



## Special Events

### Wreaths, Bagels, Mimosas

Sunday, December 7

10:00 a.m. – 12:00 p.m.

Create your own stylishly decadent holiday wreath with floral designer Lucie Doughty. Lucie brings an English sensibility along with a California contemporary design esthetic to her wreaths. She celebrates the beauty and seasonality of natural greens in her organic designs.

\$65 Mizell Members | \$85 Non-Members

### Diamantaire... The Art of Provenance

Tuesday, December 9

5:30 p.m. – 7:00 p.m.

Join **John Maxwell**, master diamantaire, for an illuminating journey into the art of provenance—exploring the hidden histories, authenticity, and storytelling behind fine gems and collectible treasures.

Mizell Members \$10 | Non-Members \$15

### Mizell Kitchen

#### Holiday Cookies

Thursday, December 11

3:00 PM – 5:00 p.m.

Get into the holiday spirit with this festive hands-on baking class! Perfect for beginners and seasoned bakers alike. We'll guide you step by step process of making two classic holiday cookies: irresistible all-butter cookies and delicate, melt-in-your-mouth Snowballs. You'll leave with delicious treats and the confidence to recreate them at home.

Mizell Members \$25 | Non-Members \$35

### Psilocybin Lecture

Saturday, December 13

12:00 p.m. until 2:00 p.m.

An Afternoon with **Heather A. Lee**, LCSW, psilocybin guide and therapist. Screening of *Last Journey*, a moving documentary on end-of-life care, followed by a Q&A on psilocybin's benefits. Healthcare professionals, caregivers, and the curious are welcome.

Reserve at the event link:

<https://www.pspsychedelicsociety.org/heather-lee-event-12132025.html>

### Mizell Books & Beyond The Confessions

by Paul Carr

Monday, December 15

6:00 p.m. - 7:00 p.m.

Join author Paul Bradley Carr in conversation with Mark Talkington as they explore Carr's electrifying techno-thriller — a world where the omnipotent AI, LLIAM, makes life-and-death decisions, then falls silent as confession letters ignite chaos worldwide.

### 3rd Wednesday Speaker Series Colorectal & Anal Cancers

Wednesday, December 17

Reception: 5:30 p.m.

Program: 6:00 p.m.

Community Partner:

Cheeky Charity

Presenting Sponsor:

Desert Oasis Healthcare

Essential information about the risks, prevention strategies, screening and testing options, and the role of HPV in these cancers. The session will also highlight high-risk groups and communities

disproportionately affected, along with available screening methods to promote early detection and prevention. Hear real stories that shed light on personal experiences, challenges faced, and the importance of advocacy throughout the cancer journey.

### Escatic Dance

Thursday, December 18

7:00 p.m. - 9:00 p.m.

Join **Lisa Botts** for an uplifting ecstatic dance experience—move freely, connect deeply, and awaken joy through rhythm, breath, and intuitive movement. No experience needed—just come as you are!"

\$15 Mizell Members \$20 Non-Members

### Nutcracker

Saturday, December 20

Reception: 1:30 p.m.

Performance: 2:00 p.m.

Join the talented young dancers of Miss Lindsay Dance Academy for a heart-warming abbreviated performance of The Nutcracker. Celebrate creativity, community and the joy of intergenerational connections!

Free

### LifeStream Blood Bank

Saturday, December 20

9:00 a.m. – 2:00 p.m.

Appointments, Call 800-879-4484 or [Lstream.org/mizell](http://Lstream.org/mizell)

