



Special Events

Everyone Can Meditate

Wednesday, April 1, 8, 15, 22 & 29
10:00 a.m. – 10:45 a.m.

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

The 2nd Annual Self-Advocacy in Healthcare Conference

Saturday, April 4
9:00 a.m. – 3:00 p.m.

Information to help patients navigate healthcare with confidence, offering tools for medical visits, insurance, legal rights, and advocacy, featuring experts, panels, resources to improve healthcare outcomes.

Free

AA Women's Emotional Sobriety

Monday, April 6, 13, 20 & 27
11:00 a.m. – 12:00 p.m.

Free

Yoga-Stretch Floor Mat

Wednesday, April 1, 8, 15, 22 & 29
12:00 p.m. – 12:45 p.m.

Gentle mat yoga. Class emphasizes deep breathing, stretching, and strength building. Increase your balance and stamina. Leave feeling relaxed and renewed.

Limited space * Pre-registration required
\$6 Members | \$10 Non-Members

Riverside County Veteran Resources

Thursday, April 9
10:00 a.m. – 11:15 a.m.

Learn the benefits and resources available to veterans and their families. Helpful information to connect with and get the support you deserve.

Contact: 951-955-3060

Mah Jong Soiree

Friday, April 10
Reception 5:30 p.m. – 6:00 p.m.
Gaming 6:00 p.m. – 8:30 p.m.

Indulge in a glamorous Friday night of American and Chinese Mahjong: enjoy beverages, and delectable appetizers—all while supporting Mizell Center's Meals on Wheels and other life affirming programs.
Registration at Mizell.org, \$50

Art Journaling

Saturday April 11 & 25
10:00 a.m. – 12:00 p.m.

Have fun and learn some art skills while adding color to your journal.
Contact: b.cabbage860@passmail.com

Biblical Stargazing

Monday April 6,
Sunday April 12 and Friday April 17
7:30 p.m. – 9:00 p.m.

Exploring the evidence of divine design in constellations of the Bible.

Contact Doug: dmessersmith59@icloud.com
Free

AARP

Monday, April 13 & Friday, April 17
9:00 a.m. – 1:00 p.m.

Update your driving knowledge and skills so you can continue driving safely.

\$20 Members | \$25 Non-Members

Laughter Clinic

Monday April 13
2:00 p.m. – 3:30 p.m.

Merriment/Frivolity using improve exercises and games.

Contact: jonagold4@gmail.com
\$7 Members | \$10 Non-Members

Mizell Kitchen Charcuterie & Cheese boards

Thursday, April 16
Chef Mark Van Laanen—

restaurateur and the visionary behind *On the Mark*, guides you through the art of building a show-stopping charcuterie and cheese board worthy of any occasion.

Early registration is encouraged!
\$25 Members | \$35 Non-Members

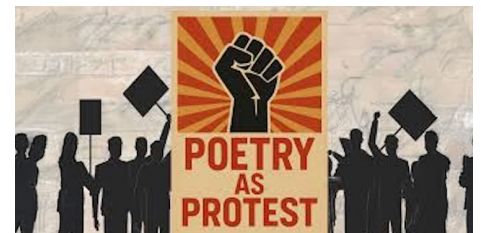
3rd Wednesday Speakers Series: National Poetry Month

Wednesday, April 15
6:00 p.m.

The Revolution Will Not be Televised: Poetry of Protest and Resistance.

Accomplished local poets **Jerome Joseph Gentes, Doris Reed,** and **Lorenzo Taylor** will read their original works and the inspirational protest poetry of Maya Angelou, W.H. Auden, Amiri Baraka, Marti Niemöller, John Trundell, Pedro Pietri, Nikki Giovanni.

\$5 Suggested Donation



Special Events continued

April Birthday Celebrations

Thursday, April 16

11:15 a.m. - 12:15 p.m.

Celebrate April 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!

Lifestream Blood Drive

Saturday, April 18

9:00 a.m. – 2:00 p.m.

Appointments, call 800-879-8444 or
Community Partner: PS Rotary Sun Up

Learn English

Monday, April 20

Wednesday, April 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.

Alzheimer's

(In the Beginning)

Monday, April 20 & 27

1:00 p.m. – 1:45 p.m.

