



MONTHLY NEWSLETTER



VOLUME 3 ISSUE 12

MARCH 2020



Melanie Lyons
Director



Jessica Martinez
Receptionist



Center Hours:

8:15am - 4:15pm
Monday - Friday

Address:

11777 West Drive
Desert Hot Springs
CA 92240

Phone Number:

(760) 329-0222

Words from the Director!

March is here and our Center activities show no signs of slowing down. This month on March 17, 2020 we have the Mayor of Desert Hot Springs, Scott Matas coming to inform the Seniors at the State of the City address which also happens to be St. Patrick's Day so do not forget to wear green for an opportunity to enter a drawing. On March 24, 2020 we will be participating in the City's Senior Citizen Resource Fair, which many different agencies will attend to answer any questions and supply you with resources on some of the most important matters to our seniors. Also do not forget about our Senior Self Defense Class on Monday, March 2, 2020 and our final field trip to the San Bernardino County Museum on March 12, 2020. There is truly something for everyone to enjoy at Desert Hot Springs Senior Center. On that note on March 1 2020 marks 3 years that I have been your Center Director and I want to take a moment and wish you all a Happy Anniversary. The changes that we have seen over the past 3 years are remarkable and I could not have done it without all of you. I am extremely proud of all that we have accomplished and excited to see what is yet to come for our wonderful Center. As usual, my office door is always open for any and all your questions, comments or concerns.

Sincerely,

Melanie Lyons, Director

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>8:30</u> Morning Bites</p> <p>Zumba Gold</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:00</u> Saboba Casino (3/2)</p> <p><u>11:30</u> Lunch</p> <p><u>12:00</u> Rock Painting with Marie Johansen (3/16)</p> <p><u>12:30</u> Personal Protection for Seniors (3/2)</p> <p>“The ambulance is on it’s way, now what? Seminar(3/16)</p>	<p><u>8:30</u> Morning Bites</p> <p><u>9:00</u> Senior Advocates (3/10, 3/24) <i>Appointment Needed</i></p> <p>VITA Tax Prep <i>Appointment Needed</i></p> <p><u>10:00</u> Beginning Tai Chi</p> <p>Learning to Crochet with Ms. Shirley</p> <p><u>10:30</u> State of the City w/ Mayor Scott Matas (3/17)</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Movie-of-the-Week (no movie 3/3)</p> <p><u>1:00</u> Pinochle</p> <p>Mah Jongg</p> <p><u>3:00</u> Words of Wisdom (3/31)</p>	<p><u>8:30</u> Morning Bites</p> <p>Legal Services <i>Appointment Needed</i></p> <p>Zumba Gold</p> <p>Senior Farmers Market</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:30</u> Lunch</p> <p><u>1:30</u> Bingo Early Bird Game: 1:30pm Regular Game: 2:00pm</p>	<p><u>8:30</u> Morning Bites</p> <p><u>9:00</u> San Bernardino Field Trip (3/12)</p> <p>VITA Tax Prep <i>Appointment Needed</i></p> <p><u>10:00</u> Beginning Tai Chi</p> <p>HI-CAP</p> <p>Learning to Crochet with Ms. Shirley</p> <p><u>11:30</u> Lunch</p> <p><u>12:30</u> Ice Cream Social (3/19)</p> <p><u>1:00</u> Pinochle</p> <p>South Pacific Island Dancing</p> <p><u>3:00</u> Piano Lessons <i>Appointment Needed</i></p>	<p><u>8:30</u> Morning Bites</p> <p><u>10:00</u> Fit After 50</p> <p><u>11:30</u> Lunch</p> <p><u>12:00</u> Rockin Chair Singers Senior Choir practice</p> <p><u>12:30</u> Birthday Bash (3/27)</p> <p><u>1:00</u> Art Class with Salle</p> <p>Mah Jongg</p> <p><u>1:30</u> Bingo Early Bird Game: 1:30pm Regular Game: 2:00pm</p>

