



Newsletter

February, 2023

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

Emily Ward

Senior Center Aide

California Senior Gateway

Join us on February 27th at 2:00 pm for a presentation on The Senior Gateway.

The Senior Gateway is a one-stop website intended to provide seniors, their families, and caregivers with the information they need to connect to helpful services and resources, to find answers, and to solve problems.

Visit www.seniors.ca.gov to find information on such topics as:
Preventing fraud, financial abuse, and common scams.
Avoiding and reporting abuse and neglect.

Health care information.

Your rights.

Other resources.



From the Director's Desk

Welcome, February! The month of hearts with National Heart Month and Valentine's! So here is my friendly reminder to get your heart checked and/or to acknowledge those closest to your heart!

February is Heart Disease Awareness Month- Our heart is one of the essential organs. It controls blood flow throughout our bodies, and we often refer to it when talking about our emotions. Diseases affecting our heart and blood vessels are a serious global health threat.

February may be a quiet month, but not here at the Center. We always have someone here, something going on, and, as always, a hot, nutritional meal, so please bundle up and join us! We love seeing all of you. Read through our newsletter for our activities and movies of the month. The more, the merrier!

—Francisco Castro



Happy Valentine's Day

A Little Valentine

Poem

*"You are my valentine; you bring me pleasure.
With all my love you could not measure,
So on this day I shall always treasure.
Happy Valentine's for ever and ever."*

—Mr. G. Hughes

Center will be closed on February 20th



On Monday, February, 20th 2023, the Center will be closed for President's Day.

We will be open regular hours, 8 am—4 pm as of Tuesday, February, 21st, 2023.

Happy Valentine's Day

Movie Day!

Join us for a movie and snacks on Wednesday, February 8th and 22nd at 10:30 am.

This month's movies are:

"Breakfast at Tiffany's"

A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way.



"Something from Tiffany's"

Follows a woman as her life gets upended when an engagement ring that was for someone else leads her to the person she's meant to be with.

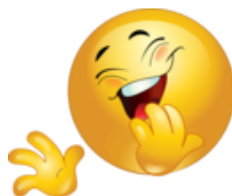
Karaoke with Maria!

Where are our singers? Stop by for a fun time singing your favorite songs with friends and share your vocal talent on stage.!

Every Wednesday, from 1—2 pm. Space is limited; sign up today! See you there!

Joke of the Month

What did one bee say to the other?
"I love bee-ing with you, honey!"



Valentines Fun Facts

Valentine's Day is the second most popular day of the year for sending cards. Christmas is the first most popular.

Worldwide, over 50 million roses are given for Valentine's Day each year.

About 1 billion Valentine's Day cards are exchanged each year.

Approximately 27 percent of those who buy flowers on Valentine's Day are women. Only 73% are men.

Cupid is said to be the symbol of valentines. Cupid is the son of Venus. Venus is the Roman god of love and beauty.

The heart is associated with Valentine's Day as it is considered the source of all human emotions.

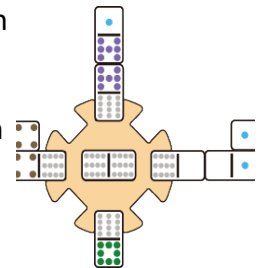
In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweethearts and pets.

Questions Answered

Q: How do you play Mexican Train?

A: The objective of Mexican Train Dominoes is to play all your tiles. The lowest score wins at the end of all rounds.

Your score is the total number of pips (dots) on each tile left at the end of each round. Your row of dominoes is your "personal train".



Every Wednesday from 10am-11am

Beginning February 8th.