

THE SENIOR CIRCUIT



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



Polite, Professional & Progressive



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

Table of Contents

ISC Code of Conduct	Page 2
Lunch Program & Parties	Page 3
Exercise & Dance Classes	Page 4
Arts, Craft, Sewing, Quilting	Page 5 - 6
Activities	Page 7
Support Groups, Seminars & Health	Page 8
Senior's Corner	Page 9
Events & Trips	Page 10
ISC Weekly Schedule	Page 11
Directory & Helpful Numbers	Page 12

A Message from the New ISC Administrator



Hello Members!

I'm delighted to meet you! My name is Shelley Soliz and I am the new Community Program Administrator for the Indio Senior Center. I joined the Senior Center as a member of staff in November, but have worked for the City of Indio, of which the ISC is a branch, for nearly 11 years. I worked in our Human Resources department and our City Manager's Office before making the move to the ISC. I can tell you that every department I've worked with at the City of Indio is filled with exceptional employees and the Senior Center more than upholds that standard. You all already know Jim, Felicita, Edith, and Vanessa, so you know exactly what I'm talking about! I've been welcomed into their fold and am feeling very privileged to work both with them and with each of you.

Already I see the comradery, joy, sense of family, and a can-do attitude at work here in the Coachella Valley's premier Senior Center. I hope to be a positive addition to the sense of fun that bubbles from every corner. Your and my City Manager, Bryan Montgomery, upholds a value system affectionately dubbed "The 3 P's" - Polite, Professional, & Progressive. That value system is very much alive and well at the Indio Senior Center and I know we'll all be working together to keep up the good work!

I look forward to spending the New Year with you here at the beautiful Indio Senior Center.

Kind Regards,
Shelley

About the ISC

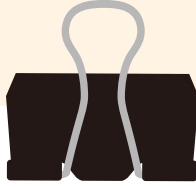
The Indio Senior Center provides a place where people, 50 years & better, can leisurely socialize, make new friends, share their skills and ideas, learn new things and gather information. It is dedicated to enhance and dignify the quality of the lives of our experienced and culturally diverse aging population.

An annual membership fee is required.

ISC Closed

- Monday, January 2 - New Year's Day
- Monday, January 16 - Martin Luther King Jr. Day
- Monday, February 20 - Presidents' Day





INDIO SENIOR CENTER - CODE OF CONDUCT



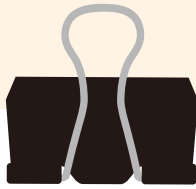
ALL MEMBERS AND VISITORS MUST:

- Be kind, welcoming, and respectful to everyone.
- Use language that is respectful, courteous and will not offend or disturb others.
- Demonstrate behavior that is respectful, considerate and non-aggressive.
- Help keep noise levels down to a reasonable and respectful volume.
- Recognize and respect diversity and treat others with courtesy, dignity, and consideration.
- Clean up after themselves and keep the Indio Senior Center clean and organized.
- Use the Indio Senior Center and all equipment with care.
- Notify staff immediately, in case of accidents or breakage.

Drugs and/or alcohol will not allowed on the Indio Senior Center premises. Members and visitors who are under the influence of drugs and/or alcohol are prohibited from entering the Indio Senior Center.

Any violations of the Indio Senior Center Code of Conduct will result in suspension or expulsion.

The Indio Senior Center staff reserves the right to restrict access or to remove any person from the property at any time.



INDIO SENIOR CENTER - CÓDIGO DE CONDUCTA



TODOS LOS MIEMBROS Y VISITANTES DEBEN DE:

- Ser amables y respetuosos a todos.
- Usar lenguaje respetuoso y cortés que no va a ofender o molestar a otras personas.
- Demostrar un comportamiento respetuoso, considerado y no agresiva.
- Ayudar a mantener los niveles de ruido a un volumen razonable y respetuosa.
- Reconocer y respetar la diversidad y tratar a los demás con cortesía, dignidad y consideración.
- Limpiar después de ti mismos y dejar el Indio Senior Center limpio y organizado.
- Utilizar el Indio Senior Center y todo su equipo con cuidado.
- Notificar a los empleados del Indio Senior Center inmediatamente en caso de un accidente o si algo se quebré.

