



# January 2026

## Program Guide



### Special Events

#### American Mahjong

##### Beginners (American Style)

Saturday, January 3 and Sunday, January 4 or Saturday, January 17 and Sunday, January 18

**10:00 a.m. – 12:00 p.m.**

Learn the fundamentals of American Mahjong in a relaxed, beginner-only setting.

\$100 Members | \$150 Non-Members

#### Spanish Advanced

Thursdays beginning January 8

**10:30 a.m. – 11:45 a.m.**

\$80 Members | \$100 Non-Members

#### Spanish Advanced Plus

Thursdays beginning January 8

**12:00 p.m. – 1:15 p.m.**

\$80 Members | \$100 Non-Members

#### Spanish Beginners

Fridays beginning January 9

**9:00 a.m. – 10:15 a.m.**

\$80 Members | \$100 Non-Members

#### Spanish Intermediate

Fridays beginning January 9

10:30 a.m. – 11:45 a.m.

\$80 Members | \$100 Non-Members

#### Comedy Workshop

Monday January 10

**10:30 a.m. – 12:00 p.m.**

Using improv games, we reconnect with inner childhood creativity for fun. No experience necessary. Register [theimprovoasis.com](http://theimprovoasis.com)

#### Trauma to Transformation

Monday, January 10

**1:00 p.m. – 3:00 p.m.**

Educational Community hour focused on trauma education and practical, actionable healing solutions.

Free Info 760-668-9399

#### Mizell Kitchen: Galette with Chef Chris

Saturday, January 11

**9:00 a.m. – 11:00 a.m.**

Chef Chris provides a hands-on introduction to the French galette. Learn classic techniques, rustic presentation, and enjoy cooking in a relaxed, social setting.

\$25 Members | \$35 Non-Members

#### WelbeHealth

##### Breakfast & Health Retreat

Monday, January 12

**9:00 a.m. – 11:00 a.m.**

Start 2026 with a rejuvenating health retreat. WelbeHealth supports seniors in living healthy and independent lives at home through comprehensive medical, social and wellness services. Breakfast, education, movement and community resources.

Free

#### Sanctuary Spiritual Workshops

Tuesday, January 13

**6:00 p.m. – 8:00 p.m.**

A special introduction to **Sanctuary Spiritual**, its mission, and the workshops offered each Tuesday. Instructors **Kevin** and **Jay**—both psychics and mediums—share their story and introduce their full range of offerings; Awakening and Strengthening Your Intuition, Soul Healing gallery readings, and Investigating the Paranormal. Uplifting weekly workshops are interactive with exercises to help support personal growth.

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

Free

#### American Sign Language Beginners

Wednesdays beginning January 14

**10:30 a.m. – 12:00 p.m.**

Eight-week introductory course covering essential ASL vocabulary and conversational skills.

\$80 Members | \$100 Non-Members

#### Chinese Mahjong Beginners

Wednesday, January 14 or  
Wednesday, January 28

**12:00 p.m. – 2:00 p.m.**

Learn tile basics, hand-building, and gameplay in this fun beginner class.

\$50 Members | \$75 Non-Members

#### Yoga Stretch

##### With Chris Bennett

Wednesdays, January 14, 21

**1:00 p.m. – 1:45 p.m.**

Gentle yoga designed for seniors, with chair or mat options.

Free

#### French for Beginners

Thursdays beginning January 15

**9:00 a.m. – 10:30 a.m.**

A friendly introduction to French language and conversation for first-time learners.

\$80 Members | \$100 Non-Members

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

First and third Thursdays beginning  
January 15

**11:45 a.m. – 12:30 p.m.**

\$6 Members | \$10 Non-Members

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

## Special Events continued

### Irish Dance for All

Fridays beginning January 16  
9:00 a.m. – 9:45 a.m.  
\$6 Members | \$10 Non-Members

### Long COVID Support

Monday, January 19  
10:00 a.m. – 10:45 a.m.

Exploratory meeting to establish a Long COVID support group.  
Free

### Cut Loose Collage Workshop

Friday, January 23  
10:00 a.m. – 11:00 a.m.

Create a personal vision board in this guided collage workshop. All materials provided.

Free

### A Community Conversation About Psychedelic Medicine

Saturday, January 24

1:00 p.m. – 3:00 p.m.

A panel discussion with healthcare providers. Have questions about psychedelic medicine?

We explore different types of psychedelic treatments and their potential health benefits, including research on cognitive health and aging, depression, anxiety, OCD, trauma, pain management, and more.

Info at [www.psppsychedelicsociety.org](http://www.psppsychedelicsociety.org)

Free

### Safe Routes for All:

#### Walking Safety and Community Walk

Monday, January 26  
9:00 a.m.

