



**mizell**  
CENTER  
FULL OF LIFE

# Newsletter

## October, 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*

**Brenda Gonzalez**

*Program Assistant*

**Tami Coughlin**

*Program Assistant*

## HALLOWEEN PARTY!



It's that time of year again, we're excited to invite you to our Annual Halloween Costume Party!



**TUESDAY, OCTOBER 31ST**

**TIME: 12-3**

*Costume Contest*

Dress to impress in your most creative, spooky, or downright hilarious costumes! Our costume contest promises fabulous prizes for the most bewitching, whimsical, and imaginative outfits.

*Music*

Get ready to dance the afternoon away to hauntingly good tunes. Playing your favorite hits to keep you grooving!

*Snacks and Beverages*

Enjoy a selection of tasty snacks and refreshing beverages to keep your energy high as you mingle with friends and fellow partygoers.

*Bring Your Friends*

The more, the merrier! Don't forget to invite your friends to join the fun. It's a spooktacular night that's even better when shared with loved ones.

### *From the Director's Desk*

As always, it is my absolute pleasure to connect with you through our monthly newsletter.

First and foremost, I want to extend my heartfelt gratitude to each and every one of you. Your participation, your stories, your laughter, and your support are the building blocks of our center's warm and inclusive atmosphere.

Our doors are always open, and we eagerly welcome newcomers. Whether you're seeking new friendships, information, resources, or a welcoming place to spend your time, we are here to embrace you with open arms.

Our dedicated team and friendly members are ready to make you feel at home.

Remember that resources and assistance are available for those who may need them. From counseling services to support groups, we're here to provide the care and help that our valued members may require.

Let's continue to build bridges, create memories, and cherish the bonds that make our senior center a special place.

Thank you for being an essential part of our community, and I look forward to seeing both familiar and new faces in the coming days.

— Francisco Castro



### **Tomatoes Fresh from the Garden Presentation**

**Classes will be  
provided by**

**Riverside County  
Office on Aging**

**Oct 12, 2023**

**Spanish: 10:30—11:30**

**English: 11:30 – 12:30**

**Desert Hot Springs  
Senior Center**

**11-777 West Dr, Desert Hot  
Springs, California 92240**

## 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:

### "DC League of Super-Pets" Oct. 11th, 11 am.

*Krypto the Super-Dog must convince a rag-tag shelter pack—a hound, potbellied pig, turtle and squirrel—to master their own newfound powers and help him rescue the Justice League.*

### "Hotel Transylvania" Oct. 25th, 11 am.

*When Van Helsing's mysterious invention goes haywire, Drac and his pals are transformed into humans and Johnny becomes a monster! In their new mismatched bodies, Drac and Johnny must team up to find a cure.*



## Free Health Seminar

*Be Kind to Your Feet.*

Keep Diabetes from knocking you off your feet! **Podiatrist Bryce Jolley, DPM**, walks you through the steps of proper foot care to help prevent and treat wound problems caused by diabetes.

To register for this free education program by the Advanced Wound Center of Desert Care Network, call (800) 491-4900. Go to [DesertCareNetwork.com/events](http://DesertCareNetwork.com/events)



A COMMUNITY BUILT ON CARE

**Desert Hot Springs Senior Center**

**THURSDAY, OCT. 26TH  
10:30 — 11:30 A.M.**

## OCTOBER FUN FACTS

The name "October" comes from the Latin word "octo," which means eight. It was originally the eighth month in the Roman calendar before January and February were added.

The two birthstones for October are opal and tourmaline. Opals are known for their ever-changing colors, and tourmaline comes in a variety of hues.

October is recognized as Breast Cancer Awareness Month, dedicated to raising awareness about breast cancer and promoting early detection and treatment.

National Cat Day is celebrated on October 29th in the United States, dedicated to promoting cat adoption and raising awareness about the welfare of cats.

The Major League Baseball (MLB) World Series, a championship event that crowns the best baseball team in the United States, often takes place in October.



## QUESTIONS ANSWERED

**Q: Does the Senior Center have a Painting Class?**

**A: Yes, indeed, we're thrilled to announce that our painting class is back beginning Oct. 2nd!**

Whether you're an experienced painter or a complete beginner, this class is designed to accommodate all skill levels. Our talented instructor, Juanita, will guide you through various techniques, ensuring that everyone feels comfortable and inspired.

**Mondays at 10:00 AM.**

Please call 760 329 0222 for more information.



## Joke of the Month

Why did the scarecrow win an award in October?



"Because he was outstanding in his field!"