



mizell
CENTER
FULL OF LIFE

Newsletter

September, 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

Program Assistant

"September's Breeze"

"September's breeze, a subtle song, Leaves of amber, a journey long. A season of change, colors so deep, In September's embrace, memories we keep.

— Unknown

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.

SPORTS-THEMED

LABOR DAY PARTY!

Get ready to kick off your Labor Day with a dose of excitement, camaraderie, and a splash of team spirit! You're cordially invited to our Sports-Themed Labor Day Party where the game is on, and the fun is unlimited.

Date: September 5th

Time: 12-2

Wear Your Team Colors: This party is all about sports, so dust off your favorite team jerseys, hats, or scarves. Let's turn our center into a vibrant sea of team colors and show off our team pride!

Enjoy the Game, Indulge in

Treats: Join us for an afternoon of friendly competition, music, and camaraderie. Delicious snacks and refreshments will keep you energized as you cheer on your favorite teams and players.

Let's Celebrate Together: Labor Day is not only about relaxation but also about celebrating the spirit of unity and shared experiences. This is a wonderful opportunity to come together, create lasting memories, and enjoy the company of fellow members.

See you at the party, all decked out in your team's finest!



From the Director's Desk

Greetings to all of you as we welcome the charming month of September! It's my pleasure to present a lineup of engaging events and activities that reflect our commitment to your well-being and enrichment.

Sports-Themed Labor Day Party (9/5, 12-2 PM): Kick off September with a burst of energy and fun at our Sports-Themed Labor Day Party on September 5th from 12:00 PM to 2:00 PM. Wear your favorite sports jerseys, embrace the team spirit, and enjoy a lively afternoon of games, camaraderie, and delicious treats.

Nutrition Presentation by Riverside County Office on Aging (9/7, 10-11 AM-Spanish) & (9/7, 11-12 PM-English): Your health is our priority, and knowledge is key to wellness. Join us on September 7th from 10:00 AM to 12:00 PM for a Nutrition Presentation offering insights into making mindful and nourishing food choices.

Film Screening: "Keys Bags Names Words" (9/20, 11-1 PM): We invite you to a special screening of the documentary "Keys Bags Names Words" on September 20th from 11-1 PM. This poignant film sheds light on the journey of individuals living with Alzheimer's disease

Your presence at these events enriches the fabric of our center, and we are grateful for your involvement.

— Francisco Castro

BEREAVEMENT GROUP

Thursdays at 2:00 PM.

We invite you to be a part of our weekly Bereavement Group, a safe space where you can share, heal, and connect with others who are navigating similar journeys. **Hosted with care by Mission Hospice**, this group offers support and resources to help you cope with the challenges of loss.

WEDNESDAY IS MOVIE DAY!

Join us for a movie and snacks!



This month's movies are:

"The Secret Lives of Pets" Sept. 13th, 11 am.

Louis C.K., Eric Stonestreet, and Kevin Hart lend their voice talents to this action/adventure comedy taking a hilarious look into the lives of Pets.

"The Secret Lives of Pets 2" Sept. 27th, 11 am.

The Secret Life of Pets 2 explores the bonds between pets and the families that love them, and answers the question: What are your pets doing when you're not at home?

Film Screening:

"Keys Bags Names Words"

As part of our ongoing commitment to your well-being and awareness, we are hosting a film screening of "Keys Bags Names Words."

About the film:

Keys Bags Names Words is a quirky and inspiring lens portraying stories of both the personal and global impacts of Alzheimer's disease and other forms of dementia, while following a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humor and compassion to lead the way towards hope and resilience.

Learn more: www.keysbagsnameswords.com

September 20th, 2023
11:00 AM - 1:00 PM
Desert Hot Springs Senior Center

SEPTEMBER FUN FACTS

September 22nd or 23rd marks the autumnal equinox, when day and night are nearly equal in length. This officially signals the beginning of fall in the Northern Hemisphere.

The birthstone for September is the sapphire, known for its deep blue color. It's associated with wisdom, loyalty, and nobility.

September is National Honey Month in the United States. It's a time to celebrate the hard work of bees and the sweet product of their labor.

September 8th is International Literacy Day, established by UNESCO to highlight the importance of literacy worldwide.

Notable figures born in September include Freddie Mercury, Roald Dahl, Beyoncé, and Bill Murray.

September 27th is World Tourism Day, highlighting the importance of tourism for cultural, economic, and social growth.

QUESTIONS ANSWERED

Q: What is the CSFP?

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

Required:

*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 Thursday
at 10: am.

Joke of the Month

*Why do trees in September
always make bad decisions?*

"Because they fall for anything!"