MOVIE
AT THE CENTER

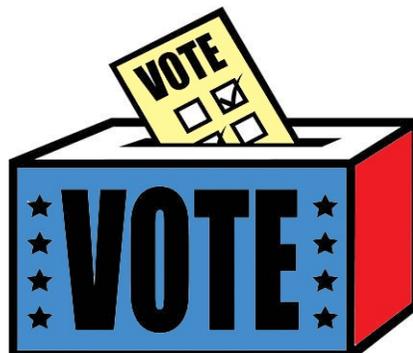
March 10th
Unforgiven

March 17th
Grand Torino

March 24th
A Fist Full of Dollars

March 31st
Heartbreak Ridge

MESSAGE FROM THE STAFF & VOLUNTEERS



There will be no classes in the West Room on Tuesday, March 3, 2020 due to voting
ALSO

The Center will open at 11:00am on Tuesday March 24, 2020 due to the Senior Resource Fair

Mayor Matas invites you to the
2020 City of Desert Hot Springs



Senior Resource Fair



Tuesday, March 24, 2020
8 am to 12 pm

Desert Hot Springs Health
& Wellness Center
11750 Cholla Drive

Meet representatives
from local groups
providing information on:

Health Care

Government Services

Community Resources

And More!

FREE
Admission

FREE
Information

FREE
Refreshments

FREE
Shuttle Service



CO-SPONSORED BY:

Desert Hot Springs Senior Center
Supervisor V. Manuel Perez

No registration is required. For more information or shuttle schedule, contact
City Hall at (760) 329-6411 or Senior Center at (760) 329-0222.



Senior Advocates of the Desert

Senior Advocates of the Desert is a 501(c) 3 nonprofit social services organization dedicated to serving low-income seniors age 60 and over living in the Coachella Valley. Senior Advocates was founded so that seniors can make one phone call and be provided the information, assistance and advocacy they need in accessing the benefits to which they are entitled.

We assist seniors with the following programs:

- Social Security Retirement Benefits
- Social Security Disability Benefits
- Medicare
- Medi-Cal
- Supplemental Security Income (SSI)
- In Home Supportive Services (IHSS)
- Veterans Benefits

In addition, we provide information and assistance regarding subsidized senior housing, transportation programs, food stamps, and discount utility programs.

All services are provided free of charge.

For assistance, call (760) 202-1024.

Our website is www.saotd.org.

**At Desert Hot Springs Senior Center every 2nd and 4th
Tuesday of the month.
Please call the Center or see the front desk for
appointment availability.**

Learn to Crochet



With the Queen of Crochet Ms. Shirley

Have you always wanted to learn to crochet but have had no one to teach you? Or are you already skilled at crochet and just would like someone to crochet with? Well Ms. Shirley's class is just right for you. Studies show that knitting, crochet and other repetitive needlework provide a number of invaluable health benefits. Since 2005, ex-senior physiotherapist Betsan Corkhill collected anecdotal evidence and launched a collaborative study with scientists at many different universities on the role of knitting in health. They found that such rhythmic repetitive acts help prevent and manage stress, pain and depression, which in turn strengthens the body's immune system. Whether you're a beginner, intermediate or advanced there will be something fun for everyone. All you need to bring is your crochet supplies and a desire to learn and make friends.

**Tuesdays and Thursdays
10:00am—11:00am**

Free for Members and Non-members



Soboba Casino Field Trip



We are pleased to announce that we will be having a field trip to the Soboba Casino

Monday
March 2, 2020

Limited seating, please reserve at the front desk.

Bus Schedule

Leaving 9:00AM

Returning 3:00 PM



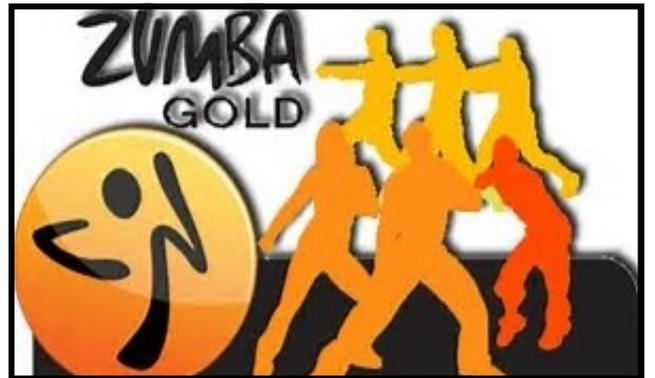


Senior Center Classifieds Board

The **SENIOR CLASSIFIEDS** are up and running! If you are a member of the Senior Center and you would like to place an ad on the board please see Jessica at the front desk to fill out a short form.

