

AUGUST 2021

# THE SENIOR CIRCUIT

Indio Senior Center  
45-700 Aladdin St., Indio, CA 92201  
(760) 391-4170 [seniorcenter@indio.org](mailto:seniorcenter@indio.org)  
[www.indio.org/seniorcenter](http://www.indio.org/seniorcenter)



Polite, Professional & Progressive



Business hours:  
Monday - Friday 7:30 am to 4:30 pm



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## A Message from the ISC Director

As we progress in phases back to a “new normal”... let’s not forget the road we just came from! Learn from the journey we all had to go through. Train your mind to see the good in everything, a positive mind is a happy life. The dedication and comment you have shown to the community during these unique times is a great example for the younger generations to follow. I am so proud of the resilience and solidarity you have shown to your ISC family, you truly make this center one of a kind. Seeing your smiles and appreciation every day makes this center a magical place to work. The staff and I are committed to bringing new and exciting classes and activities that will improve your health, enrich your mind, and feed your soul. We want our members to be a part of its future. So, we are inviting you to bring your excitement, enthusiasm, and ideas as a member.

## 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.

**ATTENTION!**



**ALL VISITORS  
ARE REQUIRED  
TO WEAR A  
MASK AT ALL  
TIMES!**



## ISC CLOSED

Monday, September 6 - Labor Day

**NOTE: ALL ISC EVENTS AND ACTIVITIES ARE SUBJECT TO CHANGE BASED ON CDC, RIVERSIDE COUNTY, STATE AND LOCAL GOVERNMENT REGULATIONS.**