## Monday

**Fun & Fit 55 Plus** with Judy

8:00am-8:45am

Donation to Instructor

**Walking Aerobics**

9:00am-9:45am

\$6 Members | \$10 Non-Members

**Qigong**

9:00am-9:45am

\$6 Members | \$10 Non-Members

**Duplicate Bridge**

1:00pm-4:00pm

Resumes January 6

Pay \$10 @ table

**Chair Yoga** with Carol

1:00pm-1:45pm

\$6 Members | \$10 Non-Members

**Alzheimer's Association  
Caregiver Support Group**

2:30pm-4:30pm

Call 760-996-0006 to register  
Free

**Tap Dance**

4:30pm-5:15pm

\$6 Members | \$10 Non-Members

**Hula Dance** \*

5:00pm-7:00pm

\* Mizell Rental Partner

**Bible Study** \*

**Mondays**

December 1, 8, 15, 22

6:00pm-7:30pm

Gospel according to Mark  
Free

949-375-9814 for info

\* Mizell Rental Partner

## Tuesday

**Senior Fit Plus**

8:00am-8:45am

\$5 Members | \$8 Non-Members

**Walking Aerobics**

9:00am-9:45am

\$6 Members | \$10 Non-Members

**Better Brain & Balance**

9:00am-9:45am

\$8 Members | \$12 Non-Members

**Beginning Line Dance**

9:00am-10:00am

\$6 Members | \$10 Non-Members

**Higher Begin. Line Dance**

10:00am-10:45am

\$6 Members | \$10 Non-Members

**Behrend Computer Tutor**

10:00am-12:00pm

\$15 Members | \$25 Non-Members

**Party Bridge**

1:00-4:00pm

**Room Access 12:45PM**

\$3 Members | \$5 Non-Members

**Mah Jongg**

1:00pm-4:00pm

**Room Access 12:45PM**

\$3 Members | \$5 Non-Members

**Beginning Tai Chi**

1:00pm-2:45pm

\$6 Members | \$10 Non-Members

**Intermediate Tai Chi**

2:00pm-2:45pm

\$6 Members | \$10 Non-Members

**Advanced Tai Chi**

3:00pm-3:45pm

\$6 Members | \$10 Non-Members

## Wednesday

**Cribbage**

8:30-11:30am

\$3 members | \$5 non-members

**Better Brain & Balance  
DOHC**

**Wednesdays**

December 3, 10, 17

10:30 am-11:30am

Advance Registration Required  
760-328-4499 x 2805

**Family Hospice  
Care Bereavement  
Support Group**

11:00am-12:15pm

Free. Call T.R. Barton

to register: 760-674-3344

**Better Brain & Balance**

**Wednesdays**

December 3, 10, 17

1:00pm-1:45pm

\$8 Members | \$12 Non-Members

**Mexican  
Train Dominoes**

1:00pm-3:45pm

**Room Access 12:45PM**

\$3 Members | \$5 Non-Members

**Chair Yoga**

1:00pm-1:45pm

\$6 Member | \$10 Non-Members

**Abstract Art Class**

1:00pm-3:00pm

6 Session Series

Resumes January 21

\$90 Members | \$135 Non-Members

**Mah Jongg Open Play  
Chinese**

2:00pm-4:00pm

Free. A Palm Springs  
Public Library Program

# Lunch at Mizell

**Monday - Friday  
11:15 am - 12:15 pm**

## Meals are just \$5

Additional contributions  
are always welcome

**Riverside County Senior  
Congregate Meal Program,  
a \$3.00 contribution  
is requested.**

# Thursday

## Senior Fit Plus

8:00am-8:45am

\$5 Members | \$8 Non-Members

## Introductory French

Learn the basics.

9:30am-10:30am

Resumes January 14

\$80 Members | \$100 non-members

## Conversational French

Learn the basics.

11:00am-12:00pm

Resumes January 14

\$3 Members | \$5 non-members

## Advanced Spanish

10:00am-10:45pm

8 Week Series

Resumes January 8

\$80 Members | \$100 Non-Members

## Better Brain & Balance

with Gail

9:00am-9:45am

\$8 Members | \$12 Non-Members

## Walking Aerobics

9:00am-9:45am

\$6 Members | \$10 Non-Members

## Behrend Computer Tutor

10:00am-12:00pm

\$15 Members | \$25 Non-Member

## Parkinson's Round Table

10:00am-11:30pm

1st and 3rd Thursdays

Advice and knowledge.

Others can relate to and learn from your Parkinson's journey.

Info/Register (760)773-5628

## HICAP Medicare Counseling

Register at Ticket Window

Free

## Advanced Spanish

12:00pm-1:15pm

Resumes January 8

\$3 Members | \$5 Non-Members

## Spanish Conversation Study Group

1:15pm-3:15pm

\$3 Members | \$5 Non-Members

## Beginning Tai Chi

1:00pm-1:45pm

\$6 Members | \$10 Non-Members

## Intermediate Tai Chi

2:00pm-2:45pm

\$6 Members | \$10 Non-Members

## Advanced Tai Chi

3:00pm-3:45pm

\$6 Members | \$10 non-members

# Friday

## Fun & Fit 55 Plus

8:00am-8:45am

Donation to Instructor

## Beginning Spanish

9:00am-10:15am

8 Week Series

Resumes Januar 9

\$80 Members | \$100 Non-Members

## Open Art Studio

9:00am-11:00am

\$3 Member | \$5 Non-Member

## Line Dance

Improver Level

9:15am-10:00am

\$6 Members | \$10 Non-Members

## Line dance

Intermediate Level

10:00am-10:45am

\$6 Members | \$10 Non-Members

## Intermediate Spanish

10:30am-11:45am

8 Week Series

Resumes January 9

\$80 Members | \$100 Non-Members

## Chair Yoga with Chris

1:00pm-1:45pm

\$6 Members | \$10 Non -Members

## Mah Jongg

1:00pm-4:00pm

Room Access 12:45PM

\$3 Members | \$5 Non -Members

# Saturday

## Palm Springs Writers Guild

1st Saturday

11:00am-12:00pm

Panel discussions and member to member knowledge sharing.