Las drogas y/o alcohol no están permitidos en el Indio Senior Center. Los miembros y visitantes bajo la influencia de drogas o alcohol están prohibidos de entrar o participar en actividades en el Indio Senior Center.

Violaciones de este código de conducta resultara en suspensión o expulsión.

Los empleados del Indio Senior Center reservan el derecho denegar el acceso o expulsar a cualquier persona de la propiedad en cualquier momento.

Lunch Program

MONDAY - FRIDAY 12:00 PM

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

Lunch Reservations: Members are required to make lunch reservations at the front desk. Lunch reservations must be made before 1:00 p.m. on Tuesday the week prior. A \$3.00 donation is requested for every lunch.

Lunch Time: Lunch will be served at 12 p.m. 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 closest to the back kitchen.

Wait List: If you miss the lunch reservation deadline, you can be added to the waitlist. Those who are on the waitlist will be served after all reserved lunches are accounted for that day. No lunches are guaranteed for those on the waitlist. If your name is called, you will need to pay at the front desk for lunch.

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

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

Menu is subject to change without notice.

Parties

Birthday Lunch

FRIDAY, JANUARY 27
FRIDAY, FEBRUARY 24
12:00 PM to 1:00 PM



Birthday Lunches
Provided By:



Dining Room

Is your birthday in January or February? 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 Tuesday, the week before the birthday lunch.

A fee may apply for some months.

Cheers
TO THE
New Year
LUNCH PARTY

\$5

**THURSDAY, JANUARY 26 | 12PM
DINING ROOM**

JOIN US FOR A LITTLE CIDER BUBBLY AND GOOD CHEER AS WE TOAST IN THE NEW YEAR

SIGN UP AT THE FRONT DESK
LIMITED TO 64 MEMBERS

Programa de Lonche

LUNES - VIERNES 12:00 PM

El Programa de Lonches ofrece beneficios nutricionales y sociales. El propósito de este programa es reunir a las personas para disfrutar de las comidas. Las comidas proporcionan una gran nutrición que te mantiene saludable.

Reservaciones de Lonches: Los miembros deben hacer reservaciones de lonches con la recepcionista. Las reservaciones deben hacerse antes de la 1:00 p.m. el Martes de la semana anterior. Se solicita una donación de \$3.00 por cada lonche.

Horario de Lonche: Los lonches se sirven a las 12:00 p.m. Los participantes pueden comenzar a hacer fila para inscribirse a las 11:40 a. m. en el pasillo fuera del comedor. La entrada estará en la puerta más cerca a la cocina.

Lista de espera: Te podemos poner en la lista de espera si no reservó lonche a tiempo. Los que están en la lista de espera se les servirá después de que se han repartido los lonches reservadas para ese día. No se garantizan lonches para aquellos en la lista de espera. Si hay lonches disponibles y le toca a usted, tendrá que hacer su donación con la recepcionista.

Aviso Importante: TODOS los participantes deben de comer en el comedor. Si llega después de las 12:15 p.m. correrá el riesgo de no conseguir lonche para ese día. El personal no apartará ni guardará lonches

Lonches Proporcionadas Por: Mizell Senior Center y Riverside County Office on Aging.

**Palentine's
Lunch Party**

\$5

Join us for a good time, good food and good friends!

**TUESDAY
14 Feb
12:00 PM**

DINING ROOM

Sign up at the front desk beginning February 1

Exercise & Dance Classes

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.

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!



Line Dancing

MONDAYS (Beginners)
10:15 AM to 11:15 AM
Dining Room

Volunteer: Barbara Willis

TUESDAYS (Beginners +)
10:15 AM to 11:15 AM
Dining Room

Volunteer: Linda McLaughlin

THURSDAYS (Beginners)
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!



Yoga (DVD)

MONDAYS & FRIDAYS
7:45 AM to 8:30 AM
Dining Room



WEDNESDAYS
7:45 AM to 8:30 AM
Multipurpose 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.



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. Ask for assistance, if needed. PLEASE NO FLIP FLOPS IN THE GYM.



Chair Exercise

WEDNESDAYS
1:30 PM to 2:30 PM
Dining Room

Volunteer: Atsuko Hewett

In this exciting class we will use chairs to exercise all parts of our body, head to toe.