# Indio Senior Center

## WEEKLY SCHEDULE

### MONDAY

**7:30 am - 4:00 pm**  
Stay on Track  
*Outside Track*

**7:45 am - 8:30 am**  
Yoga (DVD)  
*Dining Room*

**8:00 am - 11:00 am**  
Ping Pong  
*Multipurpose Room*

**9:00 am - 10:00 am**  
Exercise with Art  
*Dining Room*

**9:00 am - 12:00 pm**  
Quilting Bees/Quilting for  
Good Times  
*Arts & Crafts Room*

**9:00 am - 12:00 pm**  
Dominoes  
*Meeting Room 11*

**9:00 am - 1:00 pm**  
Game Room  
*Indio Teen Center*

**10:15 am - 11:15 am**  
Line Dancing (Beginners)  
*Dining Room*

**1:00 pm - 3:00 pm**  
Sewing Class  
*Arts & Crafts Room*

### TUESDAY

**7:30 am - 4:00 pm**  
Stay on Track  
*Outside Track*

**7:45 am - 8:30 am**  
Tai Chi (DVD)  
*Dining Room*

**8:30 am - 11:30 am**  
Rug Hooking  
*Activity Room*

**9:00 am - 10:00 am**  
Exercise with Art  
*Dining Room*

**9:00 am - 12:00 pm**  
Stitches for Kids  
*Arts & Crafts Room*

**9:00 am - 12:00 pm**  
Dominoes  
*Meeting Room 11*

**9:00 am - 1:00 pm**  
Game Room  
*Indio Teen Center*

**11:30 am - 2:30 pm**  
Scrapbooking Class  
*Activity Room*

**1:00 pm - 4:00 pm**  
Art Class with Eugenie  
*Arts & Crafts Room*

**1:15 pm - 2:30 pm**  
Badminton  
*Dining Room*

### WEDNESDAY

**7:30 am - 4:00 pm**  
Stay on Track  
*Outside Track*

**7:45 am - 8:30 am**  
Yoga (DVD)  
*Dining Room*

**9:00 am - 11:00 am**  
Knitting/Crochet Class  
*Activity Room*

**9:00 am - 12:00 pm**  
Jewelry Class  
*Arts & Crafts Room*

**9:00 am - 12:00 pm**  
Dominoes  
*Meeting Room 11*

**9:00 am - 1:00 pm**  
Game Room  
*Indio Teen Center*

**10:00 am - 11:00 am**  
BINGO  
*Multipurpose Room*

### THURSDAY

**7:30 am - 4:00 pm**  
Stay on Track  
*Outside Track*

**7:45 am - 8:30 am**  
Tai Chi (DVD)  
*Dining Room*

**8:00 am - 11:00 am**  
Ping Pong  
*Multipurpose Room*

**9:00 am - 10:00 am**  
Exercise with Art  
*Dining Room*

**9:00 am - 12:00 pm**  
Dominoes  
*Activity Room*

**9:00 am - 1:00 pm**  
Game Room  
*Indio Teen Center*

**10:15 am - 11:15 am**  
Line Dancing (Beginners)  
*Dining Room*

**12:00 pm - 4:00 pm**  
Wood Carving Class  
*Multipurpose Room*

### FRIDAY

**7:30 am - 4:00 pm**  
Stay on Track  
*Outside Track*

**7:45 am - 8:30 am**  
Yoga (DVD)  
*Dining Room*

**9:00 am - 10:00 am**  
Groovin' with Dolores  
*Dining Room*

**9:00 am - 12:00 pm**  
Dominoes  
*Activity Room*

**9:00 am - 1:00 pm**  
Game Room  
*Indio Teen Center*

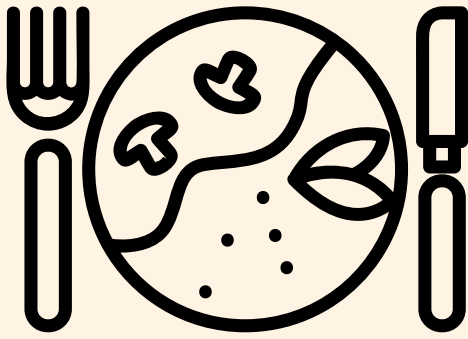
**10:00 am - 11:00 am**  
Loteria with the Friends  
*Multipurpose Room*

**1:00 pm - 2:00 pm**  
Come Dance with Us  
*Dining Room*

**1:00 pm - 4:00 pm**  
Art Get Together  
*Arts & Crafts Room*

**NOTE: THIS SCHEDULE IS  
SUBJECT TO CHANGE  
BASED ON CDC, RIVERSIDE  
COUNTY, STATE AND  
LOCAL GOVERNMENT  
REGULATIONS.**





## Lunch Program

**MONDAY - FRIDAYS**  
**12:00 PM to 1:00 PM**

The Senior Congregate Meal Program offers nutritional and social benefits. The purpose of this program is to bring people together to enjoy meals. The delicious meals provide great nutrition that keeps you healthy as well as providing an outlet to create friendships and get to know one another.

### Meal Reservations:

Members are required to make meal reservations at the front desk. The deadline to make your reservations for the upcoming week is Wednesdays at 11 a.m. A .50 ¢ to \$3.00 contribution is requested for every meal. If you miss the deadline, you can be added to the waitlist.

### Meal Times:

Participants can begin to line up for check-in at 11:40 a.m. in the hallway outside the dining room. The entrance will be at the door closer to the back kitchen. Meals will be served at 12 p.m.

### Wait List:

People on the waitlist will be served after all reserved meals are accounted for the day. No meals are guaranteed for those on the waitlist. If your name is called, you will need to pay at the front desk for the meal and present a receipt to the staff in charge of the meals before you are served.

Important Notice: ALL participants are required to eat their meals in the dining room. Staff will not hold any meals. If you come in after 12:15 p.m. you will run the risk of not getting a meal for the day.

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

**Menu is subject to change without notice.**

## Parties

### Birthday Lunch

FRIDAY, AUGUST 27

FRIDAY, SEPTEMBER 24

12:00 PM to 1:00 PM

Dining Room

Is your birthday in August or September? We want to celebrate with you. Lunch is FREE for our birthday participants. You must be a member in good standing and be enrolled in the lunch program. Please sign up at the front desk on Wednesday, the week before the birthday lunch.



