



Special Events

Senior Summer Camp – Mizell Center & City of Palm Springs

Monday, June 1–July 13
9:00 a.m.–12:30 p.m.

A fun, camp-inspired experience designed for older adults featuring a mix of fitness, creative workshops, games, and social activities. Learn new skills, stay active and connect with others.

Information: Ectors@Mizell.org

Italian Conversation

Wednesdays, June 3, 10, 17 & 24
1:00–2:30 p.m.

Speakers of all levels—beginners building confidence to native speakers wanting connection. Improve fluency through conversation and supportive practice. A welcoming space to speak, listen, and engage with others.
\$3 Members | \$5 Member

Pink Saturday

Saturday, June 6
5:00–8:00 p.m.

Pink-themed fundraising party with proceeds benefitting Mizell Center and its Meals on Wheels program. Event hosted by [Richmond/Ermet Aid Foundation \(REAF\)](#).

www.eventbrite.com/e/house-party-ps-pink-saturday-4-tickets-1985538198200



HARP Conference

Saturday, June 13
10:00am–3:00pm

“The HIV+ Aging Research Project (HARP), in partnership with The Well Project host “SHE” is Women’s Conference. “SHE” stands for Sharing, Healing, Experience and brings together women living with HIV, women affected by HIV, allies, caregivers, advocates, and healthcare professionals for a day focused on empowerment, wellness, storytelling, education, and community connection. Local community partners will provide HIV-related resources, services, and support.

Registration at [Eventbrite](#).

Pilates

Monday, June 15, 22 & 29
9:00–9:45 a.m.

Pilates teaches functional movements to strengthen your core and improve your posture. Typically performed on a floor mat or with the use of specialized apparatus. Improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back. Slow, controlled movements.
\$6 Members | \$10 Non-Members

Not your Mama’s Step Class

Monday, June 15, 22, & 29
10:00–10:45 a.m.

This Step class is a high-energy, low-impact workout that involves stepping up, over, and down from a raised, adjustable platform in time with upbeat music. Build

lower-body strength, improve coordination, and burn calories without putting heavy stress on your joints. Ready to “step-up” your workout?

\$6 Members | \$10 Non-Members

Strength, Muscle & Women’s Health:

Tuesday, June 16
10:00–11:30a.m.

Dr. Rachel Faber of [Muscle Is Medicine](#) leads an empowering talk exploring how building and maintaining muscle supports bone density, cognitive function, and metabolic health—after menopause. Learn to cut through common fitness and nutrition myths for women over 40 and gain practical, approachable strategies to begin strength training safely at any level.

Free

Barbara Gothard Contradictions: Bringing the Past Forward

Tuesday, June 16
5:30 p.m. Viewing & Reception
6:00 p.m. Program

This Juneteenth, Mizell Center deepens its celebration of freedom by welcoming Palm Springs artist Barbara Gothard, whose work explores African American homesteaders who migrated to the Mojave Desert in the early 1900s. Her multimedia project, uncovers stories of resilience, land ownership and self-determination. These values are deeply aligned with the spirit of Juneteenth.

Special Events continued

No Water No Rescue

Wednesday, June 17

6:00–8:00 p.m.

This documentary examines the devastating Eaton Canyon Fire of January 7, 2025, which ravaged northwest Altadena and left lasting grief and unanswered questions. Through personal narration and firsthand interviews, Stephanie Cunningham-Strange shares her experience of that day and the community's ongoing recovery. Benefit screening supports the final stages of post-production.

For more information:

626-460-9734; or Email:

stephaniecunningham554re@gmail.com,

Eventbrite: "No Water No Rescue"

June Birthday Celebrations

Thursday, June 18

11:15 a.m.–12:15 p.m.

Celebrate May 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

*Receive a \$30 Lowes Gift Card

Saturday, June 20

9:00 a.m.–2:00 p.m.

Your donation is essential to this drive and will save lives. Every drop counts for surgical and cancer patients, accidents victims, burn survivors and even newborn babies.

Schedule your appointment by calling 800-TRY-GIVING.

Sound Bath

Thursday, June 25

4:00–5:00 p.m.

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

\$10 Members | \$15 Non-Members

Barbara Gothard Contradictions: Bringing the Past Forward

Tuesday, June 16

5:30 p.m. Viewing and Reception

6:00 p.m. Program

This Juneteenth, **Mizell Center** deepens its celebration of freedom by welcoming Palm Springs artist **Barbara Gothard**.

As a creative whose work explores African American home-stealers who migrated to the Mojave Desert in the early 1900s, Gothard brings a powerful and often overlooked chapter of Black western history to light. Her multimedia project, *Contradictions—Bringing the Past Forward*, uncovers stories of resilience, land ownership and self-determination. These values are deeply aligned with the spirit of Juneteenth.

