

# ALONG THE WAY



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



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**SENIOR CENTER CLOSED SEPTEMBER 2 FOR LABOR DAY**



# 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  
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.

**Parks  
Make  
Life  
Better!**

Scan for the  
Recreation Activity Guide



## SAY HELLO TO OUR 2024 SPONSORS

### DIAMOND SPONSORS

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Bob Willis**



OCTOBER 23, 2024 8AM-1PM  
CYPRESS COMMUNITY CENTER  
5700 ORANGE AVE.

Registration Opens: September 11  
Tickets: \$25 (includes continental breakfast)  
Visit the Front Office for  
In-Person Registration

# 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 a display of artwork from local artists for your enjoyment.

## 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 - APPLY TODAY!

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 Cafe program, there is free transportation available to and from the Cypress Senior Center. Transportation is by taxi and at fixed times for both pick-up and return rides.

**To apply, you must schedule an in-person appointment at the Senior Center.** Please 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.



## NEW!

## NOTARY SERVICE



- Appointment only
- 20 minute Appointments
- Free-of-Charge
- Current Valid ID required

12:00 PM to 2:00 PM  
2nd and 4th Wednesday of the month

TO SCHEDULE AN IN-PERSON APPOINTMENT  
VISIT THE RECEPTION DESK OR  
CALL (714) 229-6670

## COMMUNITY LEGAL AID SOCAL

A brief 20 minute consultation for adults 60 and older.

Thursday  
Sept. 19

9:30am-12:00pm



The legal advocacy program (Legal Aid) provides seniors 60 years or older residing in Orange County with **free** counseling, referrals, and representation in administrative and civil cases. Appointments are scheduled **every 3rd Thursday** of the month.

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.

## HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM

THRU THE COUNCIL ON AGING SOUTHERN CALIFORNIA (HICAP)



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

**Tuesday, Sept. 10 & 24**  
9:30am-12:30pm

**Orange County residents will receive consultation for Medicare and senior health insurance-related topics.**

Appointments are scheduled every 2nd and 4th Tuesday of the month.

**You will receive unbiased information to help you make the best choices for your needs including information on:**

- ✓ Your rights as a healthcare 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.



# 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



**September 4: The Long Game | PG | 1h 52m**

**Actors: Jay Hernandez, Dennis Quaid, Cheech Marin**

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert.

**September 11: Last Vegas | PG - 13 | 1h 45m**

**Actors: Robert De Niro, Michael Douglas, Morgan Freeman**

Billy, Paddy, Archie and Sam have been best friends since childhood. When Billy proposes to his much-younger girlfriend, they go to Vegas to relive their glory days. However, the decades have changed Sin City and tested their friendship.



**September 18: Crazy Rich Asians | PG-13 | 2h**

**Actors: Constance Wu, Henry Golding, Michelle Yeoh**

This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.



**September 25: Black Panther: Wakanda Forever | PG-13 | 2h 41m**

**Actors: Letitia Wright, Lupita Nyong'o, Danai Gurira**

The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.



**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



## September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<b>Chicken Breast</b> Mashed Potatoes Brown Gravy Corn Hawaiian Roll w/Smart Balance Cheesecake Diet: Fresh Fruit	<b>Cubed Beef</b> Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange Orange Juice 1% Milk	<b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	<b>CLOSED</b>
9	10	11	12	**13**
<b>Chicken Breast</b> Parmesan & Sundried Tomato Sauce Carrots Tri-Color Pasta WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Barbacoa Beef</b> Oregon Bean Medley Cilantro Lime Rice WG Tortilla Fresh Orange 1% Milk	<b>Tuna Salad</b> Corn, Lima Beans & Tomato Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Diced Chicken Breast</b> Sweet & Sour Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	<b>*Wild Wild West Menu*</b> <b>Pulled Pork</b> BBQ Sauce Baked Beans Coleslaw Cornbread w/Smart Balance RS Peach Crisp
16	17	18 	19	20
<b>*Birthday Celebration*</b> <b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Beef Cheeseburger</b> Swiss Cheese Shredded Lettuce, Tomato & Red Onion WG Hamburger Bun Mayo & Mustard Fiesta Corn & Bell Pepper Salad Pineapple Chunks 1% Milk	<b>Veggie Egg Salad</b> California Salad Moroccan Lentil Veg Soup Spring Mix WW Bread w/Smart Balance Fresh Orange 1% Milk	<b>Pork Loin</b> Sweet Citrus Glaze Mix Veg Sweet Potatoes WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	<b>CLOSED</b>
23	24	25	26	27
<b>Beef Goulash</b> Egg Noodles California Veg Blend WW Crackers (2pk) Carrot Bread Diet: Fresh Fruit	<b>Mexican Beef Cocido</b> Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	<b>Turkey Bolognese</b> Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Baked Tilapia</b> Ranchera Sauce Broccoli WG Tortilla (1) SF Pudding Orange Juice 1% Milk	<b>CLOSED</b>
30				
<b>Pork Carnitas</b> Verde Sauce Green Peas Cilantro Lime Rice WG Tortilla (1) RS Ambrosia 1% Milk	<b>Voluntary Contribution</b> - \$3.00  <b>Meal Cost for Under</b> <b>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 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.

