both beginning and experienced writers how to create shape autobiographies, fiction and non-fiction writing, and poetry into readable and publishable forms.

Ongoing T 1:00-2:50 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

## Painting for Older Adults (NEW)

B. Gier, NOCE

This class offers older adults an individualized approach to learning painting and artistic expression at their own pace and within their interest and style. Older adults will learn techniques in drawing, brush strokes, and color mixing and application.

Creative supplies required.

Ongoing W 1:00-2:50 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

## 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 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.

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

# CLASSES & PROGRAMS

## Mindfulness & Meditation (OUTDOORS UNTIL 1/18)

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.

**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  
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 UNTIL 1/18)

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.

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

Ongoing TH 10:00-11:30 am Free

## Music Arts for Older Adults (NEW)

S. Orozco, NOCE  
This course provides stimulating interaction for older adults through musical reminiscence, discussions, and listening to music from different time periods and genres. Older adults will participate in sing-alongs and rhythmic activities. Older adult students will learn to appreciate and understand different varieties of music.

Ongoing TH 1:00-2:50 pm 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  
This course introduces students to a broad spectrum of choral music including its cultural and historical aspects. Students will gain knowledge of correct posture, breath control, enunciation, harmony, rhythm and basic music concepts.

Ongoing F 9:30-11:20 am Free

## Health and Wellness Restricted Mobility (NEW)

D. Wayne, NOCE

This course provides older adults with techniques and strategies for healthy aging when restricted by physical impairments or limited mobility. Emphasis is on the benefits of managing age-related complications or medical conditions, routine and adaptive physical activity and a healthy diet.

Ongoing F 9:30-11:20 am Free

## Ultra Beginner/Beginner Line Dance

E. Ilagan  
This Ultra Beginner Line Dance class will teach you basic line dance steps and their names. You will be using the left side of your brain by learning the steps and sequences. The creative side of your brain, the right side will appreciate the different types of music that will be dance. Put the two sides of your brain together to dance, exercise, and have fun!

Ongoing F 12:30-2:00 pm Free

## 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

## 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!

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



## Emeritus Courses at Cypress Senior Center **INFO SESSION**

Join NOCE representatives in a brief session and get ready for the next semester.



Choose One Information Session:

**Monday, December 4, 2023  
3:30 p.m.**

Multi-Use East Room,  
Cypress Senior Center

**Wednesday, January 17, 2024  
12:30 p.m.**

Conference Room,  
Cypress Senior Center

### CONTACT US:



emeritus@noce.edu



714.808.4909

**NOCE**  
NORTH ORANGE  
CONTINUING EDUCATION



Accredited by the  
Accrediting Commission for Schools,  
Western Association of Schools and Colleges  
533 Airport Blvd., Suite 200,  
Burlingame, CA 94010  
Website: [www.acswasc.org](http://www.acswasc.org)

### LEARN ABOUT NEW CLASSES STARTING IN 2024 JANUARY



- Music Arts, Thursdays at 1 p.m. (CRN 61985)
- Health and Wellness Restricted Mobility, Fridays at 9:30 a.m. (CRN 62008)
- Painting, Wednesdays at 1 p.m. (CRN 62005)

### DISCOVER WHAT YOU CAN DO TO TRY TO GET INTO THE CLASSES YOU WANT



### LEARN HOW TO REGISTER FOR CLASSES



The North Orange County Community College District's (NOCCCD) North Orange Continuing Education (NOCE) Administrative Offices are located at 1830 W. Runneya Drive in Anaheim, California 92801. For more information, call 714.808.4645 or visit [www.noce.edu](http://www.noce.edu). It is the policy of NOCCCD to provide an educational, employment, and business environment in which no person shall be unlawfully subjected to discrimination or sexual harassment, nor unlawfully denied full and equal access to the benefits of District programs or activities on the basis of ethnic group identification, national origin, religion, age, gender, race, color, ancestry, sexual orientation, marital status or physical or mental disability as defined and prohibited by state and federal statutes. The District is also committed to maintaining campuses that are free of harassment, drugs, and alcohol. To read the entire NOCCCD nondiscrimination statement, see the policy in the General Information section in the back of the NOCE class schedule.

# CELEBRATIONS/EVENTS



**HAPPY  
NEW YEAR**

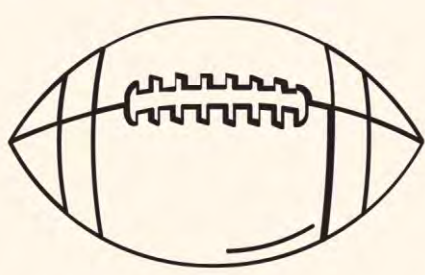
**RING IN THE NEW YEAR  
WITH A TOAST**

Tuesday, January 2  
11:45am

No Ticket or Reservation Required  
First Come First Serve



**SUPER BOWL  
WEEK**



**FEBRUARY 5-8**

**Lunch participants will have a chance  
to put their name in a square for the  
Super Bowl board.**

**Winners for half time and final score  
will be announced on Monday,  
February 12.**

**It is encouraged to wear your favorite  
team jersey, apparel, or event colors!**

## *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](http://cypressca.org/gracelachinaaward).



For more information  
call (714) 229-6670

## New Years Search

Z J N N A S K R O W E R I F N R H C W L C M I Y  
 I E K P W K V W U Q W M O Q T E C B J T I C J Y  
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year  
 New York  
 Times Square  
 midnight  
 champagne

sparklers  
 countdown  
 resolution  
 wine glass  
 celebrations

happy  
 clock  
 party  
 fireworks  
 gathering



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***