

ALONG THE WAY



March 2024 | Cypress Senior Center | cypressrec.org | Monday-Friday, 8AM-5PM | (714) 229-6670

Hello
March

INSIDE THIS ISSUE

SENIOR PROM SPONSORED BY OXFORD ACADEMY | PG. 8

NOCE SPRING BREAK MARCH 25-29 | PG. 10

BLOOD PRESSURE SCREENING | PG. 13

PRESENTATIONS | PG. 13



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
Taylor Burtle, Recreation Coordinator
Alexis Corral, Recreation Coordinator
Vanessa Banuelos, Recreation Specialist
Katherine Diaz, Recreation Specialist
Armando Paraiso, Recreation Leader IV
Carol Shore, Office Assistant II
David Middleton, Facilities Attendant

Senior Citizens Commission

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

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

Cypress Recreation Mission Statement:

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

**Parks
Make
Life
Better!**

SAY HELLO TO OUR 2024 SPONSORS

DIAMOND SPONSORS

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**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**

FREE SERVICE & AMENITIES

Fitness Center

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



Senior Center Library

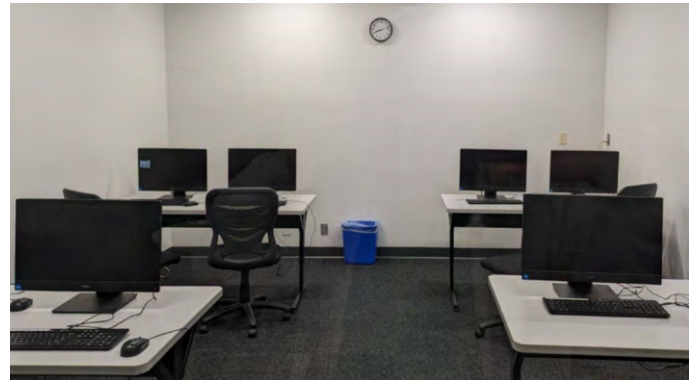
The Library is a nice, quiet place to sit, relax and enjoy a wide variety of books. The selections include romance, fiction, science fiction, large print books and many more. We have a limited selection available of cassette audio books and CD audio books. Books can be borrowed on a self-checkout system.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

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

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

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

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

Transportation Services funded by the City of Cypress and the OCTA Senior Mobility Program

Individuals must meet the following criteria:

- ◆ Cypress Resident
- ◆ Age 60 or older



Taxi Voucher Program

The Taxi Voucher Program is a curb-to-curb taxi service for qualifying Cypress seniors for medical 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 want to participate in our 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. Space is limited.

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, March 12 & 26 | 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, March 21 | 9:30am-12:00pm

The legal advocacy program (Legal Aid) provides seniors 60 years or older, residing in Orange County only with free counseling, referrals, and representation in administrative and civil cases. Appointments are scheduled **every 3rd Thursday** of the month. A brief 20 minute consultation for adults 60 and older. Advice and referrals are made by a paralegal, under the direction of an attorney in areas such as bankruptcy, small claims, wills, powers of attorney, conservatorship, personal injury, workers' compensation, family law and real estate.

To schedule an in person appointment visit the Reception Desk or call (714) 229-6670.



CYPRESS SENIOR CENTER CINEMAS

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

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

*Movies are subject to change without notice



March 6: Next Goal Wins | PG-13 | 1h 44m

Actors: Michael Fassbender, Oscar Kightly, Kaimana

The story of the infamously terrible American Samoa soccer team, known for a brutal 2001 FIFA match they lost 31-0.

March 20: Oppenheimer | R | 3h

Actors: Cillian Murphy, Emily Blunt, Robert Downey Jr.

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.



March 27: Past Lives | PG-13 | 1h 45m

Actors: Greta Lee, Teo Yoo, John Magaro

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Twenty years later, they are reunited for one fateful week as they confront notions of love and destiny.