Support group for individuals recently diagnosed with Alzheimer's or are beginning to notice symptoms. Space to discuss what may lie ahead, share concerns while connecting with others facing similar experiences.

Free

Bridge Lessons

Monday, April 20 & 27, May 4

2:00 p.m. – 3:30 p.m.

Learn basic bridge fundamentals – strategic bidding, conventions and good, mannered play. Stimulate your mind while having fun.

\$50 Members | \$75 Non-Members

Oswitt Land Trust Seminar

Monday, April 20

6:00 p.m. – 7:30 p.m.

Join Christina Aiello, PhD, California Wildlife Biologist, discussing wildlife crossings, connectivity, conservation efforts, and how desert drivers can protect wildlife.

Jacky Vee: Bette, Bobby & Broadway

Wednesday, April 22

6:00 p.m.

Jacky Vee, a cabaret favorite, brings his warm vocals and classic showmanship to Mizell with **Bette, Bobby, and Broadway** – a lively mix of hits made famous by **Bette Midler, Bobby Darin,** and beloved **Broadway musicals.** Jacky's signature blend of heart, humor, and nostalgia makes this an uplifting, feel good musical journey for all.

\$12 Members | \$20 Non-Members

Mah Jong Beginners (American)

Saturday April 18 & Sunday April 19

10:00 a.m. – 12:00 p.m.

\$100 Members | \$150 Non-Members

Spiritual Development Circle

Tuesdays, April 7, 14, 21

6:00 p.m. - 7:30 p.m.

On a spiritual journey or curious where it might lead? Explore spiritual awareness & personal growth through guided meditation, intuitive and mediumship practice, healing work, and spiritual topics.

Details at sanctuaryspiritual.com

Sound Bath

Thursday, April 23

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

We Boldly Going Behind the Scenes: Fred Bronson's Star Trek Journey

Wednesday, April 29

6:00 p.m. – 7:30 p.m.

Join legendary writer and Star Trek insider **Fred Bronson** for an unforgettable journey through the franchise's history. A lifelong contributor, Bronson wrote the animated episode "The Counter-Clock Incident" and co-wrote two Next Generation episodes, while working with Gene Roddenberry. From visiting the original set and appearing in Star Trek: The Motion Picture to shaping canon with the creation of Captain Robert April, Bronson shares behind-the-scenes stories, surprising encounters, and personal moments spanning from the original series to Strange New Worlds.

Suggested Donation \$5

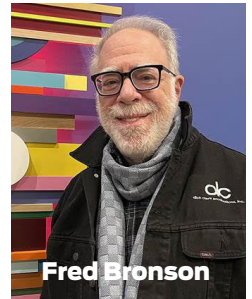
Save the Date!

Pottery Exhibit and Sale

May 10

10:00 a.m. – 1:00 p.m.

Discover the handcrafted pottery of **Don Welsh**, whose Southwest-inspired work blends form, function, and artistry. Each piece reflects warmth, creativity, and human connection, offering timeless designs rooted in the beauty of the desert.



Fred Bronson

Volunteer of the Month

This month, we are proud to honor **Don**, whose eight years of dedicated service have made a meaningful difference at Mizell and in the lives of countless members of our community.



Don
8 Years of Service

Don's appreciation for seniors began early in life when his youth group regularly visited older church members—including his own grandparents. Through those experiences, he came to understand the value of the wisdom, perspective, and life experience seniors have to share. That early influence stayed with him and continues to shape his commitment to serving others.

After retiring from a career in computer science and relocating to Palm Springs, Don began volunteering at Mizell in 2018. He is grateful for all that Mizell offers the community—not only activities, fun, social connection, and education, but also compassion and support during difficult times through counseling, advice, and understanding. Don especially enjoys volunteering at the front desk, where he is often the first friendly face members see. His favorite moments are when someone asks, "What's there to do at Mizell?"—a question that opens the door to connection and engagement.

In addition to volunteering, Don stays actively involved in Mizell programs, particularly Party Bridge and the Mizell Kitchen, further deepening his connection to the community he serves. We are deeply thankful for Don's generosity, enthusiasm, and steady presence, and we are honored to recognize him as our Volunteer of the Month.

