



# February 2026 Program Guide



## Special Events

### Sanctuary

#### Spiritual Workshops:

##### **Authentic Relating: Serious Connection Serious Fun**

Tuesday, February 3

**6:00 p.m. – 8:00 p.m.**

##### **Soul Healings**

Tuesday, February 10 and Friday, February 27

**6:00 p.m. – 8:00 p.m.**

##### **Awaken and Strengthen Intuition**

Tuesday, February 17 and 24

**6:00 p.m. – 8:00 p.m.**

Info/Register: [SanctuarySpiritual.com](http://SanctuarySpiritual.com)

### **Everyone Can Meditate**

Wednesdays beginning February 4

**10:00 a.m. – 10:45 a.m.**

Intro to Primordial Sound Meditation, an ancient and silent meditation practice taught by Chopra-certified teacher, Rossana Jeran. Learn a simple, daily technique to ease stress, cultivate peace, and expand awareness.  
\$6 Members | \$10 Non-Members

### **Mizell Kitchen**

#### **Banh Mi \* Sandwich**

Thursday, February 5

**3:00 p.m. – 5:00 p.m.**

The art of cooking crispy, flavorful tofu—really! This technique works for any tofu recipe and is the star of this flavor-packed sandwich. Learn how to choose, prep, and season tofu perfectly, then combine it with other ingredients for an elevated sandwich masterpiece.

\$25 Members | \$35 Non-Members

### **Our Voices Our Stories: Celebrating Black Authors**

Sunday, February 8

**Reception 10:00 a.m.**

**Program 10:30 a.m. – 1:00 p.m.**

Celebrate the powerful voices and stories of **Black authors** as part of **Black History Month!**

A morning filled with powerful narratives, diverse voices, and inspiring tales.

NFL Football player and author **RK Russell** (*The Yards Between Us: A Memoir of Life, Love and Football*) in conversation with **Lorenzo Taylor** and **Toni Ann Johnson** (*But Where's Home?*) in conversation with **Marilyn Solomon**.

Registration required @ Mizell.org  
Free

### **Mah Jong**

#### **Beginners (American)**

Saturday, February 7 and Sunday, February 8 or

Saturday, February 21 and Sunday, February 22

**10:00 a.m. – 12:00 p.m.**

\$100 Members | \$150 Non-Members

### **Tribute to Dick Broadie**

Wednesday, February 11

**11:00 a.m. – 12:45 p.m.**

Celebration of Life concert honoring jazz legend Dick Broadie, who shared his music at Mizell for 25 years. Celebrating a life of artistry, generosity, and enduring impact on our community.

### **Tarot (Beginners)**

Wednesday, February 11, 18, 25 & March 4, 11, 18

**6:00 p.m. – 7:30 p.m.**

Beginners tarot class offers a method of learning the cards by learning the underlying system. Explore history, mystery of the 600 year old deck. Required text: *Ultimate Guide to Tarot Meanings* by Brigit Esselmont.  
\$80 Mizell Member | \$125 Non-member

### **Palm Springs Rotary Sun Up Music Competition**

Wednesday, February 11

Piano Competition

**6:00 p.m. – 7:30 p.m.**

2026 Palm Springs Rotary Music and Art Showcase. Local student musicians will perform and student artwork will be displayed.  
Light refreshments | Free

### **Mah Jong**

Beginners (Chinese)

Wednesday, February 11 or

Wednesday, February 25

**12:00 p.m. – 2:00 p.m.**

\$50 Members | \$75 Non-Members

### **Mizell Kitchen**

#### **Wine Tasting**

Tuesday, February 17

**5:00 p.m. – 6:30 p.m.**

Sommelier Jen Carter presents local wines inspired by Blue Zone principles—moderation, natural production, and a sense of place. Selections featured tonight will be available at her new eatery, Vino-phile Café. Discover how mindful winemaking can elevate every sip.  
Mizell Member \$35 | Non-Members \$50

Register for programs, classes or events: [Mizell.org](http://Mizell.org), Program Office or 760-323-5689

## Special Events continued

### Laughter Clinic

Friday, February 20

12:45 p.m. – 3:45 p.m.