# ADDITIONAL FOOD RESOURCES

## **Senior Grocery Program & TEFAP: Wednesday, September 11 | 10:00am until gone**

The Senior Grocery Program provides a free, direct food resource for Orange County's vulnerable low-income senior population (60+) at affordable senior apartments, senior centers and other nonprofit partner sites. **Distribution** is held on the **2nd Wednesday** of each month. **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, September 20 | 9:00am -12:00pm**

Distributed at the Cypress Community Center, 5700 Orange Ave.

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

## **Meals on Wheels Orange County**

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

## **Home Delivered Meals (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

## Exhibiting Artist

The Cypress Senior Center's Exhibiting Artist Program offers a fantastic opportunity for aspiring artists to showcase their work.

Every quarter, we feature a new artist, giving the community a chance to appreciate diverse talents. Interested in being our next featured artist? Apply today!

Pick up an application or call (714) 229-6670 for more information.



Come Join Us

## JOURNALING WORKSHOP

With Joelle Sabater

Create a daily journaling practice that can transform your routine! This workshop will show you how to make journaling a seamless part of your day.

Thursday, September 19  
1:00 - 2:00 PM

**FREE!**

**SPACE IS LIMITED - RESERVATION IS REQUIRED**

**FOR MORE INFORMATION PLEASE CALL US AT  
714-229-6670 OR VISIT OUR FRONT DESK**

### 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
10:00-11:50	Music Arts for OA	A/C
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
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
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
2  <b>★ LABOR ★</b> <b>★ ★ ★ DAY ★ ★ ★</b>	3	4  Blood Pressure Screening 10:00am-12:00pm	5	6  <Tech Help 4:00-5:00pm
9  Blood Pressure Screening 1:00-3:00pm	10  <HICAP 9:30am-12:30pm  +Presentation 10:00am	11 Senior Grocery Program 10:00am until gone *Check in at 8:00am Blood Pressure Screening 10:00am-12:00pm <Notary Service 12:00-2:00pm	12  Blood Pressure Screening 11:30am-1:30pm  +Presentation 10:00am	13  Wild Wild West Dining Center Celebration Ticketed Event  <Tech Help 4:00-5:00pm
16 Blood Pressure Screening 1:00-3:00pm  <Birthday Celebrations at Lunch Café  +Presentation 1:00pm	17  +Presentation 10:30am  <Chair Volleyball 1:30-2:30pm	18 Blood Pressure Screening 10:00am-12:00pm  +Presentation 10:00am  +Presentation 1:30pm	19  <Legal Aid 9:30am-12:00pm	20  <Tech Help 4:00-5:00pm
23  Blood Pressure Screening 1:00-3:00pm	24  <HICAP 9:30am-12:30pm  +Presentation 10:30am  +Presentation 1:00pm	25 Blood Pressure Screening 10:00am-12:00pm  +Presentation 10:30am  <Notary Service 12:00-2:00pm	26  +Presentation 10:00am  Blood Pressure Screening 11:30am-1:30pm	27  <Tech Help 4:00-5:00pm
30  Blood Pressure Screening 1:00-3:00pm				

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

Fall Session: August 12 - December 20

NO CLASS: September 2

**\*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

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 various 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

**\*No Class 9/24**

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:

10334 T 9/3-11/19 12:30-1:30pm \$188/12

### Intermediate:

10333 T 9/3-11/19 10:30am-12pm \$188/12

# CLASSES & PROGRAMS

## Intermediate/Advanced Line Dance

E. Ilagan/T. Mitchel

This line dance class requires that you are familiar with line dance steps and sequences. Steps will be called out but not broken down. What a fun way to challenge your mind, and get your 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 9/3**

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

## Indoor Chair Volleyball

**NEW!!**

Senior Center staff

**Space is limited - Sign up at the front desk or call the Senior Center**

Get active while having fun. This activity is free and open to anyone. No prior experience is needed and it is open to all skill levels.

