

THE SENIOR CIRCUIT

Jan./Feb. 2017

INDIO SENIOR CENTER

45-700 Aladdin St.

Indio, CA 92201

(760) 391-4170

www.INDIO.org

Email: seniorcenter@indio.org

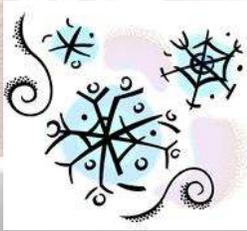
BUSINESS HOURS: Monday-Friday

7:30AM to 4:30PM



Volume 2017

Number 01/02



FRIENDS OF THE ISC HEALTH FAIR

TUESDAY, FEBRUARY 7, 2017

9:00 AM to 12:30 PM

COMMUNITY WELCOME!

Mark your calendars and come join us for a fun filled morning. Free admission!

Bring a friend! For more info call

Chairperson Sylvia Tenorio (760) 668-0395.

- Health Resources
- Nutrition Services
- Free Opportunity Drawings & Prizes
- Giveaways
- Free Refreshments
- And Much More!



Platinum Sponsors:



Inland Empire Health Plan

Gold Sponsors:



Silver Sponsor:



MAKE A DIFFERENCE - VOLUNTEER!

Got time on your hands? Maybe you would like to be a volunteer at the ISC.

Benefits of VOLUNTEERING - New interests, contribution to a cause, creative outlet, sense of purpose, new relationships, group affiliation, recognition, personal growth and satisfaction, and FUN!



Our needs include the following:

- Coffee Bar
- Lunch Prep and Servers
- Event Volunteers
- Correspondence Volunteers
- Tai Chi Instructor
- Spanish Instructor
- Stained Glass Instructor
- Fall Prevention Coach

The process in becoming a volunteer - be an active member for at least a month, express an interest to appropriate persons, discuss opportunity, once matched with position you must fill out basic paperwork and then be cleared through a Live Scan background check and a physical (paid for by ISC) in order to work/volunteer for the Indio Senior Center.

If interested, please see Felicitia, Edith or Nancy.

FREE AARP INCOME TAX SERVICE

Sign-Ups will begin on January 4 2017.

SEE NEXT PAGE FOR MORE INFORMATION

WHAT'S INSIDE THIS ISSUE:

ISC Amenities & For Your Information	2
Sunshine Café/Parties	3
For Your Health	4
Support Groups	5
Senior's Corner	6
Information & Assistance	7
Trips/Events	8
Events	9
Get Out of the ISC	10
Weekly Schedule	11
Clubs & Classes	12
Activities	13
Exercise & Dance	14 - 15
Arts, Crafts, Sewing & Quilting	16 - 17
Past Trips & Events	18
From the Friends of the ISC	19
Directory & Helpful Numbers	20

ISC WILL BE CLOSED

MONDAY, JANUARY 2, 2017
DAY AFTER NEW YEAR'S



MONDAY, JANUARY 16, 2017
MARTIN LUTHER KING DAY



MONDAY, FEBRUARY 20, 2017
PRESIDENTS' DAY



ISC AMENITIES

The Indio Senior Center provides a place where people, 50 years & better, can leisurely socialize, make new friends, share their skills and ideas, learn new things and gather information. It is dedicated to enhance and dignify the quality of the lives of our experienced and culturally diverse aging population. These are only some of the many areas in our 15,000+ sq. ft. facility. **AN ANNUAL MEMBERSHIP FEE IS REQUIRED.**



GAME ROOM



GYM



TV LOUNGE



LIBRARY



COMPUTER ROOM



WALKING PATH

FOR YOUR INFORMATION

WELCOME NEW MEMBERS (Nov./Dec.)

Dolores R.	Carmen H.	Daniel A.	Maria M.
Gaudelia R.	Daniel V.	Nancy H.	Wayne B.
Larry H.	Elmer B.	Martha V.	Harvey M.
Benjamin P.	Maria V.	Ahrmida V.	Gilbert A.
Ruben C.	Esperanza R.	Stanley S.	Jose R.
Linda P.	Daniel R.	Larry R.	Valerie W.
Cal L.	Joan L.	Wilbur R.	Martha L.
Veona R.	Frank F.	Maria B.	Delbert L.
Marsha L.	Ted L.	Kathryn R.	Judith G.
Ann M.	Emily G.	Nancy S.	Carol B.
Somony N.	Jose A.	Luis R.	Julia R.
Candice M.	George P.	William D.	Maria M.

FREE AARP TAX SERVICE

SIGN - UPS BEGIN ON JANUARY 4, 2017

APPOINTMENTS START ON FEBRUARY 1, 2017

Tired of filling out those pesky forms? ISC's annual FREE Income Tax assistance from AARP starts for this year on February 1st.



The IRS is very concerned about identity theft and filing false returns, as a result the following new rules will be strictly enforced (even if you've had your taxes prepared at the ISC in the past).

What is required from EVERY client:

- A valid photo ID (Driver's License, Passport, Federal or State government ID);
- You must bring a valid Social Security Card (SSN) or Medicare Statement with SSN on it, for EVERY taxpayer and any DEPENDENTS you wish to claim;
- Copy of Last Years 2015 tax return;
- W-2's and 1099's for 2016 income;
- SSA 1099 for Social Security income;
- Brokers statements for an investment income;
- Form 1095 if you had health ins. under affordable care act

If itemizing deductions you will need:

- Medical and Charitable Deductions List;
- Property Tax bills;
- Car Registration;
- 1098 Mortgage Interest;
- 1098-T Tuition Statement;

No ID - No Taxes prepared!

BENEFITS CHECK UP



Do you often wonder if you can get help from a reliable source to pay for medications, health care, food, and more? Visit www.benefitscheckup.org click on:

GET STARTED NOW

Answer four simple questions to find out.

SUNSHINE CAFÉ & PARTIES

* LUNCH AT THE SUNSHINE CAFÉ

MONDAYS, TUESDAYS & THURSDAYS @ 12:00 PM - DINING ROOM

Join us for a healthy LUNCH at the ISC SUNSHINE CAFÉ. You must sign up and pay the day before by 11am.

59 AND UNDER - \$5.00

60 AND OVER - \$3.00 donation *or what you can afford*, to help maintain the high quality of our meals. The lunch menu is on the bulletin board in our lobby or on our website. You must arrive by NOON. Lunches will not be saved for those who are late.

Senior Nutrition Program provided by: Mizell Senior Center & Riverside County Office on Aging.



* MARDI GRAS LUNCH PARTY

TUESDAY, JANUARY 17th

12:00 PM - DINING ROOM

COST \$5.00

It's time to show off those colors of purple, green & gold so let's start this MARDI GRAS Party with memories that will never get old!

Put on your mask and your best costume disguise, when you come to our party you'll fool everyone's eyes!

Join us for an afternoon of Dixieland Jazz, beads, masks and lots of fun!



* BIRTHDAY LUNCH

THURSDAY, JANUARY 26th

THURSDAY, FEBRUARY 23rd

12:00 PM - DINING ROOM

Is your Birthday in January or February?

