



## Special Events

### **Genealogical Society Californian Pioneer Certificate Program**

**Saturday May 2**

**10:00 a.m. - 12:00 p.m.**

Have an ancestor who was in California before 1850? you may qualify for a California Pioneer Certificate. Colin Whitney, who chairs the California Pioneer Certificate Program, will explain the program works and what documentation you need to qualify.

### **Mah Jong Beginners (American)**

**Saturday May 1 & Sunday May 3**

**Saturday May 16 & Sunday May 17**

**10:00 a.m. – 12:00 p.m.**

\$100 Members | \$150 Non-Members

### **Learn English**

**Saturday May 2 or Saturday May 16**

**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.

### **AA Women's Emotional Sobriety**

**Monday, May 4, 11, & 18**

**11:00 a.m. – 12:00 p.m.**

Free

### **Alzheimer's (In the Beginning)**

**Monday, May 4 & 18**

**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

### **Laughter Yoga**

**Monday May 4, 11 & 18**

**12:00 p.m. – 12:45 p.m.**

Merriment/Frivolity using improv exercises and games.

### **Yoga-Stretch Floor Mat**

**Wednesday, May 6, 13, 20 & 27**

**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

### **SunLine Transit**

**Thursday, May 7**

**10:30am to 12:00 p.m.**

SunLine Transit Agency is reimagining its bus system. Meet representatives, share your input, and complete a short survey to help shape a more accessible, responsive transit system for the community.

Free

### **A Cabbello In Concert Broadway Lights the Way Project Connect**

**Saturday, May 9**

**11:30am to 12:30 p.m.**

A celebration of the power of musical theatre to reflect who we are and who we can be. Inspiring songs and meaningful stories of love, justice, and belonging, **A Cabbello** shines a light on hope, heart, and our shared humanity. Free  
RSVP Required: 760-323-5689

### **Lifestream Blood Drive**

**Saturday, May 9**

**9:00 a.m. – 2:00 p.m.**

Appointments, call 800-879-8444

### **Pottery Exhibit and Sale**

**Sunday May 10**

**10:00 a.m. – 1:00 p.m.**

**Monday May 11**

**9:00 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.

### **Mizell Kitchen**

### **Pasta & Southern Italian Foods**

**Monday May 18**

**3:00 p.m. to 5:00 p.m.**

Season Finale: A hands-on Southern Italian pasta experience led by **Chef Mark Gavigan**, (Bread & Flours). Guests learn to make fresh pasta, explore Italian culinary traditions and enjoy a shared meal with wine.

\$85 Members | \$115 Non-Members

## Special Events continued

### Previously Important Person

Wednesday, May 20  
7:00 p.m.

An evening of storytelling by  
essayist/humorist/author

**Adam Borstein.**

\$10 Members | \$15 Non-members

### Italian Conversation

Thursday, May 21  
10:00am to 11:30am

Speakers of all levels—beginners  
building confidence to native  
speakers wanting connection.  
Improve fluency through con-  
versation and supportive practice.

A welcoming space to speak,  
listen, and engage with others.

\$3 Members | \$5 Member

### May Birthday Celebrations

Thursday, May 21  
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!

### Sound Bath

Thursday, May 21 or 28  
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

### SAVE THE DATE

### Senior Summer Camp – Mizell Center & City of Palm Springs

Monday, June 1–July 13  
8:30 a.m. - 1:00 p.m.

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

Information: [Ectors@Mizell.org](mailto:Ectors@Mizell.org)

### Pink Saturday

Saturday, June 6  
5:00 p.m. -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](http://www.eventbrite.com/e/house-party-ps-pink-saturday-4-tickets-1985538198200)



### Strength, Muscle & Women's Health:

Tuesday, June 16  
10:00 a.m. -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 meno-  
pause. 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

## National Senior Fitness Day

Open House at Mizell  
Wednesday, May 27

We're kicking off the morning  
with a special Walk from  
8:00 to 8:45 A.M. Led by  
**Safe Routes for All.** This  
engaging session focuses on  
smart, confident walking  
practices and includes the  
exciting launch of **Mizell's  
Women's Walking Group.**

After the walk, stay and  
enjoy a light continental  
breakfast with coffee, pastries,  
and juice as we connect and  
ease into the day.

At 9:30 A.M., our **Open  
House** begins, featuring a full  
day dedicated to movement,  
wellness, and community.  
A free drop-in class every 45  
minutes, giving you the op-  
portunity to explore a variety  
of programs, including:

- Chair Yoga
- Floor Mat Yoga
- Fit After 50
- Pilates
- Tai Chi
- Sound Bath
- Tap Dance
- Table Tennis

This event celebrates senior  
fitness and encourages  
healthy, active living at every  
age. Come for the walk, stay for  
a class or two—or spend the  
whole day moving, connecting,  
and trying something new in a  
welcoming environment.

Let's keep our bodies  
moving and our muscles  
strong—together.

# Monday

## Fun & Fit 55 Plus

8:00 a.m.–8:45 a.m.