**Every 3rd Tuesday of the month**

Ongoing T 1:30-2:30 pm Free

## Music Arts for Older Adults

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 W 10:00-11:50 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! Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Open 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

# 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**  
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

## 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

## Ultra Beginner/Beginner Line Dance

E. Ilagan **\*No Class 9/13**  
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 **\*No Class 9/13**  
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

## Tech Help

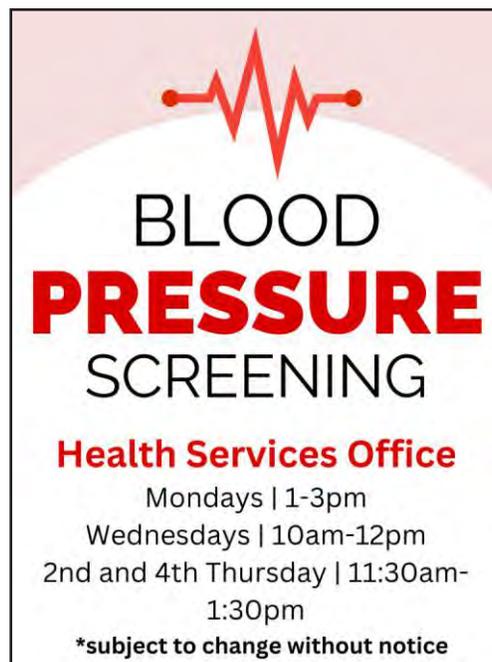
**NEW!!**

Volunteer

**By appointment only**

This 15 minute appointment will assist anyone with their technological questions. To schedule an appointment please call the senior center or visit the front desk.

Ongoing F 4:00-5:00 pm Free



**BLOOD  
PRESSURE  
SCREENING**

**Health Services Office**

Mondays | 1-3pm  
Wednesdays | 10am-12pm  
2nd and 4th Thursday | 11:30am-1:30pm

**\*subject to change without notice**

# PRESENTATIONS

## Thyroid Health

**Presented by:** Dr. Zulmy Mancia  
**Date:** Tuesday, September 10  
**Time:** 10:00 - 11:00am

Join us to discuss thyroid conditions and explore how natural alternative treatments, diet and lifestyle changes can offer support and management.

## Preparing for the Next Step

**Presented by:** Lilian Sarangay, Dignity Memorial  
**Date:** Thursday, September 12  
**Time:** 10:00 - 11:00am

Our planning seminar addresses the importance of making your final arrangements and gives you all the information you need to take the next steps. Discover how to start discussing funeral or cremation planning with loved ones to securing today's prices from inflation and future price increases.

## "Distraction" and "Door-to-Door" Scams

**Presented by:** Steve Levin, Huntington Beach P.D.  
**Date:** Monday, September 16  
**Time:** 1:00 - 2:00pm

This presentation will offer information on scams that involve direct physical contact with the potential victim. Including examples of these types of scams, how and why the individual is targeted, and what actions can be taken to reduce or eliminate the risk of becoming a victim.

## Long Term Nursing Home Care Govt. Benefits

**Presented by:** Carl Leiter, Retired Attorney  
**Date:** Tuesday, September 17  
**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.

## Blue Zones: How to Connect with Others as We Age

**Presented by:** Jacqueline Atwood, Right at Home  
**Date:** Wednesday, September 18  
**Time:** 10:00 - 11:00am

Blue Zones are regions of the world where people live the longest and healthiest. Join us as gerontologist Grace Atwood, M.A and Jacqueline Atwood, discuss how Blue Zoners form, nurture, and benefit from connections with others.

## Fraud Prevention: Protecting Yourself

**Presented by:** Evan Baker, Health Ins. Specialist  
**Date:** Wednesday, September 18  
**Time:** 1:30 - 2:30pm

Come join us and learn about fraud targeting older adults. In this presentation we will go over the signs of fraud and how you can best protect yourself.

## Downsizing for Seniors

**Presented by:** Amy Brick, Brick & Co Real Estate  
**Dates:** Tuesday, September 24  
**Time:** 10:00 - 11:00am

A step-by-step approach to getting a handle on paring down belongings to help a senior to downsize into another home or to function better in their current home. Letting go of our "things" can be very difficult. Amy not only gives steps to follow, as well as resources, but also addresses the emotionality of our connection to our "things".

