

PROUDLY SERVING THE SENIOR COMMUNITIES OF
CATHEDRAL CITY, RANCHO MIRAGE AND THE DESERT
SINCE 1980

MAY
2015
The Cathedral
Center

Activity CALENDAR

Check Out the New
Summer Programs

- *Wii bowling and games
- *Craft and Card Making 6 week course
- 52 Card Bingo

See Monthly Highlights or call Center for Special Events

Schedules and Activities subject to change.

To confirm activities and times call:
(760) 321-1548

Find Us on the Web at
www.cathedralcenter.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM-10:30AM Zumba Gold (Except May 4th) 10:00-12:00pm Beginning Mahjong Class 10:00-11:00AM Spanish Class 11:00am Lunch (Meals on Wheels) 1:00-2:00pm Wii bowling/ Wii games 10:00-2:00PM -HICAP - Medicare and counseling (1st & 3rd Mon. by Appointment) 1:00-4:00PM Duplicate Bridge 2:00PM-3:00PM Fit After 50 (Held at the Tierra Del Sol Apartments) 6:00PM Mac Users (4th Tuesday) 6:00PM Square Dancing with "Boots in Squares"	9:00 AM-10:30AM English Class (Except 3rd Tue.) 9:30-10:30AM Ship Shape Seniors 11:00AM Speaker Series Gadabout Tours 11:00am Lunch (Meals on Wheels) 11:00AM-2:00PM GRG Support Group (2nd Tues) 11:00AM Birthday Brunch Please Pre Pay (2nd Tues) Sponsored by Billhartz Desert Insurance 1:00PM-3:30PM Bunco 6:00PM Mac Users (4th Tuesday)	9:00AM-11:00PM Knit/Crochet Club 9:00am-4:00pm Deaf Advocates (2nd Wed) Documentary Film "With Her" Presented by the American Documentary film Festival. (May 20th) 11:00AM Lunch (Meals on Wheels) 12:00PM-1:00PM Every Week a New Free Seminar or Event Lincoln Heritage with Nick Bulatch (May 6th) Writers Series (May 13th) Scan and Senior Advocates of the Desert (May 27th) 1:00-4:00PM Duplicate Bridge 2:00PM-3:00PM Fit After 50 (Held at the Tierra Del Sol Apartments) 6:00PM Round Dancing 6:00 PM Koinonia Life Singing Rehearsals	9:00AM-12:00PM Party Bridge 9:30-10:30AM Ship, Shape Seniors 10:00-12:00pm Care Pathways 10:00AM-12:30PM Senior Advocates of the Desert (with Chris O'Hanlon) 10:30-11:00 Kaiser in the Lobby (May 7th) 10:30-12:30 Sam's Club in the Lobby (May 21st) 12:00PM Lunch THURSDAY ONLY, AT 12 NOON 12:00PM-4:00PM Bingo 1:00-4:00PM Bridge w/Ros 1:30-3:30 Legal Aid Services (May 7th) ***** 7:00PM Family Bible Study	10:00AM-3:00PM Private Voice Lessons 10:00am-11:00am Fit After 50 (Held at the Tierra Del Sol Apartments) 11:00am-12:00pm Lunch (Meals on Wheels) 1:00PM-2:00PM Voice Class 1:00-3:00pm 52 Card Bingo ***** 6:30PM Round Dancing (1st, 3rd & 5th only)	10:00am-11:00am Zumba Gold MUST RSVP SPECIAL EVENTS 8:00AM-2:00PM RUMMAGE SALE (May 2nd) Clearance sale! EVERYTHING MUST GO 1:00-3:00pm Art for Children and Seniors. (May 9th) Join Us on The 1st 3rd and 5th Mondays of Every month for our Mobile Food Pantry, held in the Tierra Del Sol Apartment building from 8:30-10:00am	9:00AM-12:30 Koinonia Life Worship Service

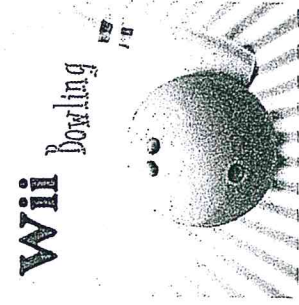


Become a Gadabout
CLUB-50 MEMBER

Gadabout

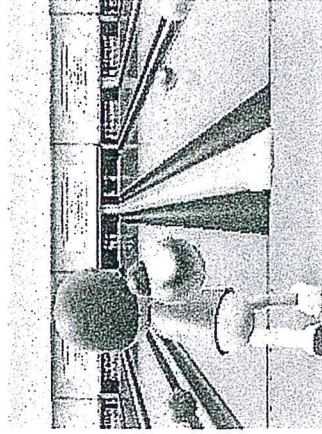
Come and learn all about what
adventures you can get into this
summer!