Upon Director's approval the ad will be posted on the board for approximately 30 days or until need/service is met or item sold, whichever occurs first. Please see Melanie or Jessica for further details.

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Zumba Gold is designed specifically for active older adults, introducing easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat; prepare to leave empowered and feeling strong.



**Mondays
and
Wednesdays**

8:30am - 9:30am

\$3 for Members

\$6 for Non-Members

Desert Hot Springs Senior Center



Gary Malerba / AP

Wii Bowling Team

Do you like sports but it's hard for you to get out and play? Are you competitive ?

Do you like being part of a team?

Well our Wii Bowling Team is right up your alley! Come join the Desert Hot Springs Senior Center Wii Bowling Team! We are starting to form our 2020 bowling team. Come and see if Wii Bowling is for you!

Our Senior Center goes to the Wii Senior Pin Pals Tournament every year and compete with all the other Senior Centers in the Coachella Valley.

Come be part of Team DHSSC!

Practice is **EVERY**

Tuesday & Thursday at 1:00pm

BINGO



Join us for our new and improved bingo. In the main game 7 cards are played 6 of which you have a chance to win a gift basket and the 7th (last card) being the blackout game for a \$10.00 gift card. Each participant gets 1 raffle ticket (one raffle ticket per person). Two raffle tickets are drawn during the game for one of our smaller prizes.

Daubers available for purchase for \$1.00.

Early bird game available separate from the main game. Prizes are dollar prizes. Early bird game starts at 1:30pm and main game starts promptly at 2:00pm.

Cost:

Main Game : \$3.00

Early Game: \$1.00

Every Wednesday and Friday

Early bird game starts at 1:30pm

Main game starts at 2:00pm

“What We Remember or Choose to Forget”

March 2020

A lack of memory is a common grievance. Whether we are to recall a name or remember an idea that will benefit our future, a good memory is certainly of value. But often, the more we try to recall a thought, the more it escapes us. There are also times when a sudden memory lapse may prevent an important idea from being realized, which could alter our future, but have no effect on our present. How much control do we have over what is remembered and what is forgotten?

Our memories determine who we are. They tell us whose lives we have touched and those who have touched us. They make us this person or that kind of person, which determines how we look at the world. Our memories create an internal biography, and are the essence of who we are. Consequently, understanding age-related memory loss and ways to prevent it is worth exploring. Many methods have been proposed to improve the memory—from proper diet and exercise, to the newest “Brain Pills”—all of which, seem only partially effective. It appears the most significant methods for true memory retention has been proved for those who lead mentally active life styles that work the brain such as learning a new language, volunteering, and other activities that are non-passive.

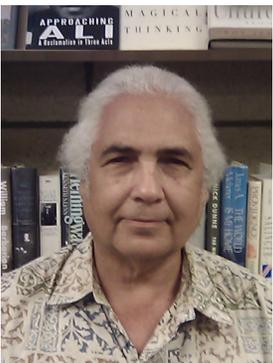
I have witnessed those, like myself, who suffer from a memory that produces unwanted, internal images that suddenly come to our minds with the power to ruin an otherwise, perfect day. But these uncontrollable memories, at times, may also bring us pleasure. So, we might ask ourselves, when it is better to remember or to forget? Are we sensible or aware enough to recognize what is truly worth remembering or do we have a choice in the matter?

