



**mizell**  
CENTER  
FULL OF LIFE

# Newsletter

April, 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



## Nothing Gold Can Stay

Nature's first green is  
gold,  
Her hardest hue to  
hold.  
Her early leaf's a  
flower;  
But only so an hour.  
Then leaf subsides to  
leaf.  
So Eden sank to grief,  
So dawn goes down to  
day.  
Nothing gold can stay.

—Robert Frost

## SPIRIT WEEK

Join us for Spirit Week at the Desert Hot Springs Senior Center the first week of April from the 3rd to the 7th.

We will have an exciting daily theme all week long; dress up in your most creative outfit and come show them off!

**Monday, 3rd— Pajama day**

**Tuesday, 4th— Kentucky Derby day**

**Wednesday, 5th— Superhero day**

**Thursday, 6th— 70s throwback day**

**Friday, 7th— Crazy hair day**

One daily winner for the most creative outfit! Will it be you!?

## From the Director's Desk

As we look towards the near future in anticipation of warmer weather, some of us will ask, what type of activities are there to do at the Desert Hot Springs Senior Center?

Well, there is something for everyone, whether you enjoy spending time being creative, painting, singing karaoke, or doing arts & crafts. If you prefer to stay active, we have Tai Chi, Tap Dance, Hula Dance, and Fit After 50! If you enjoy stimulating your brain, join us for Chess, Mah Jongg, or Mexican Train Dominos. It's your Center, your choice!

Our membership has steadily grown monthly, which has been exciting to watch. I am thrilled with the efforts of our volunteers and staff and appreciate all they do; our Center wouldn't be the same without them!

I invite you to come down and visit our Center; you may meet a new friend!

— Francisco Castro

## Tai Chi with Verna



Relax your mind, and Improve your health! Join us for beginner Tai Chi with Verna every Thursday from 930 am-1030 am.

**\$5 members, \$8 non-members**



## Movie Day!

Join us for a movie and snacks!



This month's movies are:

### **"Blacklight" April 12th, 10:30 am**

Liam Neeson, a troubled off-the-books fixer for the FBI finds himself in the middle of a deadly government conspiracy.

### **"Bad Grandmas" April 26th at 10:30 am**

*Pam Grier, Florence Henderson and Judge Reinhold star in this hilarious new comedy starring four grandmothers who accidentally kill a con man. When the con man's partner shows up, things go south quickly.*

## Hawaiian themed birthday party

Join us as we celebrate our April birthdays with a twist. Come dressed in Hawaiian-themed outfits and enjoy a hula performance from our Hula dance instructor, Joyce, and class.

**Friday, April 14th at 12 pm.**

## Joke of the Month

What's the biggest difference between Thanksgiving and April Fool's Day?

*"On one you're thankful but on the other you're prankful."*



## April Fun Facts

In the Southern Hemisphere, April is the seasonal equivalent of October.



Earth Day is celebrated every year on April 22nd.

Those who were born in April have a diamond as their birthstone, which represents innocence. Their birth flower is either a Daisy or a Sweet Pea.

April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16th to April 26th each year.

On April 14, 1912, the famous Titanic ship hit an iceberg and sank on her first and only voyage.

George Washington was inaugurated as the First President of the United States on April 30, 1789.

After a 1,500-year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.

April is also the month that the birds migrate north and settle down for the summer to mate.

## Questions Answered

**Q:** What is Fit After 50?

**A:** Desert Hot Springs Senior Center is excited to offer the **Fit After 50** exercise program with Judy and Eugie, brought to you by the Riverside County Office on Aging.



No appointment is needed; we look forward to seeing you there!

**Monday, Wednesday, & Friday, 9-10 am.**

**FREE FOR ALL!**