We want to celebrate with you. Lunch is FREE for our birthday participants.

Please sign up at least 2 days ahead of time. You must be a current member in good standing, be enrolled in our lunch program and show ID to get your lunch ticket. Birthday lunches are sponsored by the Friends of the ISC.

Birthday Cake sponsored by:



BILHARTZ DESERT
INSURANCE AGENCY

* "PAL"ENTINE'S DAY LUNCH PARTY

TUESDAY, FEBRUARY 14th

12:00 PM to 1:30 PM - DINING ROOM

COST \$5.00

Love is in the air so put on some red and get in your car, our doors are open and not very far. Bring your sweetheart, best pal! Let's have lunch, sweet treats and some Palentine fun.

Wear your best Palentine Red or Pink!



WHAT'S FOR LUNCH

CHECK THE BULLETIN BOARD IN THE LOBBY FOR THE MONTHLY LUNCH MENU OR ON OUR WEBSITE UNDER SUNSHINE CAFÉ.



* VOLUNTEER LUNCHEON

TUESDAY, FEBRUARY 28th @ 12:00 PM

DINING ROOM

This luncheon is to celebrate the excellent work all of our volunteers have done for the ISC. Lunch will be served at 12:00 p.m. with entertainment starting at 12:15 p.m. You must RSVP by February 20, 2017. Only those volunteers on the reserved Volunteer List will be allowed to attend. Please contact us if you are a volunteer and have a significant other, they might be able to accompany you! If you have questions regarding your status as a volunteer, please contact Nancy or Felicity at (760) 391-4170 or call the front desk to see if your name is on the list.



* PLEASE SIGN UP AT THE FRONT DESK. NO REFUNDS OR TRANSFERS FOR ANY LUNCHEONS/PARTIES

FOR YOUR HEALTH

EQUIPMENT



What the ISC has available to loan its members:
 * Walkers * Bedside Commodes * Wheel Chairs * Canes * Shower Chairs
 Please call (760) 391-4170 first to check for availability and then come to ISC to sign out the equipment.

*FREE HEARING TESTS & PHONES

THURSDAY, JANUARY 26th @ 10:00 AM

Clinical and Dispensing Audiologist Jennifer will be here to test your hearing. She has been an employee of Connect Hearing for 16 years. She brings a wealth of knowledge, regarding hearing health care and a great passion to help her patients.



THURSDAY, JANUARY 26th @ 10:00 AM

Is Using Your Phone Difficult?

CTAP is a state-funded program that provides free specialized equipment to California residents who have difficulty using a standard telephone because of permanent or temporary hearing or vision loss, and/or speech, mobility or cognitive disabilities.



EARS4ME HEARING SCREENING

THURSDAY, FEBRUARY 23rd
10:00 AM to 11:00 AM

As you “strain” to hear you become more isolated and uninvolved! Please come and have your hearing checked. If you have hearing loss, they will provide a FREE hearing amplifier. Ears4me will be here to do hearing screenings and then to check your batteries and to answer questions.



*BLOOD SCREENING

TUESDAY, JANUARY 17th
TUESDAY, FEBRUARY 21st
9:00 AM to 11:00 AM - FIRST AID ROOM

Our volunteer blood screeners, Manuela or Jackie, will test individuals for Blood Pressure, Blood Oxygen, and Blood Sugar. An 8 hour fast is required for blood sugar test.



WARMING CENTER

Do you want to escape the cold weather? The Indio Senior Center is a warming center for Seniors (50+).

MON - FRI 7:30 AM to 4:30 PM
 Come into the ISC for a warm place and a friendly face.



TAKE OFF POUNDS SENSIBLY

EVERY FRIDAY
8:15 AM to 9:25 AM WEIGH-INS
9:45 AM MEETING
MULTIPURPOSE ROOM



TAKE OFF POUNDS SENSIBLY

TOPS promotes successful, affordable weight management with a philosophy that combines: healthy eating, regular exercise, wellness information, awards and recognition, and support from others at weekly chapter meetings. Meet new friends and invite old friends; come and give us a try and then you decide! TOPS Mission is to support our members as they take off and keep off pounds sensibly.

TOPS is the original nonprofit, noncommercial network of weight-loss support groups and wellness education organization.

*FALL PREVENTION COACHES

Looking for Volunteers to lead a new Fall Prevention Program here at the ISC

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is an evidenced-based program designed to help people manage concerns about falls and increase physical activity. We are looking for volunteers to assist with this program.



A MATTER OF BALANCE
 MANAGING CONCERNS ABOUT FALLS

Volunteer coaches will be trained to help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What do you need to be a coach?

- Good communication and interpersonal skills
- Enthusiasm, dependability and a willingness to lead small groups of seniors
- Ability to lead low to moderate level exercise
- Any retired teachers that might like to volunteer?

Participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home exercise to increase strength and balance



This class has been a great success over at the Mizell Senior Center – we are excited to bring it to the ISC!

Funded in part by the Desert Healthcare District and the Auen Foundation

***PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.**

SUPPORT GROUPS

Support groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you – they can truly understand your thoughts, feelings and questions. The important thing to remember is support groups are not all alike. There are many models, check it out for yourself. A good support group can become a transformative part of your life, so if there is one around that pertains to you, take the plunge and check it out!

RIVERSIDE COUNTY CARE PATHWAYS

MONDAYS

2:00 PM to 4:00 PM

ACTIVITY ROOM

Helping Family Caregivers Cope

Are you an unpaid family member or friend caring for an older adult? Do you need support and resources? The Riverside County Office on Aging's "Care Pathways" program is comprised of a series of **12 free workshops** designed to offer information and support to family caregivers.



Pre-registration is required by calling the Office on Aging at (760) 771-0501.

RESPIRE ASSISTANCE AND TRANSPORTATION MAY BE AVAILABLE FOR THOSE WHO ATTEND THE CLASSES.

* BETTER BREATHERS CLUB

THURSDAY, JANUARY 12th &

THURSDAY, FEBRUARY 9th

10:30 AM

ARTS & CRAFTS ROOM

The club will provide support, education and socialization for people with COPD or other chronic lung diseases. This series is especially helpful for family members and caregivers. Start attending this group, which will help improve the quality of life and offer hope and a sense of belonging. Sponsored by the American Lung Association.



* ALZHEIMER'S ASSOCIATION

TUESDAYS, JANUARY 10th & 24th

TUESDAYS, FEBRUARY 14th & 28th

10:00 AM to 11:30 AM - MEETING ROOM 10

English session of the Alzheimer's Association Support Group.



MARTES, 10 y 24 de ENERO

MARTES, 14 y 28 de FEBRERO

9 a 10 de la MAÑANA

El grupo de apoyo de Alzheimer se juntara en Español.



*** PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.**

SENIOR'S CORNER

SENIORS SUNSHINE COFFEE BAR

Thanks to the Friends of the ISC

If you are looking for a great cup of coffee, come visit the friendly coffee bar. A 50¢ donation will get you a warm cup of coffee (Reg or Decaf) or iced tea and pastries donated from Starbucks! Coffee Bar Hours 7:45am-11:45am.



