



mizell
 CENTER
 FULL OF LIFE

Newsletter

August, 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

Important Update: Changes to the Farmer's Market Schedule

Due to the extreme heat and for the safety and comfort of everyone, we have made the decision to adjust the Farmer's Market schedule. Starting this month, the Farmer's Market will be held once a month on the 3rd Tuesday of every month.

The next Farmer's Market is on Tuesday, August 15th, at 9 am. We apologize for any inconvenience this change may cause: we believe it is in the best interest of everyone's well-being, given the soaring temperatures during this time of year.

Rest assured, the Farmer's Market will continue to offer a variety of fresh produce, local goods, and other delights that you've come to enjoy. We will work diligently to make each monthly market a delightful and enriching experience for all attendees. Make sure to let all your friends know!

Thank you for your understanding and ongoing support. We appreciate your commitment to the Desert Hot Springs Senior Center!

Stay cool and hydrated during these summer days, and we'll see you at the market!

From the Director's Desk

I am excited to share some upcoming events and updates that enhance our community's engagement and well-being.

Smartphone Training Session (August 1st, 9-11 AM): In this digital age, staying connected has never been more important.

Nutrition Education - "Fresh from the Garden" by Riverside County Office on Aging: Your health and well-being is important to us. Join us for "Fresh from the Garden," on August 10th at 11: AM.

New Schedule for the Farmers Market: Beginning this month, the Farmers Market is on August 15th at 9: AM.

As always, your active participation and engagement drive the vibrant community spirit at Desert Hot Springs.

Embrace the opportunities to learn, connect, and grow together as we strive to foster a stronger, healthier, and more inclusive community.

Your presence and involvement are what make our community truly special.

With warmest regards,

— Francisco Castro

"Summer"

"Shall I compare thee to a summer's day? Thou art more lovely and more temperate: Rough winds do shake the darling buds of May, And summer's lease hath all too short a date. "

— William Shakespeare

Be a volunteer!

Volunteering at the senior center offers numerous benefits for both the volunteers and the seniors themselves.

* Companionship and Social Connection.

* Enhanced Quality of Life

* Mental and Cognitive Stimulation

Your volunteer efforts have the power to transform the lives of seniors,

For more info, please call 760 329 0222.

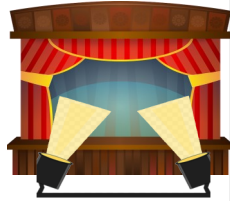


Cooking with Melvin returns September 6th at 10:30 AM.

Mark your calendars and join us for a fun and enlightening time discussing healthy meal choices and witnessing the magic of healthy cooking.

Movie Day!

Join us for a movie and snacks!



This month's movies are:

"Beverly Hills Chihuahua 3 - Viva La Fiesta!" August 9th, 11 am

Papi is back, and he's ready to party! From the studio that brought you BEVERLY HILLS CHIHUAHUA -- you're invited to the ultimate celebration of friendship and family

"Rio" August 23rd at 11 am

RIO is an animated feature from the makers of the Ice Age films. Set in the magnificent city of Rio de Janeiro and the lush rain forest of Brazil, this comedy-adventure centers on Blu, a rare macaw who thinks he is the last of his kind.

CSFP FREE FOOD PACKAGES FOR SENIORS

Desert Hot Springs Senior Center is proud to partner with Find Food Bank to bring CSFP to our Center once a month.

The **Commodity Supplemental Food Program** is a USDA nutrition program that offers low-income seniors age 60+ a monthly free food package.

Documents Needed:

*Name *Date of Birth * Address

Eligibility:

60 Years + * Riverside/San Bernardino County Resident * Low-Income

Please call 760 329 0222 to sign up or for more information. Distribution is done every 3rd Tuesday at 10: am.

August Fun Facts

The birthstone for August is peridot, a gemstone known for its beautiful green color.

August is the peak month for meteor showers, with the Perseid meteor shower being one of the most famous and visible events.

In the Northern Hemisphere, August is considered the last month of summer, while in the Southern Hemisphere, it marks the end of winter.

August is National Peach Month in the United States, celebrating the delicious and juicy fruit.

August 9th is International Day of the World's Indigenous Peoples, dedicated to promoting and protecting the rights of indigenous populations worldwide.

Enjoy these intriguing August fun facts as you embrace the unique qualities and events of this wonderful month!

Questions Answered

Q: Is there a Nutrition Class at the Center?

A: Desert Hot Springs Senior Center has partnered with Riverside County Office on Aging to provide monthly nutritional education via their program:

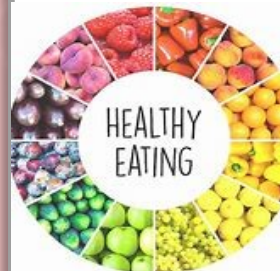
Fresh From the Garden Class

Join Rachel Peterson

Nutritionist, MPH,
for this fun and informative class.

Date: August 10th, 2023

Time: 11:00am to 12:00pm



Joke of the Month



Why was the math book sad in August?

"Because it knew it would have to face all the problems again in September!"