March 2026
Program Guide

Special Events

*** Mizell Center Closed Tuesday, March 31**

AARP Driving Course
Monday, March 2
9:00 a.m. – 1:00 p.m.
Refresher course specifically designed for the mature driver. Update your driving knowledge and skills so you can continue driving safely as long as possible. Learn proven safety strategies, new traffic laws, and rules of the road. Participants qualify for an auto insurance discount.
Registration required:760-323-5689.
$20 Members | $25 Non-Members

Sancturary Spiritual Workshops:

Authentic Relating: Serious Connection, Seriously Fun!
Tuesday, March 3
6:00 p.m. – 8:00 p.m

Soul Healing Group Readings
Tuesday, March 10
6:00 p.m. – 8:00 p.m

Conscious Living, Conscious Dying: The Gift of End-of-Life Planning (3-part series)
Tuesdays, March 17, 24, 31
6:00 p.m. – 8:00 p.m

Advance tickets, workshop descriptions and event details at sanctuaryspiritual.com.

**Mizell Rental Partner*

Abstract Art
Wednesdays, March 4, 11, 18, 25, April 1, 8
2:00 p.m. – 4:00 p.m.
Abstract art class exploring color, movement, and creative expression. No experience needed — just curiosity and a willingness to experiment in a supportive environment.
$125 Members | $165 Non-Members

Everyone Can Meditate
Wednesday March 4, 11, 18 and 25
10:00 a.m. – 10:45 a.m.
Intro to Primordial Sound Meditation, an ancient 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

Yoga-Stretch Floor Mat with Chris Bennett
Wednesday, March 4, 11, 18, 25
12:00 p.m. – 12:45 p.m.
Join us for gentle mat yoga. Class emphasizes deep breathing, stretching, and strength building. Increase your balance and stamina. Leave feeling relaxed and re-newed. All levels welcome.
Limited Space * Pre-registration required
$6 Members | $10 Non-Members

Mah Jong Beginners (American)
Saturday, March 7 and Sunday, March 8 or Saturday, March 21 and Sunday, March 22
10:00 a.m. – 12:00 p.m.
$100 Members | $150 Non-Members

Energetic Flow, Balance and Strength
Monday, March 9 (Free)
Monday, March 16, 23, 30
10:00 a.m. – 10:45 a.m.
Slow mindful movements in-spired by Tai Chi forms build strength in the feet, ankles, legs and core while improving balance, coordination, and confidence. Adaptable for seated or standing. All welcome.
$6 Members | $10 Non-Members

Learn English
Mondays and Wednesdays, March 9, 11, 16, 18, 23, 25, 30 and April 1, 6, 8, 13, 15, 20 and 22
9:00 a.m. – 10:30 a.m.
Learn English in a comfortable, encouraging class geared towards older adults who want to speak and understand English better.
Free

Cardio Drumming
Tuesday, March 10, 2026 (Free)
Tuesday, March 17, 24
12:00 p.m. – 12:45 p.m.
Cardio drumming is taking hold with older adults—an upbeat, low-im-pact workout blending rhythm and movement to boost heart health, brain engagement, coordination, mood, and social connection.

Register for programs, classes or events: Mizell.org, Program Office or 760-323-5689

Special Events continued

$6 Members | $10 Non-Members

2nd Annual Business Partner Expo

Wednesday, March 11
11:30 a.m. – 1:00 p.m.

Mizell's Business Partner Expo highlights local businesses that support seniors in our community. Visitors will enjoy staffed tables, speak directly with business representatives, and learn about a variety of services designed to support health, independence, and daily living.

Free

Ecstatic Dance

Wednesday, March 11
6:00 p.m. – 8:00 p.m.

A sacred, substance-free space where bodies move freely, music leads the way, and judgment is left at the door. Non-verbal, freeform dance experience powered by a live DJ. No steps to follow. No one to impress. Just you, the beat, and the freedom to move exactly as you feel.

$15 Mizell Members | $20 Non-Members

Mah Jong

Beginners (Chinese)

Wednesday, March 11 or Wednesday, March 25
12:00 p.m. – 2:00 p.m.
$50 Members | $75 Non-Members

Spanish Classes

$100 Members | $125 Non-Members

Spanish Advanced

Thursdays
March 12 – April 30
10:30 a.m. – 11:45 a.m.

Spanish Advanced Plus

12:00 p.m. – 1:15 p.m.

Spanish Beginners

Fridays
March 13 – May 1
9:00 a.m. – 10:15 a.m.

Spanish Intermediate

10:30 a.m. – 11:45 a.m.

Palm Springs Psychedelic Society

Saturday, March 14
1:00 p.m. – 3:00 p.m.

NYT Best-selling author, Susannah Cahalan on *The Acid Queen: The Psychedelic Life and Counterculture Rebellion of Rosemary Woodruff Leary.*

"The untold story of the woman who played a critical role in bringing psychedelics into the mainstream -- until her audacious exploits forced her into the shadows."