LIONS CLUB



DONATE

**Hearing Aids
Glasses
Cell Phones**

Do you have old glasses, hearing aids or cell phones just lying around the house?

If so, please bring them to the ISC we have a Lions Club donation box in the lobby.

IID RESIDENTIAL ENERGY PROGRAM

IID's Residential Energy Assistance Program (REAP) was designed to provide customers with a discounted rate on their electric bills. If you meet the income-qualifying guidelines, IID offers you a 20% discount on your bill. See the receptionist for the REAP Application.

MEALS ON WHEELS

Mizell Senior Center has the largest Meals On Wheels Program in the Coachella Valley, serving nearly 350 meals each day to homebound seniors throughout the entire Coachella Valley. For many of these clients, the Meals on Wheels driver is their only outside contact, and a connection to the world and services that they would otherwise be unable to access. Meals are delivered Monday through Friday with special meals on holidays. If you would like Meals on Wheels delivered to your home, contact the Mizell Senior Center at (760) 323-5689.

*KNIFE SHARPENING

**TUESDAY, JANUARY 10th
TUESDAY, FEBRUARY 14th
MEETING ROOM 10**



Each individual is allowed 5 items to be sharpened. A voluntary donation of \$1 per item for this unique service is greatly appreciated.

ISC NEWSLETTER

3 ways to GET the ISC Newsletter:

1. Purchase a copy at the center for \$.50
2. Via E-mail - Give us your email address or send an email to: seniorcenter@indio.org with "Add to email blast" in the subject line.
3. Online www.indio.org



*HAIRCUTS

Our volunteer is a licensed beautician and has many years of experience and is here one day (sometimes two days) a month. Come with your hair washed, and prepare to look better! Haircuts are free, but a donation of \$3 is suggested to cover cleaning supplies, and of course you can leave a tip.



HIDDEN HARVEST

**TUESDAYS, JANUARY 10th & 24th
TUESDAYS, FEBRUARY 7th & 21st @ 9:00 AM**
Hidden Harvest is a produce recovery program that "rescues" produce left behind in the fields and orchards after harvest. This fresh and nutritious produce reaches nearly 50,000 needy people throughout Coachella Valley each month. Please bring your own bag.



AARP DRIVER SAFETY CLASS

Contact:
Mizell Senior Center (760) 323-5689
La Quinta Senior Center (760) 564-0096
Cathedral City Senior Center (760) 321-1548
Joslyn Center (760) 340-3220



LIHEAP

LIHEAP is a Federally-funded program that assists low-income families in the state of California with their home energy bills. It keeps families safe and healthy during extreme weather conditions. Assistance offered by LIHEAP include: Bill payment, energy crisis assistance and energy-related home repairs. See the receptionist for the LIHEAP application (If available). Call (951) 955-6448 for more information.

CV HIP

cvHIP is an online directory of resources in Coachella Valley. It includes services like healthcare, food pantries, recreation, and counseling. Available in English and Spanish. www.cvhip.com



WIFI



WiFi IS AVAILABLE - PLEASE SEE STAFF

* PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.

INFORMATION & ASSISTANCE

*JEWISH FAMILY SERVICE

THE 1st & 3rd THURSDAY OF THE MONTH
JANUARY 5th & 19th
FEBRUARY 2nd & 16th @ 9:00 AM to 12:00 PM

Solutions for Seniors

Jewish Family Services has been in the desert 30+ years, helping the Coachella Valley Community. One of their roles is to help identify and address the social and financial needs of our seniors.

They will be able to help you with applications for different programs like Medi-Cal, Food Stamps, SSI, in-home support services, etc. They will also help with applications for utility discount programs and provide resource information for affordable housing, food banks, and/or financial assistance. If you do not speak English, you will need to have a friend/family member accompany you.

*LANTERMAN FINANCIAL GROUP

THE 3rd TUESDAY OF THE MONTH
JANUARY 17th & FEBRUARY 21st
9:00 AM to 12:00 PM

They can help you understand if you are living within your means, how to pay for a caregiver, deal with medical bills, reverse mortgages, investments, interest, etc.



SENIOR SCAMS

General Tips to Prevent Fraud

- Never give out personal information to anyone over the phone, mail or internet.
- Never respond to an offer you do not understand.
- Ask for it in writing and pay only when you have received a performed service.
- Shred credit card receipts or statements before tossing them in the trash. Don't do business with phone or door-to-door salespeople.
- Don't give your Medicare or health insurance to just anybody.
- Don't sign any documents from unsolicited persons.
- Be wary of anybody offering a free deal.
- Don't let salespeople pressure you into immediate purchases.
- Don't disclose any personal or financial information.



QUESTIONS ABOUT MEDICARE?

Educational only—NO Sales

TUESDAY, JANUARY 10th
TUESDAY, FEBRUARY 14th
9:30 AM to 11:00 AM - LOBBY



A representative from Bilhartz Desert Insurance Agency will be available to answer your Medicare questions.

THE 1st & 3rd THURSDAY OF THE MONTH
JANUARY 5th & 19th
FEBRUARY 2nd & 16th



Health Insurance Counseling & Advocacy Program

Did you know they offer Free Medicare Counseling for all Medicare programs including appeals? For an appointment at the Indio Senior Center, please call (800) 434-0222 or (909) 256-8369.

EL PRIMER Y TERCER JUEVES DE CADA MES

HICAP tiene consejeros que le pueden explicar todas sus opciones. Ofrecen consejos gratis de Medicare, Pre-Medicare, Medicare Beneficiarios Discapacitados, los planes Medicare Advantage (HMOs, PPOs), Medicare y Medi-Cal, Seguro Suplementario (Medigap), los Planes Medicare recetas de la Parte D y Apelaciones. Para hacer una cita en el Senior Center en Indio, por favor llame al (800) 434-0222 o (909) 256-8369.

THURSDAY, JANUARY 12th
THURSDAY, FEBRUARY 9th
8:30 AM to 10:30 AM - LOBBY

A representative from HICAP will be available to answer your Medicare questions.

CALIFORNIA DEPT. OF INSURANCE

BEWARE OF DECEPTIVE SALES PRACTICES

- Medicare does not have sales representatives.
- Unsolicited sales calls are prohibited.
- Guard your personal information.
- Beware of cross-selling.
- You should not feel pressured to make a quick decisions.
- You don't have to change your plan.



Please report any questionable sales practices to the California Department of Insurance (800) 927-4357 or visit their website www.insurance.ca.gov

*PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.