A walking safety lecture followed by Safety Bingo and the launch of a Women's Walking Group. Coffee and refreshments provided.  
Free

### Journey & Dreams: Creative Travel Coloring Experience

Monday, January 26, February 2, and February 9

10:30 a.m. – 12:00 p.m.

A three-session course blending coloring, mindfulness, cultural exploration, and storytelling.

\$15 Members | \$25 Non-Members

### Personal Disaster Preparedness (PDP 101)

Wednesday, January 28

10:30 a.m. – 12:00 p.m.

Learn practical steps to stay safe and prepared during emergencies. Includes breakfast and a Ready-to-Go essentials bag.  
Free

### Mizell Center Book Club

#### *Surviving Alzheimer's with Friends, Facebook, and a Really Big Glass of Wine.*

Wednesday, January 28

6:00 p.m.

Author **Dayna Steele's** heartfelt memoir that blends humor, honesty and caregiving insight. Conversation moderated by **Jeff Leiman**.

Register early at [ectors@mizell.org](mailto:ectors@mizell.org) and receive free copy of *Surviving Alzheimer's with Friends, Facebook, and a Really Big Glass of Wine*.

## Volunteer of the Month



### Leslie Gainer

6 years of service

Originally from New York, Leslie Gainer and her husband eventually settled in Tulsa, Oklahoma, where Leslie practiced law. After retiring, they embraced the desert—a place Leslie adores for its sunny skies and inclusive spirit. "I'm inspired by the love in the desert," she says.

Leslie discovered Mizell through an online volunteering app and jumped right in at Aunt Betty's thrift store. She loved the variety and affordability, noting,

"There's something for everyone!" When shift work didn't fit her schedule—she often travels to care for her father—Leslie found a new way to help. Spotting antiques, jewelry, and art, she launched Aunt Betty's eBay store! From her cozy corner in the shop, Leslie researches, photographs, and lists items online. By the way, Mizell would welcome a tech-savvy volunteer to join Leslie in her eBay adventure.

In addition to volunteering at Mizell, Leslie also participates in a variety of programs. As is the case with many volunteers, Leslie has forged friendships and made connections that extend far beyond the walls of the center. Sometimes volunteers' spouses and significant others are enlisted by default, and while we celebrate Leslie, we also honor her husband Rolf who has stood beside her many times during her volunteer work.

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

# Monday

## **Fun & Fit 55 Plus** with Judy

8:00am–8:45 a.m.

Donation to Instructor

## **Walking Aerobics**

9:00am–9:45 a.m.

\$6 Members | \$10 Non-Members

## **Qigong**

9:00am–9:45 a.m.

\$6 Members | \$10 Non-Members

## **Duplicate Bridge**

1:00pm–4:00 p.m.

Resumes January 6

Pay \$10 @ table

## **Chair Yoga** with Carol

1:00pm–1:45 p.m.

\$6 Members | \$10 Non-Members

## **Alzheimer's Association Caregiver Support Group**

2:30pm–4:30 p.m.

Call 760-996-0006 to register

Free

## **Tap Dance**

4:30pm–5:15 p.m.

\$6 Members | \$10 Non-Members

## **Hula Dance** \*

5:00pm–7:00 p.m.

\* Mizell Rental Partner

## **Bible Study** \*

**Mondays**

**January 5, 12, 19, 26**

**6:00pm–7:30 p.m.**

Gospel according to Mark

Free

949-375-9814 for info

\* Mizell Rental Partner

# Tuesday

## **Senior Fit Plus**

8:00am–8:45 a.m.

\$5 Members | \$8 Non-Members

## **Walking Aerobics**

9:00am–9:45 a.m.

\$6 Members | \$10 Non-Members

## **Better Brain & Balance**

9:00am–9:45 a.m.

\$8 Members | \$12 Non-Members

## **Beginning Line Dance**

9:00am–10:00 a.m.

\$6 Members | \$10 Non-Members

## **Higher Begin. Line Dance**

10:00am–10:45 a.m.

\$6 Members | \$10 Non-Members

## **Behrend Computer Tutor**

10:00am–12:00 p.m.

\$15 Members | \$25 Non-Members

## **Party Bridge**

1:00 p.m.–4:00 p.m.

**Room Access 12:45PM**

\$3 Members | \$5 Non-Members

## **Mah Jongg**

1:00 p.m.–4:00 p.m.

**Room Access 12:45PM**

\$3 Members | \$5 Non-Members

## **Beginning Tai Chi**

1:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

## **Intermediate Tai Chi**

2:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

## **Advanced Tai Chi**

3:00 p.m.–3:45 p.m.

\$6 Members | \$10 Non-Members

## **Sanctuary Spiritual Workshop**

**Tuesday, January 13**

**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**

### **Wednesdays**

January 7, 14, 21, 28

9:00 a.m.–10:00 a.m.

Advance Registration Required

760-328-4499 x 2805

## **American Sign Language Beginners**

10:30 p.m.–12:00 p.m.

