

ALONG THE WAY



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



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CYPRESS SENIOR CENTER CLOSED NOVEMBER 11, 28 & 29



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
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

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



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Bob Willis



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

COMMUNITY LEGAL AID SOCAL

Free counseling referrals provided by volunteer counselors



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.

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.

In need of legal assistance?
Call the legal aid hotline at (800) 834-5001.



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

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.

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.

For more information stop by 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, Nov. 12 & 26
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.



NOTARY SERVICE



- Appointment only
- 20 minute Appointments
- Free-of-Charge
- Current Valid ID required
- 2nd & 4th Wednesday of the month

Nov. 13 & 27
12:00 PM to 2:00 PM

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



November 6: Rez Ball

PG -13 | 1h 51m

Actors: Kauchani Bratt, Jessica Matten, Devin Sampson-Craig
The Chuska Warriors, a Native American high school basketball team from New Mexico, must band together after losing their star player if they want to keep their quest for a state championship alive.

November 13: Wolfs

R | 1h 48m

Actors: George Clooney, Brad Pitt, Amy Ryan

Two rival fixers cross paths when they're both called in to help cover up a prominent New York official's misstep. Over one explosive night, they'll have to set aside their petty grievances and their egos to finish the job.



November 20: Back in Action

PG | 1h 52m

Actors: Cailey Jaime Foxx, Cameron Diaz, McKenna Roberts

Former CIA spies Emily and Matt are pulled back into espionage after their secret identities are exposed.

November 27: Holiday in the Wild

TV-PG | 1h 25m

Actors: Rob Lowe, Kristin Davis, Fezile Mpela

Jilted by her husband on the eve of embarking on an African safari, a woman travels to the continent solo and meets an elephant conservationist.



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



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Voluntary Contribution - \$3.00 Meal Cost for Under Age 60 - \$5.00  Meatless Meal				1 CLOSED
4	5	6	7	8
Tarragon Chicken Salad w/Yogurt Dressing Broccoli & Peppers Salad Lemony Orzo Salad WW Dinner Roll w/ Smart Balance Mandarin Orange 1% Milk	Mexican Beef Cocido Cubed Beef Beef Broth Vegetable Mix WG Tortilla (1) Banana SF Pudding 1% Milk	Turkey Bolognese Italian Veg Blend Bow Tie Pasta Parmesan Cheese (1pk) WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Baked Tilapia Ranchera Sauce Broccoli Mexican Rice WG Tortilla (1) SF Pudding Orange Juice 1% Milk	CLOSED
11	12	13	14	15
 HAPPY VETERANS DAY	Chicken Pasta w/Poppy Seed Dressing Spring Mix Balsamic Dressing WW Dinner Roll w/Smart Balance Fresh Orange 1% Milk	Salisbury Steak Brown Gravy Winter Veg Blend Sweet Potatoes WW Bread w/Smart Balance Canned Peaches 1% Milk	Turkey Roast Mushroom Gravy Capri Veg Blend Rice Pilaf WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	CLOSED
18	19	20	21	**22**
Birthday Celebration Chicken Salad w/Citrus Dressing California Veg Blend Tortilla Soup WW Dinner Roll w/Smart Balance Canned Pears 1% Milk	Vegetable Lasagna Chicken Meatballs Black Bean & Lentil Salad WW Dinner Roll w/Smart Balance Mandarin Orange 1% Milk	Diced Chicken Breast Orange Sauce Oriental Veg Blend Wild Rice Pilaf WW Dinner Roll w/Smart Balance Tropical Fruit Mix 1% Milk	Pork Carnitas Ranchera Sauce Peas & Carrots Tomato Cilantro Rice WG Tortilla (1) Fresh Orange 1% Milk	Thanksgiving Celebration Ticketed Event Roast Turkey w/ Brown Gravy Mashed Potatoes Green Beans Hawaiian Roll w/ Smart Balance Pumpkin Pie Diet: Fresh Fruit 1% Milk
25	26	27	28	29
Pork Loin Caramel Sauce Broccoli Brown Rice Tropical Fruit Mix 1% Milk	Turkey Roast Brown Gravy Collard Greens Sweet Potatoes WW Dinner Roll w/Smart Balance Pineapple Chunks 1% Milk	Sliced Ham w/Apricot Sauce Sweet Potatoes w/Marshmallows Collard Greens Parkerhouse Roll w/Smart Balance Assorted Cake Diet: Fresh Fruit 1% Milk		

All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Meals on Wheels Orange County Lunch Program may change the menu for reasons of quality control, price, or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily.  indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

www.MealsOnWheelsOC.org

ADDITIONAL FOOD RESOURCES

Senior Grocery Program & TEFAP: Wednesday, November 13 | 10:00am until gone

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

Distributed at the Cypress Community Center, 5700 Orange Ave.

