

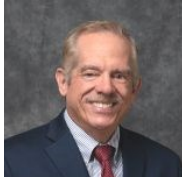
JOSLYN JOURNAL

January-February 2024



Let's Get Physical
Pickleball with Henry
Wine & All That Jazz: Tour de France
New Saturday Hours

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Get Physical and Get a Move On!

If there is one thing you could do for your New Years resolution it would be to “get physical.” More than any other thing, regular exercise or movement is vital for good health and longevity. The National Institute on Aging created an evidence-based program called **Go4Life®**. This program forms the basis of our **Go4Life®** exercise program. According to the Institute on Aging, “Research shows that fit older people have a lower risk of diabetes, hypertension, coronary heart disease, obesity, depression, and some cancers than their less fit peers. Physical activity also has been shown to reduce pain and improves function in people with osteoarthritis.” The **Go4Life®** exercise program focuses on the four basics of a comprehensive exercise program: strength, endurance, flexibility, and balance.

The Joslyn Center has more than the **Go4Life®** program to keep you active. Whatever your fitness level, you can find a program to suit your needs. Whether it is Tai Chi, Pickleball, Resistance Band Exercise, Chair Yoga, or our Fitness Center with gym quality equipment, you can find the right exercise program that you will enjoy and remain committed. According to the CDC, to retain optimal health, older adults should engage in about 150 minutes of exercise a week. That could include walking just 30 minutes a day, and including some activities that improve or maintain muscle strength such as band exercise or other “resistance” exercise such as lifting light weights.

The health benefits of regular exercise are too many to list here. In addition to those listed above, regular exercise can help reduce the possibility of a devastating fall, improve mental health such as reducing depression and anxiety, and improving your ability to remain independent.

The Joslyn Center is committed to helping keep you active, fit, and healthy. In fact, watch for our upcoming A Matter of Balance program to help you learn how to reduce falls and keep you home and surroundings safe from fall risks.

Here's wishing you a Happy and HEALTHY New Year!

Jack Newby
Executive Director



The Joslyn Center | JoslynCenter.org

Interview Fridays with Jack

Watch Jack on Fridays from 11:00-11:15am as he interviews business members, community partners and staff with relevant topics for our members and supporters.

Tune in via Facebook Live at
www.Facebook.com/JoslynCenter.

Previous segments are available at
www.YouTube.com/JoslynCenter.

COVER STORY

There's more than one way to get physical, and pickleball just happens to be one of the more popular current options. The game originated in 1965 on Bainbridge Island, WA at the summer home of Joel

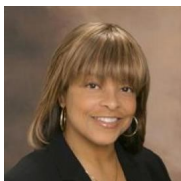


Pritchard who later served in the US Congress and as Washington's Lt. Governor. It is now the fastest growing sport in the country for the fifth year in a row. For the uninitiated, it is a cross between tennis, badminton, and table tennis. It can be played singles or doubles and has its own unique scoring system. The pickleball ball itself comes in indoor and outdoor varieties. The outdoor ball is heavier with 40 holes and the lighter indoor ball has 26 holes.

Joslyn Center “picklers” can join the fun with Henry on Thursdays from 11am-1pm and on Fridays from 10am-12pm with beginner lessons the first hour followed by intermediate. Open court play follows from 1-3pm on Thursdays and 12-2pm on Fridays. With the increasing enthusiasm for the sport among members, an outdoor court in the courtyard has been suggested. Subject to sufficient funding, that would be a great addition to our “let's get physical” offerings. Please contact Jack Newby at JackN@JoslynCenter.org or 760-895-4649 if you might be interested in supporting this project.

On the cover behind the net L-R: Soraya Lavassani, Bruce Robbins, Ed Giannini, Margaret Tweddell, Wally Hill, Yang Kim, Ed Forsyth, Donna Trujillo, Henry Basile, Tim Taylor, Linda Smith, Kieran Sala, Daryl Nixon. In front of the net L-R: Jim Fraser, Annette Brende, Colleen Kelly, Felicia Robbins, Cathy Casha.

A MESSAGE FROM OUR BOARD PRESIDENT



Let's Get Physical and More for Life!

