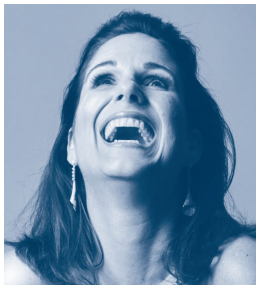
November 2026
Program Guide

Signature Events

Stephanie J. Block Live in Concert

Thursday, November 12
7:00 p.m.
Palm Springs Cultural Center



Broadway comes to Palm Springs! Experience Tony Award winner **Stephanie J. Block** in a spectacular evening of music benefiting Mizell Center. Don't miss this opportunity to enjoy one of Broadway's most celebrated performers.

$100.00 each at Mizell.org.

Mah Jong Soirée

An Evening Benefiting Mizell
Friday, November 13
5:30–8:00 p.m.
Reception 5:30 p.m.
Games begin 6:00 p.m.

A little glitz. A lot of fun! Enjoy a glamorous evening of American and Chinese Mah Jong, delicious appetizers, festive beverages and friendly competition while supporting Mizell Center.

Join Event **Chair Paul Lowe** as we honor **Annette Spina**, Grand Dame of Palm Springs Mah Jong, and celebrate her contributions to our community.

Table Captains and individual tickets, please email Ectors@mizell.org

3rd Wednesday Speaker Series

The Power of Puzzling: Keeping Your Brain Engaged

In Recognition of National Alzheimer's Awareness Month
Wednesday, November 18, 2026
5:30 p.m.

Jigsaw puzzles engage memory, concentration, problem-solving, and spatial skills while encouraging social connection and a sense of accomplishment. For individuals living with Alzheimer's, dementia, or Parkinson's disease, puzzling can offer meaningful opportunities for participation and engagement.

Panelists include **Jace Flatt, PhD, MPH**, UNLV School of Public Health; **Eileen Lynch**, Parkinson's Resource Center; and **Jeff Leiman**, Alzheimer's Association. Moderated by **Rob Wheeler**, Executive Director of Mizell Center.

Explore an exhibition of jigsaw puzzles. Join attendees in working together on a group puzzle and discover firsthand how puzzling brings people together!

Sponsored by Edward Jones, a national supporter of the Alzheimer's Association and its mission to advance research, care, and support.
RSVP: Mizell.org or call 760-323-5689.

Special Events

Rock Love

Sunday, November 1
9:00 a.m. - 3:00 p.m.

Rock Love presents a crystal sale featuring raw specimens, polished materials and a limited supply of gems.

20% of all sales benefit Mizell Center.

Mizell Kitchen

Best Brownies & Blondies Ever

Monday, November 16
3:00–5:00 p.m.

Chocolate lovers, this one's for you! Join Chef Verna for a delicious afternoon devoted to two irresistible favorites: rich, fudgy brownies and buttery blondies. Learn the techniques behind achieving the perfect texture and flavor, along with practical baking tips you can use at home.

$25 Mizell Members $35 Non-members

Richard Poulin — Featured Gallery Artist

Through November 30
Monday–Friday,
10:00 a.m.–5:00 p.m.

Explore the mixed-media collages of Palm Springs artist Richard Poulin, whose work examines masculinity, memory and identity through archival imagery and personal storytelling.



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

Books & Beyond

Baldwin: A Love Story

Monday, November 9
5:30 p.m.

Join acclaimed actor and audiobook narrator Ron Butler in conversation with Corey Roskin for an engaging exploration of Nicholas Boggs' biography of James Baldwin.

Butler, an award-winning narrator shares the artistry behind transforming the written word into a compelling listening experience. Discover how voice, interpretation and storytelling bring Baldwin's extraordinary life, relationships and legacy into sharper focus.

$5 Suggested Donation

LifeStream Blood Drive

Saturday, November 21
9:00 a.m. – 3:00 p.m.

Blood donations are especially important this time of year, as holiday schedules and travel often lead to fewer donors while the need for blood remains constant. Donate and help ensure lifesaving blood is available for those who need it.

Appointments: Call 800-879-4484 or visit lstream.org.

Sentenced

Film Screening and Volunteer Information
Tuesday, November 10
1:00 p.m.

NBA champion **Stephen Curry,** narrates ***Sentenced***, a documentary exploring America's childhood literacy crisis. The film reveals how difficulty learning to read can shape a child's education, confidence and future and the difference caring volunteers can make. **Read with Me** representatives will share how you can volunteer to help elementary school students develop reading skills, build confidence and discover a love of learning.