TRIPS

*QUARTZSITE TRIP

WEDNESDAY, JANUARY 25th

8:00 AM to 4:30 PM

COST \$25.00 PER PERSON

We are back on the other side of the Freeway at the main event "Sell-A-Rama"! The largest open air flea market! An unbelievable variety displayed on over 2 miles of aisles. Gems, rocks, arts & crafts, hobbies, jewelry, silver and gold smithing, faceting, precious metals, antiques, coins, lapidary tools, different foods and lots more! Transportation in a motor coach bus. **LIMITED TO 50 ISC MEMBERS**



*29 PALMS MARINE BASE TRIP

THURSDAY, MARCH 2nd @ 6:15 AM to 5:00 PM

COST \$25.00 PER PERSON (TRANS. CHARGE)

Must sign-up by Wed. Feb 1, 2017--no exceptions

Your visit will include a driving tour of Mainside infrastructure and may include stops at: an urban warfare training range (sometimes referred to as "Little Iraqi villages") - Combat Simulation Center - Range Residue Recycling - Heritage Park - Archaeology & Paleontology Curation Center and Dining at the Frontline Restaurant.

****Everyone must have and bring with them:** Valid State issued Driver's License or ID card (this is the ONLY form of ID that will be accepted). All attendees must pass a security screening at the Combat Center's main gate. If you cannot clear security, you will not be admitted.

To sign-up and pay for this trip, each person must come into the ISC WITH their valid ID!

Max # of people for this trip is 34.

*RIVERSIDE COUNTY FAIR OPENING CEREMONY

FRIDAY, FEBRUARY 17th

9:00 PM to 2:00 PM

82-503 Hwy 111, Indio, CA 92201

Join us for the Riverside County Fair & National Date Festival's 71st Opening Ceremony and a fabulous fun filled day at the fair. The Opening Ceremony will run from 9:00am to 10:00am, once the gates open at 10:00am we will stroll along the fairgrounds enjoying the exhibits, vendors and of course eat the oh so yummy fair food. Admission is FREE between 10:00am to 12:00pm.

LIMITED TO 17 MEMBERS



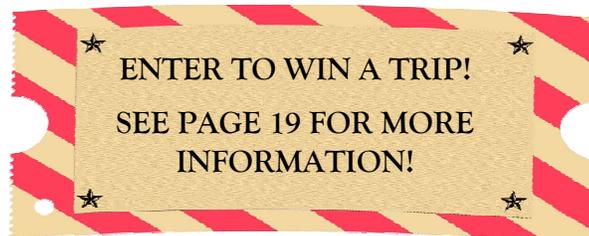
*ROSE BOWL FLEA MARKET

SUNDAY, FEBRUARY 12th @ 7:45 AM
(Time is approximate)

COST \$30 PER PERSON

Take a day trip with A.C.T. to the world's most unusual flea market and to the shopping place of the stars. **LIMITED TO 25 ISC MEMBERS**

SOLD OUT



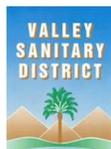
EVENTS

*VALLEY SANITARY PRESENTATION

TUESDAY, JANUARY 17th

1:00 PM - DINING ROOM

The Valley Sanitary District is installing a new sewer main line through the City of Indio. They will be here to discuss the timeline of the ongoing Sewer Project; how and when it will impact the ISC.



Please come to the presentation so that they can give you all the information on closures, parking and how to best access the ISC during construction. This will be your opportunity to hear about the project and ask questions too.

*DO'S & DON'TS OF MARIJUANA USE

TUESDAY, JANUARY 24th

10:00 AM to 11:00 AM

MULTI PURPOSE ROOM



"Do's and Don'ts of Marijuana use in Indio" discussion and Q & A with Benjamin Guitron, Police Administrative Officer responsible for the Office of Community Safety and Volunteer Services. CHIP's Police Volunteers will also be here with an information table.



*TO SIGN UP OR FOR INFORMATION SEE THE FRONT DESK OR CALL THE ISC

(760) 391-4170. NO REFUNDS OR TRANSFERS FOR TRIPS. NO EXCEPTIONS!

EVENTS

FREE JOB SEARCH WORKSHOP 50+

WEDNESDAY, JANUARY 25, 2017

12:00 PM to 3:30 PM - MULTI PURPOSE ROOM

A solid job resource for seniors and boomers ages 50+

Planning Your Coachella Valley Job Campaign for Part-Time or Full-Time Work



Featured Topics and Job Tools:

- Developing your local job action plan
- Analyzing the 22 major industries that will benefit your job campaign
- Using all the Workforce Development Center services in Indio
- Summarizing your career skills with the correct type of resume
- Developing a job search direct mail campaign
- Carrying out effective use of job search promotion techniques

Registration is FREE

E-mail your information to [Patrick Michael.Cohen@edd.ca.gov](mailto:Patrick.Michael.Cohen@edd.ca.gov) or call (760) 863-2610 and leave your contact information

SENIOR INSPIRATION AWARDS

FRIDAY, MARCH 24th @ 11:45 AM

JW MARRIOT DESERT SPRINGS RESORT

74-855 Country Club Dr., Palm Desert, CA 92260

We are very proud to announce that the City of Indio's 2017 Senior Inspiration Awards recipient is Priscilla Garcia.

Priscilla has been volunteering and helping in the community for more than 25 years. She was born in LA and moved with her family to Indio when she was seven years old. She married her high school sweetheart, Charles in 1951 and they were married until he passed away in 1996. Priscilla worked for a local doctor's office, the City of Indio Water Department and Desert Sands School District. She has been volunteering at the ISC for over 8 years - at the coffee bar and is a past board member for the FOISC; OLP Church - for over 25 years as a Eucharist Minister every Sunday; CV Historical Museum - 17 years with the Events Fundraising Committee and the Mexican American Heritage Group; Previously volunteered at JFK hospital for over 25 years where she worked at the front desk. She stays active exercising 3 times a week, traveling, and socializing. It is an honor to nominate Priscilla Garcia as the City of Indio's 2017 Senior Inspiration Awards Recipient - she is the epitome of healthy, active and having a contributing attitude and lifestyle.



If you would like to purchase tickets to attend this wonderful event please go to the website - www.seniorinspirationawards.org and click on RSVP to purchase your ticket. When ordering please input "Priscilla Garcia" for reason for attending; Or call 760-863-2556. The luncheon is \$30 per person- when ordering your tickets be sure to mention that you will be attending to watch Priscilla Garcia receive her award. There is valet parking available at the event, please try to carpool too.

*ISC POOL TOURNAMENT

FRIDAY, FEBRUARY 3, 2017 @ 9:30 AM

COST \$5 PER PERSON

2 Person Team * 8-ball last pocket tournament

Fernando will rate each player (A or B). Each team will consist of 1 A player and 1 B player - this will be conducted by a drawing. Limited to 8 teams (16 players)

We will award gift cards to the 1st and 2nd place teams.

Please be here by 9:30am.

Contact Fernando back in the pool room if you have any questions.

*SPOTS ARE NON-TRANSFERABLE & NON-REFUNDABLE. No exceptions!



*TO SIGN UP OR FOR INFORMATION SEE THE FRONT DESK OR CALL THE ISC (760) 391-4170. NO REFUNDS OR TRANSFERS FOR TRIPS. NO EXCEPTIONS!