The Laughter Clinic offers fun & mayhem using Improv exercises/games to reconnect with your creativity and inner childhood. Register: [jonagold4@gmail.com](mailto:jonagold4@gmail.com) \$7

### Secret Improv VICE!

Saturday, February 21

7:00 p.m.

**Dr. Vail Reese** leads this Improvised Film Noir experience where you help shape the mystery. In 1947 San Francisco, crime runs rampant. Each show brings a brand-new case, and a fresh cast of shady suspects. Audience suggestions determine the twists and turns of the investigation. \$15 Mizell Members | \$20 Non-members

### Life Stream Blood Drive

Saturday, February 21

9:00 a.m. – 2:00 p.m.

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

### Sound Bath

Thursday, February 26

4:00 p.m. – 5:00 p.m.

A transformative experience with **Lisa Botcs**, using vibration and breathwork to dissolve stress and restore balance.

\$10 Members | \$15 Non-Members

### Trauma to Transformation

Saturday, February 28

1:30 p.m. – 3:00 p.m.

Trauma education and practical, actionable healing solutions.

Free 760-668-9399.

### AARP

### Safe Driving Course

Mondays, February 23 and March 2

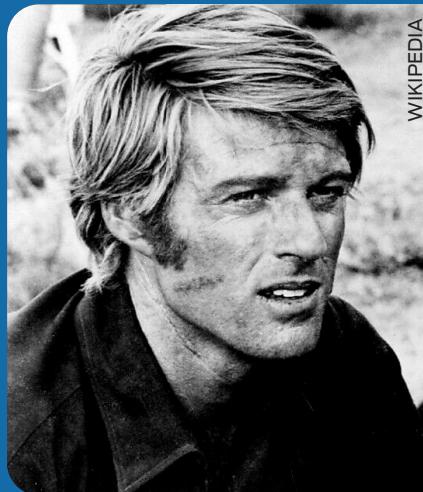
9:00 a.m. – 1:00 p.m.

Limited Enrollment 12

Registration required: 760-323-5689

\$20 Members | \$25 Non-Members

## Robert Redford Film Series



**Saturdays - 10:00 a.m.**

January 24

### **The Way We Were**

February 14

### **The Sting**

February 28

### **All The Presidents Men**

March 14

### **The Natural**

April 11

### **Sneakers**

April 25

### **All is Lost**

Redford's performance, and his broader artistic impact.

Discussions will be guided by film scholars **Dr. Richard Edwards**, Executive Director of Teaching and Learning at UC Riverside, and **Dr. Vanessa Ament**, a theater and film professional with major Hollywood credits.

\$8 Members | \$12 Non-Members

From his breakthrough in *The Way We Were*, **Robert Redford** became one of Hollywood's most compelling stars and a lasting force in American film. This **six-film series** explores his most influential work.

Each session concludes with an engaging, facilitator-led conversation exploring the film,

**Monday, February 16 | Mizell Closed**  
**Closed in Observance of President's Day**

## Lunch at Mizell

**Monday – Friday 11:15 a.m. – 12:15 p.m.**

**Meals are just \$5**

Additional contributions are always welcome

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

Register for programs, classes or events: [Mizell.org](http://Mizell.org), Program Office or 760-323-5689