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



March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00 Meatless Meal	1 CLOSED
			4 Chicken Breast Parmesan & Sundried Tomato Sauce Tri-Color Pasta Mixed Veg Blend WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	5 Barbacoa Beef Cilantro Lime Rice Oregon Bean Medley Tortilla SF Custard Orange Juice 1% Milk
11 Chicken Torta Sandwich (Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes) Mayonnaise (1pk) Telera Roll Tropical Fruit Mix 1% Milk 	12 Beef Cheeseburger Swiss Cheese Potato Salad Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo, Mustard & Ketchup SF Fruited Gelatin 1% Milk	13 Braised Cubed Beef Burgundy Sauce Sweet Potatoes Green Beans WW Dinner Roll w/ Smart Balance Seasonal Fresh Fruit 1% Milk	**14** *St Patrick's Day Celebration* Corned Beef & Cabbage Whole Baby Potatoes Carrots WW Dinner Roll w/ Smart Balance Pistachio Pudding Fresh Fruit 1% Milk 	15 CLOSED
18 Cream of Spinach Soup w/ SF Crackers Tarragon Chicken Salad w/ Yogurt Dressing Lemony Orzo Salad Mandarin Orange 1% Milk *BIRTHDAY CELEBRATION	19 Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix Tortilla Salsa Victoria SF Fruited Gelatin	20 Ground Turkey Bolognese Bow Tie Pasta Italian Veg Blend WW Dinner Roll w/ Smart Balance Parmesan Cheese (1pk) Tropical Fruit Mix 1% Milk	21 Chinese Beef Stir Fry Pepper Garlic Sauce Jasmine Rice Carrots Pineapple Chunks 1% Milk	22 CLOSED
25 Pork Chile Verde Verde Sauce Pinto Beans Peas & Carrots Tortilla Tropical Fruit Mix 1% Milk	26 Zuni Corn Soup w/ SF Crackers Poppy Seed Chicken Pasta Salad Harvest Salad (Spring Mix, Cranberries, Almonds & Balsamic Dressing) SF Crackers (2pk) SF Fruited Gelatin 1% Milk	27 Spinach & Mushroom Quiche Roasted Potatoes Broccoli & Cauliflower WW Dinner Roll w/ Smart Balance Canned Pears 1% Milk	28 Cubed Beef Stew Gravy Stew Veg Whole Baby Potatoes WW Bread w/ Smart Balance Mandarin Orange 1% Milk	29 CLOSED

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reasons 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, March 13 | 10:00am until gone

The Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at affordable senior apartments, senior centers and other nonprofit partner sites. **Distribution** is held on the **2nd Wednesday** of each month **indoors**. **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, March 15 | 9:00am - 12:00pm

Distributed at the Cypress Community Center, 5700 Orange Ave.

- Third Friday of each month
- New applicants will be placed on waiting list
- Call (714) 667-0717 to find out how to apply

Meals on Wheels Orange County

Meals on Wheels Orange County is a non-profit organization dedicated to serving seniors and their families. They offer a variety of supportive services designed to promote well-being and independence including: Home Delivered Meals, Frozen Meal Distribution, Case Management, Homemaking, Friendly Visitors, Home Safety. For more information call (714) 220-0224.

Home Delivered Meals (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 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. 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

ST. PATRICK'S DAY CELEBRATION

Date: Thursday, March 14

Time: 11:00am

Location: Dining Center

**No Ticket or Reservation
Required**

First Come, First Served

Join us for fun activities during
lunch!

SAVE THE DATE

Senior Prom

Friday, April 5, 2024

6-9 PM

FREE

Cypress Senior
Center

Sponsored by
Oxford Academy
High School ASB



MONDAY

8:15-9:45	Open Exercise	ER
8:30-9:30	Flow Yoga \$	MUE
8:30-12:20	Quilting for OA	A/C
10:20-12:10	Health & Wellness for OA	MUE
1:00-2:50	Health & Wellness (Cardio)	MUE
1:00-3:00	Eclectic Yoga for Seniors	ER
6:00-9:00	Sr. Citizens Club Bingo	MUR

TUESDAY

8:15-9:45	Open Exercise	ER
8:15-9:00	Tai Chi Int./Adv.	MUE
9:00-10:00	Tai Chi Beginner	MUE
9:00-10:50	Games for Brains	A/C
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
1:00-2:00	Exp. Beg./Improv. Line Dance	Civic Center
1:00-2:50	Creative Writing	CONF

WEDNESDAY

8:15-9:45	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	LIB
6:00-9:00	Plus 40s Dance	MUR

THURSDAY

8:15-9:45	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
2:00-4:00	Sunshine Club Bingo	MUR

FRIDAY

8:15-9:45	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
4 Blood Pressure Screening 1:00-3:00pm	5	6 Blood Pressure Screening 10:00am-12:00pm +Presentation 10:30am	7	8 +Presentation 1:00pm
11 Blood Pressure Screening 1:00-3:00pm +Presentation 10:30am +Presentation 1:00pm	12 <HICAP 9:30am-12:30pm +Presentation 10:00am	13 Senior Grocery Program 10:00am until gone *Check in at 8:00am Blood Pressure Screening 10:00am-12:00pm	14 **St. Patrick's Day Celebration at Lunch Café 11:00am No Ticket Required First Come, First Served	15 +Presentation 10:00am <Medication Brown Bag 10:30am-12:00pm
18 Blood Pressure Screening 1:00-3:00pm **Birthday Celebrations at Lunch Café	19 +Presentation 10:30am	20 Blood Pressure Screening 10:00am-12:00pm	21 <Legal Aid 9:30am-12:00pm	22
25 Blood Pressure Screening 1:00-3:00pm	26 <HICAP 9:30am-12:30pm	27 Blood Pressure Screening 10:00am-12:00pm +Presentation 10:30am	28	29 

All classes/programs are subject to change without notice.