GET OUT OF THE ISC

*HUSTLE WITH RUSSELL

- THURSDAY, JANUARY 12th @ 7:30 AM** Pipes Canyon Indian Loop
 7 miles 5 hours Moderate+ Elevation 900 ft.
 19ppl - Elevation gain - Steep (Lunch at Pappy & Harriet's - bring money)
- WEDNESDAY, JANUARY 25th @ 7:30 AM** Ladders Canyon Loop
 5 miles 4 hours Moderate Elevation 500 ft.
 24ppl - Very steep, climb ladders, rocky terrain (Need to carpool)
- WEDNESDAY, FEBRUARY 8th @ 7:30 AM** Jo Pond to Cedar Springs
 6 miles 4 hours Strenuous Elevation 1300 ft.
 19 ppl - Switchback elevation gain (Experienced hikers only - Must be approved by ISC)
- WEDNESDAY, FEBRUARY 22nd @ 7:30 AM** Ramona Trail to Tool Box Springs
 10 miles 6 hours Strenuous Elevation 2000 ft.
 19 ppl - Switchback elevation gain (Experienced hikers only - Must be approved by ISC)
- WEDNESDAY, MARCH 8th @ 7:30 AM** Mission Creek to Pacific Crest Trail
 4 miles 3 hours Moderate Elevation 500 ft.
 19ppl - Steep descent and rocky
- WEDNESDAY, MARCH 22nd @ 7:30 AM** Yaui Well
 1.6 miles 2 hours Easy Elevation 100 ft.
 24ppl - Bring lunch and will visit statues. (Need to carpool)
- WEDNESDAY, APRIL 5th @ 7:30 AM** Murray Canyon Trail
 6 miles 4 hours Moderate Elevation 500 ft.
 24ppl - Rocky riverbeds. Bring \$7.00 per person. (Need to carpool)



Our hikes are very popular. Each hike is limited based on difficulty. We use our vans for each adventure, and carpool for the moderate and easier hikes. ***Always bring a back-pack with:*** 4 water bottles, snacks, gloves, wear appropriate hiking boots/shoes, hiking stick, clothing for the weather. Check the weather, it may be different than in Indio! We want to make sure everyone is safe and has a great time. For location & basic safety info visit [Hustle with Russell](http://HustlewithRussell.com) on our website.

*GOLF

TUESDAYS @ 1:00 PM to 4:00 PM
JANUARY - MARCH
INDIO MUNICIPAL GOLF COURSE
COST \$10.00 PER PERSON
 (Payable at the Golf Course)

Come play 9 holes, have some fun, meet new friends and maybe improve your game a little!

We will put together the foursomes, playing a scramble format every Tuesday at 1:00 pm, through the end of spring.

“Indio Muni” is one of the longest par 3 courses in the country, with holes ranging from 120 to 240 yards. It was constructed by the City over 50 years ago on approx. 46 acres, with 3,004 yards total length, a lake between the 9th and 18th holes, a driving range, and a putting green.

LIMITED TO 20 MEMBERS



*PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.

ISC WEEKLY SCHEDULE

MONDAY

	<u>EVENT</u>	<u>RM</u>	<u>PG</u>
7:45am - 8:30am	Mind Your Body Yoga	DR	15
8:00am - 9:30am	Stay on Track	OT	15
8:00am - 11:00am	Ping Pong	MPR	15
9:00am - 10:00am	Exercise w/Art	DR	15
9:00am - 12:00pm	Quilting Bees	ACR	16
10:00am - 11:30am	Skip-Bo Cards	MR10	13
10:15am - 11:15am	Line Dancing (Level 1)	DR	14
12:00pm	Sunshine Café Lunch	DR	3
1:00pm - 3:00pm	Sewing Class	ACR	17
1:00pm - 4:15pm	Skip-Bo Cards	MR10	13
2:00pm - 4:00pm	Care Pathways	AR	5

WEDNESDAY

	<u>EVENT</u>	<u>RM</u>	<u>PG</u>
7:45am - 8:30am	Mind Your Body Yoga	DR	15
8:00am - 9:30am	Stay on Track	OT	15
9:00am - 10:00am	Groovin' w/Dolores	DR	14
9:00am - 11:30am	Knitting & Crochet	AR	17
9:00am - 12:00pm	Jewelry Class	ACR	17
10:00am - 11:00am	Bakery Bingo	MPR	13
1:00pm - 3:00pm	Card Games	MR11	
1:00pm - 3:30pm	Movie & Popcorn	TVL	13
1:30pm - 3:30pm	Ukulele Practice	MPR	12

FRIDAY

	<u>EVENT</u>	<u>RM</u>	<u>PG</u>
7:45am - 8:30am	Yoga DVD	DR	15
8:15am - 9:25am	TOPS Weigh-ins	MPR	4
9:00am - 11:30am	Quilting /Good Times	AR	17
9:45am - 11:15am	TOPS Meeting	MPR	4
9:30am - 11:00am	Line Dancing (Level 3) (1st Friday instructed by Deb)	DR	14
10:15am - 11:15am	Line Dancing (Level3) (2nd, 3rd & 4th Friday instructed by Linda)	DR	14
1:00pm - 3:00pm	Come Dance With Us	DR	14
1:00pm - 3:00pm	Fun Quilting Together	AR	17

TUESDAY

	<u>EVENT</u>	<u>RM</u>	<u>PG</u>
7:45am - 8:30am	Tai Chi DVD	DR	14
8:00am - 9:00am	Monthly "Friends" Mtg (Last Tuesday)	MPR	19
8:00am - 9:30am	Stay on Track	OT	15
8:30am - 11:30am	Rug Hooking Class	AR	16
9:00am - 10:00am	Exercise w/Art	DR	15
9:00am - 12:00pm	Stitches for Kids	ACR	17
9:00am - 11:30am	Alzheimer's Group (2nd & 4th Tuesday)	TBD	5
10:00am - 11:30am	Skip-Bo Cards	MR10	13
10:15am - 11:15am	Line Dancing (Level 2)	DR	14
12:00pm	Sunshine Café Lunch	DR	3
12:30pm - 4:15pm	Stained Glass	ACR	16
1:00pm - 4:15pm	Skip-Bo Cards	MR10	13

THURSDAY

	<u>EVENT</u>	<u>RM</u>	<u>PG</u>
7:45am - 8:30am	Tai Chi DVD	DR	14
8:00am - 9:30am	Stay on Track	OT	15
8:00am - 11:00am	Ping Pong	MPR	15
9:00am - 10:00am	Exercise w/Art	DR	15
9:00am - 1:00pm	HICAP Counseling (3rd Thursday)	MR11	7
10:00am - 11:30am	Skip-Bo Cards	MR10	13
10:00am - 12:00pm	Chess	MR11	13
10:15am - 11:15am	Line Dancing (Level 2)	DR	14
10:30am - 12:00pm	Better Breathers (2nd Thursday)	ACR	5
12:00pm	Sunshine Café Lunch	DR	3
1:00pm - 3:15pm	HICAP Counseling (1st Thursday)	ACR	7
1:00pm - 4:15pm	Skip-Bo Cards	MR10	13
1:00pm - 4:00pm	Wood Carvers	MPR	16

KEY:

ACR = ARTS/CRAFTS ROOM
 AR = ACTIVITY ROOM
 DR = DINING ROOM
 GM = GAME ROOM
 MPR = MULTI PURPOSE ROOM
 MR10 = MEETING ROOM 10
 MR11 = MEETING ROOM 11
 OT = OUTSIDE TRACK
 TVL = TV LOUNGE
 TBD = TO BE DETERMINED
 (SEE FRONT DESK)

COME JOIN US!