### Fiesta del 16 de Septiembre

THURSDAY, SEPTEMBER 16

12:00 PM to 1:00 PM

COST \$5 per person

Dining Room

Join us as we celebrate "El Dia de la Independencia de Mexico" Be part of "El GRITO" as you enjoy great Mexican food and music. Sign up at the front desk.

**Limited to 80 members**



### Halloween Party & Birthday Bash

FRIDAY, OCTOBER 29

12:00 PM to 1:00 PM

Dining Room

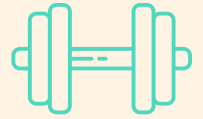
Werewolves will howl, monsters will mash it's time to celebrate, with a HALLOWEEN & BIRTHDAY BASH! Join us for some ghoulish games, freaky fun and frightening food! It's sure to be a SPOOKTACULAR good time for everyone.



Wear your best Halloween costume for a chance to win! Sign up at the front desk.

**Limited to 80 members**

# Exercise & Dance Classes



## Exercise with Art

MONDAYS, TUESDAYS & THURSDAYS

9:00 AM to 10:00 AM

Dining Room

Volunteer: Raquell Harris

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



## Groovin' with Dolores

FRIDAYS

9:00 AM to 10:00 AM

Dining Room

Volunteer: Dolores Lindsay

Join us for one hour of "Sweatin' to the Oldies" or "Zumba Gold" packed with head to toe exercises. It is time to stretch, dance and move to the beat of oldies or "Zumba"!



## Line Dancing

MONDAYS

10:15 AM to 11:15 AM

Dining Room

Volunteer: Barbara Willis

THURSDAYS

10:15 AM to 11:15 AM

Dining Room

Volunteer: Linda McLaughlin

Line dancing provides the benefits of an aerobic workout which helps maintain a healthy heart and also provides a platform for you to get involved in a social environment, which is great for mental wellness. Get fit, stay fit, have lots of laughs, and learn how to line dance too!



## ISC Gym

Our 1040 square foot gym is equipped with 9 weight machines, 3 treadmills, 2 elliptical machines, 2 exercise bikes, 1 upper body ergometer, and 3 televisions. PLEASE NO FLIP FLOPS IN THE GYM.

## Yoga (DVD)

MONDAYS, WEDNESDAYS & FRIDAYS

7:45 AM to 8:30 AM

Dining Room

Increase muscle tone, balance, strength, and improve your mood. Through breathing you can increase your lung capacity and improve your posture. You also can sleep better.



## Tai Chi (DVD)

TUESDAYS & THURSDAYS

7:45 AM to 8:30 AM

Dining Room

Volunteer: Blanche Martinez

Tai Chi is a great way to lower your blood pressure, stretch your muscles, strengthen your balance and have a real peace of mind.



## Come Dance with Us

FRIDAYS

1:00 PM to 2:00 PM

Dining Room

Volunteer: Yolanda Hernandez

Come and enjoy a variety of genres of music while you dance. No need to sign up, just come on down and dance. No partner required.

## Stay on Track

MONDAY - FRIDAY

7:30 AM to 4:00 PM

Outside Track

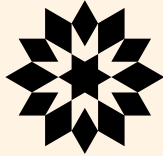
Let's get walking! Every minute you walk can extend your life 1/5 to 2 minutes. In addition, many studies show people who walk regularly enjoy better overall health.



# Arts, Crafts, Sewing & Quilting Classes

## Quilting Bees/Quilting for Good Times

**MONDAYS**  
**9:00 AM to 12:00 PM**  
**Arts & Crafts Room**  
 Volunteer: Linda Blake



Drop in, learn to quilt, share, show and tell sew your own projects, handy hints for sewing, ideas and patterns. 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!



## Stitches for Kids

**TUESDAYS**  
**9:00 AM to 12:00 PM**  
**Arts & Crafts Room**

Volunteers: Stella Pizano & Patricia Paige  
 Stitches for Kids at the ISC gives back!  
 Look at this gorgeous quilt top made by Patricia Paige. She made it entirely from fabric samples that were donated by Monica's Quilt shop in Palm Desert. They would love to have you come and join them – you do not need to know how to quilt or sew. They can teach you!

