



Newsletter

October, 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

Francisco Castro

Director

Jessica Martinez

Assistant Director

Marta Godoy

Receptionist

Nutritional Cooking Class

Growing up, we learned how good nutrition is essential in our efforts to maintain health as we age.

We are happy to announce that the Desert Hot Springs Senior Center now offers a Nutritional Cooking Class with Licensed Nutritional Coach Melvin Jones. This class will teach you how to make wise and healthy choices about what we eat and how it may make a difference in our senior years.

Join us on October 4th and 11th from 10:30 a.m. to 12:pm. Melvin will introduce the basics of nutritional strategies. Please sign up at the front to secure your spot.

From the Director's Desk

It has indeed been a fantastic month. I have met the kindest and most wonderful people at the Desert Hot Springs Senior Center. All our members, volunteers, and staff have made this first month great!

Thank you for all of the ideas and feedback regarding activities and events. I am excited to share that we have scheduled several new activities for our members.

In addition to Nutritional Cooking Class with Melvin, this month brings Art Class with Dora, Hula Class with Joyce, Tai Chi with Verna, and our Halloween Party on October 27th at 1 PM!

Please look at this month's calendar for all the details, and we'll see you there!

Thank you for a beautiful first month, and I look forward to many more.

—Francisco Castro



"Take it all in, enjoy every moment, hold on to the experience that is October. Abundance . . . Beauty . . . LIFE."

— Julie Hage



Desert Rose Thrift Store is open!

Just in time for the shopping season, our Desert Rose Thrift Store reopened on September 19th. We are so lucky to have such wonderful volunteers and the best inventory! Be sure to stop by and see what new items we have for you!

Happy Halloween

Movie Day!

Join us for a movie and snacks on Wednesday, October 12th and 26th at 10:30 am.

This month's movies are:

"A Perfect World"

A famous Texas Ranger pursues an escaped hostage who has kidnapped a little boy on Halloween 1963 in this acclaimed drama starring Clint Eastwood and Kevin Costner.



"Tombstone"

Wyatt Earp and Doc Holliday team up at the O.K. Corral.

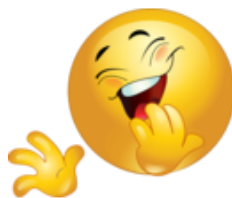
Halloween Costume Party!

Trick or treat! We're getting the gang together for a Halloween party. We'll start with snacks and refreshments, then let the costume contest begin! Join us on October 27th, from 1 pm to 3 pm.

Sign up now to reserve your spot—food, fun, music, dancing, and prize drawings.

Joke of the Month

What's a skeleton's favorite song? "Bad to the Bone."



Halloween Trivia Fun Facts

Ten percent of Americans design Halloween costumes for their pets.

Half of adults dress up in costumes for Halloween.

To avoid being seen by Evil spirits, ancient Celt tradition says that people should wear frightening masks and costumes when they go out in the country on Halloween night.

The 1920s saw the creation of the first Halloween card.

Sixty-seven percent of adults love Halloween and enjoy playing Halloween trivia games with friends, family, and children.

Mexico celebrates Halloween with sweet skulls

Each year, Halloween greeting cards are worth more than \$50 million.

Each year, around 28 million Halloween cards are sent out to family and friends to wish them a happy Halloween.



Questions Answered

Q: How do I participate in Bingo at the Desert Hot Springs Senior Center?

A: Bingo occurs twice weekly, every Wednesday and Friday, from 1 PM to 3 PM. For a \$5.00 fee, you receive nine games, with the final game winner receiving a \$25 gift card to one of our local businesses! Join us for an all-around good time with fun prizes up for grabs! All are welcome!