Juneteenth marks the moment enslaved people in Texas were informed of their freedom, but it also symbolizes the long journey toward true equality and opportunity. Gothard's research into African American settlers who moved west in search of land and autonomy reflects what freedom looked like in action decades after emancipation. Her work



connects the celebration of liberation to the lived reality of building communities, claiming space, and pursuing economic independence in places like Palm Springs and the surrounding desert region. Gothard helps audiences see freedom not just as a historical event but as an ongoing movement expressed through migration, creativity, and community building. Her visual storytelling offers a bridge between past and present—inviting reflection, pride, and dialogue. Through art and history combined, she can illuminate how the journey from emancipation to western settlement continues to shape the cultural landscape of the Coachella Valley.

Reservations required at Mizell.org. Suggested donation \$10

SAVE THE DATE!

Mizell's Got Talent

Wednesday, July 22

6:00–8:00 p.m.

It's Showtime! Mark your calendars for **Mizell's Got Talent**. Join us for a fun, high-energy showcase where Mizell members and volunteers share their singing, dancing, comedy, and more for cash prizes. We're looking for performers—so if you've got a talent, big or start practicing now. There are 15 slots available on a first come first serve basis.

Prizes are \$150 1st place, \$100 2nd place, and \$50 3rd.

This lively community event is sure to be a summer highlight.

Contact harveya@mizell.org for more information.

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

Monday

Fun & Fit 55 Plus

8:00–8:45 a.m.

Donation to Instructor

Walking Aerobics

* Resumes September 2026

9:00–9:45 a.m.

\$6 Members | \$10 Non-Members

Energetic Flow

*Resumes October 2026

10:00–10:45 a.m.

Inspired by Tai Chi to build

strength in the feet, ankles, legs.

\$6 Members | \$10 Non-Members

Chair Yoga

1:00–1:45 p.m.

\$6 Members | \$10 Non-Members

Alzheimer's (In the Beginning)

1st and 3rd Mondays

Monday June 1 and June 15

Monday July 6 and July 20

Monday August 3 and August 17

1:00–1:45 p.m.

Support group for individuals

recently diagnosed with Alzheimer's.

Free

Alzheimer's Caregivers

2:30–4:30 p.m.

Call 760-996-0006

Free

Tap Dance

4:30–5:15 p.m.

\$6 Members | \$10 Non-Members

Hula Dance *

*Resumes August 2026

5:00–7:00 p.m.

* Mizell Rental Partner

Tuesday

Senior Fit Plus

8:00–8:45 a.m.

\$5 Members | \$8 Non-Members

Walking Aerobics

9:00–9:45 a.m.

\$6 Members | \$10 Non-Members

Better Brain & Balance

*Resumes October 2026

9:00–9:45 a.m.

\$8 Members | \$12 Non-Members

Line Dance (Beginners)

9:00–10:00 a.m.

\$6 Members | \$10 Non-Members

Line Dance (High Beginners)

10:00–10:45 a.m.

\$6 Members | \$10 Non-Members

Behrend Computer Tutor

10:00–12:00 p.m.

\$15 Members | \$25 Non-Members

Party Bridge

1:00–3:00 p.m.

Room Access 12:45PM

\$3 Members | \$5 Non-Members

Mah Jongg (American)

1:00–3:00 p.m.

Room Access 12:45PM

\$3 Members | \$5 Non-Members

Tai Chi (Beginners)

*Resumes October 2026

1:00–1:45 p.m.

\$6 Members | \$10 Non-Members

Tai Chi (Intermediate)

*Resumes October 2026

2:00–2:45 p.m.

\$6 Members | \$10 Non-Members

Tai Chi (Advanced)

*Resumes October 2026

3:00–3:45 p.m.

\$6 Members | \$10 Non-Members

Wednesday

Cribbage

8:30–10:30 a.m.

\$3 members | \$5 non-Members

American Sign Language Beginners

*Resumes October 2026

10:30–12:00 p.m.

\$40 Members | \$60 Non-Members

Family Hospice Care Bereavement Support Group

11:00–12:15 p.m.

Free. Call T.R. Barton

to register: 760-674-3344

Yoga-Stretch Floor Mat

12:00–12:45 p.m.

\$6 Members | \$10 Non-Members

Yoga Stretch

Gentle chair yoga for Seniors

1:00–1:45 p.m.

\$6 Members | \$10 Non-Members

Abstract Art Class

*Resumes October 2026

1:00–3:00 p.m.

6 Session Series

\$125 Members | \$165 Non-Members

Mah Jongg (Chinese)

Open Play

2:00–4:00 p.m.

Palm Springs Public Library

Program

Free

Thursday

Senior Fit Plus

8:00–8:45 a.m.

\$5 Members | \$8 Non-Members

French (Beginners)

* Resumes September 2026.

9:00–10:00 a.m.

\$80 Members | \$100 non-members

French (Conversational)

* Resumes September 2026

11:00 a.m.–12:00 p.m.

\$3 Members | \$5 non-members

Better Brain & Balance

*Resumes October 2026

9:00–9:45 a.m.

\$8 Members | \$12 Non-Members

Walking Aerobics

9:00–9:45 a.m.

\$6 Members | \$10 Non-Members

Behrend Computer Tutor

10:00–12:00 p.m.