Free | RSVP @ Ectors@Mizell.org

Regular Events

Laughter Yoga

Mondays,
November 2 & 16
December 7, 8 & 21
12:00–12:45 p.m.

Laughter really can be good medicine! Enjoy playful laughter exercises, gentle movement and breathing techniques designed to lift your spirits and ease stress. No yoga experience necessary.

Free.

Gentle Stretching

Tuesdays, November 3, 10, 17 & 24
11:00–11:45 a.m.

Improve flexibility, range of motion and ease of movement with gentle, breath-focused stretching.

Advance registration required.
$6 Members | $10 Non-members.

Acting for Television & Film

Tuesdays, November 3, 10, 17 & 24 & December 1, 8, 15
2:30–4:00 p.m.

Lights, camera, action! Explore the world of acting for television and film through on-camera exercises, commercials and scripted scenes. Participants review playback, receive feedback and develop greater confidence in front of the camera. All experience levels welcome.

$60 Mizell Members | $85 Non-members

Get Organized! Decluttering 101

Monday, November 16
12:30–2:00 p.m.

Clutter taken over? Take charge! Professional organizer, **Vivienne** of **Soul CleanOut** shares practical tips and strategies to letting go of what you no longer need, and reclaiming your space.

Free

Italian Conversation

Thursdays, November 5, 12 & 19
12:00–1:15 p.m.

Practice your Italian in a relaxed and welcoming setting. From beginners to fluent speakers, everyone is welcome.

$3 Members | $5 Non-members.

Mah Jong – Beginners (American)

Saturday, November 7 & Sunday, November 8
10:00 a.m. - 12:00 p.m.
Or Saturday, November 21 & Sunday, November 22
10:00 a.m. - 12:00 p.m.

Learn the basics of American Mah Jong in this two-day beginner class. Perfect for those new to the game and ready to learn the fundamentals in a friendly, supportive setting.

$100 Members | $150 Non-members

Easy Yoga at Mizell

Saturdays, November 7, 14, 21 & 28
8:30–9:15 a.m.

Begin your weekend with gentle yoga designed to improve flexibility, balance and overall well-being. Bring a mat, towel and water. Advance Registration required.

$6 Members | $10 Non-members.

Coachella Valley Classical Voices Presents: Solos at Six

Sunday, November 8
6:00 PM

Enjoy a delightful evening of exceptional local vocalists performing beloved selections from Broadway, opera, and more. Inspiring celebration of music featuring Coachella Valley's finest voices.

Free admission | Donations appreciated

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

Neuropathy: Practical Steps for Better Nerve Health

Monday, November 16
9:00–10:30 a.m.
Presentation exploring common causes of neuropathy, its relationship to balance and fall risk, and practical steps that may support nerve health. Topics include balance exercises, hydration, nutrition, circulation and the importance of oxygen. Acupuncture and complementary healing modalities will be discussed. Evidence for some complementary treatments remains limited.
Free

Medicare Questions? Ask Heath!

Wednesday, November 18
10:00 a.m.–1:00 p.m.
Medicare can be confusing, but getting answers doesn't have to be! **Heath Britt,** a licensed insurance agent specializing in Medicare answers questions about enrollment periods, coverage options, prescription drug plans and working past age 65. No enrollments conducted during the session.

Mizell Bingo

Thursday, November 19
12:30–3:00 p.m.
Bingo is back! Enjoy friendly competition, great company and a chance to win the $200 Grand Prize. Calling in English and Spanish.
$12 Members | $15 Non-members | $20 Day-of.

Monthly Birthday Celebration

Thursday, November 19
11:30 a.m.
Celebrate our November birthdays with friendship, good cheer and a little something sweet!

A Cabello In Residency at Mizell

A Cabbello
California Dreamin'

Saturday, November 21
7:00 p.m.
Sunday, November 22
3:00 p.m.
Take a musical journey through Southern California favorites from the 1960s through the 1980s, featuring timeless songs and beautiful vocal harmonies. Presented at **Revolution Stage Company**
Tickets: acallello.com

Save the Dates!

A Cabbello

Project Connect Concert

Saturday, December 5
11:00 a.m.
Celebrate the joy of music and community with **A Cabbello** in an uplifting concert featuring beautiful vocal harmonies and the power of singing together. Presented as part of A Cabbello's Project Connect initiative, bringing live music and meaningful connection to older adults throughout our community.
Free. Reservations: 760-323-5689.

