



Special Events

Senior Summer Camp – Mizell Center & City of Palm Springs

Mondays, July 6 and 13
9:00 a.m.–1:00 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

July Birthday Celebrations

Thursday, July 16
11:15 a.m.–12:15 p.m.

Celebrate July 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 \$25
Target Gift Card**
Saturday, July 18
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
Community Partner| Palm Springs
Rotary Club – Sun Up.**

Heart Health Talk & Breakfast

Friday, July 10
9:00 – 9:45a.m.



Have you or someone you know experienced shortness of breath, fatigue, swelling in the legs, or other heart-related concerns? Join us for an informative and easy-to-understand presentation about heart health and a lesser-known condition Transthyretin Amyloid Cardiomyopathy (ATTR-CM), a heart condition often mistaken for normal aging. Know the signs. Know your heart. Know when to speak to a doctor.

This Pfizer Community Connect Program presentation will help you better understand the warning signs and symptoms of ATTR-CM.

Whether you're interested in learning more about your own health, supporting a loved one, or simply enjoying a morning of learning and connection, we hope you'll join us.

A complimentary breakfast will be served immediately following the presentation.

Hosted by Pfizer

Attendance at the presentation is required to participate in breakfast. Please sign up at the Front Desk or email Harveya@mizell.org

Sound Bath-Selfcare

Saturdays, July 11 and August 8
***Mizell Center at The Sukha Life Studio**
11:00 a.m.–12:00 p.m.

Welcome to a warm, nurturing space where every detail has been thoughtfully prepared for your comfort-plush mats, supportive bolsters, soft pillows, eye pillows, cozy blankets, and organic herbal chai tea. The session opens with a gentle invitation to breathe slowly and deeply, followed by a guided relaxation that encourages the body to let go of holding. No pushing. No processing. Just rest. As sound begins to flow, you're invited to receive the frequencies in whatever way your body needs.



The experience supports deep relaxation, subtle recalibration, and a sense of being cared for on a nervous-system level. This is time set aside for you. Unrushed. Unstructured. Self-care doesn't have to be active to be powerful-it can be as simple as allowing yourself to rest. Come dressed comfortably - soft, loose layers work best.

\$10 Members | 15 Non-Members
*** The Sukha Life Studio is located at 2500 N Palm Canyon Drive, Suite D4, Palm Springs, CA 92262.**

Please arrive 10 minutes before session start time. Doors lock promptly at start time and we're unable to accommodate late arrivals

Barbara Gothard Contradictions: Bringing the Past Forward

On Exhibit Thru July 17

Mizell Center welcomes Palm Springs artist **Barbara Gothard**. As a creative whose work explores African American homesteaders 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.

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.

Exciting Improvements Coming to Mizell.

Beginning in late-August or early September, **construction will begin on new solar parking canopies in the Mizell/Sunrise Park parking lot**. This City of Palm Springs Measure J-funded project will provide additional shaded parking while significantly reducing Mizell's electricity costs.

The project is expected to last 10-12 weeks. During construction, approximately 175 feet of parking spaces in the center and south portions of the lot will be unavailable. Visitors are encouraged to plan ahead, arrive early, and be prepared to use alternate parking, including the Ramon Service Road south of Mizell, if needed.

As planning progresses and the start of construction nears, we will share more specifics on timing and impacts.

We are grateful to the City of Palm Springs for its support and thank our community in advance for its patience as we complete this important improvement. Additional details will be shared as the project date approaches

Aunt Betty's Thrift Store Temporary Closure & Reopening Sale

Aunt Betty's Thrift Store will be **temporarily closed from Monday, July 27 through Friday, July 31** as we reorganize, refresh, and prepare the shop for an exciting new season.

During this brief closure, volunteers will be updating displays, reorganizing merchandise and creating an even better shopping experience for our customers. We appreciate your patience while we make these improvements.

We'll reopen Monday, August 3 and you're invited to celebrate with us during our reopening sale! Enjoy 50% off all merchandise and be among the first to browse our refreshed selection of treasures and unique finds.