CLUBS & CLASSES

*GARDEN CLUB

A BIG Thank You to Bob Williams Nursery for helping with the plant starts for the fall planting in the garden. We have already started to harvest some vegetables! The back garden area is a wonderful place to sit and enjoy the peace of the garden; we have comfortable benches out there too. Please do not help yourself to the vegetables; they are for garden club members only.



*UKULELE CLASS

WEDNESDAYS @ 1:30 PM to 3:30 PM
MULTIPURPOSE ROOM

Calling all Ukulele players! Come practice, learn some new songs and meet some new friends.



*EASY CONVERSATIONAL SPANISH

THURSDAYS

10:00 AM to 11:30 AM

ACTIVITY ROOM

Learn Easy Conversational Spanish this course. You must know some Spanish.



*PAINTING WITH PEANUT

WEDNESDAYS, FEBRUARY 1st - MARCH 8th
1:00 PM to 4:00 PM
ARTS & CRAFTS ROOM
COST \$2.00 PER CLASS

(Pay at front desk when you sign up)

Have you wanted to learn how to paint in a fun environment, but not sure where to start? We have the class for you! This painting class is designed so you will be following Peanut's (Lynne Viviano) step-by-step instructions to create your own painting. You can take home your finished artwork. No experience required. Easel, canvas, paints and brushes will be provided. Each week she will feature a different theme.



February 1 - Dragonflies

February 8 - Our Beautiful Desert

February 15 - Fun with Abstracts

February 22 - Tropical Island

March 1 - Arizona Nights

March 8 - It's a Surprise

Weekly themes are subject to change.

MEMBERS ARE ALLOWED TO SIGN UP FOR TWO CLASSES AND CAN BE PLACED ON THE WAITLIST FOR OTHER CLASSES.

LIMITED TO 8 MEMBERS.

*TABLET TRAINING WORKSHOP

WEDNESDAY, FEBRUARY 22nd
11:00 AM to 3:00 PM

Intro to Tablets

AT&T bridging the technology gap!



This hands-on three hour course is specifically designed for seniors and covers the basics of using a touchscreen, surfing the web, taking and sharing photos, downloading apps and more. Tablets will be provided for practice during the workshop.

Speaker: Julio Figueroa, AT&T Director of External Affairs

SPACE IS LIMITED TO 30 MEMBERS

*PLEASE SIGN UP AT THE FRONT DESK OR CALL THE ISC (760)391-4170.

ACTIVITIES

BAKERY BINGO

WEDNESDAYS @ 10:00 AM to 11:00 AM
MULTIPURPOSE ROOM

Come join the fun, play BINGO, meet new friends and win bakery items!

Thank you SYLVIA for calling bingo each week!



DONATIONS COURTESY OF



SKIP BO CARDS

MONDAYS, TUESDAYS & THURSDAYS
10:00 AM to 11:30 AM & 1:00PM to 4:15 PM
MEETING ROOM 10

Skip-Bo is a card game similar to solitaire for multiple players. The object is to get rid of your cards while blocking other players from discarding theirs. Drop on in!



CHESS

THURSDAYS @ 10:00 AM to 12:00 PM
MEETING ROOM 11

ATTENTION CHESS PLAYERS!!

We have members who get together to play at ISC. They always need new chess partners. Please call ISC if you're interested, or just show up. We also have the large chessboard outside of the gym in the concrete - with the large chess pieces, if anyone is interested in playing outside!



ISC LIBRARY

Come in, relax and enjoy a book in our fully stocked library. If you would like to check out a book please remember to:

*Sign out a book to take it home

*Return books so that others can read them.

If you have current books or magazines to donate, we will appreciate them.

Thank you for helping to make our library a quiet and peaceful place at ISC.



WEEKLY MOVIE & POPCORN

WEDNESDAYS @ 1:00 PM - TV LOUNGE

NOW SHOWING

JANUARY MOVIES

January 4 - A Father's Revenge

January 11 - Breaking Away

January 18 - Brighton Beach Memoirs

January 25 - Capricorn One

FEBRUARY MOVIES

February 1 - Charlie St. Cloud

February 8 - Eat Pray Love

February 15 - Bedazzled

February 22 - Last Chance Harvey



EXERCISE & DANCE



LINE DANCING

MONDAYS @ 10:15 AM - DINING ROOM

Beginner (Level 1)

TUESDAYS @ 10:15 AM - DINING ROOM

Advanced Beginner (Level 2) Instructed by Linda Vanderhoff

THURSDAYS @ 10:15 AM - DINING ROOM

Advanced Beginner (Level 2) Instructed by Kathleen Wyatt

1ST FRIDAY @ 9:30 AM - DINING ROOM

Intermediate (Level 3 - Instructed by Deb Baird)

2ND, 3RD & 4TH FRIDAY @ 10:15 AM (Level 3 - Instructed by Linda Vanderhoff)

Get fit, stay fit, have lots of laughs, & learn how to line dance too!



COME DANCE WITH US

FRIDAYS @ 1:00 PM to 3:00 PM - DINING ROOM

Come and dance to a variety of Latin music, 70's & 80's pop music while you dance. No partner required. No need to sign up, just come on down and move!

Please see Yolanda for dance instruction.



GROOVIN' WITH DOLORES

WEDNESDAYS @ 9:00 AM to 10:00 AM

DINING ROOM

Join Dolores for one hour of Sweatin' to the Oldies or Zumba Gold DVD packed with head to toe exercises, fun music, and great people!

It's time to stretch, dance and move to the beat of the oldies or Zumba!



*BOOT CAMP



MONDAYS & WEDNESDAYS
JANUARY 18th to MARCH 1st

MARCH 8th to APRIL 26th

9:00 AM to 10:30 AM - \$30 PER PERSON PER 6 WEEK SESSION

Do you want to improve your strength, balance and cardio? Would you be interested in participating in a 6 week Boot Camp exercise program here at the ISC? What is Boot Camp? Boot Camp is a great way to challenge your body and reach your goals in a fun group atmosphere with a personal trainer. You will move, sweat and challenge your body with every class. If you are someone who is ready to make a commitment and need a little extra motivation to get those results, please come and sign up.

The gym will be closed during these classes.



TAI CHI - DVD

TUESDAYS & THURSDAYS

7:45 AM to 8:30 AM - DINING ROOM

We will be using a couple different DVDs, until we get a new instructor. Tai Chi is a great way to lower your blood pressure, stretch your muscles, strengthen your balance and have real peace of mind.