Benefits of chair exercises

- Better flexibility and range of motion.
- Increased blood circulation.
- Increased muscle strength.
- Better balance.
- Less joint stiffness and pain.
- Better concentration and elevated mood.

Lower levels of stress and anxiety.



Hula with Dolores

TUESDAYS (BEGINNERS)
THURSDAYS (ADVANCED)
1:00 PM to 2:00 PM

Dining Room

Volunteer: Dolores Lindsay

With its slow and relaxing nature, Hula is a low to medium impact exercise, easing the strains on the joints.



Groovin' with Dolores

FRIDAYS
9:00 AM to 10:00 AM
Dining Room

Volunteer: Dolores Lindsay

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



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 special 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!

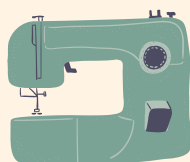
Sewing Class

MONDAYS

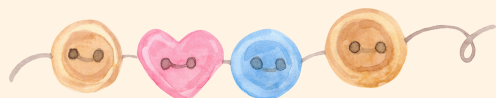
1:00 PM to 3:00 PM

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.



Rug Hooking

TUESDAYS

8:30 AM to 11:30 AM

COST \$7 PER MEMBER

Activity Room

Volunteer: Raquell Harris

Join us for 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!



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!

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? Sew with them. 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!



The Stitches for Kids' quilters made and gave away 285 quilts in 2022!

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.



Art Class with Eugenie

TUESDAYS

1:00 PM to 4:00 PM

Multipurpose Room

COST \$10 PER MEMBER/PER MONTH

Volunteer: Eugenie Balentine

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



Arts, Crafts, Sewing & Quilting Classes

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.



Hats off to our Knitting/Crochet Class for donating some warm handmade beanies to our homebound seniors.

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!



Oil Painting with Andre

WEDNESDAYS

1:00 PM to 3:30 PM

Arts & Crafts Room

COST \$10 PER MEMBER/PER MONTH

Volunteer: Andre Gregoire (Weeks 1-3)

Volunteer: Eugenie Balentine (Week 4)

This is a once a week for 4 weeks painting class. You will learn composition, techniques, and how to use oil paints. After 4 weeks you will have your very own finished masterpiece. No previous experience is required. All supplies will be provided: easel, canvas, oil paints and brushes, etc.

Sign up at the front desk

Stained Glass

THURSDAYS

8:00 AM - 11:00 AM

1:30 PM to 4:00 PM

COST: ONE TIME FEE OF \$20 PER MEMBER

Arts & Crafts Room

Volunteer: Eugenie Balentine

Working with stained glass is lots of fun. You will be amazed at what you can create!

No experience is necessary.

Space is limited to 8 members.

Sign up at the front desk.



Wood Carving

THURSDAYS

12:00 PM to 4:00 PM

Multipurpose Room

This class gives training and education in the art of wood carving in the round, relief, chip, caricature, spoons and utility styles.

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



Art Get Together

FRIDAYS

12:00 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.



Activities

Bingo with Alfonso

FRIDAY, JANUARY 27
FRIDAY, FEBRUARY 24
1:00 PM



Multipurpose Room

Grab your friends and join Alfonso for BINGO! There will be great prizes and lots of FUN!

Ping Pong

MONDAYS
9:00 AM to 11:00 AM
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, forearms, oblique, abdominal muscles, biceps, shoulders and triceps. Come join the fun and get a little exercise too!

Pickleball

MONDAYS & FRIDAYS (ADVANCED)
1:30 PM to 4:00 PM
Dining Room



WEDNESDAYS (BEGINNERS)

8:00 AM to 11:00 AM
Dining Room

Volunteer: Steve Carter

Playing pickleball helps you to work on your balance, agility, reflexes, and hand-eye coordination without excessively straining your body. Pickleball is a great alternative for those who used to play tennis, but have physical limitations such as hip, shoulder, knee, or other joint problems.

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!

Baked goods donations courtesy of Sprouts

Begins promptly at 10 a.m. No late entries.



Wii Bowling Practice

WEDNESDAYS @ 1:00 PM to 4:00 PM

Arts & Crafts Room

THURSDAYS - 2:30 PM to 4:00

Dining Room

FRIDAYS - 1:00 PM to 4:00 PM

Arts & Crafts Room

THE SENIOR PIN PALS VALLEY WIDE WII BOWLING TOURNAMENT COMING SOON!