The act of forgetting can be useful to our peace of mind. Think of all the useless information that is subconsciously stored in our minds and its effect on memory. If that menacing information appeared every time we recalled a thought, we could never proceed forward. The bad memories that fill us with regret and dominate our minds can spoil our days and keep us up at night. These unwanted thoughts not only have the power to jeopardize our serenity—but as senior citizens—has the power to produce life-threatening occurrences. When we look back and believe we've made irreversible choices, for example, which left us unfulfilled and lonely in our later years, some of us might ask ourselves if life is worth living any longer. If we could channel those painful memories as a personal testimony to benefit others, we then need not forget the past. By sharing our stories with others, we recognize that this is a unique opportunity to help those who believe their past traumas or humiliations are to remain buried forever.

As a warning, our clergy or therapists may caution us against the anticipation of future calamities. Those of us, who await disaster before an event ever happens, will receive little pity from others, but instead, will only more disappointment. But to fear the future is still more reasonable than to lament the past.

When we fear something that hasn't happened yet, we still can avoid it. When it comes to regret, we can never change the past—regrets then never go away—they only form a new subject for regret. Everyday has its own purpose where a divine force has assigned what we would do. We cannot let constant worries intrude our present. This divine spirit did not create us to carry the heavy load of both yesterday's and today's troubles at the same time.

Ultimately, to remember or to forget using our own will may be beyond our authority. But a trust in God allows us the courage to recall and interpret our stories as a testimony where others can obtain the needed faith to change a less-than-satisfying life.



Comments or questions?

Tony Deryan, Ph.D., can be contacted at tdare7@g.ucla.edu



City of Desert Hot Springs Community CPR Program



The City of Desert Hot Springs is proud to offer a new Community CPR/AED and First Aid Training Program through Emergency Care & Safety Institute for any and all community members who desire to obtain training and skills for use in the event of a life-threatening emergency.

This four (4) hour course teaches Cardiopulmonary Resuscitation (CPR), the use of an Automated External Defibrillator (AED), and relief of a Foreign Body Airway Obstruction (FBAO) for adult, child and infant victims. In addition, students will be taught Basic First Aid involving how to identify, treat and care for injuries and illnesses.

AGES 13 + OLDER
\$20 per person

Register online at:
www.cityofdhs.org/events

Carl May Community Center
11711 West Drive
Desert Hot Springs, CA 92240

All classes are held from
8:00am to 12:00pm

Nov 9 · Jan 11 · Feb 8 · March 14 · April 11 · May 9

Upon successful completion of this course you will receive a certificate (CPR/AED and First Aid card) valid for TWO (2) years. Class is instructed by your local Cal Fire Firefighters and is associated with the American College of Emergency Physicians (ACEP) and the American Academy of Orthopaedic Surgeons (AAOS).

ECSI

EMERGENCY CARE
& SAFETY INSTITUTE



Life Saving Training. Simplified

ART Classes!

Come have fun. No experiences necessary!

Fridays

1:00-3:00 pm



Painting with Acrylics & Watercolor

Drawing with Graphite & Charcoal

Chalk & Oil Pastels

Printmaking



Materials included

Must register at front desk seating is limited. Non-member \$10.
For information call (760) 329-0222 or (760) 856-0924

Classes are subject to change without notice. Class must meet minimum student registration requirements.



Did you know the Desert Hot Springs Senior Center (DHSSC) has a Choir?

Are you a Senior 50 years of age or older that loves to sing?

Well the Rockin' Chair Singers of DHSSC is actively seeking new members to join the Center's choir.

Fridays at 12:00pm



The Council on Aging's Health HICAP offers unbiased individualized counseling, community outreach, and public education about Medicare and other related health insurance topics.

HICAP counselors are state-registered staff and volunteers, trained to answer your health insurance questions free of charge.

Our counselor can help you understand Medicare, review your health insurance and pharmaceutical options, compare supplemental insurances, challenge denials of service, examine rights as a health care consumer and explore long-term care options.

***Every Thursday
By Appointment only***

**Please call for appointments
Monday through Friday 9:00am to 4:00pm
(909) 256-8369**

TAI CHI FOR HEALTH



These classes, led by *Tai Chi Master, Neal Arida*, will teach the Yang Family Long Form 108 along with Qigong organ exercises. Learn and practice these ancient Chinese arts of health restoration and self-defense, by combining breath control with rhythmic, slow-moving choreographed body movements. Health benefits include improved balance, improved circulation, the lowering of blood pressure, increased flexibility, better balance and enhanced breathing. balance and enhanced breathing.

