

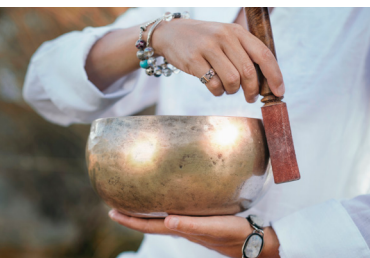
Special Events

Sound Bath-Selfcare

Saturday, September 12, 19 and 26

***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.

\$20 Members

*** The Sukha Life Studio is located at 2500 N Palm Canyon Drive, Suite D4, Palm Springs, CA 92262.**

Registration at the Program
Registration Office
or call 760-323-5689 x107

Books & Beyond

The Jacksons: Legacy – From the Family Archives / The 50th Anniversary Book

Fred Bronson in Conversation with John Taylor

Wednesday, September 16
6:00 to 7:30 p.m.

Go behind the music with best-selling author and acclaimed music journalist Fred Bronson and KGAY's John Taylor as Bronson shares unforgettable stories from *The Jacksons: Legacy – From the Family Archives / The 50th Anniversary Book*. Drawing from exclusive interviews with Jackie, Tito, Marlon, and the Jackson family, Bronson offers a fascinating behind-the-scenes look at one of the most influential families in music history.

This promises to be an entertaining evening of stories, memories, and conversation.

\$5 Members | \$10 Non-Members

Register in advance and receive a complimentary copy of *The Jacksons* (Limit 12)

September Birthday Celebrations

Thursday, September 17
11:15 a.m.–12:15 p.m.

Celebrate September 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!

Mizell Kitchen Microgreens

Monday, September 21
3:00 to 5:00 p.m.

Learn everything you need to know about growing microgreens and how they may compliment your favorites foods or be enjoyed as a salad. You'll leave with everything you need to launch an at home microgreen garden. In fact, after learning about the various varieties, students will enjoy a mini tasting.

Microgreens are tiny versions of vegetables and herbs when they



are in their sprout form.

Micro-greens you can grow at home include beets, Swiss chard, broccoli, arugula, amaranth and peas.

In collaboration with The Boys & Girls Club Palm Springs. Perfect afternoon outing for the grandkids
\$15 Members | \$20 Non-Members
Boys & Girls Club Youth \$5

September 21 Microgreens

October 18

Scrumptious Biscuits

November 16

Best Brownies & Blondies Ever

December 17

Caviar & Champagne

Esophageal Cancer Health Education Seminar

Mondays, Sept 21 & Oct 5
10:00–11:00 a.m.

Coffee and bagels provided.

Learn important information about esophageal cancer. It is cancer that can develop without noticeable symptoms or warning signs. These sessions will explain how a simple screening option can help identify Barrett's Esophagus, a precancerous condition that may lead to esophageal cancer. You'll learn who may be at higher risk, why factors such as age, heartburn, acid reflux, and other health history can matter, how early screening can provide valuable information about your health, and what to expect from the screening process.

Lucid Diagnostics will share information about its innovative **EsoGuard® test**, designed to detect precancerous changes before they progress, giving individuals the opportunity to take action and discuss with their healthcare provider.

Presented by **Lucid Diagnostics**, a medical technology company dedicated to helping prevent esophageal cancer through early detection.

Community Partner
Cathedral City Senior Center

Mizell Fall Class Orientation & Registration

Tuesday, September 22
8:30 to 10:30 a.m.

Discover what's ahead this fall at Mizell Center! Explore exciting new classes, programs, and opportunities, meet instructors, ask questions, and register on-site. Start your next adventure. **Students who register onsite for 3 or more classes today receive a special discount!**

Save the dates! Mizell Concert Series Patrice Morris

Thursday, October 8
5:30 p.m. Reception
6:00–7:30pm. 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.

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 also featuring **Chris Bennett & Bill Marx** December 10, **Hope Diamond** February 11 and **Frank Mamone & Angie Delaire** April 8.

Kevin Jennings Chief Executive Officer Lambda Legal Defense and Education Fund, Inc.

Thursday, October 8
1:00 to 2:30 p.m.

As Palm Springs Pride approaches, there is much to celebrate—decades of progress, greater visibility and countless lives changed by the courage of those who came before us. Pride began as a movement for dignity, equality,



and the right to live openly and safely. Understanding that history helps us better understand the work that remains.

In *Journeys of Hope*, Kevin Jennings reflects on the movement's journey from its earliest days to today's challenges, reminding us that these are not only LGBTQ+ issues—they are community issues that call on all of us to help build a more just and equitable future.

Lead Community Partner:
Palm Springs Pride

Mizell Bingo

Thursday, October 16
1:00 to 3:00 p.m.

Bingo is Back. Join us for an exciting afternoon of Bingo at Mizell! Play for a chance to win the **\$200 Grand Prize** while enjoying snacks, sodas, and sweet treats. Bingo is called in both English and Spanish. Come for the fun, prizes, and great company!
\$12 Members | \$15 Non-Members
\$20 Day of Registration

ART FRIDAYS

***Artists Sought**
Art & Wine | The Perfect Pairing
Friday, October 17, November 20 & December 18.

4:00 to 7:00 p.m.

Are you a painter, ceramic artist, jeweler, photographer, sculptor, fiber artist or woodworker?

Showcase your work at **ART FRIDAYS**, our new monthly indoor artists market held **every third Friday from 4:00–7:00 p.m.** This is a wonderful opportunity to exhibit your art, meet new customers and connect with fellow artists. Share your talent, grow your audience, and become part of this exciting monthly tradition.

