



Newsletter

January, 2022

11777 West Drive, Desert Hot Springs, CA 92240

(760) 329-0222



of Desert Hot Springs

Open Monday-Friday

8:00 am to 4 pm

Cheryl Hunter

Director

Jessica Martinez

Resource Specialist

Marta Godoy

Receptionist

Volunteer Opportunities

If you are interested in volunteering, please see the front desk for the application and list of current openings.

Volunteers are chosen based on the positions we need to fill and the skills that the volunteer has to offer.

All volunteers MUST have a COVID-19 proof of vaccination on file.

From the Director's Desk

Hello 2022! Let's make this the year that we embrace goodness and rise above the struggles of the past two years. Lot's of changes to adapt to, but we are resilient and imaginative beings.

Despite the restrictions and ups and downs, we can create an environment of active enrichment, friendship and mutual emotional support simply by coming together with a common purpose in the participation of activities and events that bring us health and joy.

We appreciate you all and look forward to another year of positive social interaction, education, fun and fitness. You are the reason we are here. Please be sure to use our idea box to share your thoughts on programs, classes, and events. The box is at the information table up front. This is the best way to help us meet your needs.

Thank you for your presence and your participation.

HAPPY NEW YEAR!

"Every moment is a fresh beginning."

—T.S. Eliot

FLASHBACK FUN FESTIVAL

The first annual "Flashback Fun Festival" fundraiser will be held on Saturday, January 29 from 11AM to 3PM. This event is fun for all ages, all proceeds help to fund programs and activities for our members. This event features a car show, live music by SouthBound and Company, food for purchase by Urban Culinary Academy, raffle prizes and vendors selling arts, crafts and other items.



Resolutions

Do you make resolutions for the New Year? Where did that tradition start?

It is said that the tradition began 4,000 years ago with the Babylonians. It continued as a practice in ancient Rome, with Caesar's introduction of a new calendar in 46 BCE. By the 17th century resolutions had become common and widely practiced.

Today, though still common, the promises made are not generally kept. Studies show that many of us set extremely high expectations that lead to failure by February.

Perhaps we are better off to make a list of things to "let go of," rather than make unrealistic promises. Besides, letting go of what no longer serves us makes room for the wonderful abundance that waits.

Talent Show!

Do you have a special talent to share, or do you just love to perform? Be sure to watch for the information and sign up for our 2022 DHS Senior Talent Show.

With a variety of categories and guest judges, there will be many chances to win an award for your amazingness!

The flyers will be out in the 2nd week of January with a registration form to complete for entry. Start working on your act, the show will be held in late March.

Senior Advisory Council

We have received a few applications for our Senior Advisory Council. There are four spaces to fill. All members MUST have a COVID-19 vaccination card on file with us.

If you are interested in being a part of the council, please complete the application which is available at the front desk. The meetings are the second Monday of each month at 1:00 p.m. Our first meeting of 2022 is on January 10th.

Taxes and such

We will be working with the Community Action Partnership to assist seniors with their taxes through the next couple months. If you need help with your taxes be sure to set up an appointment at the front desk. You may call us or schedule yours when you come into the center.

Happy New Year!