Beginning Tai Chi - We will begin with learning standing postures, breath control and body movements. Exercises will be tailored to your abilities and limitations.

**Tuesdays and Thursdays:
10:00am - 11:00am**

\$3 for Members / \$6 for Non-Members

Inland Counties LEGAL SERVICES

Inland Counties Legal Services provides free civil legal assistance to seniors who are 60 years or older who reside in Riverside and San Bernardino Counties.

- **Access to Legal Assistance**

At a [Senior Center Outreach Clinic](#). Our elder law advocates travel to senior and community centers throughout both counties to give legal counsel and assistance. Seniors are seen by appointment only at the [Senior or Community Center](#) monthly, or quarterly.

[Call the Center](#) nearest your home for an appointment.

Priorities:

- Seniors who are low-income, 75 years of age or older, non or limited-English speaking, homebound, live alone or who are disabled, chronically ill, or functionally impaired receive priority in service.
- Elder Abuse: We give priority to elder abuse cases, including matters involving financial, emotional and mental abuse as well as physical abuse, and help seniors with government and public benefits.
- **Legal Assistance:**
 - Health Care: We assist with MediCal and Medicare and prepare powers of attorney (advanced health care directive)
 - Estate Planning: We advise on small estates and prepare simple wills in appropriate cases
 - Housing (mobile home park tenancies, evictions, removing property liens)
 - Consumer fraud
 - Guardianships and conservatorships
 - To protect seniors from financial or physical abuse or:
 - To obtain emergency medical benefits, spousal and child support

By appointment ONLY

**The front desk no longer handles scheduling
for these appointments**

Please call:

(800) 977-4257 or (888) 245-4257



Desert Rose

Thrift Shoppe



Open Everyday
8:30am – 1:30pm
(Closed from 11:30 to 12:30 for lunch)

“Quality items at an affordable prices”



Donations are accepted Monday through Friday



Personal Protection *for Seniors*

At this free seminar, practical concepts in personal protection will be discussed and demonstrated. Learn about how walking canes and common household objects can be used to protect yourself and your loved ones — in the home, in your car and in public settings — avoiding harm, and, if necessary, responding to and overcoming a threat.

Our instructor is *Andrew Sheldon*, who has 30 years experience in security and law enforcement, and has trained security officers as well as the public.

**Safety
And
Firearms
Education
Company**

**Monday, March 2, 2020
12:30pm**

~ comfortable clothing and sneakers please

for further information call Andrew Sheldon at 760-285-5099

Desert Hot Springs Free Movie of the Week
Tuesdays at 12:30 p.m.

Sponsored by: Bilhartz Desert Insurance Agency



March 10th **Unforgiven (1992)**

Retired gunslinger William Munny reluctantly takes one last job -- and even more reluctantly accepts a boastful young man as a partner. Together, they learn how easily complicated truths are distorted into simplistic myths about the Old West.

March 17th **Gran Torino (2008)**

Curmudgeonly Korean War vet Walt must confront his Hmong immigrant neighbors -- and his own prejudices -- when their teenage son Thao tries to steal Walt's beloved 1972 Gran Torino. Walt soon assumes the unlikely role of guardian angel to young Thao.

March 24th **A Fistful of Dollars (1964)**

The first film in director Sergio Leone and star Clint Eastwood's "Man with No Name" trilogy finds a world-weary gunman in a town torn apart by warring gangs. He agrees to work for both sides, ultimately pitting the two factions against each other.

March 31st **Heartbreak Ridge (1986)**

Clint Eastwood stars as tough-as-nails sergeant and war vet Tom Highway, who's assigned to whip a platoon of unruly new Marines into shape as he faces his own often-humorous battles with his ex-wife and his by-the-book commanding officers.