Speaker Series,
Tuesday May 5th at 11:00Am
A light brunch will be served



Bowl your heart out once a week with
Brian Billhartz as your Team Captain.
Wii Bowling never gets old. The exciting game
puts less strain on your muscles while giving
you a fun workout!

Join us Mondays from 1:00-2:00pm in
The Mirror Room
Begins May 11th





Come Join us as Ann Whittlesey from
Scan Health Plan

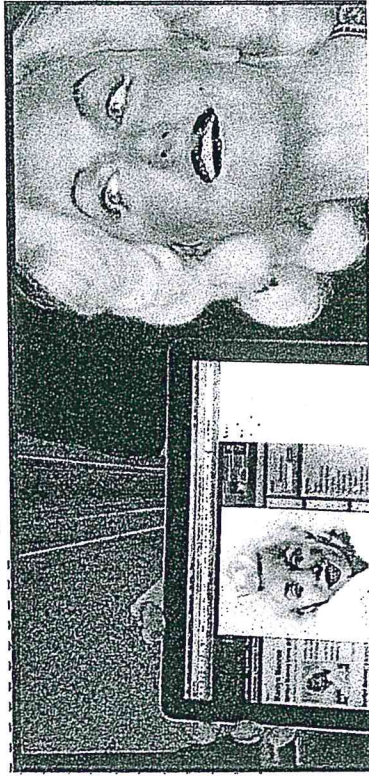
and

Chris O'Hanlon from

Senior Advocates of the Desert,
walk us through the benefits of Scan and
answer any questions you might have. As
well as what kind of services you can expect
when you make an appointment to see Chris
with Senior Advocates of the Desert.

Wednesday
May 27th From 12-1pm

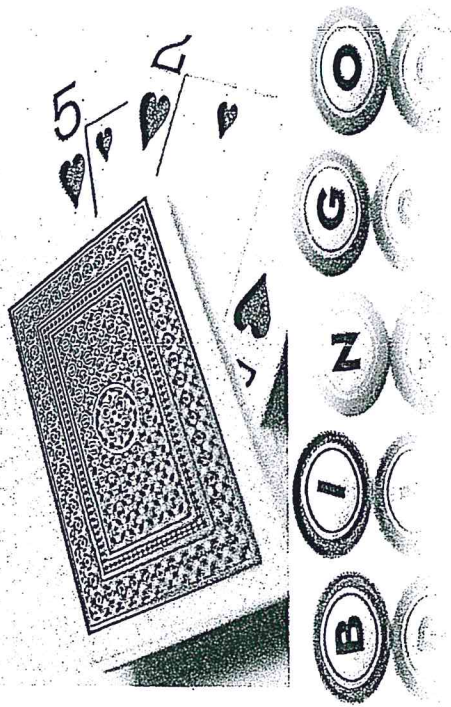
May Documentary Film
May 20th 10:00am



“With Her”