Our Stitches for Kids ladies also 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! Would you like to make a difference in the lives of children and adults? Come on down to the ISC and sew with us – also see the below websites for the programs that we support.

[www.cvrn.org/our-new-life-program/](http://www.cvrn.org/our-new-life-program/)  
[www.olivecrest.org](http://www.olivecrest.org)



## Wood Carving

**THURSDAYS**  
**12:00 PM to 4:00 PM**  
**Multipurpose Room**



Volunteer: Jeanne Chalfont  
 This class gives training and education in the art of wood carving in the round, relief, chip, caricature, spoons and utility styles.  
 In the Round – Carving completely around the wood.

Relief – Using a board of approximate thickness of 3/4" or more and removing wood that is the not the topic of the art piece

Caricature – A cartoonish replica of people, animals.

Chip – Removing small three dimensional chips in which the art piece is revealed.

Spoons - This is utility carving since it has a usable purpose. It is a widely used discipline and has it's own category.

Utility – This category has useful purpose as a cane, bookends, letter opener...

We first work with a simple project, in the round, that will give skills in the use of an X-acto Knife with basswood. When that project is completed you will have a better idea of what tools, wood and patterns that you would like for your next project. We have carvers at each level; beginner, intermediate, advanced and master. You can see various stages of work and skills. We all work together and support one another; we have no hierarchy.

As an added bonus you become a member of the Indio Woodcarving Club. It's main purpose is to promote wood carving and our camaraderie. We are involved with the Riverside County Date Festival by hosting a Riverside County Wood Carving Contest and we also display our individual carving pieces and we do demonstrations during the fair. Some of our members attend wood carving competitions set up by other clubs in California, across the nation, and into Canada. We also have people coming from various locations to spend the winter months with us.

Come see what we are each are working on, ask questions, and chat with us.



# Arts, Crafts, Sewing & Quilting Classes

## Rug Hooking

TUESDAYS

8:30 AM to 11:30 AM

COST \$7 per member

Activity Room

Volunteer: Raquell Harris

Join us in Rug Hooking!

This traditional craft is simple, but beautiful. No experience is necessary. Cost is \$7 for materials. A list of optional patterns will be available before each class. Stop by on Tuesday mornings to check it out!

## Scrapbooking Class

TUESDAYS

11:30 AM to 2:30 PM

Activity Room

Volunteer: Raquell Harris

Are your precious memories sitting in a box gathering dust? Let's organize and preserve your photos, tell your stories and share your memories.



## Knitting/Crochet Class

WEDNESDAYS

9:00 AM to 11:00 AM

Activity Room

Volunteer: Barbara Brown

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.

## Art Get Together

FRIDAYS

1:00 PM to 4:00 PM

Arts & Crafts Room

Volunteer: Dora Chavez

This is a class for all skill levels.

Bring your materials.

There is no need to sign up just stop on by and join us.



## Art Class with Eugenie

TUESDAYS

1:00 PM to 4:00 PM

Arts & Crafts Room

COST \$10 per member

Volunteer: Eugenie Balentine

Red, Orange, Green & Blue; Eugenie's art class has lots of fun in store for you! This is a non-stretched class where you can express your inner Picasso by learning various types of art. Hurry space is limited!



## Jewelry Class

WEDNESDAYS

9:00 AM to 12:00 PM

Arts & Crafts Room

Volunteer: Era Loftis

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

Volunteer: Eugenie Balentine

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.



# Activities

## Bakery Bingo

WEDNESDAYS

10:00 AM to 11:00 AM

Multipurpose Room

Volunteer: Sylvia Tenorio

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

Donations courtesy of Sprouts.