Movies Based on Availability & Subject to Change Without Notice



Fit After 50 exercise classes are designed to assist seniors in maintaining strength, mobility and functionality, and to reduce falls.

The exercises address:

- ✓ Lower Body strength — important for getting out of a chair, bathtub, or car, walking or climbing stairs, and reducing the risk of falling.
- ✓ Upper Body strength — important for activities such as household chores, carrying groceries, lifting a suitcase, or picking up a grandchild.

Specific health benefits include:

- ✓ stronger bones
- ✓ halted osteoporosis
- ✓ improved balance/flexibility



Free for Non-Members and Members
Mondays, Wednesdays , and Friday
10:00am - 11:00am

Birthday Bash

Come Celebrate all the March Birthday's with us. We serve cake and celebrate all the seniors who have birthdays this month! Starts promptly after lunch is finished.



Friday, March 27, 2020

PARTY!

PARTY!





Join Desert Hot Springs
Mayor Scott Matas

FOR A SPECIAL

STATE OF THE CITY PRESENTATION

Learn about all of the exciting news
and projects happening in Desert Hot
Springs from the Mayor himself.



FREE
to attend

Tuesday, March 17
10:30 am - 11:30 am

Desert Hot Springs Senior Center
11777 West Dr.



GET YOUR TAXES DONE FREE!

If you earned less than \$70K in 2019 and had no business losses or rental income you qualify!

Items to bring to get your taxes done for free:

Identification – No Copies

- Driver's License
- California ID
- Military ID
- Social Security Cards – For you and all dependents you can claim.

Income and Earnings

- W-2 Forms
- 1099 Forms
- Self-Employment Income
- Unemployment Income

Education Expenses

- 1098-T Forms
- Receipts for Books

Childcare Expenses

- Proof of Childcare Expense

Health Insurance Expenses

- 1095 Forms A, B or C
- Exemption Notification
- Out of Pocket Medical Expenses

If you purchased or own a Home

- 1098 Statement
- HUD-1 Form

Miscellaneous

- Charitable Contributions
- Vehicle Registration
- Work Related Expenses

Reminders:

- Bring previous year's tax documents.
- For Direct Deposit, you must bring a blank check.



www.capriverside.org

For more information call Community Action Partnership at (951) 955-4900.

I scream, YOU scream,
WE all scream for ice cream!!!!



**BILHARTZ DESERT
INSURANCE AGENCY**

Your one-stop for ALL things Medicare.

Make sure your agent is LOCAL!

*Serving the ENTIRE Coachella Valley and
surrounding areas*



**Every month Desert Hot Springs Senior Center
hosts its FREE Senior Ice Cream Social
sponsored by Bilhartz Desert Insurance Agency.**

**Come enjoy a nice cold scoop of vanilla ice cream
with your favorite toppings and mingle
with your fellow
Desert Hot Springs Seniors.**



Thursday, March , 2020



FARMER'S MARKET

Eating a balanced diet is vital for good health and well-being, especially as we age. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to thrive.

We need a variety of healthy foods to provide the right amounts of nutrients for good health. In partnership with Find Food Bank we are extremely pleased to bring more produce distribution days for the Senior Citizens of Desert Hot Springs. Please see schedule for dates and times below.

March 2020:

**Wednesday, March 4th - 8:30am
Wednesday, March 11th - 8:30am
Wednesday, March 18th - 8:30am
Wednesday, March 25th - 8:30am**

April 2020:

**Wednesday, April 1th - 8:30am
Wednesday, April 8th - 8:30am
Wednesday, April 15th - 8:30am
Wednesday, April 22nd- 8:30am
Wednesday, April 29th- 8:30am**



11777 West Drive Desert Hot Springs Ca 92240 Contact info (760) 329-0222



Are you ready for some Mah Jongg?

