



mizell
CENTER
FULL OF LIFE

Newsletter

May 2024

11777 West Drive, Desert Hot Springs, CA 92240

(760) 329-0222



SENIOR CENTER

of Desert Hot Springs

Open Monday-Friday

8:00 am to 4 pm

Francisco Castro
Director

Marta Godoy
Program Assistant

Tami Coughlin
Program Assistant

Stephanie Ramirez
Program Assistant

You're invited to attend a special presentation by WelbeHealth!

Wednesday May 22, 2024

12:00–1:00 pm

This informative session will introduce **WelbeHealth's Program of All-Inclusive Care for the Elderly (PACE)**, a revolutionary approach to healthcare that is designed to help seniors live healthy and happy lives in the comfort of their own homes.

Their knowledgeable team will be on hand to answer any questions you may have and provide valuable insights into our comprehensive approach to senior care.

Don't miss out on this exclusive opportunity to learn more about WelbeHealth.



Don't Miss Out on Our Medicare Presentation by Bilhartz Insurance!

Join us on May 2nd, 2024, at 11 am for an informative Medicare presentation.

Whether you're new to Medicare or simply looking to learn more about your coverage options, this presentation is designed to provide valuable insights and guidance.

During the presentation, you'll have the opportunity to:

- Gain a better understanding of the different parts of Medicare
- Learn about eligibility requirements and enrollment periods
- Discover coverage options and benefits available to you
- Get answers to your Medicare-related questions from knowledgeable experts

Whether you're approaching Medicare age or already enrolled, there's something for everyone to learn at this presentation.



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WE HAVE A HEART FOR MEDICARE!

Desert Hot Springs Senior Center
11777 West Dr. DHS, CA
760 329 0222

From the Director's Desk

I hope this letter finds you well as we step into the beautiful month of May.

I'd like to express my sincere gratitude to our partners at the Living Desert, Shanna, and Lizze, for their invaluable collaboration and support in bringing a special project to fruition right here at the Desert Hot Springs Senior Center.

Thanks to their dedication and generosity, we have had the privilege of being part of the 10,000 Seeds grant/project community pollinator garden initiative. On April 26th, our gardening group joined Lizze, Shanna, and myself to install the pollinator garden.

This project enhances the beauty of our surroundings and serves as a symbol of unity and collaboration, bringing the community together.

As we witness the pollinator garden take root and flourish, let us also reflect on the power of community and the positive impact we can have when we join forces to make a difference.

Thank you once again to the Living Desert, Shanna, and Lizze for their unwavering support and partnership.

Best regards,

— Francisco Castro



CENTER WILL BE
CLOSED FOR
MEMORIAL DAY
MAY 27TH, 2024

YOU'RE INVITED TO OUR CINCO DE MAYO FIESTA!



May 2, 2024 from
12 pm to 2 pm

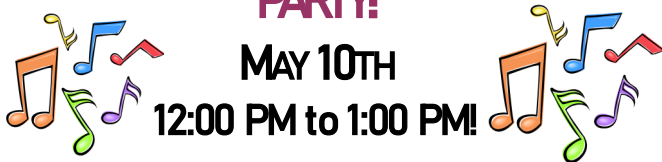
Join us for a festive celebration in honor of Cinco de Mayo. Get ready for an afternoon filled with delicious food, lively music, and plenty of fun!

Savor the flavors of traditional dishes while enjoying the company of friends and fellow party-goers.

To add to the festivities, we'll have music playing throughout the event, so be prepared to dance the afternoon away!

Don't miss out on this exciting opportunity to celebrate Cinco de Mayo in style.

Get Ready to celebrate everyone born in May at our **MONTHLY BIRTHDAY** **PARTY!**



Sponsored by Bilharts Insurance

Seniors Just Want
to Have Fun 😊



*Come and share in
the happiness as
we celebrate
another trip around
the sun for all of
those born in May!*

MAYFUN FACTS



May is named after the Greek goddess Maia, who was associated with fertility and growth.

In the Northern Hemisphere, May is considered the last month of spring, while in the Southern Hemisphere, it marks the beginning of autumn.

The birthstone for May is the emerald, symbolizing love and success.

May's flower is the Lily of the Valley, representing sweetness and humility.

The Kentucky Derby, one of the most famous horse races in the world, is held annually on the first Saturday in May.

May 5th is Cinco de Mayo, commemorating the Mexican victory over the French at the Battle of Puebla in 1862.



QUESTIONS ANSWERED

Q: When is the Farmer's Market?



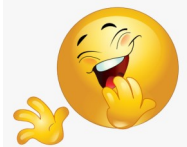
A: Farmer's Market is scheduled for every third Tuesday of the month. From 9-11 am.

The DHS Senior Center partners with Find Food Bank to provide a monthly food distribution to our local community in the Carl May building. The upcoming distribution is set for May 21st from 9-11 AM

Please call 760 329 0222 for more information on how to participate.

Joke of the Month

Why did the golfer bring two pairs of pants to the golf course in May?



"In case he got a hole-in-one!"