## Weekly Movie & Popcorn

WEDNESDAYS

1:00 PM

TV Lounge

August 4 - Leave No Trace

August 11 - Biggest Little Farm

August 18 - Rookie of the Year

August 25 - The Sandlot



## Ping Pong

MONDAYS & THURSDAYS

8:00 AM to 11:00 AM

Multipurpose Room

Volunteer: Jim Jones

Do you want to learn how to play ping pong or do you already know how to, but you need 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, hips, gorarms, oblique, abdominals, biceps, shoulders and triceps. Come join the fun and get a little exercise too!



## Puzzles in the Community Room

Anytime is puzzle time in the Community Room. From stimulating concentration to strengthening short-term memory, the benefits of puzzles combine to help reduce the risks of dementia. Solving puzzles improves your spatial, visual and cognitive abilities.



## Games Available at the ISC

- Yahtzee
- Memory Game
- Scene It?
- Skip-bo
- Trivial Pursuit
- Boggle
- Monopoly
- Chess
- Scrabble
- Dominoes
- Playing Cards
- Uno
- Who Wants to be a Millionaire
- And More!!!



## Loteria

FRIDAYS

10:00 AM to 11:00 AM

Multipurpose Room

Volunteer: Sylvia Tenorio

No time for a siesta, it's time for a LOTERIA fiesta!

## ITC Gameroom

MONDAY - THURSDAY

9:00 AM to 12:00 PM

Indio Teen Center Gameroom

Amenities at the Indio Teen Center game room include pool tables, a ping-pong table, an arcade machine and air hockey. Must be an ISC member to enter.



## 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.

English to Spanish, Spanish to English and Spanish language books.

If you would like to donate any books or magazines in English or Spanish, please bring them in and we will add them to our collection.

Thank you for helping to make our library a quiet and peaceful place at ISC. We are currently seeking a volunteer librarian.

## Dominoes

MONDAYS - WEDNESDAY

9:00 AM to 12:00 PM

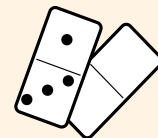
Meeting Room 11

THURSDAY - FRIDAY

9:00 AM to 12:00 PM

Activity Room

Do you need to take a break and play a good 'ole tile-based classic game? Dominoes game is the way to go!



# Support Groups & Health

## Riverside County Care Pathways

THURSDAYS  
2:00 PM to 4:00 PM  
Meeting Rooms 10 & 11



Volunteer: Guillermo Delgado  
Riverside County Office on Aging is hosting Care Pathways, a series of FREE family caregiver workshops.

- Are you a family member caring for an older adult?
- Do you need support?
- Having trouble coping?

Get answers about dementia, communicating effectively, managing stress and much more. This series of twelve classes will provide much needed information & support as you continue through the caregiving journey. FREE RESPITE MAY BE AVAILABLE. Pre-registration required. Please call the Office on Aging at (951) 867-3800 or (800) 510-2020.

Las clases también están disponibles en español.

## Blood Screening

WEDNESDAY, AUGUST 18  
9:00 AM to 11:00 AM



### First Aid Room

Our volunteer blood screener, Manuela will test individuals for blood pressure, blood oxygen, and blood sugar. An 8 hour fast is required for a blood sugar test. Please sign up at the front desk.

## Safety Net Assistance

**Safety Net Assistance**

CALL FOR **FREE** SERVICES  
**877-932-4100**  
SELECT [1] English [2] Spanish

RIVERSIDE COUNTY OFFICE ON AGING

MEALS "No-Contact" delivery or pick up depending upon risk conditions

UTILITY, MEDICATION & TRANSPORTATION SUPPORT

Up to \$300-\$500, depending on available funding and community partner support

HEATING & COOLING

And other essential appliances to keep you safe at home

HEALTH & WELLNESS

HOSPITAL TO HOME...

- Assisted transportation to clinics
- Overnight lodging for medical treatment
- Nurse visit & medication management
- Personal care, homemaker services
- Family Caregiver support & self care
- Healthy eating & active living
- Assistive devices (hearing aid, glasses, walkers, grab bars, bath chairs)
- Minor home repair or modification (ramps)

access caregiving  
healthy seniors  
dignity respect quality of life  
family community  
fun independence

Friendship Line California

is a free crisis intervention hotline and a warmline for non-emergency emotional support calls.