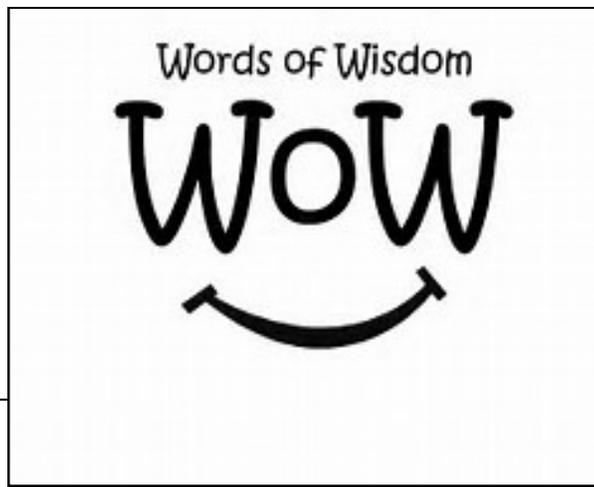
Researchers are claiming that playing Mah Jongg is good for our mental health, as it challenges our cognitive skills and powers of reasoning.

Originally a Chinese game of calculation and strategy, Mah Jongg found its way to America less than 100 years ago.

A rummy-based game, it's time to put away the cards and discover the beautiful game of Mah Jongg.

All are welcome to play!

Tuesdays and Fridays
1:00pm - 4:00pm



Come join Rabbi Kreiman once a month on Tuesday for words of wisdom. They tell stories with morals and values. They celebrate monthly birthdays and bring refreshments. The goal of Words of Wisdom is to bring joy to all participants.

Upcoming dates:

Tuesday , March 31, 2020

Tuesday, April 21, 2020

Time: 3:30pm - 4:30pm

Free for Members and Non-members



Pinochle



As you may know, Pinochle is a popular card game played with a unique deck of only 48 cards, which contains two of each suit of the Nines, Tens, Jacks, Queens, Kings, and Aces; there are no 2 through 8 rank cards. The game can be played with either two, three, or four players. The object is to accumulate points by either winning tricks, or by melding a combination of cards. The meld of the Jack of Diamonds and the Queen of Spades is known as “Pinochle”, and scores 40 points. Pinochle was brought to the Americas by European immigrants who played “Binochle”, a French version of the Old World game of “Bezique”.

Come and join in the fun!

**Tuesdays & Thursdays
1:00pm - 4:00pm**



“Spirit of the Land Through Climate Change ”



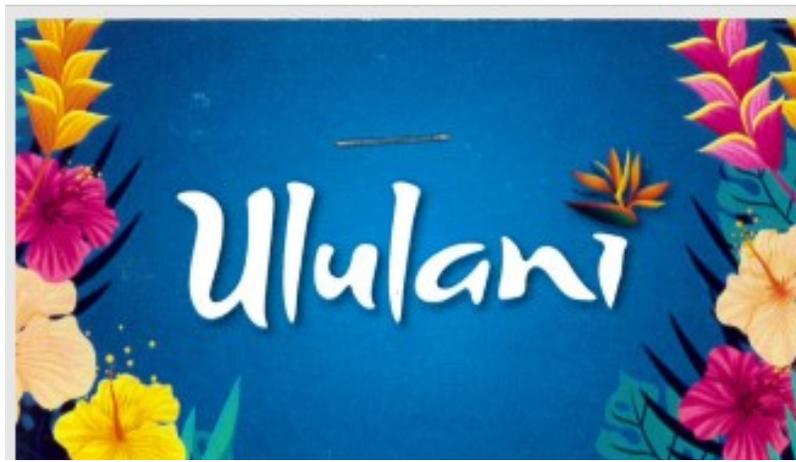
Visual artist Bernard Hoyes is presenting “*Spirit of the Land Through Climate Change*,” an exhibition of large scale watercolor paintings that speaks to the ecological life of the Desert. The works evokes beauty and spirituality, ultimately observing the transmogrification by climate changeover the past ten years.

Come experience a trip to the museum and enjoy the works of art of world-renown artist Bernard Hoyes, who has made our desert his home.

San Bernardino Art Museum

March 12, 2020

Bus leaves at 9:00am



South Pacific Island Dance Class

Come and join our fun, new and exciting dance class where you will learn Tahitian Aparina, Philippino Folk Dance, and Kahiko Amungo Dance. Our instructor, Cece Caggiano has been dancing for over 50 years and looks forward to meeting you all.