Self Defense & Awareness Classes

WEDNESDAYS

1:00 PM to 2:00 PM

MULTIPURPOSE ROOM

Instructor: Abel Koahou

This class is designed to keep all exercise and self-defense movements to a low impact. We will learn how to use an attacker's force by redirecting force and not fight force with force.



Weekly Movie & Popcorn

WEDNESDAYS

1:00 PM

TV Lounge

It's showtime in the ISC TV lounge, so pop on over and join us for a movie and some delicious freshly popped popcorn.



Keep Calm & Color On

THURSDAYS

9:00 AM to 11:00 AM

Community Room

Sponsored by: Riverside County Library System

Coloring is not just for kids anymore. Join us and experience the therapeutic value of coloring.

Coloring benefits:

- Improves mood
- Relieves stress
- Promotes socialization and reminiscing
- Provides an outlet for self-expression
- Helps to maintain motor function
- Improves dexterity (grip control)
- Improves hand-eye coordination

Loteria with Friends

FRIDAYS

10:00 AM to 11:00 AM

Dining Room

Volunteer: Sylvia Tenorio

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

Begins promptly at 10 a.m. No late entries.



ITC Gameroom

MONDAY, WEDNESDAY & FRIDAY

10:00 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

Librarian: Brenda Koahou

Come in, relax, and enjoy a book and a great place to read. 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.



Support Groups, Seminars & Health

Care Pathways Program

Classes start on
WEDNESDAY, JANUARY 4
1:00 PM to 3:00 PM

Are you helping care for a loved one over the age of 60? Do you need support and resources? CARE PATHWAYS can help!

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

Call today for more information or to register by calling The Office on Aging at 1-951-237-9576.



Bilingual Support Group with Gustavo

WEDNESDAYS
1:00 PM to 2:00 PM
ACTIVITY ROOM

Se habla
Español



Are you facing any life challenges? Join Gustavo's bilingual support group for guidance. Sign up at the front desk

Limited to 8 members



Free Hearing Tests & Phones

THURSDAY, JANUARY 19
10:00 AM to 12:00 PM
COMPUTER ROOM

Clinical and Dispensing Audiologist Jennifer will be here to test your hearing. She brings a wealth of knowledge, regarding hearing health care and a great passion to help her patients.



THURSDAY, JANUARY 19
10:00AM to 12:00PM
MEETING ROOM 10

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



Alzheimer's Association

TUESDAY, JANUARY 31
TUESDAY, FEBRUARY 28
10:00 AM to 12:00 PM
MEETING ROOM 10

English session of the Alzheimer's Association Support Group.

MARTES, el 31 de ENERO
MARTES, el 28 de FEBRERO
10:00 AM a 12:00 PM

El grupo de apoyo de Alzheimer se juntara en Español.



Clases en Español

California Phones - Clase de Android

VIERNES, 20 de ENERO
1:00 PM a 3:00 PM
SALA #10



California Phones
Keeping you connected.

California Phones - Clase de iPhone

VIERNES, 17 de FEBRERO
1:00 PM a 3:00 PM
SALA #10

Aprenda a :

- Ajustar el volumen de su teléfono inteligente para que sea más fácil escuchar
- Enviar o recibir mensajes de texto
- Conectar dispositivos Bluetooth
- Manejar las funciones básicas de su teléfono inteligente...iy mucho más!

Clase de Pasos Estables

MARTES, 24 DE ENERO
9:00 AM a 10:00 AM
MULTIPURPOSE ROOM



Stable Steps
Pathway for Balance

Lo invitamos a que nos acompañe para una presentación sobre cómo mantener su independencia a través de información sobre la prevención de caídas!

Como parte de esta session, usted aprenderá sobre los factores de riesgo para las caídas, consejos para su seguridad, y recibirá un paquete informativo con un programa sencillo de ejercicios en el hogar.

Registrarse con la recepcionista
Limitado a 8 miembros

A Matter of Balance Class

La Clase comenzará
MARTES, 7 de FEBRERO

¿Te preocupa caerte?