# Monday

**Fun & Fit 55 Plus** with Judy  
8:00 a.m.–8:45 a.m.  
Donation to Instructor

**Walking Aerobics**  
9:00 a.m.–9:45 a.m.  
\$6 Members | \$10 Non-Members

**Qigong**  
9:00 a.m.–9:45 a.m.  
\$6 Members | \$10 Non-Members

**Duplicate Bridge**  
1:00 p.m.–4:00 p.m.  
Pay \$10 @ table

**Chair Yoga** with Carol  
1:00 p.m.–1:45 p.m.  
\$6 Members | \$10 Non-Members

**Alzheimer's Association Caregiver Support Group**  
2:30 p.m.–4:30 p.m.  
Call 760-996-0006 to register  
Free

**Tap Dance**  
4:30 p.m.–5:15 p.m.  
\$6 Members | \$10 Non-Members

**Hula Dance** \*  
5:00 p.m.–7:00 p.m.  
\* Mizell Rental Partner

**Bible Study** \*  
Monday, February 2, 9, 23  
6:00 p.m.–7:30 p.m.  
Gospel according to Mark  
Free  
949-375-9814 for info  
\* Mizell Rental Partner

# Tuesday

**Senior Fit Plus**  
8:00 a.m.–8:45 a.m.  
\$5 Members | \$8 Non-Members

**Walking Aerobics**  
9:00 a.m.–9:45 a.m.  
\$6 Members | \$10 Non-Members

**Better Brain & Balance**  
9:00 a.m.–9:45 a.m.  
\$8 Members | \$12 Non-Members

**Line Dance (Beginners)**  
9:00 a.m.–10:00 a.m.  
\$6 Members | \$10 Non-Members

**Line Dance (High Beginners)**  
10:00 a.m.–10:45 a.m.  
\$6 Members | \$10 Non-Members

**Behrend Computer Tutor**  
10:00 a.m.–12:00 p.m.  
\$15 Members | \$25 Non-Members

**Party Bridge**  
1:00 p.m.–4:00 p.m.  
**Room Access 12:45 p.m.**  
\$3 Members | \$5 Non-Members

**Mah Jongg**  
1:00 p.m.–4:00 p.m.  
**Room Access 12:45 p.m.**  
\$3 Members | \$5 Non-Members

**Tai Chi (Beginners)**  
1:00 p.m.–1:45 p.m.  
\$6 Members | \$10 Non-Members

**Tai Chi (Intermediate)**  
2:00 p.m.–2:45 p.m.  
\$6 Members | \$10 Non-Members

**Tai Chi (Advanced)**  
3:00 p.m.–3:45 p.m.  
\$6 Members | \$10 Non-Members

**Sanctuary Spiritual Workshop**  
Tuesday, February 3, 10, 17, 24  
6:00pm-8:00 p.m.  
\$6 Members | \$10 Non-Members  
For information or to register:  
[SanctuarySpiritual.com](http://SanctuarySpiritual.com)

# Wednesday

**Cribbage**  
8:30 a.m.–11:30 a.m.  
\$3 members | \$5 non-members

**Better Brain & Balance DOHC**  
**Wednesday February 4, 11, 18, 25**  
9:00 a.m.–10:00 a.m.  
Advance Registration Required  
760-328-4499 x 2805

**American Sign Language Beginners**  
10:30 a.m.–12:00 p.m.  
Eight week course  
\$80 Members | \$100 Non-Members

**Family Hospice Care Bereavement Support Group**  
11:00 a.m.–12:15 p.m.  
Free. Call T.R. Barton  
to register: 760-674-3344

**Mahjong (Chinese) Beginners**  
**February 11, 25**  
12:00 p.m.–2:00 p.m.  
\$50 Members | \$75 Non-Members

**Yoga Stretch**  
**Gentle mat/chair yoga for Seniors**  
**February 4, 11, 18, 25**  
1:00 p.m.–1:45 p.m.  
\$6 Members | \$10 Non-Members

**Better Brain & Balance**  
**February 4, 11, 18, 25**  
1:00 p.m.–1:45 p.m.  
\$8 Members | \$12 Non-Members

**Mexican Train Dominoes**  
1:00 p.m.–3:45 p.m.  
**Room Access 12:45 p.m.**  
\$3 Members | \$5 Non-Members

## Wednesday continued

### Abstract Art Class

1:00 p.m.–3:00 p.m.