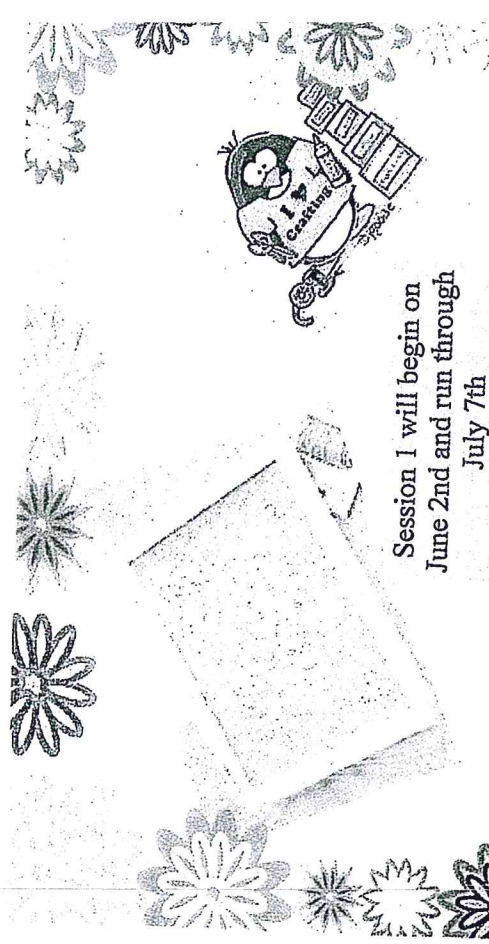
Filmmaker: Laurent Morlet
52 minutes

With Her tells the story of five members of
Marilyn Monroe’s most dedicated fan club: its
creator and president; a 25-year old costume
designer who moved to the United States at age
14 because of Marilyn; a Marilyn impersonator;
a collector of Marilyn memorabilia and
clothing; and the youngest member of the club,
a 16year old who aspires to be an actress.



Join us On Fridays From 1-3 pm as we
enjoy an invigorating game of
52 card Bingo.

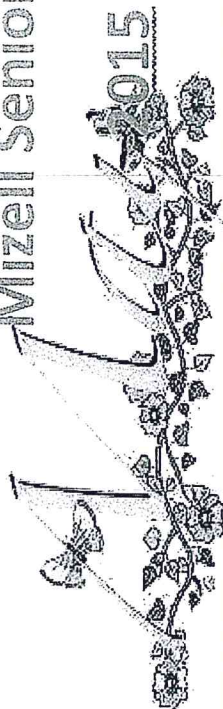
Players will sit in groups of four and a deck
of cards will be dealt between the four.
When all cards are drawn the caller will
begin calling out cards, the players will
discard their cards called until out. Once out
they will call out **BINGO!**



Come on a crafty journey with
Meg Dahlke as she leads you
through a six week expedition
on how to create cards and
other crafty items.
All materials are included in
the course cost.

Seating is limited to 10
Course is 15.00 per person for all 6 weeks

Mizell Senior Center's Menu



△ = High Sodium Day

Monday	Tuesday	Wednesday	Thursday	Friday
4 Teriyaki Chicken Stir-Fry Vegetables Brown rice Hawaiian Roll Orange, Milk	5  Pork Tamato Mild Red Chili Sauce Carrot Black Beans & Rice Apple Sauce, Milk	6 Baked Chicken Breast Cauliflower Blend Garden Rice Dinner Roll Banana, Milk	7 Salisbury Steak Mashed Potatoes Mixed Vegetables Wheat Roll Diced Peaches, Milk	8 Grilled Salmon Rice Pilaf Carrots Tartar Sauce Dinner Roll Yogurt & Milk
11 Chicken Alfredo Egg Noodles Broccoli Wheat Roll Grapes, Milk	12 △ Hamburger Lettuce & Tomato Coleslaw Tater Tots Baked Beans Banana, Milk	13 Spaghetti with Meat Sauce Garlic Bread Green Beans Diced Peaches, Milk	14 Chicken Enchiladas Mild Green Salsa Zucchini & Tomatoes Aztec Rice Apple Sauce, Milk	15 Tuna Salad Sandwich Lettuce & Tomato Broccoli Salad Chips Yogurt & Milk
18 △ Cheese Ravioli with Alfredo Sauce Winter Blend Veggies Garlic Bread Fruit Cocktail, Milk	19 Oven Fried Chicken Mashed Potatoes Country Gravy Broccoli Wheat Roll Apple, Milk	20 Zucchini Ricotta Frittata Green Salad with Italian dressing Garlic Bread Diced Peaches, Milk	21 Roast Pork Loin Mashed Potatoes Carrots Wheat Roll Orange, Milk	22 Chicken Caesar Salad Tomato Wedge Hard-boiled Egg Crackers Yogurt & Milk
25 	26 Beef Enchiladas Black Beans & Rice Zucchini Orange, Milk	27 Orange Chicken Asian Vegetables Brown Rice Hawaiian Roll Apple, Milk	28 Meat Loaf Scalloped Potatoes Winter Blend Veggies Wheat Roll Banana, Milk	29 Baked Cod Rice Pilaf Carrots Dinner roll Yogurt & Milk