This is a **FREE class.**

**Thursdays
1pm– 2:30pm**



The Ambulance is on the way, WHAT to do in the mean time...

This seminar is designed for your own personal use, especially during any major medical emergency, such as a disaster, when the ambulance will be delayed, and medical care is needed. Knowing what to do after you call the ambulance can be life saving. Come join Barbara Marty, RN and her husband Michael Marty, who is retired for the Center for Disease control talk about specific situations and how best to respond.

**Monday, March 16, 2020
1:00pm - 4:00pm**

Piano Lessons



There is no denying that the music that comes from a person playing the piano is beautiful, relaxing and inspiring. Have you ever wanted to learn to play? Well now is your chance. Whether you have never laid a finger on a piano key in your life or you would like to brush up on your basics once again. Our instructor, Dr. Bette Stampley will get you started on your way to making a sweet tune. Make your reservations for your lessons at the front desk.

Thursday, March 12th and 19th
Session #1 3:00pm—3:30pm
Session #2 3:45pm—4:15pm

Free for Members / \$3 per lesson for Non-Members
Reservations only



Rock Painting with Marie Johansen



Ever looked at a rock and thought, ‘That looks like a TACO!’ or a pumpkin? Well feel free to pick up that rock and join the Rock Painting Class. Theme will depend on the season, so get ready to see the skills you never knew you had. You are to bring your rocks, Acrylic Craft Paint and brushes. Paint will be available for sale in class if you don't bring any. (Some rocks will be available in class)



**Classes will be the 3rd
Monday of each month.**

Classes this month

Monday

March 16, 2020

TIME

12:00pm-2:00pm





Mizell Senior Center March 2020 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tamale Pie Green Beans Dinner Roll Orange, Milk	3 Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	4 Chicken Parmesan Fettuccini Pasta Winter Blend Vegetables Wheat Roll Banana, Milk	5 Roast Pork Loin Mashed Potatoes Scandinavian Vegetable Blend Wheat Roll Mandarin Oranges, Milk	6 Tuna Salad Lettuce Tomato Wedges Wheat Roll Juice, Yogurt, Milk
9 Beef Lasagna Italian Vegetables Garlic Bread Orange, Milk	10 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Applesauce, Milk	11 Baked Ziti w/Sausage Broccoli Dinner Roll Banana, Milk	12 ▲ Chicken Caesar Salad HB Egg Dinner Roll Diced Peaches, Milk	13 Cheese Ravioli w/Marinara Sauce Winter Blend Veggies Garlic Bread Juice, Yogurt, Milk
16 Asian Chicken Chow Mein Noodles Stir Fried Vegetables Hawaiian Roll Orange, Milk	17 ▲ Corn Beef Cabbage Boiled Potatoes Wheat Roll Applesauce, Cake, Milk	 18 Chicken Cacciatore Penne Pasta Lima Beans Garlic Bread Diced Peaches, Milk	19 Chili Colorado w/Beef Rice Carrots Cornbread Banana, Milk	20 Vegetable Lasagna Garden Salad Wheat Roll Juice, Yogurt, Milk
23 Spaghetti w/Meat Sauce Italian Vegetables Garlic Bread Mandarin Oranges, Milk	24 Herb Baked Chicken Orzo Pasta Vegetable Blend Wheat Roll Fruit Cocktail, Milk	25 Salisbury Steak Mashed Potatoes 5-way Vegetables Wheat Roll Diced Peaches, Milk	26 ▲ Baked Ham w/Pineapple Scalloped Potatoes Green Beans Wheat Roll Banana, Milk	27 Baked Cod Garden Rice Carrots Wheat Roll Juice, Yogurt, Milk
30 Beef and Cheese Enchiladas Aztec Rice Black Beans & Corn Orange, Milk	31 Oven Fried Chicken Mashed Potatoes Creamed Spinach Wheat Roll Diced Peaches, Milk	▲ = High Sodium Day		

* menu subject to change