Las clases serán 2 veces por semana durante 4 semanas
MARTES y JUEVES
9:00 AM a 11:00 AM



A MATTER OF BALANCE es una programa dirigida para manejar las caídas y aumentar los niveles de actividad. Este programa enfatiza las estrategias prácticas para manejar las caídas.

USTED APRENDERÁ A:

- ver las caídas como controlables
- establecer metas para aumentar la actividad
- hacer cambios para reducir los riesgos de caídas en el hogar
- hacer ejercicio para aumentar la fuerza y el equilibrio

QUIÉN DEBE ASISTIR?

- cualquier persona preocupada por las caídas
- cualquier persona interesada en mejorar el equilibrio, la flexibilidad y la fuerza
- cualquier persona que haya caído en el pasado
- cualquier persona que tenga actividades restringidas debido a problemas de caídas

Registrarse con la recepcionista
Limitado a 12 miembros

Senior's Corner

The Sunshine Coffee Bar

MONDAY - FRIDAY
7:30 AM to 12:00 PM
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.
Coffee or Tea: \$1.00
Pastry: .50¢

Community Action Partnership Utility Assistance

MONDAY, JANUARY 9 & 23
MONDAY, FEBRUARY 13 & 27
10:00 AM to 12:00 PM
MEETING ROOM 10



Community Action Partnership of Riverside County (CAP Riverside) administers the federally-funded Low-Income Home Energy Assistance Program (LIHEAP) which provides utility payment assistance and weatherization services to low income customers in Riverside County. Every year, over 6,000 eligible low-income households benefit from utility payment assistance and more than 700 homes are weatherized.

Hidden Harvest

TUESDAY, JANUARY 10 & 24
TUESDAY, FEBRUARY 7 & 21
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 the Coachella Valley each month.

Distributed on a first come, first served basis. While supplies last.
Dates and times are subject to change. **BRING YOUR OWN BAG!**

FIND Food Bank

THURSDAY, JANUARY 19
THURSDAY, FEBRUARY 16
8:00 AM



FIND Food Bank provides low-income senior citizens free groceries once a month. Participants must be 55 years or older.
Call FIND Food Bank at 760-775-FOOD or visit the website for more information. **Application available at the front desk. Boxes are limited. First come, first served.**

Read with Me Volunteer Program



The Read With Me Volunteer Program is a local non-profit whose mission is to bring reading volunteers to local Indio Elementary Schools. Students are from kindergarten to the sixth grade and you may volunteer at your grade preference on any day of the week. Training is provided and the classroom teachers provide the reading materials. You can drive to the school or we could provide a van to and from the Senior Center to the school. For additional info, contact Alena Callimanis at 919-606-6164 or readwithmeAlena@gmail.com.

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. 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.

Hola! **BEGINNERS Spanish Class**
with Carmen Meritzis
MONDAYS
2:00 PM TO 3:30 PM
MULTIPURPOSE ROOM
Sign up at the front desk!
GRACIAS

CLASE DE INGLÉS
PROFESORA: CARMEN MERITZIS
LUNES
1:00 PM A 2:00 PM
SALA MULTIPROPÓSITO
¿QUIERES APRENDER A HABLAR INGLÉS? APRENDERÁ TRAVES DEL CANTO, EL BAILE, CLIPS DE VIDEO Y ARTE.
REGISTRARSE CON LA RECEPCIONISTA

Events

Friends of the Indio Senior Center



HEALTH & WELLNESS FAIR

JOIN US FOR OUR ANNUAL HEALTH & WELLNESS FAIR!

TUESDAY, FEBRUARY 7, 2023

9:00 am - 12:30 pm



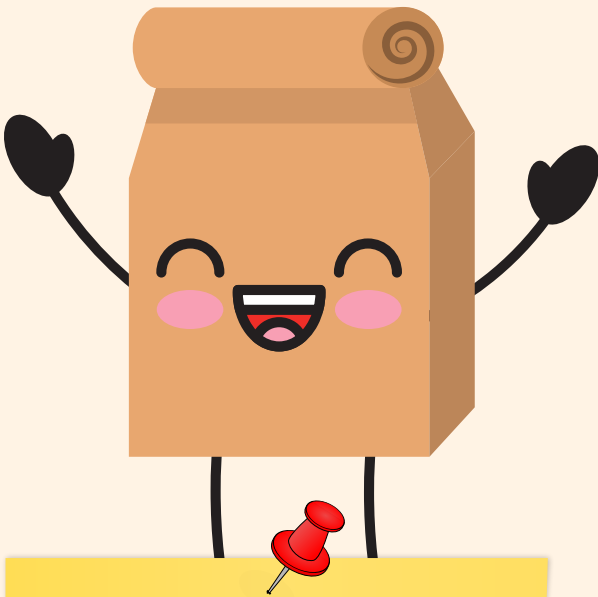
OPEN TO THE COMMUNITY!