CLASSES & PROGRAMS

All classes are held at the Cypress Senior Center unless stated otherwise. Please confirm location.
***subject to change/cancellation without notice**

NOCE

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

Office Hours

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

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 8:15-9:45 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

***no class 3/25**

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

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

Health & Wellness for OA

K. Yu, NOCE

***no class 3/25**

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-12:10 pm Free

Health & Wellness for OA (Cardio)

K. Mastin, NOCE

***no class 3/25**

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 M 1:00-3:00 pm Free

Intermediate/Advanced Tai Chi

J. Velardo

The practicing of Tai Chi has many health benefits including balance, posture and improving memory. Some Tai Chi training would be helpful.

Ongoing T 8:15-9:00 am Free

Tai Chi Beginner

J. Velardo

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

Ongoing T 9:00-10:00 am Free

Games for Brains

G. Heins

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

Ongoing T 9:00-10:50 am Free

Chair Yoga with Darshini: Pay As You Go

D. Aithal

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 3/26-6/4 12:30-1:30pm \$173/11

Intermediate:

9702 T 3/26-6/4 10:30am-12pm \$173/11

CLASSES & PROGRAMS

Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel *no class 3/5
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
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** *no class 3/27
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

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** *no class 3/28
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 10:00-11:30 am Free

Music Arts for Older Adults (NEW)

S. Orozco, **NOCE** *no class 3/28
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** *no class 3/28
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 3/29
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** *no class 3/29

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 *no class 3/1

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)

K. Yu, **NOCE** *no class 3/29

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

PRESENTATIONS

Debt Collection

Presented by: Community Legal Aid SoCal
Date: Wednesday, March 6 | 10:30 - 11:30am

Learn about debt collection lawsuits and your rights as a consumer. We will discuss your legal options and strategies navigating Medical, Loan, Credit and other collection lawsuits.

iPhone Smartphone Training

Presented by: Andie Squires
California Connect
Date: Friday, March 8 | 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.

Beneficial Life Insurance Products

Presented by: Shahzad Zakir, AAA
Date: Monday, March 11 | 10:30 - 11:30am

Stop by and learn the basics of Life Insurance and what kind of annuity is right for you.

Protecting Yourself Against Scams

Presented by: Steve Levin,
HBPD Volunteer Services
Date: Monday, March 11 | 1:00 - 2:00pm

Join us for a discussion of the most common scams targeting the senior population. Learn why seniors are targeted, the methods used by scammers to initiate the fraudulent acts, how to quickly recognize them, and what you can do to keep them from impacting you. Information handouts will be provided.

Seasonal Allergies

Presented by: Dr. Mancia
Date: Tuesday, March 12 | 10:00 - 11:00am

Join Naturopathic Doctor, Dr. Zulmy Mancia, as she shares insights on natural ways to alleviate seasonal allergy symptoms and elevate your overall well-being this upcoming Spring season.

Diabetes Education/Pharmacy Brown Bag

Presented by: O.C. Pharmacist Association
Date: Friday, March 15 | 10:00am - 12:00pm

***Reservation required - Spots are limited**

The Orange County Pharmacist Association will be hosting a free learning session on Living Well with Diabetes to discuss some common topics relating to diabetes as well as reviewing all your medicines. Bring all your medicines and supplements or a detailed list of what you are taking.

Long Term Nursing Home Care Government Benefits

Presented by: Carl Leiter, Retired Attorney
Date: Tuesday, March 19 | 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.

Memory Loss: Senior Moment or Something More Scary?

Presented by: Dr. Trinh
Date: Wednesday, March 27 | 10:30-11:30am

Come chat with Dr Trinh about the difference between normal aging memory loss vs Alzheimers.

Blood Pressure Screenings Are Back!

Health Services Office
Mondays | 1 - 3pm
Wednesdays | 10am - 12pm

*subject to change without notice



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

1. dance
C.O.C.C.



Twirling in Spring

LINE DANCE SOCIAL

Saturday, May 4th, 1 pm - 5 pm
Cypress Senior Center, 9031 Grindlay St., Cypress

\$15.00

Purchase tickets from
your line dance instructor

or

Call 310-961-1862

No tickets sold at door

*Groups of ten can
reserve a table*



Feel free to bring your
own snacks or potluck
with your friends

Dessert Bar

Free door prizes
throughout the day

Fundraiser to benefit the Cypress Senior Center

ALONG THE WAY

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

rain
palmsunday
springbreak
track
st patricks day
tulip
wind

thirtyonedays
daylightsavingstime
bloom
baseball
green
flower
march

eastersunday
goodfriday
marchmadness
basketball
iris
spring



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**