



mizell
CENTER
FULL OF LIFE

Newsletter

May, 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

Attention Seniors!

Get ready to embrace the season with our upcoming Spring Fling themed birthday party! Join us for an afternoon of music, refreshments, and fun as we celebrate May birthdays.

We invite everyone to wear their brightest and most colorful outfits to match the vibrant decorations that will fill the room. Our goal is to make the day feel as lively and cheerful as the springtime itself!

Don't miss out on this opportunity to mingle with fellow seniors and enjoy some festive fun. Mark your calendars for the Spring Fling themed birthday party, taking place

on Friday, May 12th 12—1 pm at the senior center.

From the Director's Desk

We hope this newsletter finds you well and enjoying the beautiful spring weather! As always, we have an exciting lineup of events and activities planned for May.

We will be hosting our monthly birthday party on Friday, May 12th, where we will be serving up delicious cake and drinks to celebrate all of the wonderful people born in May.

On Thursday, May 11th, we will host a special guest speaker, Author Louise Miller, discussing her newest book "Friends with Benefits: Never Underestimate the Power of a Cold Nose." She'll be speaking on the history of pets and the way they add value to our lives.

Additionally, we will offer various fitness classes throughout the month, including Fit After 50, Tai Chi, Jazz & Tap dance, and Hula dance class. These classes are a great way to stay active and socialize.

Finally, our center is always here to support you in any way we can. We are here for you!

Thank you for being a part of our community, and we look forward to seeing you at the center soon.

— Francisco Castro



I cannot tell you how it was,

But this I know: it came to pass

Upon a bright and sunny day

When May was young; ah, pleasant May!

—by Christina Rossetti

CINCO DE MAYO PARTY

We invite you to celebrate Cinco de Mayo at the Senior Center! Whether you are interested in trying traditional Mexican flavors, dancing to lively music, or simply enjoying the company of other members, there will be something for everyone!

We look forward to seeing you there and celebrating Cinco de Mayo together!



**PUT THIS
on YOUR
CALENDAR!**

Movie Day!

Join us for a movie and
snacks!



This month's movies are:

"A Dog's Journey" May 10th, 10:30 am

Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion...and a few really good belly rubs.

"Wonder Woman 1984" May 24th at 10:30 am

Fast forward to the 1980s as Wonder Woman's next big screen adventure finds her facing a wide array of foes including: Max Lord and The Cheetah.



The Center will be
closed on May 29th in
observance of



Joke of the Month

Why did the tree break out in
hives in May?

"Because it was branching out!"



May Fun Facts

The birthstone for May is the emerald, which is known for its vibrant green color.

May is National Physical Fitness and Sports Month, so it's a great time to get active and try out a new sport.

The first Saturday in May is celebrated as Free Comic Book Day, where comic book stores across the country give away free comic books to customers.

May 4th is often referred to as "Star Wars Day" because of the famous phrase "May the fourth be with you" that sounds like "May the force be with you".

May is National Barbecue Month, so fire up the grill and enjoy some delicious barbecue!

Mother's Day is celebrated on the second Sunday of May in the United States, Canada, and many other countries around the world.

May 20th is National Rescue Dog Day, a day to celebrate and raise awareness about adopting and rescuing dogs.

Questions Answered

Q: When is the Senior Prom?

A: We're excited to announce that the Senior Prom will be held at the senior center on Friday June 16th from 12-3 pm. Dress up in your finest attire and get ready for dancing, socializing, and fun with friends old and new!

Let's make this a day to remember and celebrate our wonderful community of seniors.

We hope to see you all there!