45-700 Aladdin St.
Indio, CA 92201

Participate in this year's exciting activities and take steps towards a better lifestyle.

- HEALTH RESOURCES
- NUTRITION SERVICES
- GIVEAWAYS
- OPPORTUNITY DRAWINGS
- PRIZES
- AND MUCH MORE!

For more information or to become a vendor, contact Sylvia Tenorio at (760) 668-0395 or stenorio54@hotmail.com



For Lunch Parties see page 3

Trips

Thrifting Thursday

WITH VANEDITH



Join Vanessa and Edith for a day of great deals, fun, friendship and a no-host lunch

JAN 12
9AM - 2PM

\$5 Per person



SIGN UP AT THE FRONT DESK
LIMITED TO 18 MEMBERS

Let's Go Bowling!

THERE'S NO TIME TO SPARE!
WE'RE GOING BOWLING AND THE FRIENDS WANT YOU THERE!!

WEDNESDAY, FEBRUARY 22
12:00 PM - 3:30 PM

Sign-ups start February 1

SIGN UP AT THE COFFEE BAR
LIMITED TO 20 MEMBERS



\$12 PER PERSON

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

9:00 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

10:00 am - 12:00 pm
Game Room
Indio Teen Center

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

1:00 pm - 2:00 pm
ESL Class w/Carmen
Multipurpose Room

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

1:30 pm - 4:00 pm
Pickleball
Dining Room

2:00 pm - 3:30 pm
Spanish Class w/Carmen
Multipurpose 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

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

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

1:00 pm - 2:00 pm
Hula Class (Beginners)
Dining Room

1:00 pm - 4:00 pm
Art Class with Eugenie
Multipurpose Room

Wednesday

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

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

8:00 am - 11:00 am
Pickleball
Dining Room

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

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

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

10:00 am - 12:00 pm
Game Room
Indio Teen Center

1:00 pm - 2:00 pm
Self Defense Class
Multipurpose

1:30 pm - 2:30 pm
Chair Exercise Class
Dining 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

8:00 am - 11:00 am
Stained Glass Class
Arts & Crafts Room

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

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

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

1:00 pm - 2:00 pm
Hula Class (Advanced)
Dining Room

1:30 pm - 4:00 pm
Stained Glass Class
Arts & Crafts 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

10:00 am - 11:00 am
Loteria with the Friends
Dining Room

10:00 am - 12:00 pm
Game Room
Indio Teen Center

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

1:30 pm - 4:00 pm
Pickleball
Dining Room

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



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
Americans with Disabilities	(800)514-0383 (TTY)	(800) 514-0301 (voice)
Animal Samaritans	72120 Petland Place, Thousand Palms	(760) 343-3477
Braille Institute	74245 Highway 111, #E10, Palm Desert	(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. #B, Indio	(760) 863-2828
Include Me	44199 Monroe St., 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
Inland Counties Legal Services	Senior Direct Line	(760) 347-5303
Jewish Family Services	Palm Springs, CA	(760) 325-4088
JFK Memorial	47111 Monroe St., Indio	(760) 347-6191
Joslyn Senior Center	73750 Catalina Way, Palm Desert	(760) 340-3220
Lawyer Referral Services		(760) 568-5555
La Quinta Senior Center	78450 Avenida La Fonda, La Quinta	(760) 564-0096
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
Riverside County Health Department	47950 Arabia St., Indio	(760) 863-8976
Riverside County Sheriff	86626 Airport Blvd., Thermal	(760) 863-8990
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)	32505 Harry Oliver Trail, Thousand Palms	(760) 343-4231
Thermal Senior Center	87229 Church St., Thermal	(760) 399-0081
Veteran's Services	44199B Monroe St., Indio	(760) 863-8266