



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

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, Rosana 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, Vinophile Café. Discover how mindful winemaking can elevate every sip.

Mizell Member \$35 | Non-Members \$50

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 \$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

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

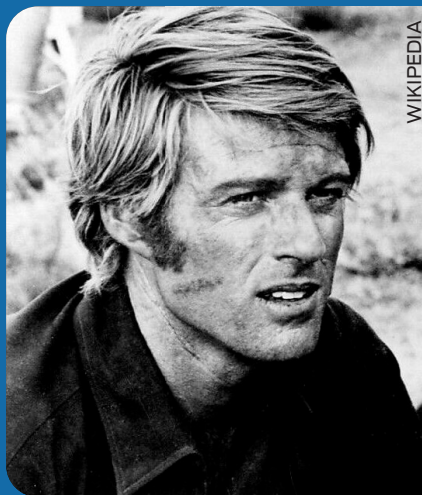
9:00 a.m. – 1:00 p.m.

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

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,

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

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, 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

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

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

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

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

* 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

* Mizell Rental Partner

Progressive Gospel Circle

4th Sunday

12:00 p.m.–1:00 p.m.

Information: Reverend Perry

Plang@earthlink.net

SGI-USA

Palm Valley Chapter

1st Sunday

1:30 p.m.–3:30 p.m.

Nichiren Buddhism

Information: 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 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** 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, 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