



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

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 work-
shops offered each Tuesday. Instruc-
tors **Kevin** and **Jay**—both psychics
and mediums—share their story and
introduce their full range of offer-
ings; Awakening and Strengthening
Your Intuition, Soul Healing gallery
readings, and Investigating the
Paranormal. Uplifting weekly work-
shops are interactive with exercises
to help support personal growth.

Info/Register at 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

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.pspsychedelicsociety.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
6:00p.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 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.

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

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 & Frie

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

* 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

* 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

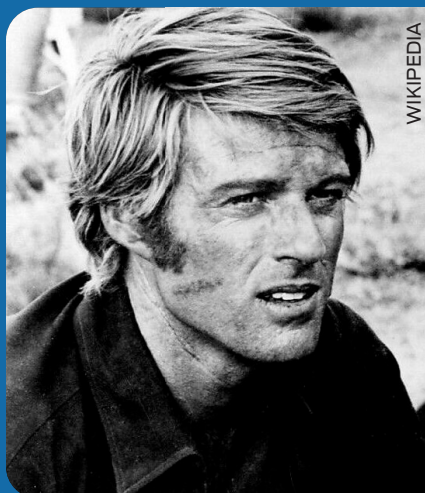
1:30 p.m.–3:30 p.m.

Nichiren Buddhism

Information: sgi-usa.org

* Mizell Rental Partner

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.

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, 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.

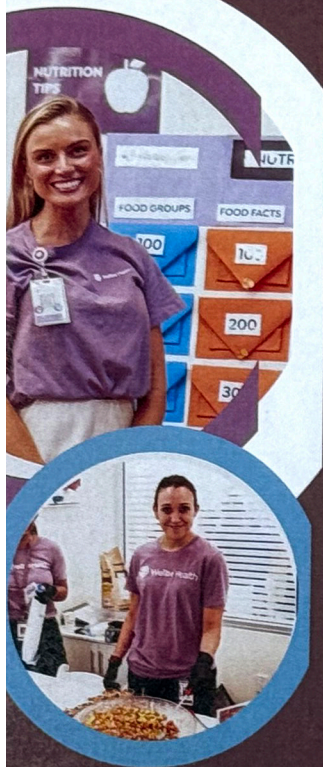
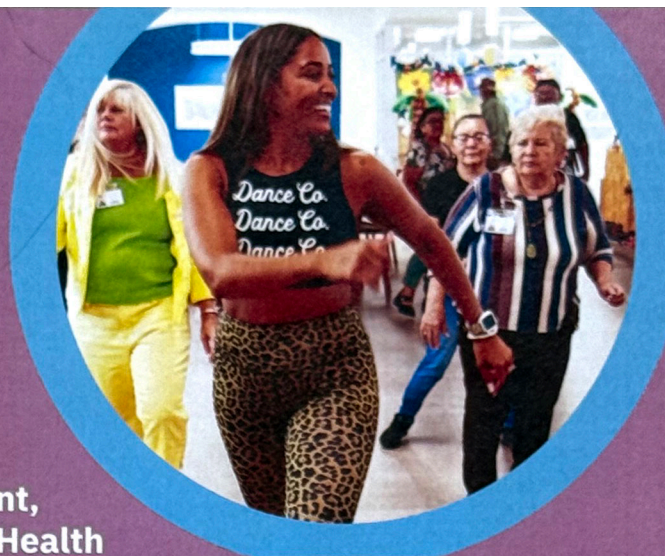
Play Chinese Mah Jong, and sharpen your skills. Some game sets available or bring your own. Free and open to all.

Visit PalmSpringsLibrary.org for full event listings.



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