Donation to Instructor

## Walking Aerobics

\* Resumes September 2026.

9:00 a.m.–9:45 a.m.

\$6 Members | \$10 Non-Members

## 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. – 11:45 a.m.

## Chair Yoga

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

## Alzheimer's (In the Beginning)

Monday May 4 and Monday 18

1:00 p.m. – 1:45 p.m.

Support group for individuals recently diagnosed with Alzheimer's.

Free

## 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 \*

\*On hiatus June & July

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)

\*Ends May 19

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

## Tai Chi (Intermediate)

\*Ends May 19

2:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

## Tai Chi (Advanced)

\*Ends May 19

3:00 p.m.–3:45 p.m.

\$6 Members | \$10 Non-Members

# Wednesday

## Cribbage

8:30 a.m.–10:30 a.m.

\$3 members | \$5 non-Members

## American Sign Language Beginners

10:30 a.m.–12:00 p.m.

\$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

## 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

## Abstract Art Class

\* Resumes October 2026.

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)

\* Resumes September 2026.

11:00 a.m.–12:00 p.m.

\$3 Members | \$5 non-members

## Better Brain & Balance

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

## May Birthday Celebrations

Thursday, May 21

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 a.m.–11:45 a.m.

\$100Members | \$125 Non-Members

## Spanish (Advanced Plus)

\* Resumes October 2026.

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)

\* Ends May 19

1:00 p.m.–1:45 p.m.

\$6 Members | \$10 Non-Members

## Tai Chi (Intermediate)

\* Ends May 19

2:00 p.m.–2:45 p.m.

\$6 Members | \$10 Non-Members

## Tai Chi (Advanced)

\* Ends May 19

3:00 p.m.–3:45 p.m.

\$6 Members | \$10 non-members

## Sound Bath

Thursday May 28

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)

\* Resumes Octoberr 2026.

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)

\* Resumes Octoberr 2026.

10:30 a.m.–11:45 a.m.

8 Week Series

\$100 Members | \$125 Non-Members

## Chair Yoga

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)

Saturday May 2 & Sunday May 3  
Saturday May 16 & Sunday May 17  
10:00 a.m.–12:00 p.m.

\$100 Members | \$150 Non mem.

## 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

## 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](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

# 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

### Genealogical Society Californian Pioneer Certificate Program

Saturday May 2

10:00 a.m. - 12:00 p.m.

Have an ancestor who was in California before 1850? you may qualify for a California Pioneer Certificate. Colin Whitney, who chairs the California Pioneer Certificate Program, will explain the program works and what documentation you need to qualify.

### 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.



# Mizell Kitchen Series

HANDS-ON | BEGINNER-FRIENDLY | FUN

**Chef  
Mark Gavigan**

Space is limited! Reserve your spot today.

Bring your enthusiasm. Leave as an expert.

\$85 Members | \$115 Non-Members

## *Pasta & Southern Italian Foods*

Monday May 18 3:00 p.m. – 5:00 p.m.

In this immersive, hands-on experience, **Chef Mark Gavigan (Bread & Flours)** invites you into the heart of Southern Italian cuisine.

The evening begins with a warm welcome and a toasting glass of Prosecco and light bites, followed by a brief and engaging look at the history and culture of Southern Italian food.

Chef Mark will then demonstrate how to prepare fresh, homemade pasta. Participants will make their own pasta to take home and then sit down to enjoy a light supper featuring freshly made pasta served with a selection of house-made bakery sauces. This class is designed to be social—a perfect blend of learning, cooking, and dining together.

## Volunteers of the Month

Record-Breaking  
Tax Season Powered by  
Dedicated Volunteers

Mizell extends its sincere appreciation to nine exceptional volunteers. This team of CPAs, accounts and tax experts generously contributed their time this tax season by providing free tax-assistance services to our community.

**Don Barrett**  
**Richard Cain**  
**David Combs**  
**Bernice Duckrow**  
**Donna Faith Eldredge**  
**Ken McCauley**  
**Russ Platt**  
**Scott Torgan**  
**and Harry Trines**

Thanks to this group of volunteers this year's tax season at Mizell was a tremendous success. The team filed a record 505 current-year federal tax returns and 488 state returns. In addition, they assisted 35 taxpayers who ultimately did not file at Mizell but received valuable guidance. We are deeply grateful for this partnership and for the meaningful impact this exceptional team makes year after year.

**Acabbello**  
THE DESERT'S PREMIERE MEN'S VOCAL ENSEMBLE

**BROADWAY LIGHTS THE WAY**

**OPENING NIGHT** **FREE CONCERT**

**Free Concert**  
**Saturday, May 9, 2026**  
**11:30 AM**  
**Mizell Center**  
**RSVP Required | 760-323-5689**

**PROJECT CONNECT**  
Touching Hearts

**Acabbello**  
A CABBELLO  
IN RESIDENCY | MIZELL CENTER

## **Mizell** 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](http://Mizell.org), Program Office or 760-323-5689