

# ALONG THE WAY



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



# Hello October

## INSIDE THIS ISSUE

NEW! TECH HELP | PG. 12

HALLOWEEN BASH | PG. 14

CYPRESS RUN & COMMUNITY FESTIVAL | PG. 14

STATE OF THE CITY | PG. 2

THANKSGIVING DINING CENTER CELEBRATION | PG. 14



# 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.



Scan for the  
Recreation Activity Guide



## SAY HELLO TO OUR 2024 SPONSORS

### DIAMOND SPONSORS



Bricenda Rodriguez



FUNERALS • CREMATIONS • CEMETERIES

Annette Rivera-Barry



Alan Muñoz

### SILVER SPONSORS



Alignment Health™

Evelyn Briano



Adrienne de Lundi Insurance Services, LLC  
360 E 1st St., #717  
Tustin, CA 92780

Adrienne de Lundi

**Berkshire Hathaway  
Home Services**

**Gloria Euyoque  
Bob Willis**

— 2024 —

**STATE  
OF  
THE CITY**

**SAVE THE DATE**

**OCTOBER 15, 2024  
5:30-8:00 PM  
CIVIC CENTER GREEN**

# 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  
Oct. 17

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

**Orange County residents will receive free 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



**October 2: Emma | PG | 2h 4m**

**Actors: Anya Taylor Joy, Johnny Flynn, Mia Goth**

In 1800s England, a well meaning but selfish young woman meddles in the love lives of her friends.

**October 9: The Union | PG - 13 | 1h 47m**

**Actors: Mark Wahlberg, Halle Berry, J.K. Simmons**

Construction worker Mike is thrust into the world of espionage when his high school sweetheart, Roxanne, recruits him for a high-stakes intelligence mission.



**October 16: IF | PG | 1h 44m**

**Actors: Cailey Fleming, Ryan Reynolds, John Krasinski**

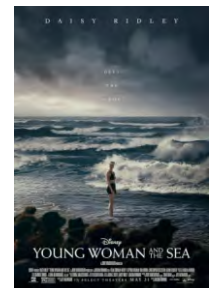
A young girl who goes through a difficult experience begins to see everyone's imaginary friends who have been left behind as their real-life friends have grown up.



**October 23: The Young Woman and The Sea | PG-13 | 2h 9m**

**Actors: Daisy Ridley, Tilda Cobham-Hervey, Stephen Graham**

The story of competitive swimmer Gertrude Ederle, who, in 1926, was the first woman to ever swim across the English Channel.



**October 30: Coco | PG | 1h 45m**

**Actors: Anthony Gonzalez, Gael Garcia Bernal, Benjamin Bratt**

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.

**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



## Menu – October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>Voluntary Contribution - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>   <b>Meatless Meal</b>	<b>Chicken Pasta w/Poppy Seed Dressing</b> Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	<b>Salisbury Steak</b> Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	<b>Turkey Roast</b> Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>CLOSED</b>
7	8	9	10	11
<b>Chicken Salad w/Citrus Dressing</b> California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	<b>Vegetable Lasagna</b> Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Diced Chicken Breast</b> Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll Tropical Fruit Mix 1% Milk	<b>Pork Carnitas</b> Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	<b>CLOSED</b>
14	15	16	17	18
<b>Pork Loin</b> Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	<b>Turkey Roast</b> Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	<b>Cubed Beef</b> Stroganoff Sauce Winter Veg Blend Egg Noodles WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	<b>Chicken Meatballs</b> Sweet Citrus Glaze Oriental Veg Blend Quinoa Pilaf Fresh Orange 1% Milk	<b>CLOSED</b>
21	22	23	24	25
<b>**Birthday Celebration**</b> <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> Asian Sauce Oriental Veg Blend Egg Noodles WW Crackers (4pk) Canned Peaches SF Pudding 1% Milk	<b>CLOSED</b>
28	29 	30	**31**	
<b>Chicken Breast</b> Savory Tomato Sauce Peas & Carrots Brown Rice WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	<b>Veggie Egg Salad on Spring Mix</b> California Salad Moroccan Lentil Veg Soup WW Bread w/Smart Balance Fresh Orange 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>**Halloween Special Menu**</b> <b>Cream of Pumpkin Soup</b> Butternut Squash & Feta Cheese Pasta Spring Mix w/Balsamic WW Crackers (4pk) Pistachio Pudding Diet: Fresh Fruit	

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, October 9 | 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, October 18 | 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.