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

Meals on Wheels Orange County

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

Home Delivered Meals (provided by Meals on Wheels 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 to apply for the program or call (714) 220-0224 for more information.

2-1-1 Orange County

Information on food assistance available through governmental, community & Faith-based organizations. Your local 211 can help you find and access resources in your community. Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs www.211oc.org. Receive referrals from trained multilingual specialists.

CalFresh (formerly known as Food Stamps)

Electronic Benefits Transfer (EBT) card that can be used like an ATM card to purchase eligible food items at stores certified as CalFresh retailers. For interactive assistance: (714) 541-4895 (24-hrs) For live assistance: (800) 281-9799 (wait times vary depending on call volume) www.MyBenefitsCalwin.org

OC Food Help

Listing of food pantries and food resources in Orange County. Groceries and meals vary by location www.ocfoodhelp.org

Orange County Office on Aging

Information on resources for older adults in Orange County. Toll Free: (800) 510-2020
Local: (714) 480-6450 Monday - Friday, 8:00 am - 5:00 pm. www.areaagencyonaging@occr.ocgov.com

Orange County Food Bank

Provides boxes of shelf-stable food for seniors on certain days at various locations in Orange County. Community Action Partnership of OC (CAPOC): (714) 897-6670 or www.ocfoodbank.org

Second Harvest Food Bank Orange County

Provides food resources for children, families and older adults in Orange County. (855) 2-FeedOC / (855) 233-3362 www.feedoc.org/get-help



ONGOING ACTIVITIES

MEDICATION BROWN BAG ONE-ON-ONE MEDICATION REVIEW

Presented by: Bill Liu, Pharmacist
Date: Monday, November 18
Time: 9:00 - 10:30am

By Appointment Only
(3) 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.

BREATHING TECHNIQUES AND MEDITATION FOR HEALTH & WELLNESS

with Darshini Aithal

TUESDAY, NOVEMBER 12
9:15 - 10:00AM
LOCATED IN THE CARD ROOM

Join Darshini Aithal, a certified yoga instructor, for an enriching session focused on breathing techniques and meditation practices designed to reduce stress, enhance mental clarity, and promote overall well-being.

This class is suitable for all levels, from beginners who are new to meditation and breathing techniques to experienced practitioners looking to deepen their practice.

Free Session
Maximum 25 participants
Sign up at the Front Desk

Be sure to wear comfortable clothes and come on an empty stomach

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
4	5 +Presentation 10:30am	6 Blood Pressure Screening 10:00am-12:00pm	7 +Presentation 10:00am	8 <Tech Help 4:00-5:00pm
11 	12 <HICAP 9:30am-12:30pm +Presentation 10:00am +Presentation 1:30pm	13 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	14 Blood Pressure Screening 11:30am-1:30pm +Presentation 10:30am	15 <Tech Help 4:00-5:00pm
18 Blood Pressure Screening 1:00-3:00pm <Birthday Celebrations at Lunch Café +Presentation 10:30am +Presentation 1:00pm	19 +Presentation 10:00am +Presentation 1:00pm <Chair Volleyball 1:30-2:30pm	20 Blood Pressure Screening 10:00am-12:00pm +Presentation 10:00am	21	22 **Thanksgiving Celebration Ticket Required 10:45am <Tech Help 4:00-5:00pm
25 Blood Pressure Screening 1:00-3:00pm	26 <HICAP 9:30am-12:30pm	27 Blood Pressure Screening 10:00am-12:00pm +Presentation 10:30am <Notary Service 12:00-2:00pm	28 	29
2 Blood Pressure Screening 1:00-3:00pm	3 Holiday Sing 6:00-9:00pm FREE Civic Center Green	4 Blood Pressure Screening 10:00am-12:00pm	5 +Presentation 10:00am	6 <Tech Help 4:00-5:00pm

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

Office Hours

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

Fall Session: August 12 - December 20

Off: 11/11 | **Thanksgiving Break:** 11/25-11/29

*subject to change/cancellation without notice

Open Exercise

C. Wesling

No class 11/11

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

No class 11/11, 11/25

Anyone can practice yoga regardless of age or experience. Use this ancient art to improve flexibility and concentration, renew energy and regulate stress. Darshini offers three styles of yoga to fit your needs. All levels welcome. Please bring a yoga mat & wear comfortable clothing.

Ongoing M 8:30-9:30 am \$10

Quilting for Older Adults

L. Smith, NOCE

No class 11/11, 11/25

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

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

Health & Wellness for OA

K. Yu, NOCE

No class 11/11, 11/25

Class will include various activities to help yourself to health through physical fitness activities, discussion on healthy lifestyle, and how to maintain good physical health.