$20 Suggested Donation
**Mizell Rental Partner*

Art Journaling 101

Saturdays, March 14 & 28
10:00 a.m. – 12:00 p.m.

"Have fun and learn some art skills while adding color to an old journal or a new one in this beginner's class."

Contact
b.cabbage860@passmail.com

Riverside County Voter Registration Outreach

Wednesday, March 18
10:30 a.m. – 1:30 p.m.

We're bringing voter registration to Mizell Center! Stop by from 10:30am to 1:30pm to register to vote, update your address, or to get your questions answered.

March Birthday Celebrations

Thursday, March 19
11:15 a.m. – 12:15 p.m.

Help us celebrate our March birthdays with cake and coffee, courtesy of our friends at Billhartz Insurance Agency—because our seniors deserve to be celebrated sweetly, together, and in great company!

Provincetown Stories

Books and Beyond

Provincetown Stories

Friday, March 20
6:00 p.m. –7:30 p.m.

Russ López's most recent book, ***Provincetown Stories,*** brings to life the joy, contradictions, and irresistible pull of Ptown through characters who exist proudly outside the mainstream.

López is a writer, editor, publisher, and historian whose work explores the deep connections between people, place, and identity. He is the author of six nonfiction books, and the founder and editor of ***LatineLit,*** an online literary magazine dedicated to publishing fiction by and about Latin people. **$10**

Host commitee: Rick McCarthy, Richard O'Connell, Scott St. Cyr, Paul Yates

LifeStream Blood Drive

Saturday, March 21
9:00 a.m. – 2:00 p.m.
Appointments, call 800-879-8444 or Community Partner PS Rotary Sun Up

Progressive Gospel Circle

Sunday, March 22
12:00 p.m. –1:00 p.m.

Solace, encouragement and thanksgiving through music, song, sacred scriptures and wisdom teachings.

Information: Reverend Perry at Plang@earthlink.net **Rental Partner*

Laughter Yoga

Monday, March 23
12:00 p.m. - 12:45 p.m.

Laughter Yoga is the practice of laughing intentionally. The body does not know the difference between laughing at something funny or laughing intentionally. The benefits are the same!
Join my class to laugh together & learn how it benefits you!

Information/Register 626-319-9848

Register for programs, classes or events: Mizell.org, Program Office or 760-323-5689

Colorectal Cancer Awareness Month Get Suport!

Monday, March 30
12:30 p.m. – 1:30 p.m.

A follow-up conversation to our December colorectal cancer awareness program that brought doctors together to talk about prevention, early detection, and reducing stigma. **David Russo, Executive Director, Cheeky Charity** continues the discussion in a more personal and supportive setting. Talk openly about real experiences, ongoing challenges, and ways to support one another.

Reservations @ ectors@mizell.org

Sound Bath

Wednesday, March 25
4:00 p.m. – 5:00 p.m.

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

$10 Members | $15 Non-Members

Tarot Lab

Wednesdays, April 1, 8, 15, April 22, April 29 & May 6
6:00 p.m. – 7:30 p.m.

This tarot lab provides an opportunity for fun, hands-on, practical application of the tarot system. Tarot practitioner **Michael Van Why (FoolsOdyssey.com)** will explore many different avenues to reading and interpreting tarot cards using games, exercises, and real time readings. Learn by actually doing.

PREREQUISITES: Completion of the beginner's course Learn the Tarot, or a reasonable knowledge of the cards and their respective meanings.

$85 Members | $125 Non-Members

SAVE THE DATE!

Mah Jong Soiree * All Dressed Up!

Friday, April 10

Reception 5:30 p.m. – 6:00 p.m.
Games Begin 6:00 p.m. – 8:30 p.m.

Across the nation, Mahjong is having a resurgence and Palm Springs is no exception! Indulge in a glamorous Friday night of American and Chinese and Mahjong: enjoy beverages, and delectable appetizers—all while supporting Mizell Center's Meals on Wheels and other life affirming programs and services for older adults.

Registration at Mizell.org, $50

Event Host: Paul Lowe

Table Hosts: Lynne Arnold, Thomas Edwards, June Gray, Allan Hymowitz, Gary Hymowitz, Joan Reid, Lisa Sparks, Annette Spina, Kevin Stern and Peggy Youngberg (as of 02/24/26)

Become a table host, please email EctorS@Mizell.org

Mizell Meals on Wheels

Fresh, Nutritious, and Delivered

Fresh Daily: Meals are made from scratch in Mizell's state-of-the-art kitchen, **serving 600+ meals** every weekday.

