

## Special Events

### **Mahh Jongg Lessons (American)**

**Saturday, August 1 & Sunday August 2  
10:00 a.m. – 12:00 p.m.**

Semi-private lessons taught in a relaxed and friendly setting. New to the game or looking for a refresher, you'll build confidence while learning the basics.  
\$100 Members | \$150 Non-Members

### **August Birthday Celebrations**

**Thursday, August 20  
11:15 a.m.–12:15 p.m.**

Celebrate August 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, August 22  
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.**

### **Mizell Kitchen | Fall 2026**

Mizell Kitchen returns with a new season of hands-on culinary and educational experiences. Designed to inspire creativity, spark curiosity and bring people together, the



series offers something for everyone—from growing fresh ingredients at home to mastering favorite recipes and exploring gourmet traditions.

We are grateful to the remarkable chefs and culinary experts who donate their time and talent to make this series possible. A heartfelt thank you goes to grower Miriam Wiegel, Chef Chris Flowers, and Chef Verna, Caviar Sommelier for sharing their expertise and passion with our community.

**September 21  
Microgreens**

**October 25  
Scrumptious Biscuits**

**November 16  
Best Brownies & Blondies Ever**

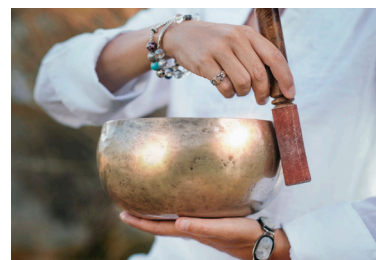
**December 17  
Caviar & Champagne**

### **Sound Bath-Selfcare**

**Saturday, 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

## Save the date! Mizell Concert Series – Patrice Morris

Thursday, October 8  
5:30 p.m. Reception  
6:00 p.m. Performance

New music program featuring some of the Valley's premier vocalists. Enjoy unforgettable evenings experiencing an array of performers and musical genres. The one constant: great music, community and entertainment.

The series launches Thursday, October 8, with acclaimed vocalist Patrice Morris. A former member of the legendary group 5th Dimension. Morris captivates audiences with her powerful voice, dynamic stage presence and versatile repertoire spanning jazz, pop and contemporary favorites. Her remarkable career makes her the perfect artist to inaugurate this series.

An extraordinary season of music featuring **Patrice Morris** October 8, **Chris Bennett & Bill Marx** December 10, **Hope Diamond** February 11 and **Frank Mamone & Angie Delaire** April 8.

## 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.

## Aunt Betty's Thrift Store Temporary Closure & Reopening Sale

Aunt Betty's Thrift Store will be **temporarily closed from Monday, July 27 through Friday, August 7** 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 10** 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.



# Concert Series | 2026 2027



OCT 8, 2026

PATRICE MORRIS

Queens of Soul



DEC 10, 2026

CHRIS BENNETT  
& BILL MARX

Something Wonderful



FEB 11, 2027

HOPE DIAMOND

Down-Home Blues



APR 8, 2027

FRANKIE MAMONE  
& ANGIE DELAIRE

Heart to Heart

# 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

## **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 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 \***

Mondays and Thursdays

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**

\* Resumes October 2026

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

## **Mahjong (Chinese)**

Open Play

\* Resumes September 2026

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, 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 August 8

11:00 a.m.–12:00 p.m.

\$10 Members | \$15 Non-Members

### Hula Dance \*

Thursdays and Mondays

5:00–7:00 p.m.

\* Mizell Rental Partner

## 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 Jongg (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 Jongg 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.

## **New Thought Now**

(Formerly Global Truth 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](http://www.globaltruthcenter.org)**

\* Mizell Rental Partner

# Sunday

## **Overeaters Anonymous**

Weekly

9:00–10:00 a.m.

## **River of Hope**

August 2 and August 9

9:30 a.m.

River of Hope is an ELCA Lutheran  
Congregation in the Pacifica  
Synod, recognized by Reconciling  
Works as an open and fully  
inclusive congregation

**Karen Walton, 630-624-3247,**

**ROH, Council President**

## **Coffee House Rabbi**

\* Resumes October 2026

10:30 a.m.–12:00 p.m.

Discussions on Jewish scriptures.

**Information: [rabbisally.com](http://rabbisally.com)**

\* Mizell Rental Partner

## **Progressive Gospel Circle**

\* Resumes September 2026

4th Sunday

1:00–2:00 p.m.

**Information: Reverend Perry**

**[Plang@earthlink.net](mailto:Plang@earthlink.net)**

## **SGI-USA**

Palm Valley Chapter

1st Sunday

1:30–3:30 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

### **Mahjong 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**

Wednesday, September 23

**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](http://PalmSpringsLibrary.org)**

for full event listings.



## MIZELL'S Summer Schedule Change

**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**.

### **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 August 3, 10, 17 and 24 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**.

# Volunteers of the Month

## Three Hearts, One Mission

### Phyllis, Julie, and Dale

Some friendships begin in school, at work, or in the neighborhood. For **Phyllis, Julie, and Dale**, a lasting friendship began at Mizell Center.

What started as a shared commitment to helping others quickly grew into a close bond. Through volunteer shifts, conversations, and countless acts of service, these three women became the best of friends. Today, they are a familiar presence at Mizell, united by the belief that serving others brings purpose, connection, and joy.

Their favorite volunteer assignment is at **Aunt Betty's**, where they enjoy assisting community members while sharing encouragement and smiles. They also help in the dining room, where they can connect with members and fellow volunteers.

**Phyllis** moved to the desert in August 2025 after careers with the Federal Reserve, Hartford Insurance, and as a teacher's aide while raising two sons. Introduced to Mizell by her daughter-in-law, she began volunteering by helping distribute meals during the pandemic. She says volunteering lets her do two things she loves most: helping others and making friends.

**Julie**, originally from Illinois, worked as a Supply Specialist for the federal government before moving to the desert 33 years ago. A Mizell volunteer for the

past two years, she is known for her reliability and warmth. One of her favorite programs is **Acabello**, whose performances are a highlight of her time at the center.

Originally from Chicago, **Dale** spent more than 30 years with Hallmark before settling permanently in the desert five years ago. Her friend Suzy says everyone benefits from those years at Hallmark because Dale is always thoughtful, caring, and has something sweet to say. It's a description that

perfectly captures the kindness she brings to Mizell every day. She especially enjoys the concerts and shows offered at the center.

Dale's significant other, Larry, is also active at Mizell, volunteering when he can and participating in programs and congregational lunches. His involvement reflects a familiar Mizell story:

people who come to help once often become part of the community.

Together, **Phyllis, Julie and Dale** represent the very best of volunteering. Though their backgrounds differ, they share a generous spirit and passion for helping others. Along the way, they discovered that service not only enriches the lives of those they support—it also creates lasting friendships.

For their dedication, compassion, and commitment to the Mizell community, we are proud to recognize **Phyllis, Julie, and Dale** as our **Volunteers of the Month** for August 2026. Their story is a reminder that when people come together to serve, strong friendships and stronger communities naturally follow.



**Phyllis, Julie, and Dale**