**** Milk will be served with every meal. **** / Menu Subject to Change WITHOUT NOTICE.

CATHEDRAL CENTER CLASS PARTICIPANTS

July 2014 - June 2015

	Jul-14	Aug-14	Sep-14	Oct-14	Nov-14	Dec-14	Jan-15	Feb-15	Mar-15	Apr-15	May-15	Jun-15	Totals
Acting Class	15	4	8	0	0	0	0	0	0	0			27
Art Class	0	0	0	0	0	0	0	0	0	0			0
Ballroom Dancing	0	0	7	0	0	0	0	0	0	0			7
Bingo	213	172	153	215	143	135	213	223	219	233			1919
Bunco	73	57	68	60	75	41	41	51	64	55			585
Bridge W/Roz	0	0	0	0	60	60	60	60	60	0			360
Bruch	23	24	19	21	0	21	30	28	22	21			209
Bridge Lessons	0	0	0	0	0	0	11	25	16	0			52
Care Giver	1	0	0	0	0	0	0	0	0	0			1
Care pathways	17	12	16	17	6	14	7	10	11	21			131
Computer Users	42	73	69	59	51	54	50	60	33	39			530
Cool Center	354	539	564	352	0	0	0	0	0	0			1809
Couponing 101	0	0	29	0	0	0	0	0	0	0			29
Deaf Advocate	5	4	3	3	3	5	1	3	2	2			31
Desert Cities Cho	25	0	33	25	26	6	0	0	0	0			115
Documentry Films	0	0	0	3	2	9	7	5	7	0			33
Duplicate Bridge	146	0	88	268	321	410	750	688	689	406			3766
English Class AM	10	10	14	8	9	7	10	9	15	9			101
Fit after 50	30	15	16	20	0	0	0	0	0	0			81
Food Pantry Shoppers	167	159	195	240	327	522	312	216	290	229			2657
Game Days	0	0	0	0	0	0	0	0	0	0			0
GRG Support Grp	5	0	4	6	3	0	4	6	2	2			32
Health Fairs	0	0	0	190	30	0	146	40	115	0			521
Hicap Counseling	3	0	3	2	0	3	0	0	2	2			15
Knit & Croch.	12	3	9	5	3	3	11	5	9	9			69
Legal Aid	0	0	4	5	4	3	6	5	5	3			35
Loteria	0	3	0	5	2	0	0	0	0	0			10
Lunches	193	225	238	285	230	184	282	302	321	314			2574
MacUsers Grp	4	0	8	11	3	0	10	9	6	9			60
Mahjong	6	10	16	15	22	13	11	17	25	18			153
Meditation	0	0	0	0	0	2	0	0	0	0			2
Movie Days	15	12	2	0	0	0	0	0	0	0			29
Outreach	12	12	10	32	66	39	44	41	43	54			353
Party Bridge	25	23	16	34	31	14	51	44	56	60			354
Round Dance	32	7	48	37	42	39	90	80	56	35			466
Senior Advocates	12	13	11	16	12	9	17	13	12	15			130
Seminars	6	22	28	39	18	11	2	16	23	7			172
Ship Shape Sr	131	98	166	127	135	142	209	182	204	166			1560
Spanish Class	11	4	13	10	11	14	9	5	13	7			97
Speakers Series	36	16	12	10	14	20	48	0	14	10			180
Special Event	51	124	145	60	42	75	0	46	0	100			643
Square Dancing	78	78	87	100	95	98	135	153	161	140			1125
Supervised Bridge	0	0	0	0	10	9	29	29	25	3			105
Voice Lesson	14	32	28	32	22	35	45	9	32	23			272
Writers Series	0	5	0	5	5	2	10	12	5	10			54
Zumba	6	17	26	19	15	21	41	13	13	7			178
TOTAL	1773	1773	2156	2396	1838	2020	2692	2405	2570				11956