Mizell Concert Series

Something Wonderful with Chris Bennett

Thursday, December 10
Reception 5:30 p.m.
Performance 6:00 p.m.
Join internationally acclaimed jazz vocalist **Chris Bennett** for an intimate evening of sophisticated jazz, timeless standards and musical storytelling. With a voice that moves effortlessly from sultry and soulful to playful and exuberant, Bennett brings fresh life to beloved songs.
$15 Mizell Members | $20 Non-members

Wreaths, Bagels & Mimosas

Holiday Wreath Making

Sunday, December 13
9:30 a.m.
Create a beautiful seasonal wreath while enjoying bagels, mimosas and a festive morning with friends.
$60 Members | $85 Non-members.

Ruta Lee in Conversation with Fred Bronson

Tuesday, December 15
6:00 p.m.
Join legendary actress **Ruta Lee** in conversation with acclaimed journalist **Fred Bronson** for an evening of Hollywood memories and behind-the-scenes stories. From her memorable roles to her encounters with some of entertainment's biggest personalities, Lee shares stories from a remarkable life in show business.
Suggested Donation: $10

Welbe Health Presents:

Wellness Experiences at Mizell

Two free opportunities to relax, recharge and explore the benefits of mindfulness and self-care. Participants may remain seated or lie down comfortably.

Sound Bath

Monday, November 9
10:00 a.m.
Relax and restore with a gentle sound bath featuring soothing instruments and vibrations designed to encourage calm and ease stress.

Guided Meditation

Monday, November 23
10:00 a.m.
Discover simple breathing and mindfulness techniques to quiet the mind, reduce stress and promote a greater sense of well-being.

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

Mizell Center
Holiday Essentials Drive

Donations Due Saturday, December 5

Help us brighten the holidays for homebound seniors served by **Mizell's Meals on Wheels** program. We're collecting new, unopened personal care items to create Holiday Essentials Gift Bags

Needed items include **toothpaste, toothbrushes, toilet paper, deodorant, shampoo, conditioner, body lotion and athletic socks.** Please, no travel-size items. Full-size products only.

Donations may be dropped off at Mizell Center or mailed to:
Ector Simpson c/o Mizell Center
480 South Sunrise Way,
Palm Springs, CA 92262

Art Fridays
Calling All Artists!

Launching January 2027

Art has a wonderful way of bringing people together, sparking conversation and opening doors to new experiences.

Whether you're a painter, photographer, sculptor, collage artist or working in another creative medium, we'd love to hear from you. Our goal is to create opportunities for artists to showcase their work and connect with an enthusiastic and curious audience. Interested in participating? Please email **Ectors@Mizell.org.**



Cancer Support Community

Palm Springs & Coachella Valley offers free programs and services for anyone impacted by cancer, including **support groups, counseling, educational workshops, healthy lifestyle classes, and social events.** Programs open to adults and children in active or post treatment including: loved ones, caregivers & bereaved. English/Spanish.

To learn more about potential CSCPSCV/Mizell program visit www.cancersupportcoachellavalley.org or contact Lilianna Davalos at (442) 466-1332.

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

Volunteer of the Month

Luis Gonzalez

Since beginning his volunteer service in January 2022, **Luis Gonzalez** has become a familiar and welcoming presence at Mizell. A retired educator who served as a teacher, administrator, and school principal, **Luis** has devoted his career to helping others, and that commitment continues through his volunteer work today.

Originally from New York, **Luis** later lived in Pennsylvania before making the desert his home in 2018. Drawn to the area's friendly, small-town atmosphere and the absence of parking meters, he was eager to become involved in the community as soon as he arrived. After spotting Mizell while driving around town, he knew it was a place where he wanted to serve. **Luis** began volunteering during the pandemic, helping with lunch distribution in Mizell's drive-thru program. He later assisted in the dining room and eventually found his way to the front desk and Aunt Betty's. While he enjoys every opportunity to help, the front desk is his favorite because it allows him to welcome and guide visitors.



Luis Gonzalez

For **Luis,** Mizell has become much more than a volunteer position. It is his community. He wears his Mizell name tag with pride, and we are deeply grateful for the kindness, dedication, and sense of connection he brings to our center every day.

Thank you, **Luis,** for all you do!

