

# ALONG THE WAY



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



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# 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  
Justin Hart, Recreation Leader IV  
Armando Paraiso, Recreation Leader IV  
Carol Shore, Office Assistant II  
David Middleton, Facilities Attendant

## Senior Citizens Commission

Hank Machal, Chair  
Gincy Heins, Commissioner  
David Skorupinski, Commissioner  
Ginger Osman, Commissioner  
Linda Croce, Commissioner  
Cynthia Fayne, Commissioner  
Claudia Nessary, 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.



Scan for the  
Recreation Activity Guide



## SAY HELLO TO OUR 2024 SPONSORS

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# 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 City of Cypress and 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, July 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, July 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.



# CYPRESS SENIOR CENTER CINEMAS

Enjoy a FREE movie every Wednesday of the month  
**Doors open 12:30 PM and Movie begins 12:45 PM**  
\*Movies are subject to change without notice



**July 3: Independence Day | PG-13 | 2h 25m**

**Actors: Will Smith, Bill Pullman, Jeff Goldblum**

The aliens are coming and their goal is to invade and destroy earth. Fighting superior technology, mankind's best weapon is the will to survive.

**July 10: The Gray Man | PG-13 | 2h 2m**

**Actors: Ryan Gosling, Chris Evans, Ana de Armas**

When the CIA's most skilled operative, whose true identity is known to none, accidentally uncovers dark agency secrets, a psychopathic former colleague puts a bounty on his head, setting off a global manhunt by international assassins.



**July 17: Mother of the Bride | TV-PG | 1h 28m**

**Actors: Brooke Shields, Miranda Cosgrove, Benjamin Bratt**

Lana's daughter Emma returns from London and announces that she's getting married next month. Things become more complicated when Lana learns that the man who stole Emma's heart is the son of the man who broke hers years ago.

**July 24: Fall Guy | PG-13 | 2h 6m**

**Actors: Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson**

A down-and-out stuntman must find the missing star of his ex-girlfriend's blockbuster film.



**July 31: Ocean's 8 | PG-13 | 1h 50m**

**Actors: Sandra Bullock, Cate Blanchett, Anne Hathaway**

Debbie Ocean gathers an all-female crew to attempt an impossible heist at New York City's annual Met Gala.

**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



## July

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday        |
|--|--|---|---|---------------|
| <b>1</b>   | <b>2</b>   | <b>3</b> ***  | <b>4</b>  | <b>5</b>      |
| <b>Vietnamese Caramel Pork</b><br>Caramel Sauce<br>Jasmine Rice<br>Broccoli<br>Tropical Fruit Mix<br>1% Milk   | <b>Turkey Pot Roast</b><br>Brown Gravy<br>Sweet Potatoes<br>Collard Greens<br>SF Fruited Gelatin<br>1% Milk  | <b>*Independence Day Lunch*</b><br><b>Ticketed Event</b><br><b>Pulled Pork</b><br>BBQ Sauce<br>WG Hamburger Bun<br>Maccaroni Salad<br>Baked Beans<br>Watermelon Chunks<br>1% Milk | <b>Happy 4th of July</b>  | <b>Closed</b> |
| <b>8</b>   | <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>     |
| <b>Chicken Breast</b><br>Parmesan & Sundried<br>Tomato Sauce<br>Tri-Color Pasta<br>Mixed Veg Blend<br>WW Dinner Roll<br>w/ Smart Balance<br>Mandarin Orange<br>1% Milk       | <b>Barbacoa Beef</b><br>Cilantro Lime Rice<br>Oregon Bean Medley<br>WG Tortilla<br>SF Custard<br>Orange Juice<br>1% Milk   | <b>Split Pea Soup w/ SF Crackers</b><br>Mexican Tuna Salad<br>Sunshine Gelatin Salad<br>WW Dinner Roll<br>w/ Smart Balance<br>Fresh Apple<br>1% Milk                              | <b>Diced Chicken</b><br>Sweet & Sour Sauce<br>Egg Noodles<br>Oriental Veg Blend<br>WW Dinner Roll<br>w/ Smart Balance<br>SF Fruited Gelatin<br>1% Milk                              | <b>Closed</b> |
| <b>15</b>  | <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b> ✓   |
| **Birthday Celebration**<br><b>Braised Cubed Beef</b><br>Burgundy Sauce<br>Sweet Potatoes<br>Green Beans<br>WW Dinner Roll<br>w/ Smart Balance<br>Mandarin Orange<br>1% Milk | <b>Egg Drop Soup w/ SF Crackers</b><br>Vietnamese Chicken Salad<br>WW Dinner Roll<br>w/Smart Balance<br>Sliced Peaches<br>1% Milk  | <b>Chicken Torta Sandwich</b><br>(Shredded Chicken, Pinto Beans, Shredded Lettuce, Diced Tomatoes)<br>Mayonnaise (1pk)<br>Telera Roll<br>Tropical Fruit Mix<br>1% Milk<br>        | <b>Beef Cheeseburger</b><br>Swiss Cheese<br>Potato Salad<br>Shredded Lettuce,<br>Tomato & Red Onion<br>WG Hamburger Bun<br>Mayo, Mustard & Ketchup<br>SF Fruited Gelatin<br>1% Milk | <b>Closed</b> |
| <b>22</b>  | <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>     |
| <b>Cream of Spinach Soup w/ SF Crackers</b><br>Tarragon Chicken Salad<br>w/ Yogurt Dressing<br>Lemony Orzo Salad<br>Mandarin Orange<br>1% Milk                               | <b>Mexican Beef Cocido</b><br>Cubed Beef<br>Beef Broth<br>Vegetable Mix<br>WG Tortilla<br>Salsa Victoria (1pk)<br>SF Fruited Gelatin<br>1% Milk  | <b>Ground Turkey Bolognese</b><br>Bow Tie Pasta<br>Italian Veg Blend<br>WW Dinner Roll<br>w/Smart Balance<br>Parmesan Cheese (1pk)<br>Tropical Fruit Mix<br>1% Milk               | <b>Baked Tilapia</b><br>Ranchera Sauce<br>Mexican Rice<br>Broccoli<br>WG Tortilla<br>SF Pudding<br>Orange Juice<br>1% Milk  | <b>Closed</b> |
| <b>29</b>  | <b>30</b>  | <b>31</b> ✓   |   |               |
| <b>Pork Chile Verde</b><br>Verde Sauce<br>Pinto Beans<br>Peas & Carrots<br>Tortilla<br>Tropical Fruit Mix<br>1% Milk   | <b>Zuni Corn Soup w/ SF Crackers</b><br>Poppy Seed Chicken<br>Pasta<br>Harvest Salad<br>(Spring Mix, Cranberries, Almonds & Balsamic Dressing)<br>WW Crackers (2pk)<br>SF Fruited Gelatin<br>1% Milk | <b>Spinach &amp; Mushroom Quiche</b><br>Roasted Potatoes<br>Broccoli & Cauliflower<br>WW Dinner Roll<br>w/Smart Balance<br>Canned Pears<br>1% Milk                                | <b>Voluntary Contribution - \$3.00</b><br><b>Meal Cost for Under Age 60 - \$5.00</b><br><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 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](http://www.MealsOnWheelsOC.org)