Ongoing M 10:20 am-12:10 pm Free

Health & Wellness for OA (Cardio)

K. Mastin, NOCE

No class 11/11

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

No class 11/11

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:

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 11/12 & 11/19

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**

No class 11/26

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

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**

No class 11/27

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**

No class 11/27

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

Creative supplies required.

Ongoing W 1:00-4:50 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 **No class 11/28**
 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 11/28**
 This class combines strengthening, cardio, and a chair for balance to create a dynamic workout with the use of light hand weights, theraband resistance, and light-weight bands.
 Ongoing TH 9:45-11:35 am Free

Hatha Yoga

J. Dominh **No class 11/28**
 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** **No class 11/28**
 This class includes various activities to better health through physical fitness, discussion on healthy lifestyles, and how to maintain good health. Learn the art of Tai Chi Chuan to strengthen muscles and relax the mind and body.
 Ongoing TH 1:00-2:50 pm Free

Senior Chorus for Older Adults

L. Lassetter, **NOCE** **No class 11/29**
 This course introduces students to a broad spectrum of choral music including its cultural and historical aspects. Students will gain knowledge of correct posture, breath control, enunciation, harmony, rhythm and basic music concepts.
 Ongoing F 9:30-11:20 am Free

Ultra Beginner/Beginner Line Dance

E. Ilagan **No class 11/22, 11/29**
 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 11/29**
 Enjoy a fun-filled, high spirited class to enjoy line dancing to the fullest. This class is designed for more experienced dancers who have mastered line dance patterns and movements. This class is challenging and rewarding.
Location: Outside City Hall Council Chambers, 5275 Orange Ave.
 Ongoing F 10:00 am-12:00 pm Free

Help Yourself to Health for OA (Dynamic Balance)

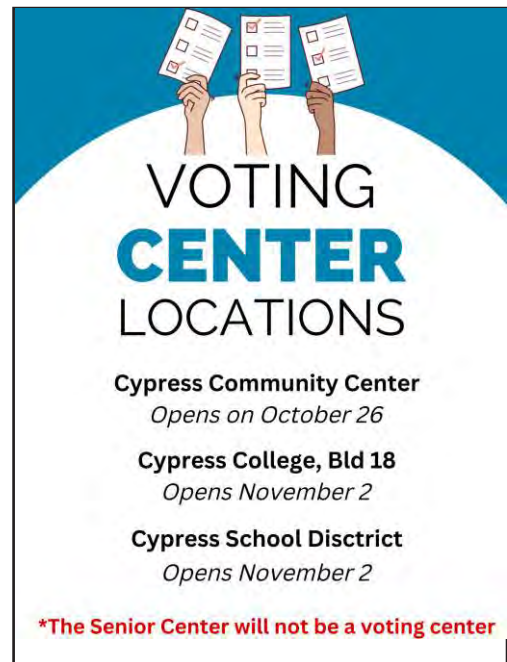
K. Yu, **NOCE** **No class 11/29**
 This class will be focusing on dynamic balance, mobility, functional movement, strength and conditioning for physical health.
 Ongoing F 3:00-4:50 pm Free

Zumba Fitness: Pay As You Go

L. Morris
 Zumba fitness is perfect for everybody and every body! We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's effective and fun! What are you waiting for? Try it now!
 Ongoing SA 9:00-10:00 am \$7

Tech Help

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



VOTING
CENTER
 LOCATIONS

Cypress Community Center
Opens on October 26

Cypress College, Bld 18
Opens November 2

Cypress School District
Opens November 2

***The Senior Center will not be a voting center**

PRESENTATIONS

Long-Term Nursing Home Care Government Payment Benefits

Presented by: Carl Leiter, Retired Attorney
Date: Tuesday, November 5
Time: 10:30 - 11:30am

Learn the legal rules and regulations for little known government fund and how to save \$12,000 or more a month in long-term care nursing home costs.

Medicare Annual Enrollment New Updates

Presented by: Erika Barrera, OPTUM
Date: Thursday, November 7 & Thursday, December 5
Time: 10:00 - 11:00am

Join us to and learn about what is new so you can make the best decisions in this next stage of your health care journey.

Digestive Health

Presented by: Dr. Zulmy Mancina, ND
Date: Tuesday, November 12
Time: 10:00 - 11:00am

Discover how natural treatments, along with diet and lifestyle changes, can provide effective support and management of lower digestive health concerns.

Medicare 101: Everything You Need to Know About Medicare

Presented by: Evan Baker, Health Ins. Specialist
Date: Tuesday, November 12
Time: 1:30 - 2:30pm

Join us as we discuss the basics of Medicare, how it works and the different options available to you.