Contact:

[pwwg@palmspringwritersguild.org](mailto:pwwg@palmspringwritersguild.org)

\* Mizell Rental Partner

## Duplicate Bridge

1:00pm-4:00pm

Resumes January 6

Pay \$10 @ table

## Global Truth Center

Weekly

4:00pm-6:00pm

Spiritual Community where

"Love Only" is the way.

Information:

Dr. James Melon: 818-508-7171

[www.globaltruthcenter.org](http://www.globaltruthcenter.org)

\* Mizell Rental Partner

# Sunday

## Over Eaters Anonymous

Weekly

9:00am-10:00am

## Coffee House Rabbi

1st and 3rd Sundays

10:30am-12:00pm

Presentations and

discussions rooted in

Jewish scriptures.

Information: [rabbisally.com](http://rabbisally.com)

\* Mizell Rental Partner

## Progressive Gospel Circle

4th Sunday

12:00pm-1:00pm

Information: Reverend Perry

[Plang@earthlink.net](mailto:Plang@earthlink.net)

## SGI-USA

Palm Valley Chapter

1st Sunday

1:30pm-3:30pm

Nichiren Buddhism,

promoting peace,

culture, and education.

Information: [sgi-usa.org](http://sgi-usa.org)

\* Mizell Rental Partner

## Palm Springs Public Library at Mizell Center

While the Palm Springs Public Library main building is being renovated, library programs will take place at various locations around the city—including **Mizell Center!**

Visit the temporary location at  
**Rimrock Plaza (4721 E. Palm Canyon Dr.)**

Online services remain available 24/7.  
[www.palmspringslibrary.org](http://www.palmspringslibrary.org)  
760-322-7323 (READ)

### Library Programs at Mizell Center

#### Mah Jong Open Play

Wednesdays

2:00pm-4:00pm

Play Chinese Mah Jong, meet others, and sharpen your skills. Some game sets available or bring your own. Free and open to all.

#### Eat, Drink, and Be Merry!

Wednesday, December 10

6:00 p.m. - 7:30 p.m.

Deserted Films presents  
*"Eat, Drink, and Be Merry!:  
Vintage Holiday Dining,  
Drinking, & other Delights  
from TV and Film"*

#### Pop-Up Library at Mizell

4th Wednesday of each month

10:00 am-12:00 p.m.

Library staff can accept returned library materials, issue new library cards, offer a small selection of books and other items for checkout, and assist with Libby, our online platform filled with thousands of eBooks, audiobooks, and magazines.

Visit [palmspringslibrary.org](http://palmspringslibrary.org)  
for full event listings.



### The Power of Membership

For just \$40 a year, enjoy exclusive discounts, free activities, and access to over 50 weekly programs at Mizell.

Join a vibrant community designed for mature adults, offering camaraderie, creativity, and connection.

Your membership supports a welcoming space full of life and opportunity.

**\$40 A YEAR = Money Saving Benefits**

## Volunteers of the Month



### Andy Farr & Paul Einlyng 2 years of service

Mizell is proud to honor Andy Farr and Paul Einlyng—two remarkable volunteers whose friendship and dedication have touched countless lives. They first met by chance when Andy picked Paul up as a Lyft driver, and that connection blossomed into a volunteering partnership that continues to enrich our community.

Together, they pioneered Camp Mizell, a joyful space filled with crafts, games, and laughter that helps seniors feel connected and cared for. Paul especially loves volunteering at Aunt Betty's Thrift Store, where his creativity shines as he sorts and tickets treasures.

Andy has been delighting people of all ages as Santa Claus for eleven years. Inspired by his mother's experience at Mizell as a water aerobics participant, he gives generously of his time and spirit.

Their efforts truly reflect Mizell's mission to foster independence, lifelong learning, and a vibrant quality of life for seniors across the Coachella Valley. Their kindness and energy remind us what community is all about.