# ADDITIONAL FOOD RESOURCES

## **Senior Grocery Program & TEFAP: Wednesday, July 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. **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, July 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 OC)**

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

## TECH TALK

FREE!

July 22 - 26 | 1:00 - 2:00PM

\*No Talk July 25

### Schedule of Topics:

July 22: Default Phone/Tablet Functions

July 23: Finding Information Online

July 24: Communication via Email and Social Media

July 25: Cybersecurity - Staying Safe Online

To sign up call (714) 229-6670 or visit the Front Desk  
Space is limited!

## 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**

### 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             | A/C          |

### 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 |
| 1:00-4:50  | 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  |
| 10:00-11:30 | 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          |
| 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.

\*\* Special Event: see Reception Desk for details

+ Presentation: sign up at the Reception Desk

< By appointment only. Register at the Reception Desk

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY    |
|---|--|---|---|-----------|
| <b>1</b><br>Blood Pressure Screening<br>1:00-3:00pm   | <b>2</b>   | <b>3</b> Intergenerational Lunch<br>Ticketed Event<br><hr/> Blood Pressure Screening<br>10:00am-12:00pm   | <b>4</b><br>            | <b>5</b>  |
| <b>8</b><br>Blood Pressure Screening<br>1:00-3:00pm   | <b>9</b><br><HICAP<br>9:30am-12:30pm<br><hr/> +Presentation<br>10:00am | <b>10</b> Senior Grocery Program<br>10:00am until gone<br>*Check in at 8:00am<br><hr/> Blood Pressure Screening<br>10:00am-12:00pm<br><hr/> <Notary Service<br>12:00-2:00pm | <b>11</b>   | <b>12</b> |
| <b>15</b> Blood Pressure Screening<br>1:00-3:00pm<br><hr/> <Birthday Celebrations<br>at Lunch Café<br><hr/> +Presentation<br>1:00pm | <b>16</b><br>+Presentation<br>10:30am                                  | <b>17</b><br>Blood Pressure Screening<br>10:00am-12:00pm<br><hr/> +Presentation<br>10:00am  | <b>18</b> +Collage Club<br>8:30am<br><hr/> <Legal Aid<br>9:30am-12:00pm<br><hr/> +Presentation<br>10:30am | <b>19</b> |
| <b>22</b><br>Blood Pressure Screening<br>1:00-3:00pm<br><br>+Presentation<br>1:00pm   | <b>23</b><br><HICAP<br>9:30am-12:30pm                                  | <b>24</b> Blood Pressure Screening<br>10:00am-12:00pm<br><hr/> +Presentation<br>10:00am<br><hr/> <Notary Service<br>12:00-2:00pm  | <b>25</b>   | <b>26</b> |
| <b>29</b><br>Blood Pressure Screening<br>1:00-3:00pm  | <b>30</b>  | <b>31</b><br>Blood Pressure Screening<br>10:00am-12:00pm  | <b>1 AUGUST</b>   | <b>2</b>  |