New students are always welcome.



*PLEASE SIGN UP AT THE FRONT DESK.

EXERCISE & DANCE



FIRST TIME IN THE GYM?

If you would like help with using the machines, ask the front desk and Nancy or Felicita can walk you through the different machines!

NO FLIP FLOPS ALLOWED IN GYM. YOU MUST WEAR ATHLETIC APPROPRIATE SHOES!

EXERCISE WITH ART

**MON., TUES., & THURS. @ 9:00 AM
DINING ROOM**

1 hour of head to toe exercises, fun music, and great people!

Art has been teaching this class for over 15 years.



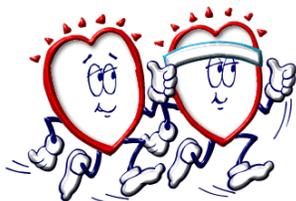
PING PONG

MONDAYS & THURSDAYS

8:00 AM to 11:00 AM

MULTIPURPOSE ROOM

Want to learn how to play Ping-Pong or do you already know and want someone to play with? Most beginners will burn between 200 and 350 calories per hour. Ping-Pong is a total body sport, using your legs, quads, calves and hips and also the forearms, oblique, abdominals, biceps, shoulders and triceps. Come join the fun and get a little exercise too!



MIND YOUR BODY YOGA

MONDAYS & WEDNESDAYS

7:45 AM- 8:30 AM - DINING ROOM (Instructor Leslie)

We have been blessed to have Leslie volunteer her time to teach Yoga for 4+ years now! She studied and has integrated some new techniques. "Dynamic Gentle Yoga" is a slow moving yoga session that helps to stretch and strengthen your body and mind!

Move to the music.

What are the benefits?

*Yoga slows down the aging process

*Strengthens abdominal muscles

*Corrects posture and improves balance

*Sharpens and increases your focus

*Lowers blood pressure and decreases heart rate

If you went to a yoga studio you would pay a fee per each class! Here at the ISC it is Free.

YOU MUST ARRIVE ON TIME AND BRING YOUR OWN MAT!



YOGA - DVD

FRIDAYS @ 7:45 AM to 8:30 AM

DINING ROOM

STAY ON TRACK

MONDAY - FRIDAY @ 8:00 AM to 9:30 AM

Grab a sling and lap counter from the front desk.

The track is always open. Make sure to mark down your laps walked when you are done at the front desk! 14 times around the track is 1 mile. Let's get walkin'! Every minute you walk can extend your life by 1.5 to 2 minutes. In addition, many studies show people who walk regularly enjoy better overall health.

NOVEMBER TOP WALKERS: Augustina Y. 157; Jim M. 73; Theresa N. 52

DECEMBER TOP WALKERS: Theresa N. 73; Augustina Y. 152; Mary C. 18



*PLEASE SIGN UP AT THE FRONT DESK.

ARTS, CRAFTS, SEWING & QUILTING



RUG HOOKING

TUESDAYS @ 8:30 AM to 11:30 AM
ACTIVITY ROOM



Join us in Rug Hooking!
This traditional craft is simple, but beautiful. No experience is necessary. Cost is \$5 for materials. A list of optional patterns will be available before each class. Stop by on Tuesday mornings to check it out!

COACHELLA VALLEY WOODCARVERS

THURSDAYS @ 1:00 PM to 4:00 PM
MULTIPURPOSE ROOM

Come on in and see Bob he can get you started on a simple project or help with an old one!



ARTIST OF THE MONTH

 We have beautiful artwork hanging at ISC. Perhaps you have noticed the wonderful pictures on the wall opposite the TV lounge area. We invite local artists who would like to display work for a month during the year. If you know of an artist or if you are an artist and would like to display your artwork at ISC, please contact Nancy or Felicitia.

Our artists are:
JANUARY - Toko Ousdahl
FEBRUARY - Sunny Jacobson

STAINED GLASS CLASS

TUESDAYS @ 12:30 PM to 4:15 PM
ARTS & CRAFTS ROOM

At this time we are not taking new participants until we find a new instructor. If you are interested, or know someone that might be perfect to teach our seniors, please contact Nancy, Felicitia or Edith at (760) 391-4170.



We welcome all donations of stained glass supplies.

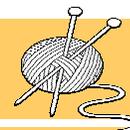
QUILTING BEES— SHOW AND SHARE GROUP

MONDAYS @ 9:00 TO 12:00PM
ARTS & CRAFTS ROOM

Drop in, learn to quilt, share, show and tell, sew your own projects, handy hints for sewing, ideas and patterns. Our 2016 year has come to a close and boy were we busy this last month. We had a wonderful year end party and delivered the last few Alzheimer's Activity Mats to Caleo Bay Alzheimer's Special Care Center in La Quinta. We were asked to make 37 mats, with one month notice, to give out on Christmas Day. Everyone pitched in and we made it with a few days to spare!!!



ARTS, CRAFTS, SEWING & QUILTING



JEWELRY CLASS

WEDNESDAYS @ 9:00 AM to 12:00 PM
ARTS & CRAFTS ROOM

Do you have an old necklace or bracelet that you haven't worn because it is broken or out of style? Bring it in, add something to it and create something, maybe a new necklace, bracelet and/or earrings! Save money and make your own. Your handmade jewelry is always very special as a gift too!



SEWING CLASS

MONDAYS @ 1:00 PM to 3:00 PM
ARTS & CRAFTS ROOM

Do you have a project that you are stuck on, need a little help, need altering, some mending, want to learn to sew or how to use your own sewing machine? The possibilities are endless. Bring your project and join us. We have a few sewing machines for you to use too.



STITCHES FOR KIDS

TUESDAYS @ 9:00 AM to 12:00 PM
ARTS & CRAFTS ROOM

Would you like to make a difference in the lives of children and adults? Come sew with us! Our Stitches for Kids ladies make quilts for the New Life Program at the CVRM and the Foster Children at Olive Crest. We have fabric, quilting tools, patterns and supplies, but what we really need is you! What a great way to give back! Come on down to the ISC and check us out - also see the below websites for the programs that we support.



www.cvrn.org/our-new-life-program/

www.olivecrest.org

Donations are always needed and welcome. We are looking for 100% cotton fabric, 100% wool fabric, yarn, sewing supplies, beads, jewelry supplies, and stained glass supplies.

FUN QUILTING TOGETHER

FRIDAYS @ 1:00 PM to 3:00 PM
ACTIVITY ROOM

All of our quilts are made with love and are donated to the local Veterans.

Please come and join us!



MONTHLY OPPORTUNITY DRAWINGS

Every month, an artist will have one of their masterpieces on display in the Lobby.

Members will have a chance to win the artwork by purchasing opportunity drawing tickets at the Senior Sunshine Coffee Bar Mon. - Fri. 7:45am to 11:45am. 1 ticket = \$.50 3 tickets = \$1.00. All proceeds will benefit the Friends of the Indio Senior Center and the artist.