We Deliver: Fresh meals reach seniors at centers **in Cathedral City, Coachella, Desert Hot Springs, and Indio.**

Support our mission—donate today: mizell.org/meals-on-wheels

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, March 2, 9, 16, 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 12:45PM
$3 Members | $5 Non-Members

Mah Jongg (American)
1:00 p.m.–4:00 p.m.
Room Access 12:45PM
$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, March 3, 10, 17, 24, 27
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

American Sign Language Beginners
10:30 a.m.–12:00 p.m.
Four week course beginning April 8
$40 Members | $60 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
March 11, 25
12:00 p.m.–2:00 p.m.
$50 Members | $75 Non-Members

Yoga Stretch
Gentle mat/chair yoga for Seniors
1:00 p.m.–1:45 p.m.
$6 Members | $10 Non-Members

Better Brain & Balance
March 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 12:45PM
$3 Members | $5 Non-Members

Abstract Art Class
1:00 p.m.–3:00 p.m.
6 Session Series
$125 Members | $165 Non-Members

Mah Jongg (Chinese)
Open Play
2:00 p.m.–4:00 p.m.
Palm Springs
Public Libray 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

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

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

Better Brain & Balance DOHC
Thursday April 2, 9, 16, 23, 30
12:00 p.m.–12:45 p.m.
Advance Registration Required
760-328-4499 x 2805

HICAP Medicare Counseling
1st and 3rd Thursdays
Register at Ticket Window
Free

Thursday continued

Spanish (Advanced)
10:30 a.m.–11:45 p.m.
$100Members | $125 Non-Members

Spanish (Advanced Plus)
12:00 p.m.–1:15 p.m.
$100Members | $125 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
8:00a.m.–8:45 a.m.
Donation to Instructor

Open Art Studio
8:30 a.m.–10:30 a.m.
$3 Member | $5 Non-Member

Spanish (Beginners)
9:00 a.m.–10:15 a.m.
8 Week Series
$100Members | $125 Non-Members

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
$100Members | $125 Non-Members

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

Mah Jongg (American)
1:00 p.m.–4:00 p.m.
Room Access 12:45PM
$3 Members | $5 Non -Members

Saturday

Mahjong (American)
March 7 and 8 or
March 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.

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

Let's Talk Oscars.
Wednesday, March 11, 2026
6:00p.m. 7:30 p.m.
Get ready for the Academy Awards (on March 15 on ABC) by joining Movie Librarian Scott Biegen as he leads us through all things Oscar!

Burrowing Owls
Thursday, March 12, 2026
3:00 p.m. - 4:30 p.m.
Noelle Ronan, Wildlife Biologist US Fish and Wildlife Service Palm Springs Public Library and Oswit Land Trust

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.

Mizell Center Full of Life

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

Volunteers of the Month

Meals on Wheels | Labeling Team

Linda **Andy** **Elva** **Joan** **Sherry** **Sharron**

Twice each week, a dedicated crew of six gathers in Mizell's dining room to take on one of the Meals on Wheels program's most essential tasks—labeling hundreds of meals for seniors across the Coachella Valley. What could be a routine chore becomes something meaningful and energizing when **Linda, Andy, Elva, Joan, Sherry and Sharron** are working side by side.

Together, they bring an impressive range of experience—from medical labs and aerospace to administration, retail, writing, and social service work. That blend of precision, organization, creativity and community service ensures that every meal leaving Mizell is accurate, safe, and ready for someone who depends on it. As Elva likes to remind the group, "Labeling matters. These meals are important, and I'm proud to help make sure they're right." Her words echo the shared sense of responsibility that drives the team.

But beyond the work itself, it's the camaraderie that keeps this crew showing up week after week. Sherry affectionately calls their time together "coffee and chat," a phrase that perfectly captures the warmth that fills the room. Andy says that laughter comes easily, and support comes naturally—whether they're tackling a big batch of meals or sharing stories from their lives.

Even as they maintain a cheerful rhythm, the volunteers never lose sight of the purpose behind the labels. For Sharron, the impact is what resonates most. Coming from a long career in a medical setting, she brings her characteristic precision, but says what keeps her coming back is simpler: "It's the people and the purpose that keep me coming back."

In this small but mighty group, every shift becomes a moment of connection and every label becomes an expression of care. Mizell is grateful to honor these volunteers whose dedication, kindness, and teamwork embody the spirit of service—and whose friendship brightens the kitchen just as much as their work nourishes the community.

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	FEB 5	FEB 17	~~MAR 23~~	APR 16	MAY 18
Galette	*Banh Mi Sandwich*	*Wine Tasting*	*~~Olive Oil Tasting~~*	*Charcuterie & Cheeseboards*	*Pasta & Southern Italian Foods*
Chef Chris Flores	Chef Shannon Bush	Sommelier Jen Carter	Oleologist Steve Barry	Chef Mark Van Laanen	Chef Mark Gavigan

Mizell Center — Full of Life

Cost varies per session. For more information and to sign up for **Mizell Kitchen Series**, go to mizell.org/special-events