



# CATHEDRAL CITY SENIOR CENTER

## March 2024 Program Schedule

Call 760-321-1548 for Registration

Sessions end 10 minutes before the hour or half-hour

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:00 - 11:00am</b> Food Bank (open to the public)</p> <p><b>12:30 - 2:50pm</b> Loteria^</p> <p><b>1:00 - 3:50pm</b> Mah Jongg (\$3/\$5)</p> <p><b>6:00 - 9:00pm</b> Boots in Squares (\$5/\$6) 6:00pm- SSD 7:30pm- Full SSD</p>	<p><b>9:00 - 11:50am</b> Party Bridge (\$3/\$5)</p> <p><b>9:00am - 11:50pm</b> Mizell Center Social Workers^</p> <p><b>9:30 - 10:20am</b> Parkinson's Disease in Motion</p> <p><b>10:45 - 11:45am</b> Senior Fitness</p> <p><b>12:00 - 12:30pm</b> QiGong</p> <p><b>1:00 - 3:50pm</b> Bunco (\$3/\$5)</p>	<p><b>8:30 - 9:20am</b> Zumba in Spanish^</p> <p><b>10:15 - 10:50am</b> Widows or Widowers</p> <p><b>11:00 - 11:50am</b> Presenter Series</p> <p><b>12:30 - 1:45pm</b> Singing Just for Fun*</p> <p><b>2:00 - 2:50pm</b> Beginner Spanish</p> <p><b>2:00 - 3:20pm</b> Piano-Beginner and Intermediate*</p> <p><b>4:00 - 4:50pm</b> Peace Meditation</p> <p><b>5:30 - 7:00pm</b> Standing Tai Chi 5:30pm- Intro 6:00pm- Adv</p> <p><b>6:00 - 9:00pm</b> Boots in Squares (\$7/\$8) 6:00pm- Full Plus 7:30pm- Full Adv</p>	<p><b>9:00 - 10:20am</b> Crochet^</p> <p><b>10:00 - 10:50am</b> Chair Yoga</p> <p><b>11:00am - 4:00pm</b> Bingo</p> <p><b>2:00 - 2:50pm</b> Beginner English^</p>	<p><b>10:00 - 11:20am</b> Basket Weaving*</p> <p><b>10:45am - 11:35pm</b> Senior Fitness</p> <p><b>12:00 - 12:30pm</b> QiGong</p> <p><b>12:00- 2:50pm</b> Painting Class^</p> <p><b>12:30 - 2:30pm</b> Visión y Compromiso Support Group**</p> <p><b>1:00 - 3:50pm</b> Wii Bowling</p> <p><b>7:00 - 8:00pm</b> AA Serenity Seekers</p>	<p><b>Sunday</b></p> <p><b>1:00pm - 4:00pm</b> Duplicate Bridge</p>

See reverse side for appointments and special events.

\*Designed with low and no-vision members in mind

^Designed for Spanish Speakers

## By Appointment

- Desert Legal
- Device Advice (Wed)
- Haircuts with Jeffery (3rd Wed)
- HICAP (4th Wed)
- Immigration Assistance/TODEC^ (2nd Mon, 12-1 pm, walk-ins)
- Mizell Social Workers^ (Tue, 9am-12pm, walk-ins)
- Be Kind to Your Mind^ (Mon)
- Senior Advocates^ (Tue/Thu)
- Tax Help (Wed/Thu)

## Support Groups

- AA Serenity (Fri)
- Bereavement / Grief Support (Wed, RSVP)
- Caregivers (1st & 3rd Wed, Zoom)
- Depression^ (Fri)
- Visually Impaired (Wed)

## Presenter Series

**Wednesdays, 11:00am-11:50pm**

*Different topic each week  
Free and open to the public  
CCSC membership not required*



## Congregate Lunch

**Daily, 12:00-12:45pm**

*Participants must be registered for the Senior Nutrition Lunch Program through Mizell Center.*

## Special Events

**Sat, Mar 2, 2 - 3 pm:**  
Sound Energy Meditation (RSVP)

**Tue, Mar 12, 12:30 - 1:20 pm:**  
Birthday Brunch Celebration  
(RSVP, \$3/\$5)

**Fri, Mar 15, 12:30 - 2:20pm:**  
Let's Do Lunch (RSVP)

**Tues, Mar 19, 11am - 11:50pm:**  
New Volunteer Overview

**Wed, Mar 20, 5 - 8pm:**  
Dinner with Patsi  
at Meester Zebra

**Fri, Mar 22, 1 - 2:50pm:**  
CSFP Box Distribution (RSVP)

**Mon, Mar 25, 8 - 10:20am**  
Riverside County Dept of Public  
Social Services

**-- Coming --**  
Fri, Apr 5, 1-3pm  
Preventing Scams

Sat, Apr 27, 9am-1pm  
Community Open House