Eight week course

beginning January 14th

\$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

## **Chinese Mahjong Beginners**

January 14 and January 28

12:00 p.m.–2:00 p.m.

\$50 Members | \$75 Non-Members

## **Yoga Stretch**

**Gentle mat/chair yoga for Seniors**

January 14, 21 and 28

1:00 p.m.–1:45 p.m.

Free

## **Better Brain & Balance**

January 7, 14, 21, 28

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 12:45PM**

\$3 Members | \$5 Non-Members

## Wednesday continued

### Abstract Art Class

1:00 p.m.–3:00 p.m.

6 Session Series

Resumes January 21

\$90 Members | \$135 Non-Members

### Mah Jongg Open Play Chinese

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

### Introductory French

Learn the basics.

9:30 a.m.–10:30 a.m.

Resumes January 14

\$80 Members | \$100 non-members

### Conversational French

Learn the basics.

11:00 a.m.–12:00 p.m.

Resumes January 14

\$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

### Advanced Spanish

10:30 a.m.–11:45 p.m.

8 Week Series

Resumes January 8

\$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 p.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 & Frieds

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

Register at Ticket Window

Free

### Advanced Spanish Plus

12:00 p.m.–1:15 p.m.

Resumes January 8

\$3 Members | \$5 Non-Members

### Spanish Conversation

#### Study Group

1:15 p.m.–3:15 p.m.

\$3 Members | \$5 Non-Members

### Beginning Tai Chi

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

### Intermediate Tai Chi

2:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

### Advanced Tai Chi

3:00 p.m.–3:45 p.m.

\$6 Members | \$10 non-members

## Friday

### Fun & Fit 55 Plus

8:00a.m.–8:45 a.m.

Donation to Instructor

### Beginning Spanish

9:00 a.m.–10:15 a.m.

8 Week Series

Resumes Januar 9

\$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

Begins January 16

9:00 a.m.–9:45 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

Resumes January 9

\$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 12:45PM

\$3 Members | \$5 Non -Members

## Lunch at Mizell

Monday – Friday 11:15 a.m.–12:15 p.m.

Join the Mizell community for a nutritious meal and friendship.

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.

# Saturday

## Duplicate Bridge

1:00 p.m.–4:00 p.m.

Resumes January 6

Pay \$10 @ table

## American Mahjong

Saturday, January 3, and  
Sunday January 4  
or Saturday January 17 and  
Sunday January 18

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.

## 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

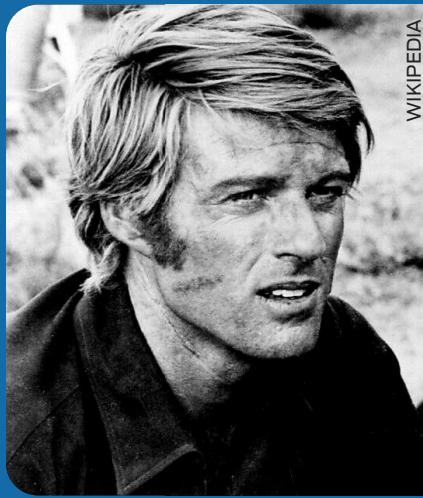
1:30 p.m.–3:30 p.m.

Nichiren Buddhism

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

\* Mizell Rental Partner

# Robert Redford Film Series



WIKIPEDIA

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.

# 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, January 3

10:00 a.m.

**Rebecca Bromley**, a retired judge and descendant of early Maryland and New Sweden settlers, presents 17th Century Colonial Maryland, drawing on her expertise in Mid-Atlantic colonial history.

### Keeping California Native

Thursday, January 8

3:00 p.m.–4:30 p.m.

**Dr. James Danoff-Burg** of *The Living Desert Zoo and Gardens* presents this program on how urban habitats and native plants help protect Southern California ecosystems.

### 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.



# Welbe Health

## New Year Health Retreat



Start the new year with wellness, movement, and community, while learning how WelbeHealth can support your health journey.



**WelbeHealth is a Program of All-Inclusive Care for the Elderly (PACE) that helps you live healthy and happy at home. We are covered by Medicare and Medi-Cal. We are honored to collaborate with Mizell Center to educate our community about WelbeHealth.**

**8:30 a.m. Welcome and buffet breakfast**

**9:10 a.m. Health talk by WelbeHealth Medical Doctor**

**9:45 a.m. Chair yoga, sound bath, dance instruction, nutrition tips**

**10:45 a.m. Closing remarks from Mayor Naomi Soto, City of Palm Springs, CA**

**11:45 a.m. Lunch and gift bags with desserts served**

**Mizell Center**

480 South Sunrise Way  
Palm Springs, CA 92262

**Monday January 12, 2026**

8:30 a.m. to  
11:00 a.m.



**RSVP and reserve your spot today:**

**(760) 323-5689**