Email Ectors@Mizell.org for booth information and registration

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

Exciting Improvements Coming to Mizell.

Beginning in mid September, **construction will begin on new solar parking canopies in the Mizell/Sunrise Park parking lot.** The 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.

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.

As planning progresses, we will share more specifics on timing and impacts.

New Mobility Equipment Loan Program

Cabin by the Lake has generously donated funds for Mizell to establish a **Mobility Equipment Loan Program** for individuals who need mobility equipment on a short-term basis and may not have the financial means to purchase it.

The program provides access to items such as walkers, wheelchairs and other mobility devices to help individuals remain safe, active and independent while recovering from an illness, injury or other temporary circumstances.

This program reflects Mizell's commitment to enriching the lives of older adults by providing services that support independence, wellness, dignity and connection. We are deeply grateful to **Cabin by the Lake** for helping expand the ways Mizell can respond to the practical needs of our community.

For more information, contact Harvey Arias at harveya@mizell.org or call **760-323-5689, Ext. 120.**



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



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

Mizell Center | 480 South Sunrise Way | Palm Springs CA 92264 | (760) 323-5689 | mizell.org

Monday

Fun & Fit 55 Plus

8:00–8:45 a.m.

Donation to Instructor

Walking Aerobics

** Resumes October 2026*

9:00–9:45 a.m.

\$6 Members | \$10 Non-Members

Qi Gong

9:00–9:45 a.m.

\$5 Members | \$8 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 September 21

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)

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 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)

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

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 October 2026.

9:00–10:00 a.m.

\$80 Members | \$100 non-members

French (Conversational)

* Resumes October 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

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

September Birthday Celebrations

Thursday, September 17

11:15 a.m.–12:15 p.m.

Celebrate September 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.

\$100 Members | \$125 Non-Members

Spanish (Advanced Plus)

* Resumes October 2026.

12:00–1:15 p.m.

\$100 Members | \$125 Non-Members

Spanish (Los Estudiantes) Study Group

1:15–3:15 p.m.

\$3 Members | \$5 Non-Members

Tai Chi (Beginners)

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 September 12, 19, 26

*See Special Events Listing

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

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)

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 September 19, 20
10:00 a.m.–12:00 p.m.
\$100 Members | \$150 Non mem.

Sound Bath

September 12, 19, 26

* See Special Events Listing

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

* Mizell Rental Partner

Sunday

Overeaters Anonymous

Weekly
9:00–10:00 a.m.

River of Hope

September 6, 20, 27
9:30 a.m.

River of Hope is an ELCA Luther-
an 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

* Mizell Rental Partner

Progressive Gospel Circle

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

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
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.**

Mizell Closed Labor Day, Monday September 7

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 September 14 and 28, 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

Service, Community and Smiles

Terry and Claudia

When you spend a few minutes with **Terry** and **Claudia**, it's easy to see why they have become such valued members of the Mizell community. Married for 42 years, the couple has built a life centered on helping others, staying involved, and creating meaningful connections wherever they go.

Throughout their careers, both dedicated themselves to helping others in different ways. **Claudia** worked as a Certified Medical Technician for 42 years, while **Terry** spent an impressive 52 years in banking. Their entrepreneurial spirit eventually led them to open and operate a tea shop for 10 years. The shop became known for its 170 varieties of tea and its welcoming atmosphere.

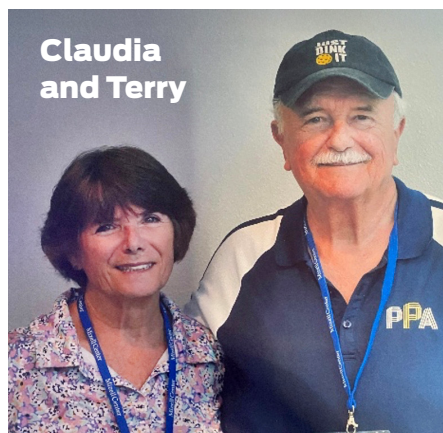
In fact, **Terry** and **Claudia** proudly say that this is where they coined the phrase "staycation." Their goal was to make every customer feel as though they had escaped on a vacation without ever leaving town. Whether guests stayed for a favorite cup of tea or tried something new, the couple created a place where people could relax and connect.

In 2018, **Terry** and **Claudia** traded Orange County for the desert. **Claudia** had a plan: she would spend six months settling in before getting involved in volunteer work. But that plan didn't last long.

Two months after the move, she saw an advertisement seeking volunteers at

Mizell Center. Drawn to the mission, she got involved right away. **Claudia** continues to serve today, dedicating one day a week to helping others.

Terry joined her in service after retiring in 2020. During the challenges of the COVID-19 pandemic, he immediately stepped up to help with Mizell's drive-through meal program. His first assignment was delivering lunches in the parking lot. He remembers being grateful that Mizell found a way to continue serving seniors despite unprecedented circumstances.



Today they volunteer together in the dining room, welcoming guests with the same warmth and hospitality they once offered in their tea shop.

They regularly take advantage of the organization's many programs, especially enjoying educational lectures and visits from political speakers. They also

participate in exercise classes and blood drives. One of the things they value most is the sense of community they see every day. He and **Claudia** enjoy sharing jokes and laughter with guests during lunch service, recognizing that for many people, the daily meal may be their only opportunity to socialize with others.

That sense of connection is one reason Terry describes Mizell as "the oasis of the desert." To him, it is a place where seniors can gather, learn, enjoy good food, and build meaningful relationships.

After decades of working, serving, and building community together, **Terry** and **Claudia** continue to make a difference through their generosity and positive spirit.

Congratulations, **Terry** and **Claudia**, and thank you for all you do!