6 Session Series

Resumes March 4

\$90 Members | \$135 Non-Members

### Mah Jongg (Chinese)

#### Open Play

2:00 p.m.–4:00 p.m.

Palm Springs

Public Library Program Free

## Thursday continued

### Parkinson's Round Table

10:00 a.m.–11:30 a.m.

1st and 3rd Thursdays

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

Info/Register: 760-773-5628

### Irish Set Dancing for Parkinson's & Friends

11:45 a.m.–12:30 p.m.

1st and 3rd Thursdays

\$6 Members | \$10 Non-Members

Info/Register: 760-773-5628

### HICAP Medicare Counseling

1st and 3rd Thursdays

Register at Ticket Window

Free

### Spanish (Advanced Plus)

12:00 p.m.–1:15 p.m.

\$80 Members | \$100 Non-Members

### Spanish (Los Estudiantes) Study Group

1:15 p.m.–3:15 p.m.

\$3 Members | \$5 Non-Members

### Tai Chi (Beginners)

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

### Tai Chi (Intermediate)

2:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

### Tai Chi (Advanced)

3:00 p.m.–3:45 p.m.

\$6 Members | \$10 non-members

## Friday

### Fun & Fit 55 Plus

8:00 a.m.–8:45 a.m.

Donation to Instructor

### Spanish (Beginners)

9:00 a.m.–10:15 a.m.

8 Week Series

\$80 Members | \$100 Non-Members

### Open Art Studio

9:00 a.m.–11:00 a.m.

\$3 Member | \$5 Non-Member

### Irish Dance for All

9:00 a.m.–9:45 a.m.

\$6 Members | \$10 Non-Members

### Line dance - Improver

9:15 a.m.–10:00 a.m.

\$6 Members | \$10 Non-Members

### Line dance

#### Intermediate Level

10:00 a.m.–10:45 a.m.

\$6 Members | \$10 Non-Members

### Spanish (Intermediate)

10:30 a.m.–11:45 a.m.

8 Week Series

\$80 Members | \$100 Non-Members

### Chair Yoga with Chris

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

### Mah Jongg

1:00 p.m.–4:00 p.m.

**Room Access 12:45 p.m.**

\$3 Members | \$5 Non-Members

## Thursday

### Senior Fit Plus

8:00 a.m.–8:45 a.m.

\$5 Members | \$8 Non-Members

### French (Beginners)

Learn the basics.

9:00 a.m.–10:00 a.m.

\$80 Members | \$100 non-members

### French (Conversational)

11:00 a.m.–12:00 p.m.

\$3 Members | \$5 non-members

### Better Brain & Balance

with Gail

9:00 a.m.–9:45 a.m.

\$8 Members | \$12 Non-Members

### Walking Aerobics

9:00 a.m.–9:45 a.m.

\$6 Members | \$10 Non-Members

### Spanish (Advanced)

10:30 a.m.–11:45 a.m.

8 Week Series

\$80 Members | \$100 Non-Members

### Behrend Computer Tutor

10:00 a.m.–12:00 p.m.

\$15 Members | \$25 Non-Member

# Saturday

## Mahjong (American)

February 7 and 8 or  
February 21 and 22  
10:00 a.m.–12:00 p.m.

\$100 Members | \$150 Non mem.

## Duplicate Bridge

1:00 p.m.–4:00 p.m.

Pay \$10 @ table

## Global Truth Center

Weekly

4:00 p.m.–6:00 p.m.

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

9:00 a.m.–10:00 a.m.

## Community of the Desert

Weekly

10:00 a.m.–12:00 p.m.

## Coffee House Rabbi

1st and 3rd Sundays

10:30 a.m.–12:00 p.m.

Discussions on Jewish scriptures.