QUILTING FOR GOOD TIMES

FRIDAYS @ 9:00 AM to 11:30 AM
ACTIVITY ROOM

We make personalized quilts for children struggling with cancer at Camp Ronald McDonald For Good Times. We travel to Idyllwild to the camp to be with the kids six times a year. You ought to see their faces light up when we call a name and present a child with a special quilt! Please join us! For information call ISC at (760) 391-4170.



KNITTING & CROCHET CLASS

WEDNESDAYS @ 9:00 AM to 11:00 AM
ACTIVITY ROOM

Help make "Sebastian's Wish" come true! Get those hooks and needles moving! The east end of the Valley needs several hundred hats that will fit kindergarten-sized children. If you need yarn or other supplies, join us for a fun time of knitting and crocheting with other like-minded people.



If you want to learn one of these crafts, we will be happy to teach you. Just show up with a willing spirit and our volunteers will assist you.

PAST TRIP & EVENTS

MISSION INN HOLIDAY LIGHTS TRIP



ISC POOL TOURNAMENT



THANKSGIVING LUNCH PARTY



View PHOTOS of our events at http://www.indio.org/your_government/community_services/senior/photo_album.htm in "Photo Albums"

CHRISTMAS LUNCH PARTY



Do you have a passion for photography and some spare time? If so, please see ISC staff to become our volunteer photographer for events and trips! There are perks and benefits with this opportunity!



FROM THE FRIENDS OF THE ISC

We are very thankful to have a wonderful group at the ISC who make many great things possible! **They work hard and provide friendly service to members!** The current Board Members are:

Nettie Washington - President

Doris McClung - Treasurer

Dolores Lindsay - Board Member

Theresa Needham - Board Member

Carol Goss - Board Member

Betty James - Board Member

Carmen Munoz - Board Member

Sylvia Tenorio - Board Member

Fernando Escalante - Board Member

FOISC "SENIOR 2 SENIOR" BULLETIN BOARD



If you would like to advertise a personal item for sale, a place for rent, or advertise a business, you can purchase a "posting" on the "Senior 2 Senior" Bulletin Board at the coffee bar. They will provide you with a form, the cost for the posting and length of time it can be posted. **The bulletin board is located in hallway by Coffee Bar.**



THE FRIENDS GIFT SHOP



Look for the
Friends Gift Shop

in the
Dining Room

JANUARY 16th - JANUARY 20th
FEBRUARY 6th - FEBRUARY 10th



New Year's Blessings ISC'ers!

I hope you had a joyous and peaceful Christmas. 2016 was a very busy year and we expect 2017 to be just as busy. With that being said I would like to encourage you to volunteer at the Indio Senior Center.

Bingo and Loteria will be discontinued due to lack of participation.

Thank you to all those who contributed to our Indio Meals on Wheels Giving Tree! Some of them might have not received any gifts but this past Christmas each participant was given up to 3 Christmas gifts.

On behalf of the the Friends and myself, we wish you and your family a great 2017.

God bless you all,

Nettie Washington, President



📞 DIRECTORY & HELPFUL NUMBERS

Telephone prefix is 760 unless otherwise noted.

211 "Community Connect" referral service	Riverside County	211
Adult Protective Services	4060 County Circle Drive, Riverside	800-491-7123
Alzheimer's Association	69730 Highway 111, #202	328-6767
Animal Samaritans	72307 Ramon Rd Thousand Palms	343-3477
Braille Institute	70251 Ramon Road, Rancho Mirage	321-1111
C.A.R.E. Curtailing Abuse Related to Elderly	dpss.co.riverside.ca.us/adult-services-division/care-program	863-7661
Catholic Charities	83-180 Requa Ave., Suite 9B, Indio	342-0157
Coachella Senior Center	1540 7th Street, Coachella	398-0104
Coachella Valley Rescue Mission	47518 Van Buren St., Indio	347-3512
Community Action Partnership	www.communityactionpartnership.com	800-476-7506
C.V. Museum	82616 Miles Ave., Indio	342-6651
Department Of Motor Vehicles	44480 Jackson Street, Indio	800-777-0133
Desert Legal Aid	Palm Springs, CA	668-6091
Desert Recreation District	45871 Clinton St., Indio	347-3484
DPSS	44199 Monroe St., Indio	863-2700
EMC Five Star Club (Adult Daycare)	42201 Beacon Hill, Palm Desert	863-0232
FIND Food Bank	83775 Citrus Ave, Indio	775-3663
FIRE DEPARTMENT (CITY OF INDIO)	46990 Jackson St Indio	347-0756
FISH	52555 Oasis Palm, Coachella	398-1600
Gilda's Club—Desert Cities (Cancer Resource)	73555 Alessandro Dr, Palm Desert	770-5678
GRAFFITI HOTLINE (CITY OF INDIO)		391-4143
HELP LINK (Free Ride TRIP Program)		800-510-2020
HICAP (Medicare/Senior Health Insurance Free Info)		800-434-0222
Housing Authority	44199 Monroe St., Indio	863-2828
Include Me (Serving all persons with disABILITIES)	44199 Monroe St., Suite B, Indio	863-2526
INDIO CHAMBER OF COMMERCE	82921 Indio Blvd Indio	347-0676
POLICE DEPARTMENT (CITY OF INDIO)	46800 Jackson St Indio	391-4057
INDIO POST OFFICE	45805 Fargo St., Indio	800-275-8777
Inland Counties Legal Services	82632 Highway 111, Indio	347-5303
Jewish Family Services	Palm Springs, CA 92262	325-4088
JFK Memorial Hospital	47111 Monroe St. , Indio	347-6191
Joslyn Senior Center	73750 Catalina Way, Palm Desert	340-3220
Lawyer Referral Service of the Riverside County Bar Assc.	909-682-7520	568-5555
La Quinta Senior Center	78450 Avenida La Fonda, La Quinta	564-0096
LIHEAP (Low-Income Home Energy Assistance Program)		800-511-1110
Martha's Village And Kitchen	83791 Date Ave., Indio	347-4741
Mental Health	47825 Oasis Street, Indio	863-8455
Mizell Senior Center (MEALS ON WHEELS)	480 S Sunrise Way, Palm Springs	323-5689
Office On Aging	44-199 Monroe St., Indio	800-510-2020
Physician Referral		800-343-4535
Riverside County Health Department	47-950 Arabia St. Suite A, Indio,	863-8283
Riverside County Sherriff	82-695 47th Avenue, Indio	836-3215
Senior Advocates of the Desert (Legal Aid)		202-1024
Shelter From The Storm (for battered women & children)	73555 Alessandro Dr., Palm Desert	(760) 674-0400
Social Security	46845 Monroe St. #2, Indio	800-772-1213
Stroke Recovery Center	2800 E. Alejo Rd., Palm Springs	323-7676
Sunline Transit (Sundial)		343-4231
Thermal Senior Center	87-229 Church St., Thermal	399-0081
Veteran's Services	CA 863-2600; Riverside County 863-8266; COD 773-2536	