Friendship Line California

1 (888) 670-1360

If you or someone you know would benefit from a friendly conversation, we're here to listen.

## Alzheimer's Association

TUESDAY, AUGUST 30  
10:00 AM to 12:00 PM  
MEETING ROOM 10



English session of the Alzheimer's Association Support Group.

MARTES, el 30 de AGUSTO  
10:00 AM a 12:00 PM

El grupo de apoyo de Alzheimer se juntara en Español.

## California Phones



TUESDAY, SEPTEMBER 14  
10:00 AM to 12:00 PM

### First Aid Room

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.

## Mizell Case Management

Mizell is assisting seniors in our community with accessing community resources and navigating local and government services to help with:

- Housing
- Utility Bills
- Social Security
- Healthcare
- Mental Health
- Transportation
- Food Insecurity (Meals on Wheels)
- And more!!!

Their services are free and confidential. For more information or assistance contact Denise Woodruff at (760) 323-5689 ext. 106 or email her at DeniseW@Mizell.org.



# Senior's Corner



## FOISC Coffee Bar

MONDAY - FRIDAY

7:30 AM to 11:00 AM

Community Room

Volunteers: Friends of the Indio Senior Center  
If you are looking for a great cup of coffee, come visit the friendly coffee bar. A donation of \$1 will get you a warm cup of coffee (Reg. or Decaf) or iced tea and a pastry donated from Starbucks!



## ISC Newsletter

How 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](mailto:seniorcenter@indio.org) with “Add to email blast” in the subject line.  
3. You can subscribe to our email blast online at [www.indio.org/seniorcenter](http://www.indio.org/seniorcenter).  
4. The newsletter will be available on our website at [www.indio.org/seniorcenter](http://www.indio.org/seniorcenter)

## Low-Income Home Energy Assistance Program (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.

## IID Residential Energy Assistance Program (REAP)

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.

## Volunteering at the ISC



### HELP MAKE A DIFFERENCE AT THE INDIO SENIOR CENTER BY BECOMING A VOLUNTEER INSTRUCTOR!

Are you 50+ and got time on your hands? Do you like to meet people, socialize and help others? Then maybe you would like to be a volunteer at the Indio Senior Center!

Our needs include the following:

- Coffee Bar
- Lunch prep and Servers
- Event Volunteers
- Spanish Instructor
- ESL Instructor
- Beautician for haircuts
- Balance Class Instructor
- Computer Class Instructor
- Games & Activities



If you have experience, a natural talent for instruction and would like to volunteer at the ISC please contact us at (760) 391-4170 or email us at [seniorcenter@indio.org](mailto:seniorcenter@indio.org).

## 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.

## Wii Bowling

### Wii Bowling CALLING ALL WII BOWLERS!!

THE ISC IS LOOKING FOR MEMBERS TO JOIN THE WII BOWLING TEAM! PRACTICE STARTS WEDNESDAY, AUGUST 11 AND WILL BE AS FOLLOWS:  
WEDNESDAYS & THURSDAYS  
1:30PM TO 4:00PM - DINING ROOM  
FRIDAYS 2:00PM TO 4:00PM - DINING ROOM.