Medical Cannabis

Presented by: Bill Liu, OCHA Pharmacist
Dates: Monday, November 18
Time: 10:30 - 11:30am

Medical cannabis or medical marijuana has been legal in California since 1996. Two of the many ingredients in medical cannabis are the cannabinoids THC and CBD. This presentation will focus on these two ingredients and what the current science says about them.

Reality vs. Perception

Presented by: Dr. Trinh | **Dates:** Wednesday, November 27 | **Time:** 10:30 - 11:30am

Come chat about how our perspective and viewpoint of life circumstances can affect both mental and physical health.

Holiday Safety/Scams

Presented by: Janice Wade, Assistance in Home Care
Date: Thursday, November 14
Time: 10:30 - 11:30am

The holidays are a great time to spend with family and keeping yourself and your surroundings safe is key. Come and learn some great tips!

Scams du Jour

Presented by: Steve Levin, Huntington Beach P.D.
Date: Monday, November 18
Time: 1:00 - 2:00pm

Join us as we discuss a variety of new scams that have begun popping up. There will also be a discussion of how A.I. is enhancing the effectiveness of scams in general and what can be done to eliminate/mitigate risk.

Reverse Mortgage Myths

Presented by: Amy Brick, Brick & Co Real Estate
Date: Tuesday, November 19
Time: 10:00 - 11:00am

This is an informational approach to explaining the truth about Reverse Mortgage and how it can be beneficial for Seniors who need to eliminate their mortgage payment or access their equity.

The Cremation Experience

Presented by: Lillian Sarangay, Dignity Memorial
Date: Tuesday, November 19
Time: 1:00 - 2:00pm

The landscape continues to change and we are beginning to serve more and more Baby Boomers who no longer want a traditional funeral. Consumers want something different, but often don't know what's possible.

Nutrition 101: How to Have a Heart Healthy Diet

Presented by: Jacqueline Atwood, Right at Home
Date: Wednesday, November 20
Time: 10:00 - 11:00am

Currently in America heart disease is on the rise. Fortunately, there are many ways that you can help prevent and manage heart disease. Join us as we discuss ways that you can alter your diet to keep your heart healthy!

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

CELEBRATIONS

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*

HOLIDAY CELEBRATION

FRIDAY DECEMBER 13	CHECK IN AT 10.15 AM
-----------------------	-------------------------

10:30AM: CRAFT - 11:00AM: DJ
ARRIVE BY 11:30AM TO AVOID
RELINQUISHING YOUR TICKET.
12:00PM: LUNCH

TICKETS ON SALE: MONDAY, NOV. 25
\$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*

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.

ALONG THE WAY



**SCHOOL PERFORMANCES 🍭 SANTA
ACTIVITIES 🍪 TRAIN RIDES & MORE!**

DECEMBER 3 | 6 PM 🌲 CIVIC CENTER GREEN

cypressca.org/holidaysing

A red poster with white snowflakes and string lights. The text '2024 Holiday DECORATING CONTEST' is in gold. The deadline 'DEADLINE TO APPLY December 13th' is in white. A QR code is in the bottom right with the text 'SUBMIT YOUR PHOTOS here!'. The Cypress Recreation logo is in the center of the QR code.

**2024
Holiday
DECORATING
CONTEST**

Get your tinsel and lights ready for the annual Holiday Decorating Contest! All Cypress households and businesses are eligible and encouraged to share their holiday spirit.

**DEADLINE TO APPLY
December 13th**

Best of the Best Award recognizing the participant with the highest appeal will be selected by the Recreation and Community Services Commission based on all total submissions.

Contest Rules: Submissions are limited to one (1) category.
Multiple entries for the same home or business are not accepted.

SUBMIT YOUR PHOTOS *here!*



Cypress Senior Center
9031 Grindlay Street
Cypress, CA 90630
www.cypressrec.org
Phone: (714) 229-6670
Fax: (714) 229-2008
Hours: Monday - Friday, 8:00 am - 5:00 pm

Subscription to "Along the Way"

Subscribe to the Cypress Senior Center Monthly Newsletter.

The newsletter can be **EMAILED** or **MAILED** to you monthly, or visit cypressca.org to download a copy.

YES! **EMAIL** me my subscription to "Along the Way" newsletter. (Complimentary)

E-MAIL ADDRESS: _____

YES! **MAIL** me my subscription to the "Along the Way" newsletter.

Resident (Complimentary) Non-Resident (\$15.00 - 12 months)

***Send check only for \$15.00, payable to the City of Cypress.
You may also pay cash at the Reception Desk.***

NAME: _____

ADDRESS: _____
Street/Apartment # City State Zip Code

PHONE NUMBER: _____ **DATE:** _____

***Email form to senior@cypressca.org or Mail form to:
Cypress Senior Center, 9031 Grindlay Street, Cypress, CA 90630***