## Are You Ready for the Elections? Pros & Cons of the Statewide Ballot Measures

**Presented by:** Deborah Vagts,  
The League of Women Voters of North Orange County  
**Date:** Tuesday, September 24  
**Time:** 1:00 - 2:00pm

This presentation will explain the statewide ballot measures on the November 2024 ballot. Arguments for and against, as well as the fiscal impacts of each will be offered. Information will be presented factually and without bias to help you make your decisions. The League of Women Voters is an organization that does not support or oppose candidates or political parties. It does encourage the informed and active participation of citizens.

## Blood Tests to help Diagnose Alzheimer's

**Presented by:** Dr. Trinh  
**Date:** Wednesday, September 25  
**Time:** 10:30 - 11:30am

Come chat with Dr Trinh about a new generation of blood tests that can help diagnose Alzheimer's disease.

## What is the American Red Cross?

**Presented by:** Christina Gosling  
**Date:** Thursday, September 26  
**Time:** 10:00 - 11:00am

Join us to learn more about the American Red Cross, how we started, what we do, and how you can be involved!

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

# CELEBRATIONS

DINING CENTER CELEBRATION *Yeehaw*

## WILD WILD WEST

FRIDAY, SEPTEMBER 13TH

CHECK-IN BEGINS AT AM 9:45AM

ENTERTAINMENT BEGINS AT 11:00AM | LUNCH SERVED AT 12:00PM

TICKETS ON SALE STARTING MONDAY, AUGUST 26TH  
**\$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\*



Dining Center Themed Lunch

## HALLOWEEN BASH

You're invited for a scary good time including: lunch, games, and a costume contest!

**31 OCTOBER**

RESERVATION TICKET REQUIRED

TICKETS AVAILABLE STARTING  
OCTOBER 14

10:45 - 11:45AM

NUTRITION DESK OPENS AT  
10:30AM



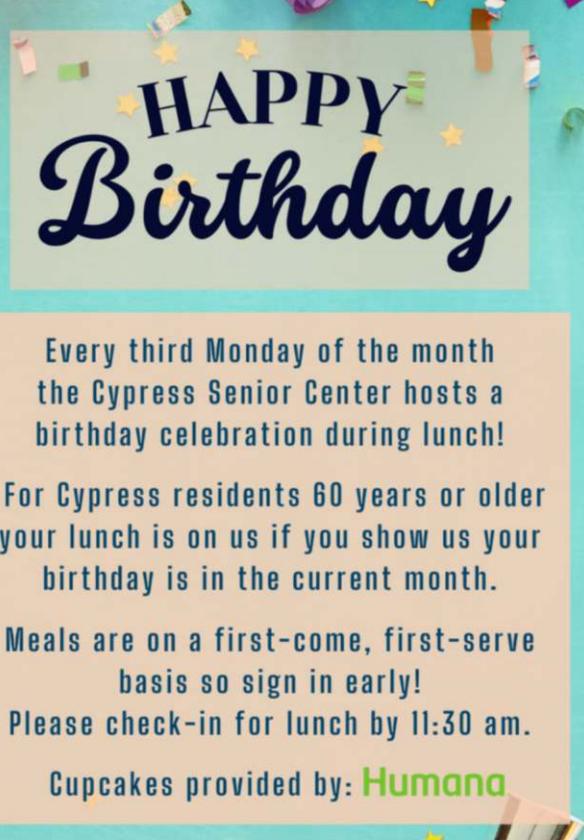
## HAPPY Birthday

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**



# ALONG THE WAY



**FREE EVENT**

## Medicare Info Fair

**FRIDAY, OCTOBER 25**  
**9:00 - 11:30 AM**  
**CYPRESS SENIOR CENTER**

Each year, when Medicare Open Enrollment comes around, it is the time to double-check your Medicare advantage plan and your drug prescription benefits for the following year.

Visit with participating health plans and medical groups to compare your current plan to other options available to you.

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SALES REPRESENTATIVES FROM HEALTH PLANS WILL BE PRESENT WITH INFORMATION REGARDING 2025 BENEFITS AND APPLICATIONS, AND MAY HELP YOU IN APPLYING.

# MEDICARE

## ANNUAL ENROLLMENT CLINIC

OFFERED BY COUNCIL ON AGING, HICAP



**MONDAY, OCTOBER 28**  
**9AM-3PM**  
\*Appointment Required

Make an appointment and receive free, unbiased one-on-one personalized counseling to review and compare current Medicare benefits and plans to assure that the plan will still meet your needs in 2025.

**CALL OR SIGN UP AT THE RECEPTION DESK**



\*HICAP counselors do not sell, promote, or endorse any insurance product.

# 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.





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***