IF YOU ARE INTERESTED, PLEASE SIGN UP AT THE FRONT DESK



# Social Events

**FRIDAY, AUGUST 6**  
**FRIDAY, SEPTEMBER 3**  
**1:30 PM**  
**Community Room**



**WEDNESDAY, AUGUST 25**  
**2:00 PM**  
**Community Room**  
Sign up at the front desk!



**WEDNESDAY, AUGUST 11**  
**2:00 PM**  
**Community Room**  
Sign up at the front desk!



## Upcoming Social Events

**WEDNESDAY, SEPTEMBER 8**  
**ICE CREAM SOCIAL**  
**2:00 PM**  
**Community Room**

**WEDNESDAY, SEPTEMBER 22**  
**ICE CREAM SOCIAL**  
**2:00 PM**  
**Community Room**  
Sign up at the front desk!



# Past ISC Events



# Directory & Helpful Phone Numbers

BUSINESS NAME	ADDRESS	PHONE NUMBER
211 "Community Connect" Referral Service	Riverside County	211
Adult Protective Services	4060 County Circle, Riverside	(800) 491-7123
Alzheimer's Association	69730 Highway 111 #202, Rancho Mirage	(760) 328-6767
Animal Samaritans	72307 Ramon Rd., Thousand Palms	(760) 343-3477
Braille Institute	70251 Ramon Rd., Rancho Mirage	(760) 321-1111
Cancer Partners	73555 Alessandro Dr., Palm Desert	(760) 770-5678
Cathedral City Senior Center	31171 W. Buddy Rogers, Cathedral City	(760) 321-1548
Catholic Charities	83180 Requa Ave. #9B, Indio	(760) 342-0157
Coachella Senior Center	1540 7th St., Coachella	(760) 398-0104
Coachella Valley Museum	82616 Miles Ave., Indio	(760) 342-6551
Coachella Valley Rescue Mission	47518 Van Buren St., Indio	(760) 347-3512
Community Action Partnership	www.communityactionpartnership.com	(800) 476-7506
Department of Motor Vehicles	44480 Jackson St., Indio	(800) 777-0133
Department of Public Social Services	44199 Monroe St., Indio	(760) 863-2700
Desert Legal Aid	Palm Springs, CA	(760) 668-6091
Desert Recreation District	45871 Clinton St., Indio	(760) 347-3484
EMC Five Star Club (Adult Daycare)	42201 Beacon Hill, Palm Desert	(760) 863-0232
FIND Food Bank	83775 Citrus Ave., Indio	(760) 775-3663
Fire Department (City of Indio)	46990 Jackson St., Indio	(760) 347-0756
FISH Food Bank	52555 Oasis Palm, Coachella	(760) 398-1600
HICAP (Senior Health Insurance Info)		(800) 434-0222
Housing Authority	44199 Monroe St., Indio	(760) 863-2828
Include Me	44199 Monroe St. #B, Indio	(760) 863-2526
Indio Chamber of Commerce	82921 Indio Blvd., Indio	(760) 347-0676
Indio Graffiti Hotline		(760) 391-4143
Indio Police Department	46800 Jackson St., Indio	(760) 391-4057
Indio Post Office	45805 Fargo St., Indio	(800) 275-8777
Jewish Family Services	Palm Springs, CA	(760) 325-4088
JFK Memorial	47111 Monroe St., Indio	(760) 647-6191
Joslyn Senior Center	73750 Catalina Way, Palm Desert	(760) 340-3220
Lawyer Referral Services		(951) 682-7520
La Quinta Senior Center	78450 Avenida La Fonda, La Quinta	(760) 568-5555
LIHEAP	Low Income Home Energy Assistance	(800)511-1110
Martha's Village & Kitchen	83791 Date Ave., Indio	(760) 347-4741
Mental Health	47825 Oasis St., Indio	(760) 863-8455
Mizell Senior Center	480 S. Sunrise Way, Palm Springs	(760) 323-5689
Office on Aging	44199 Monroe St., Indio	(800) 510-2020
Physician Referral		
Riverside County Health Department	47950 Arabia St., Indio	(800) 343-4535
Riverside County Sheriff	73705 Gerald Ford Dr., Palm Desert	(760) 836-3215
Senior Advocates of the Desert (Legal Aid)		(760) 202-1024
Shelter from the Storm	73555 Alessandro Dr. #103, Palm Desert	(760) 674-0400
Social Security	46845 Monroe St. #2, Indio	(800) 772-1213
Stroke Recovery Center	2800 E. Alejo Rd., Palm Springs	(760) 323-7676
Sunline Transit (Sundial)		(760) 343-4231
Thermal Senior Center	87229 Church St., Thermal	(760) 399-0081
Veteran's Services	44199B Monroe St., Indio	(760) 863-8266