\$15 Members | \$25 Non-Member

Parkinson's Round Table

10:00–11:30 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

June Birthday Celebrations

Thursday, June 18

Thursday, July 16

Thursday, August 20

11:15 a.m.–12:15 p.m.

Celebrate May birthdays courtesy of Billhartz Insurance Agency

HICAP Medicare Counseling

1st and 3rd Thursdays

Register at Front Desk

Free

Thursday continued

Spanish (Advanced)

* Resumes October 2026

10:30–11:45 a.m.

\$100Members | \$125 Non-Members

Spanish (Advanced Plus)

* Resumes October 2026.

12:00–1:15 p.m.

\$100Members | \$125 Non-Members

Spanish (Los Estudiantes)

Study Group

1:15–3:15 p.m.

\$3 Members | \$5 Non-Members

Tai Chi (Beginners)

*Resumes October 2026

1:00–1:45 p.m.

\$6 Members | \$10 Non-Members

Tai Chi (Intermediate)

*Resumes October 2026

2:00–2:45 p.m.

\$6 Members | \$10 Non-Members

Tai Chi (Advanced)

*Resumes October 2026

3:00–3:45 p.m.

\$6 Members | \$10 non-members

Sound Bath

Thursday June 25

Thursday July 23

Thursday August 27

4:00–5:00 p.m.

\$10 Members | \$15 Non-Members

Friday

Fun & Fit 55 Plus

8:00–8:45 a.m.

Donation to Instructor

Open Art Studio

8:30–10:30 a.m.

\$3 Member | \$5 Non-Member

Spanish (Beginners)

* Resumes October 2026

9:00–10:15 a.m.

8 Week Series

\$100 Members | \$125 Non-Members

Irish Dance for All

* Resumes October 2026

9:00–9:45 a.m.

\$6 Members | \$10 Non-Members

Line dance - Improver

9:15–10:00 a.m.

\$6 Members | \$10 Non-Members

Line dance

Intermediate Level

10:00–10:45 a.m.

\$6 Members | \$10 Non-Members

Spanish (Intermediate)

* Resumes October 2026

10:30–11:45 a.m.

8 Week Series

\$100 Members | \$125 Non-Members

Chair Yoga

12:00–12:45 p.m.

\$6 Members | \$10 Non -Members

Mah Jongg (American)

11:00a.m.–1:00 p.m.

\$3 Members | \$5 Non -Members

Saturday

Mahjong Lessons (American)

Saturday & Sunday June 20, 21
Saturday & Sunday July 18, 19
Saturday & Sunday August 15, 16
10:00 a.m.–12:00 p.m.

\$100 Members | \$150 Non mem.

Global Truth Now

*new name: **New Thought Now**

Weekly

4:00–6:00 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

9:00–10:00 a.m.

Coffee House Rabbi

Sunday June 7

* Then resumes October 2026

10:30 a.m.–12:00 p.m.

Discussions on Jewish scriptures.

Information: rabbisally.com

* Mizell Rental Partner

Progressive Gospel Circle

* Resumes September 2026

4th Sunday

12:00–1:00 p.m.

Information: Reverend Perry

Plang@earthlink.net

SGI-USA

Palm Valley Chapter

1st Sunday

1:30–3:30 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

Summer Lovin’ Grazing Platter

Thursday, June 11

2:30–4:30 p.m.

Summer Lovin’ Grazing Platter
with Chef Tanya. Fun ideas on
what and how to eat when it’s
hot outside! Demo and tasting!

Mah Jong Open Play

Wednesdays

2:00–4:00 p.m.

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

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.

Visit PalmSpringsLibrary.org

for full event listings.



MIZELL'S Upcoming HOLIDAY HOURS & SUMMER SCHEDULE Changes

Mizell Center will be closed on Friday, June 19
in observance of Juneteenth. **There will be no lunch service.**

We will reopen on Monday, June 22 at 8:00 a.m.

**Mizell is observing summer hours on Fridays and will
close each Friday at 1:00 p.m. through September 25.**

With the season change, some class and activity schedules
will change. Please refer to the monthly **Program Guide**
to stay informed, or speak with an Information &
Referral volunteer at **760-323-5689.**

Volunteers of the Month

Behind the Scenes

At Mizell, some of the most important work happens quietly, behind the scenes, carried out by volunteers who rarely seek recognition and never ask for applause. These are the individuals who arrive each week to scrub the industrial pots used to prepare meals, break down endless boxes for recycling, water plants, sweep sidewalks, organize supplies, file paperwork, assist with administrative tasks and help keep daily operations running smoothly. Their work may not always be visible to

the public but without their dedication, many of our programs would not be possible. They are the steady hands and generous hearts that help ensure our mission continues uninterrupted.

Mizell volunteers represent the very best of the spirit of volunteerism — humble, dependable, compassionate, and deeply committed to helping others. They remind us that true service is about showing up, caring for community, and doing whatever is needed to make a difference. The spirit of volunteerism is alive at Mizell and we are profoundly grateful for their kindness, generosity, and unwavering support. These unsung heroes may work quietly, but their impact is felt loudly throughout everything we do.



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