### 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

**Celebrate Women**  
CYPRESS WOMEN'S CONFERENCE

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



# SPECIAL ACTIVITIES & PRESENTATIONS

## CALENDAR KEY

\$ Fee based class. Pre-register before attending class.  
 + Presentation: sign up at the Reception Desk

\*\* Special Event: see Reception Desk for details  
 < By appointment only. Register at the Reception Desk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Blood Pressure Screening 10:00am-12:00pm	3	4  <b>&lt;Tech Help 4:00-5:00pm</b>
7 Blood Pressure Screening 1:00-3:00pm	8 <b>&lt;HICAP 9:30am-12:30pm</b>  <b>+Presentation 10:00am</b>  <b>+Presentation 1:00pm</b>	9 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	10 Blood Pressure Screening 11:30am-1:30pm	11  <b>&lt;Tech Help 4:00-5:00pm</b>
14 Blood Pressure Screening 1:00-3:00pm  <Birthday Celebrations at Lunch Café	15  <b>+Presentation 1:00pm</b>   <b>&lt;Chair Volleyball 1:30-2:30pm</b>	16 Blood Pressure Screening 10:00am-12:00pm  <b>+Presentation 10:00am</b>	17  <b>&lt;Legal Aid 9:30am-12:00pm</b>	18  <b>&lt;Tech Help 4:00-5:00pm</b>
21 <b>+Presentation 9:00am</b>  Blood Pressure Screening 1:00-3:00pm	22  <b>&lt;HICAP 9:30am-12:30pm</b>  <b>+Presentation 10:00am</b>	23 Blood Pressure Screening 10:00am-12:00pm  <b>+Presentation 10:30am</b>  <Notary Service 12:00-2:00pm	24 Blood Pressure Screening 11:30am-1:30pm  <b>+Presentation 10:00am</b>	25  <b>&lt;Tech Help 4:00-5:00pm</b>
28 Blood Pressure Screening 1:00-3:00pm	29	30 Blood Pressure Screening 10:00am-12:00pm	31 Halloween Dining Center Bash Reservation Ticket Required	

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

**\*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 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

\*no class 10/8 & 10/15

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:

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 \*no class 10/15

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

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  
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

## Tech Help

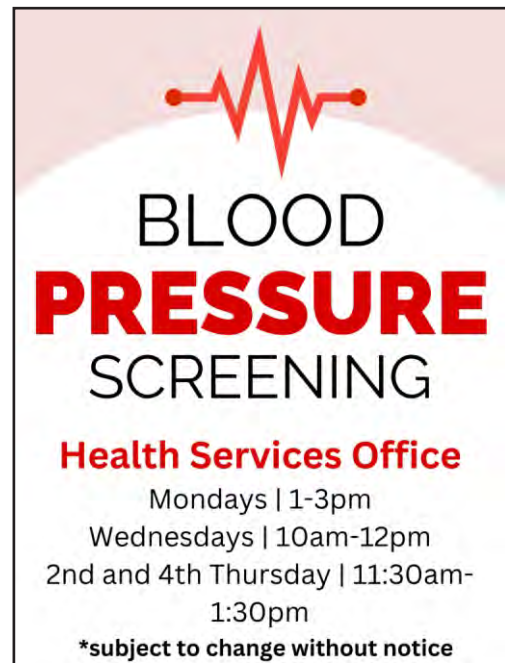
**NEW!!**

Student Volunteers

**By appointment only**

A 15 minute appointment to assist you with your 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

## Digestive Health

**Presented by:** Dr. Zulmy Mancia  
**Date:** Tuesday, October 8  
**Time:** 10:00 - 11:00am

Join Dr. Zulmy Mancia ND as she discusses most common digestive health patterns and explores how natural alternative treatments, alongside diet and lifestyle changes, can offer significant support and management.

## Your Life, Your Legacy

**Presented by:** Lillian Sarangay, Dignity Memorial  
**Date:** Tuesday, October 8  
**Time:** 1:00 - 2:00pm

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.

## Life Enrichment and Fullness

**Presented by:** Nathan Castillo, Castillo Innovation Enterprises  
**Date:** Tuesday, October 15  
**Time:** 1:00 - 2:00pm

Come join us as we discuss government programs such as Lifeline, Home Health Care, Palliative Care and many more. We will also go over the key benefits for those who eligible to take part in these programs and how they enhance your quality of life.

## Nutrition 101: How to Have a Balanced Diet

**Presented by:** Jacqueline Atwood, Right at Home  
**Date:** Wednesday, October 16  
**Time:** 10:00 - 11:00am

As we age, many problems can arise that can lead to poor nutrition including physical pain while eating, changes in taste, and lack of resources. Learn more about how food affects your body and ways you can incorporate balanced foods you'll actually eat. Join us for a nutrition discussion with Right at Home Registered Dietitian Jacqueline Atwood.