Mizell Center 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
9:00–9:45 a.m.
$6 Members | $10 Non-Members

Qi Gong
9:00–9:45 a.m.
$5Members | $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 November 2 & 16
1:00–1:45 p.m·
Support group for individuals recently diagnosed with Alzheimer's.
Free

Alzheimer's Caregivers Support Group
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

Gentle Strech Yoga
11:00–11:45 a.m.
$6 Members | $10 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)
2:00–2:45 p.m.
$6 Members | $10 Non-Members

Tai Chi (Advanced)
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
10:30 a.m.–12:00 p.m.
$80 Members | $100 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
1:00–1:45 p.m.
$6 Members | $10 Non-Members

Abstract Art Class
1:00–3:00 p.m.
6 Session Series
$125 Members | $165 Non-Members

Better Brain & Balance
1:00–1:45 p.m.
$8 Members | $12 Non-Members

Mahjong (Chinese)
Open Play
2:00–4:00 p.m.
Palm Springs Public Libray Program
Free



mizell CENTER FULL OF LIFE
PRESENTS TONY AWARD WINNER
Stephanie J. Block
LIVE IN CONCERT
THURSDAY, NOVEMBER 12, 2026 | 7PM
PALM SPRINGS CULTURAL CENTER

Thursday

Senior Fit Plus
8:00–8:45 a.m.
$5 Members | $8 Non-Members

French (Conversational)
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 a.m.–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

November Birthday Celebrations
Thursday, November 19
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

Spanish (Beginners)
10:30–11:45 a.m.
$100 Members | $125 Non-Members

Spanish (Intermediate)
12:00–1:00 p.m.
$100 Members | $125 Non-Members

Better Brain & Balance
12:00–1:45 p.m.
760-328-4499 x2805

Spanish (Los Estudiantes) Study Group
1:30–3:30 p.m.
$3 Members | $5 Non-Members

Thursday continued

Tai Chi (Beginners)
1:00–1:45 p.m.
$6 Members | $10 Non-Members

Tai Chi (Intermediate)
2:00–2:45 p.m.
$6 Members | $10 Non-Members

Tai Chi (Advanced)
3:00–3:45 p.m.
$6 Members | $10 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

Irish Dance for All
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

Chair Yoga
12:00–12:45 p.m.
$6 Members | $10 Non -Members

Mah Jongg (American)
1:00–3:00 p.m.
$3 Members | $5 Non -Members

Saturday

Mah Jongg Lessons (American)
Saturday & Sunday, November 7 & 8 and Saturday & Sunday, November 21 & 22
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
* Mizell Rental Partner

Sunday

Overeaters Anonymous
Weekly
9:00–10:00 a.m.

Insight Community of the Desert
10:30 a.m–12:00 p.m.
Buddist Meditation and Dharma talk. Open to all.
Information: DesertInsight.org

Coffee House Rabbi
October 4 & 18
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

Mizell Mobility Equipment Program (Ongoing)

Sponsored by **Cabin By the Lake**, Mizell's established Mobility Equipment Program helps community members access equipment that supports safety, independence and mobility.



For information about available equipment, contact HarveyA@Mizell.org.

Lunch at Mizell

Monday thru Friday

11:15 a.m. to 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.**

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.

Wills and Walls: Breaking Through Genealogy Brick Walls

Saturday, November 7
10:00 AM–12:00 PM

Presented by Palm Springs Genealogical Society Genealogist Barbara Johns explores how wills can uncover family history and help solve genealogical mysteries.

Oswit Land Trust & Prescott Preserve: A Community Update

Thursday, November 19
3:30–5:00 PM

Discover how Oswit Land Trust is restoring natural habitats, protecting wildlife, and transforming Prescott Preserve. Learn how native landscaping and conservation efforts can benefit our neighborhoods.

Pop-Up Library at Mizell

Wednesday, November 25
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,

Deserted Films Presents: The Merry Merry Mix Up

Tuesday, December 15
6:00–7:30 PM

Celebrate the season with a delightfully quirky collection of vintage holiday films, rare television clips, newsreels, and home movies. Featuring archival treasures, a tribute to Dolly Parton, and plenty of holiday surprises!

FREE

Visit **PalmSpringsLibrary.org** for full event listings.

MIZELL'S Holiday Schedule Changes

In observance of Veterans Day, Mizell will be closed Wednesday, November 11. Mizell will resume regular operating hours at 8:00 a.m. on Thursday, November 12.

In observance of Thanksgiving, Mizell will close at 1:00 p.m. on Wednesday, November 25. Mizell will remain closed Thursday, November 26 and Friday, November 27.

For programs and activities outside regular hours, please refer to the monthly **Program Guide, viisit Mizell.org** or ask an Information & Referral Volunterr at the Front Desk.