



**mizell**  
CENTER  
FULL OF LIFE

# Newsletter

## January, 2023

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

### Jessica Martinez

Assistant Director

### Marta Godoy

Receptionist

### Emily Ward

Senior Center Aide

### Tap Dance with Deborah

For many people, dance is a fantastic way to stay physically active. Not only are you getting your body moving, but you're doing so in an enjoyable way! Plus, being active like this has countless benefits for you. It can help you lose weight, and lower stress.



You'll feel so much better! Don't worry if you don't feel like doing so at first. You'll change your mind once you start moving.

Join Deborah every Monday and Thursday from 1030 am to 1130 am.

*\$3 for members - \$5 for non-members*

### From the Director's Desk

As we enter 2023, we kick off the start of the year by welcoming all of our new and returning Members! We are so happy to have you!

We have a few announcements this month: the beautiful new landscaping. Lovely desert cacti and succulents surround our Center and guide your path inside. What a joy!

We also welcome back two popular classes, Tap Dance with Deborah and Cooking with Melvin; we are excited to have them return to our Center this month.

In addition, we will host a Flu and Covid Vaccine Clinic with Riverside County on January 26, 2023, from 12:30 pm to 3:30 pm. Please check with the front desk if you want to sign up; however, walk-ins are welcome.

I invite you to come by and look at all the great programs and activities available to our seniors in January.

*—Francisco Castro*

**HAPPY  
NEW YEAR**

### New Year Greeting

Take, my friend, this heart-felt greeting,

Happy be thy Christmas day.

Faith, and hope, and love here meeting.

Speed thee on thy New Year's way!

*—J. S. Ogilvie*

### Center will be closed on January 16th

On Monday, January, 16th 2023, the Center will be closed for the day in observance of Dr. Martin Luther King Jr. Day.

We will be open regular hours, 8 am—4 pm as of Tuesday, January, 17th, 2023.

Happy New Year!

## Movie Day!

Join us for a movie and snacks on Wednesday, January 11th and 25th at 10:30 am.

This month's movies are:

### "Avatar"

*A paraplegic Marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.*

### "Avatar: The Way of the Water"

*Jake Sully lives with his newfound family formed on the extrasolar moon Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their home. and future.*



## Cooking with Melvin returns!

After a month off, we are excited to announce Cooking with Melvin is back with another 4 week class!

Classes begin on Tuesday, January 10th and every Tuesday throughout January from 10:30 am—12 pm.

## Joke of the Month

What is a New Year's resolution?  
"Something that goes in one year and out the other."



## New Years Fun Facts

Many people make serious resolutions on the day of New Year Eve. Some sections of society even consider it as a tradition and give up on their bad habits.

Exchanging gifts on New Year Eve also dates back to ancient times. Back in time, Persians used to gift eggs on New Year which means productivity.

When we think of Japan, the first thing that strikes our mind is noodles. On the New Year day, Japanese eat long noodles with a belief that they will have long life.

Pork is considered as a mandatory food on the New Year day by the people of Portugal, Hungary, Austria and Cuba as they believe that it denotes prosperity.

People of Greece, Mexico and Netherlands prepare or buy ring-shaped pastries and cakes on New Year's eve which marks that the year has come to a full circle.



## Questions Answered

**Q:** What is Flowing Energy Dance class?

**A:** Every Wednesday from 3 pm—4 pm, we invite you to stop by and participate in our Flowing Energy Dance class with B.B. Berg.

Experience a calm, relaxing, and reassuring environment while doing some Tai Chi movements combined with Belly Dance, Yogic Stretching, Breathing, and Energy Cleansing.

*\$5 for members—\$8 for non-members*