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

\* Mizell Rental Partner

## Progressive Gospel Circle

4th Sunday

12:00 p.m.–1:00 p.m.

Information: Reverend Perry  
[Plang@earthlink.net](mailto:Plang@earthlink.net)

## SGI-USA

Palm Valley Chapter

1st Sunday

1:30 p.m.–3:30 p.m.

Nichiren Buddhism

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

\* Mizell Rental Partner

# Palm Springs Public Library

Visit the temporary location at  
**Rimrock Plaza (4721 E. Palm Canyon Dr.)**  
[www.palmspringslibrary.org](http://www.palmspringslibrary.org) 760-322-7323 (READ)

## Library Programs at Mizell Center

### Genealogy Lecture

Saturday, February 7

10:00 a.m.

Barbara Matulich of the **California Mayflower Society** will present an overview of the joint America 250 project, “Patriots to Passengers,” which explores the connections between Mayflower passengers and later American patriots.

### Bighorn Sheep and Oswit Land Trust

Thursday February 12

3:00 p.m. - 4:30 p.m.

Aimee Byard, Director of Operations and Biologist for the **Bighorn Institute**, will present an overview of the endangered Peninsular bighorn sheep of the Coachella Valley.

### Pop-Up Library at Mizell

4th Wednesday of each month

10:00 a.m.–12:00 p.m.

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

### Mah Jong Open Play

Wednesdays

2:00 p.m.–4:00 p.m.

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

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**

Register for programs, classes or events: [Mizell.org](http://Mizell.org), Program Office or 760-323-5689

# Volunteer of the Month

Lynn first learned about Mizell from an unexpected but persuasive source—her neighbor, who happened to be the program director at the time. Though she gave volunteering a try, it didn't immediately click. But when Mizell launched Meals on Wheels six months later, Lynn decided to give it another chance—and everything changed.

Working in the kitchen and riding along with delivery drivers, Lynn saw firsthand how much a warm meal and a friendly visit meant to homebound seniors. "It made such a difference," she recalls. That experience sparked a commitment that's lasted 14 years. What began as one day a week soon grew into four, as Lynn found purpose, belonging, and joy at the center.

After a 35-year career in Human Resources, Lynn retired and moved to the Coachella Valley from San

Jose looking for connection—and she found it at Mizell. Today, she splits her time between the dining room and Aunt Betty's thrift store, though her heart belongs in the dining room. "I like seeing my people every day," she says with a smile. "My people like me."

She treasures the relationships she's built and the gratitude she receives from diners she's come to know so well.

Lynn believes Mizell's programs are vital because they get seniors out of the house and help them form real friendships. "It's amazing to see how people now look forward to sitting together and sharing meals," she says. Outside of volunteering, Lynn enjoys walking, working out, and cooking. Her advice to future volunteers? "Come ready to work—and commit." Thank you, Lynn, for being such a dedicated and caring part of the Mizell community.

## Lynn Bourget

### 14 Years of Service



## Mizell Kitchen Series

**HANDS-ON | BEGINNER-FRIENDLY | FUN**

**3-5 PM**

**Space is limited! Reserve your spot today.  
Bring your enthusiasm. Leave as an expert.**

**JAN 10**

*Galette*

—  
Chef  
Chris Flores

**FEB 5**

*Banh Mi Sandwich*

—  
Chef  
Shannon Bush

**FEB 17**

*Wine Tasting*

—  
Sommelier  
Jen Carter

**MAR 23**

*Olive Oil Tasting*

—  
Oleologist  
Steve Barry

**APR 16**

*Charcuterie & Cheeseboards*

—  
Chef  
Mark Van Laanen

**MAY 18**

*Pasta & Southern Italian Foods*

—  
Chef  
Mark Gavigan



Cost varies per session. For more information and to sign up for Mizell Kitchen Series, go to [mizell.org/special-events](http://mizell.org/special-events)