Thank you, Don, for eight wonderful years—and counting!

Mah Jong Soirée

An Evening Benefiting Mizell
Friday, April 10

Indulge in a glamorous Friday night of American and Chinese and Mahjong: enjoy beverages, and delectable appetizers—all while supporting Mizell!

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

Event Host: Paul Lowe

Table Hosts: Lynne Arnold, Thomas Edwards, June Gray, Alan Hymowitz, Gary Hymowitz, Joan Reid, Susan & Keith Sanders, Lisa Sparks, Annette Spina, Kevin Stern, Michael Tillison & Peggy Youngberg

Registration at Mizell.org, \$50



Benefitting Mizell Center

BETTE, BOBBY & BROADWAY

Wednesday
April 22, 2026
6:00 p.m. - 7:30 p.m.

Enjoy an evening of the greatest hits from Bette Midler, Bobby Darin, and Broadway.

Refreshments

Jacky Vee



Tickets
Mizell.org
or 760-323-5689

Mizell members \$12
Non-members \$20

480 S. Sunrise Way
Palm Springs, CA 92262

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

Learn English

9:00 a.m. – 10:30 a.m.

For older adults. Free

Energetic Flow

10:00 a.m. – 10:45 a.m.

Inspired by Tai Chi to build strength in the feet, ankles, legs.

\$6 Members | \$10 Non-Members

AA Women's Emotional Sobriety

11:00 a.m. – 12:00 p.m.

Chair Yoga with Carol

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

Alzheimer's

(In the Beginning)

1:00 p.m. – 1:45 p.m.

Support group for individuals recently diagnosed with Alzheimer's.

\$3 Members | \$5 Non-Members

Bridge Lessons

April 20, 27 and May 4

2:00 p.m. – 3:30 p.m.

\$45 Members | \$75 Non-Members

Laughter Clinic

2:00 p.m.–3:30 p.m.

Monday April 13

\$15 Members | \$20 Non-Members

Alzheimer's Caregivers

2:30 p.m.–4:30 p.m.

Call 760-996-0006

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

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

Spiritual Development Circle

Tuesday, April 7, 14, 21, 28

6:00pm-8:00 p.m.

Explore spiritual growth through guided meditation and spiritual topics.

Information:

SanctuarySpiritual.com

Wednesday

Cribbage

8:30 a.m.–11:30 a.m.

\$3 members | \$5 non-member

Learn English

9:00 a.m. – 10:30 a.m.

Geared towards older adults. Free

Everyone Can Meditate

10:00 a.m. – 10:45 a.m.

\$6 Members | \$10 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 Floor Mat

12:00 p.m. – 12:45 p.m.

\$6 Members | \$10 Non-Members

Yoga Stretch

Gentle chair yoga for Seniors

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

Better Brain & Balance

April 1, 8, 15, 22, 29

1:00 p.m.–1:45 p.m.

\$8 Members | \$12 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 Library

Program Free

Thursday

Senior Fit Plus

8:00 a.m.–8:45 a.m.
\$5 Members | \$8 Non-Members

French (Beginners)

* Resumes September 2026.
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

April Birthday Celebrations

3rd Thursday
11:15 a.m. - 12:15 p.m.
Celebrate April birthdays courtesy of Billhartz Insurance Agency

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 Front Desk
Free

Thursday continued

Spanish (Advanced)

10:30 a.m.–11:45 a.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

Sound Bath

Thursday April 23
4:00 p.m. – 5:00 p.m.
\$10 Members | \$15 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
\$100 Members | \$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

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.

Saturday

Mahjong Lessons (American)

April 18, 19

10:00 a.m.–12:00 p.m.

\$100 Members | \$150 Non mem.

Art Journaling

2nd and 4th Saturdays

10:00 a.m. – 12:00 p.m.

b.cabbage860@passmail.com

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

Overeaters 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

The Importance of Pollinators

Thursday, April 9

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

A lecture presented by Jack Fitzsimmons of The Xerces Society for Invertebrate Conservation in partnership with the 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 Kitchen Series

HANDS-ON | BEGINNER-FRIENDLY | FUN

3-5 PM

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

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

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