

Desert Hot Springs Senior Center Program/Activity Calendar September 2025

NATIONAL SENIOR CENTER MONTH:
POWERING POSSIBILITIES: FLIP THE SCRIPT

MONDAY

8:30AM

- Morning Bites

9:00AM

- Fit After 50 -No Class 9/1

9:30AM

- New Member Orientation (R)

10:00AM

- Braille Institute Tai Chi

11:00AM

- Painting with Bianca (R) (\$10)-9/8
- Table Tennis/ w Cody-9/15 only

12:00PM

- Mizell Lunch Service

12:30PM

- Karaoke /w Autumn

1:00PM

- Braille Knitting Club Lessons for the sighted & vision impaired
- Mah Jongg Club (R)

2:00PM

- Craft Class w/ Char- "Pumpkin Craft" (\$5) (R) (9/8 & 9/15)

TUESDAY

8:15AM

- Chair Yoga w/ Karol - Starts 9/16

*Free for members, \$5 for non-members

8:30AM

- Morning Bites

9:00AM

- Senior Advocates (R) 9/9 & 9/23

- Problem Solving Strategies

*Call Joslyn Center for appointment phone number on back.

10:00AM

- Braille Institute Tai Chi

12:00PM

- Mizell Lunch Service
- Brain Boot Camp (\$10) (R) Session dates:9/16, 9/23, 9/30
- Let's Do Lunch 9/9 & 9/23

*Call JFS to sign up phone number on back.

1:00PM

- Pinochle Club
- Scrabble Club

1:30PM

- Words of Wisdom- 9/16
- Arthritis Mobility/w Carol- 9/2 only

*Free for members, \$5 for non-members

3:00PM

- Sound Bath/w Enrique

Resumes 9/9



WEDNESDAY

8:30AM

- Morning Bites
- Senior's Farmer's Market - 9/17

9:00AM

- Fit After 50

* 9/17 class starts at 10:00am

10:00AM

- Mexican Train Dominoes
- Inland County Legal Services (R) - 9/3
- HICAP (R) -9/10

10:30AM

- Loteria with Jar Insurance - 9/17 only

11:00AM

- Bingo 11:30am- session #1-5 games for \$5 1:30pm- session #2- 10 games for \$15

12:00PM

- Mizell Lunch Service

Spirit Week Sept. 15-19

- Mon. 9/15- Dress opposite
- Tues. 9/16- Bright Colors
- Wed. 9/17- Twin day
- Thurs. 9/18- PJ day
- Fri. 9/19- Dress like a Rock Star

THURSDAY

8:30AM

- Morning Bites
- Heroes Coffee Hour

10:00AM

- Field Trip: Mary Pickford Theater (R) 9/25 "Downton Abbey: The Grand Finale"
- Zumba Gold/w Maria (\$5)

11:00AM

- FIND Food Resource Services - 9/4 & 9/21

*Phone number is on back for appointment

- Gentle Yoga

*First class \$3, Subsequent classes \$6

- Mission Springs Water District Presentation: Proposed Rates Adjustments -9/18 only

12:00PM

- Mizell Lunch Service
- Tech with TJ (R)-9/28 only
- Free Mobile Health Clinic & Mental Health Services - 9/18

- **Community Connections:**

Chase Bank: Upcoming Financial Help Workshops at the Center -9/25 only

1:00PM

- Pinochle Club
- Scrabble Club
- FIND Senior Food Box Distribution - 9/18 only

FRIDAY

8:30AM

- Morning Bites

9:00AM

- Fit After 50

10:00AM

- Adulting Coloring /w Char
- Take Off Pounds Sensibly - TOPS (\$1)

*call instructor to join phone number on back.

11:00AM

- Let's Read/w Liza starts 9/19

12:00PM

- Mizell Lunch Service
- Belly Dancing Lessons (\$7)

12:30PM

- Bilhartz Birthday Bonanza - 9/12
- Ice Cream Social- 9/26

WE ARE CLOSED:
MONDAY SEPTEMBER 1ST
FOR LABOR DAY

ALL CLASSES/PROGRAMS LISTED
WITH (R) REQUIRE PRIOR
REGISTRATION WITH FRONT DESK .

Program Contact Sheet

PROGRAM	PROGRAM CONTACT	CONTACT INFO
TAKING OFF POUNDS SENSIBLY (TOPS)	Dorothy Warren	760-408-2901
Lunch Program (Home Delivery)	MIZELL CENTER— ROSA MIRON	760-323-5689 EXT 109
Let's Do Lunch	Julie Hirsh	760-325-4088
Knitting & Crochet/ Braille Tai Chi	Amy Sand	760-321-1111
Problem Solving Strategies	Joslyn Wellness Center	760-340-3220
Mexican Train Dominoes/ Mah Jongg	Kathy Malott	760-408-0801
Pinochle Club	Larry Baldwin	760-402-0530
Legal Aid	Inland County Legal Services	800-977-4257
Care Pathways	Office on Aging	877-932-4100
Tai Chi	Verna Norris	sifuverna@gmail.com
Find Food Resources & Referral	Lorena Lua	760-668-3005



Coming Soon:

French Lessons-
returns in October

Tai Chi w/ Verna-
Returns in October

Art w/ Salle-
TBD

Senior Wellness Expo-
Thurs, October 23rd

Halloween Party-
Friday, October 31



Lunch Renewal Forms are NOW AVAILABLE!

Hours of Operation

Monday

8:00am - 4:00pm

Tuesday

8:00am - 4:00pm

Wednesday

8:00am - 4:00pm

Thursday

8:00am - 4:00pm

Friday

8:00am - 4:00pm

Center Information

ADDRESS:

11777 WEST DRIVE
DESERT HOT SPRINGS, CA 92240

PHONE NUMBER:

760-329-0222

CHECK OUT OUR WEBSITE:

[HTTPS://WWW.CITYOFDHS.ORG/DEPARTMENTS/SENIOR-CENTER/](https://www.cityofdhs.org/departments/senior-center/)

OFFICAL FACEBOOK PAGE:

[HTTPS://WWW.FACEBOOK.COM/DESERTHOTSPRINGSSENIORCENTER/](https://www.facebook.com/deserthotsspringsseniorecenter/)

**DON'T FORGET TO SIGN UP FOR OUR WEEKLY E-NEWSLETTER
MORE INFORMATION!**