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](mailto:starhelp@noce.edu)

### Office Hours

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

Summer Session: June 3 - August 2

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

## Open Exercise

C. Wesling

**\*No class 7/4**

Are you looking for an exercise routine that you can do at your own pace? This class is for you! Follow the video and go at your own pace and skill level.

Ongoing M-F 8:15-9:45 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

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-12:10 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 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:

9839 T 6/11-8/27 12:30-1:30pm \$173/11

### Intermediate:

9838 T 6/11-8/27 10:30am-12pm \$173/11

# 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

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

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 -4:50 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

**\*No class 7/4**

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 \*No class 7/4  
 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 7/4  
 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 \*No class 7/4  
 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

S. Orozco, **NOCE** \*No class 7/4  
 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 7/4  
 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

## 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)

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

**NEW!** **CARE Patrol** **NEW!**  
 Your Partner In Senior Care Solutions  
**Notary Service**  
**2ND AND 4TH WEDNESDAY OF THE MONTH**  
**12:00PM TO 2:00PM**  
 Appointment Only \*20min Appt.  
 Free-of-Charge  
 Current Valid ID required  
 To schedule an in-person appointment  
 visit the reception desk or call  
 (714) 229-6670

# PRESENTATIONS

## Thyroid Health

**Presented by:** Dr. Zulmy Mancía  
**Date:** Tuesday, July 9  
**Time:** 10:00 - 11:00am

Join Dr. Zulmy Mancía MD as she discusses thyroid conditions and explores how natural alternative treatments, alongside diet and lifestyle changes, can offer significant support and management

## Investment Scams and Seniors: How Much Can You Afford to Lose?

**Presented by:** Steve Levin, HBPD Volunteer Services  
**Date:** Monday, July 15  
**Time:** 1:00 - 2:00pm

Join us as we discuss Investment Scams and how they can affect seniors. We will discuss examples of fraudulent actions, how they are initiated, the “red flags” to look for, and actions to take to eliminate/mitigate the impact on the individual. Educational handouts will be provided.

## Long-term Nursing Home Care Government Benefits

**Presented by:** Carl Leiter, Retired Attorney  
**Date:** Tuesday, July 16  
**Time:** 10:30 - 11:30am

Learn the legal rules and regulations for little known government funds. Keep your home and your savings. Learn how to save \$11,000 or more a month in long-term care nursing home costs. Benefits are provided by Title 42 USC and California Medi-Cal. Learn about government grants to pay for long-term nursing home care.



## Blue Zones: How Having the Right Outlook Can Change Your Life

**Presented by:** Jacqueline Atwood, Right at Home  
**Date:** Wednesday, July 17  
**Time:** 10:00 - 11:00am

Blue Zones are regions of the world where people live the longest and healthiest. Right at Home is continuing a speaking series where we discuss some of their secrets to this longevity. Join us as registered dietitian Jacqueline Atwood discusses how Blue Zoners live in the moment, manage stress, and rediscover their purpose.

## Loneliness and the Ways to Thrive

**Presented by:** Janice Wade, Assistance in Home Care  
**Date:** Thursday, July 18  
**Time:** 10:30 - 11:30am

We can all feel lonely and isolated at times. There are ways to manage these feelings as we age. Come learn some tips on how to avoid isolation and live a healthy lifestyle!

## Tech Talk

**Presented by:** Veronica Shao, Oxford Student  
**Dates:** Monday, July 22 | Tuesday, July 23 | Wednesday July 24 | Friday, July 26  
**Time:** 1:00 - 2:00pm

Join us for four separate tech talk sessions covering different topics. Topics range from basic phone and tablet functions to how to communicate via email and social media. There will be separate sign ups for each day.

## Cognitive Reserve

**Presented by:** Dr. Trinh  
**Date:** Wednesday, July 24  
**Time:** 10:30 - 11:30am

Come learn more about cognitive reserve. We will detail what it is while also going over ways to can improve your cognitive reserve.

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

# CELEBRATIONS & EVENTS

## Dining Center Celebration Luau

Friday, August 16th

Check-in begins at 10:15AM Entertainment begins at 11:00AM

Lunch served at 12:00PM

Tickets on sale starting Monday, July 29th - **\$10 per ticket | Cash only**



Bring your Meals on Wheels lunch card.