Your Support Matters

Mizell continues to thrive because of our donors, members and volunteers. For five decades, you have shaped who we are—not only by participating in programs and services but by sharing ideas, offering feedback and inspiring us to grow in meaningful ways. We are deeply grateful for the trust you place in us and for the creativity, wisdom and sense of community you bring through our doors every day.

The most successful senior centers are those that listen, adapt and evolve alongside the people they serve. Mizell has always embraced that philosophy and your voices continue to guide our future.

Register for programs, classes or events: [Mizell.org](https://www.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

Chess

10:00–11:30 a.m.

Open Play. All Levels

Chair Yoga

1:00–1:45 p.m.

\$6 Members | \$10 Non-Members

Alzheimer's (In the Beginning)

1st and 3rd Mondays

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

9:00–9:45 a.m.

\$8 Members | \$12 Non-Members

Line Dance (Beginners)

* Resumes September 2026

9:00–10:00 a.m.

\$6 Members | \$10 Non-Members

Line Dance (High Beginners)

* Resumes September 2026

10:00–10:45 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

1:00–3:00 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 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

12:00–12:45 p.m.

\$6 Members | \$10 Non-Members

Yoga Stretch

Gentle chair yoga for Seniors

* Resumes September 2026

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 Jong (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

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

*Resumes August 2026

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

July Birthday Celebrations

Thursday, July 16

Thursday, August 20

11:15 a.m.–12:15 p.m.

Celebrate July 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

Saturday July 11

Saturday August 8

11:00 a.m.–12:00 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

* Resumes September 2026

9:15–10:00 a.m.

\$6 Members | \$10 Non-Members

Line dance

Intermediate Level

* Resumes September 2026

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 Jong (American)

10:00a.m.–1:00 p.m.

\$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

Mah jong Lessons (American)

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

* 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

Mah Jong Open Play

* Resumes September 2026

Wednesdays

2:00–4:00 p.m.

Play Chinese Mah Jong, and sharpen your skills.

Some game sets available or bring your own.



MIZELL'S Upcoming HOLIDAY HOURS & SUMMER SCHEDULE Changes

**Friday, July 3 | Mizell Closed in
Observance of Independence Day**

**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 &

Office Hours: Questions, Ideas & Support

Have questions about Mizell Center programs, membership,
operations or want to share your experience with us?

Meet with our Director of Operations & Programs

during Office Hours. This is an opportunity to ask questions,

Learn more about our services, provide feedback or
simply connect with our team.

Monday's July 6, 13, 20 and 27 9:00–10:30 a.m.

Appointments are encouraged and may be scheduled through
our Information & Referral Volunteers, located at
the **front desk** or by calling **760-323-5689**.

Volunteer of the Month

Jason



Few people light up a room the way Jason does. Jason has a big, easy smile that seems to brighten the whole building the moment he walks in. It's the kind of

smile that makes people feel seen, welcomed, and instantly at ease. Since joining us in 2007, Jason has become one of the most beloved members of our volunteer family—someone whose kindness, consistency, and genuine warmth have made a lasting impact on our community.

Jason came to Palm Springs from Topeka, Kansas, drawn by the sunshine and a change of pace. Before moving west, he spent ten years with Residence Inn and later volunteered at West Topeka

High School, where he managed sports equipment. Service has always been part of his life and Mizell quickly became the place where his spirit found a new home.

He first volunteered in Aunt Betty's Thrift Store but it didn't take long for him to discover his true calling in the dining room. Today, Jason's favorite role is delivering beverages to our lunch diners—an assignment he approaches with pride and joy. He believes Mizell's daily lunch program is one of the most meaningful services we offer, providing not only nutritious meals but also friendship, routine, and community for local seniors.

When he's not volunteering, Jason enjoys walking and bowling and he never misses a good show. His favorite Mizell events are the concerts and he especially loved Jackie Vee's performance in April.

Jason's dedication, heart, and ever-present smile remind us what volunteerism looks like at its best. We are grateful for everything he brings to Mizell—and we're proud to honor him as our Volunteer of the Month.



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