## Medication Brown Bag One-on-One Medication Review

**Presented by:** Bill Liu, Pharmacist  
**Date:** Monday, October 21  
**Time:** 9:00am - 12:00pm

By Appointment Only  
(6) 30 minute appointments available  
Call 714-229-6670 to schedule

Are you taking prescription medicines, buying over the counter medicines, vitamins, and/or nutritional supplements? Make an appointment to meet with Pharmacist, Bill Liu one on one and he will assess the medications and supplements you are taking. Remember to bring your medications and supplements or a detailed list of what you are taking.

## Aging in Place for Seniors

**Presented by:** Amy Brick, Brck & Co Real Estate  
**Dates:** Tuesday, October 22  
**Time:** 10:00 - 11:00am

Most people want to stay in their homes for as long as they possibly can. Amy offers helpful suggestions for home modifications that can be made on a large and small scale to accommodate the needs of Seniors, as they age at home. She also addresses the need to plan ahead and know about resources that are available to stay at home, as transportation and self-care may become more challenging.

## Gut Health and Your Brain

**Presented by:** Dr. Trinh  
**Date:** Wednesday, October 23  
**Time:** 10:30 - 11:30am

Come chat with Dr Trinh to discuss what is gut health and why it's important.

## Earthquake Preparedness with the Red Cross

**Presented by:** Christina Gosling and Kimberly Aufrecht - Red Cross  
**Date:** Thursday, October 24  
**Time:** 10:00 - 11:00am

Earthquakes can happen anywhere, and there is no way to predict them. But we can take action to prepare. Learn how to prepare when and how to protect yourself, your loved ones, and your home.

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

# CELEBRATIONS



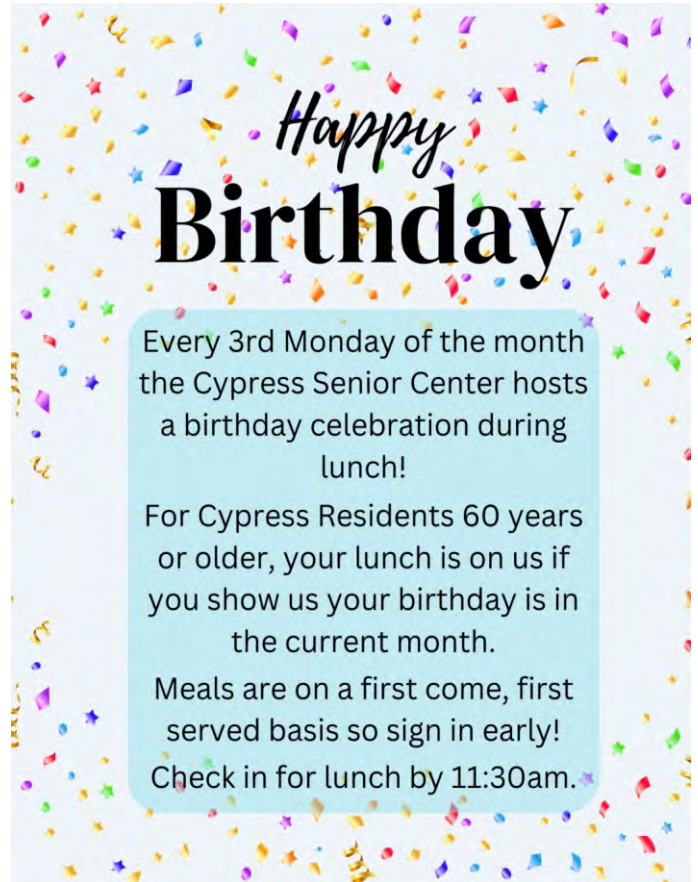
Dining Center Themed Lunch  
**HALLOWEEN  
BASH**

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

**31 OCTOBER**  
10:45-11:45AM

**RESERVATION TICKET REQUIRED**  
**TICKETS AVAILABLE STARTING**  
**OCTOBER 14 DURING LUNCH**  
**FROM 10:30-11:30AM**

**\*LIMITED TICKETS AVAILABLE**  
NUTRITION DESK OPENS AT  
10:30AM



*Happy*  
**Birthday**

Every 3rd 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 served basis so sign in early!  
Check in for lunch by 11:30am.



*thanksgiving celebration*

**FRIDAY, NOVEMBER 22**

Check in begins: 10:15am  
Craft: 10:30am | DJ begins: 11:00am  
Arrive by 11:30AM to avoid relinquishing your ticket.  
Lunch served: 12:00pm

**Tickets on sale: Monday, November 4**  
**\$10/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.

*\*Subject to change without notice*

# ALONG THE WAY

## Cypress Run October 5 7:00am



5K RUN & WALK  
COMMUNITY DASH  
HEALTH & FUN EXPO



(714) 229-6780 | CYPRESSCA.ORG/CYPRESSRUN

## Community Festival COWabunga Cypress

Saturday,  
October 12  
10am-8pm  
Oak Knoll Park

**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.

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 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***