Tickets available in the Dining Center for those having lunch from 10:30 - 11:30AM.

Space is limited. First-come, first-served.

Tickets available until sold out.

Arrive by 11:30AM to avoid relinquishing your ticket.

\*Subject to change without notice\*



## Cypress 5k Run/Walk All About That Pace Walking Club



*Are you an older adult who would like to participate in the Cypress Run?*

Register at the  
Cypress Senior Center

Walk-in registration only

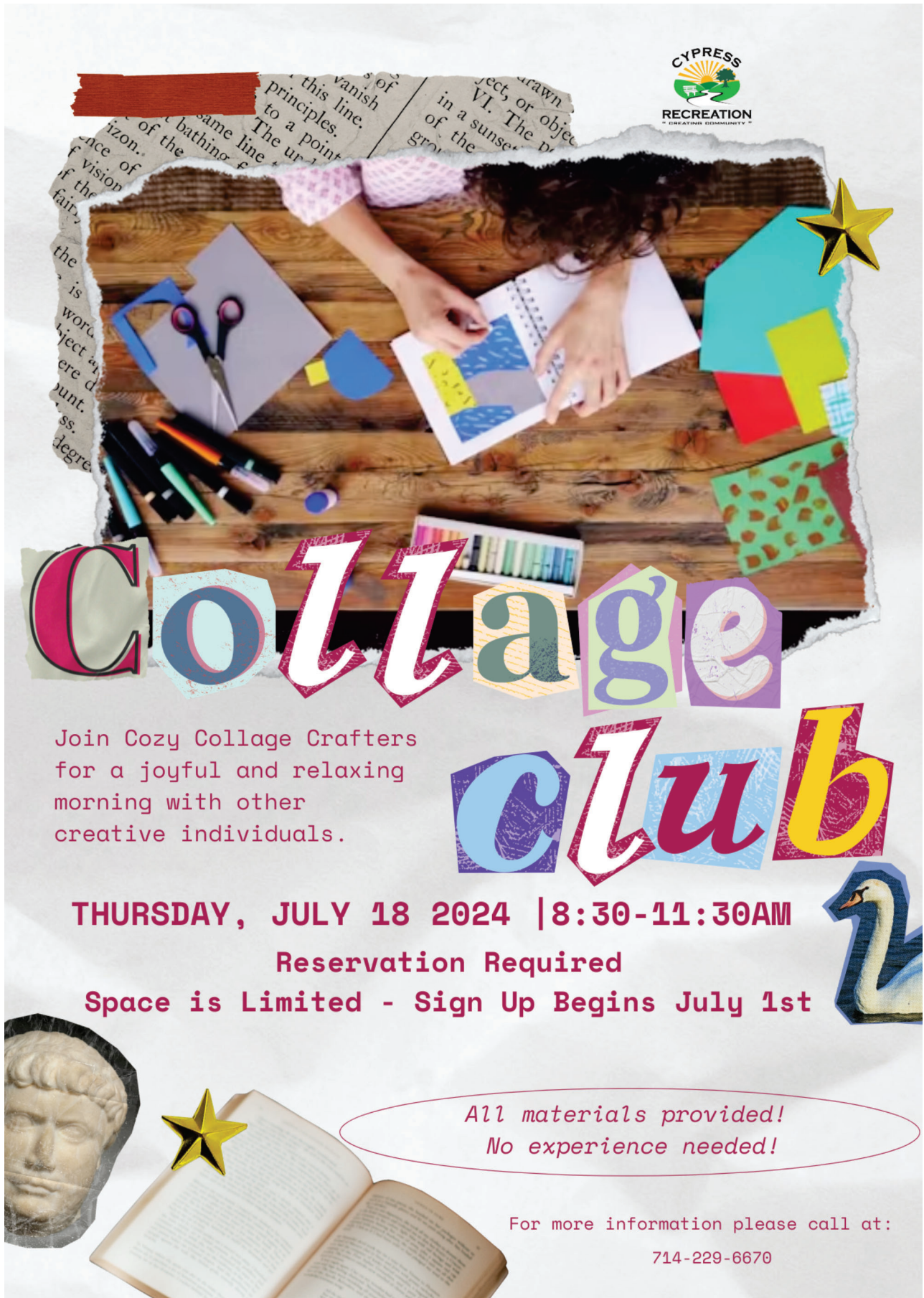
Opens Friday, August 16

FREE!

Space is limited.



# ALONG THE WAY



# Collage club

Join Cozy Collage Crafters for a joyful and relaxing morning with other creative individuals.

**THURSDAY, JULY 18 2024 | 8:30-11:30AM**

**Reservation Required**

**Space is Limited - Sign Up Begins July 1st**

*All materials provided!  
No experience needed!*

For more information please call at:

714-229-6670



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***