Just hearing the words "let's get physical" conjures up movement, excitement, dancing to music, and starting the new year with happy, healthy thoughts. The World Health Organization (WHO) stated, "By 2024 it is estimated that the population of individuals aged 65 years will outnumber those under the age of 15 in the WHO European Region as well as the United States.

Many factors influence healthy aging. Some, such as genetics, are not in our control. Others like exercise, a healthy diet, regular doctor visits, and taking care of our mental health are within our reach. Staying connected with others may help boost your mood and improve your overall well-being. Stay in touch with family and friends. In person or over the phone. We're all busy all the time, start something new and schedule time each day to connect with others. This will certainly help you maintain those connections.

Taking classes at Joslyn will help you meet new people, learn something new or hone a skill you already have. You might just find an exercise buddy. Joslyn has so many programs to help in a wide range of areas. Some of us have business-related stress, but we know that stress is a natural part of life and comes in many forms. As older adult's statistics show that stress and stress-related problems are a particular risk for this group.

The Joslyn Wellness Center is recognized as a Program of Excellence by the National Council on Aging/National Institute of Senior Centers in 2020 and Joslyn keeps adding more quality programs for the Valley's older adults. The Wellness Center engages mind, body and spirit for healthy living. They offer classes and programs that cannot be found any place else in the Coachella Valley.

The many programs offered to our members include Counseling opportunities in both English and Spanish in a confidential environment with trained therapist and social workers. Joslyn programs to help you stay physically and mentally include Tai Chi, Yoga, Balance Conditioning, Go4Life®, Lawn Bowling, Table Tennis, Fitness Center, Pinochle, Bridge Lessons, Quilting Group, Joslyn Strummers (ukelele group), and more.

Make healthy choices, improve physical health by staying active, eat healthy food, get enough sleep, limit alcohol intake, stop smoking, etc. Small changes can go a long way.

Join the many new friends waiting to meet you at the Joslyn Center!

Beverly J. Fitzgerald
Board President

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CLASS & ACTIVITY HIGHLIGHTS*

INDOOR Pickleball

with Henry



Open Court
Thursday
1-3pm
Friday
Noon-2pm

Thursday Lessons
11am-Noon-Beginner
12-1pm-Intermediate

Friday Lessons
10-11am-Beginner
11am-Noon-Intermediate



ZUMBA CLASS

WITH DEBBIE

Every Saturday
9:00AM

\$7



Resistance Band Exercise with Ameera

Wednesdays, 9:00-10:00am

Lawn Bowling

Contact Diane for information:
dianejdyma@yahoo.com
or 310-404-5689

Monday/Wednesday/Friday
8:30-11:00am



New Member Orientation

Friday, Jan. 5th
& Friday, Feb. 2nd
10:00-11:00am

Call 760-340-3220 to register.

TABLE TENNIS

Monday & Friday
1:00-3:00pm

LESSONS WITH JIM Wednesdays 1:30-3:30pm

Go4Life®

Fitness
&
Fun!

Go4Life® with Debbie
Monday, Wednesday,
Thursday, Friday 8-9am

Calisthenics with Ameera

Tuesday & Thursday
10:00 - 11:00 a.m.

*Classes may be subject to change and are updated regularly on the JoslynCenter.org homepage. Please contact Melanie at 760-895-4652 / MelanieL@JoslynCenter.org for suggestions or further info.

THANK YOU TO OUR CORNERSTONE CLUB MEMBERS

Hugo Aguas*	Les Modie & Steve Hanson
Wendy Alderson-Soda*	Michael Monachino* &
Monica & Paul Bambauer	Barbara Foster
Barbara Jean &	Sanya Mulhern
Gary Bennett	Lee & Evonne Muse
Brian Bilhartz*	Jack Newby & Pete Parker
Linda Blank*	Diana Marlo Noll*
Lynn & Richard Buckley /	Nancy Nowak &
REAP Foundation	William Choplin
Deko	Gary & Linda Nugent
Marge Dodge	Bonnie Paul
Jeanne "Magic" Fields &	Robert Reeder &
Lorna Johnson	Marcie Maxwell
John & Beverly* Fitzgerald	Jonathan & Carol Rich
Mary Gilstrap*	Peter Rittenhouse
Dr. Diane Haaga*	Barbara Rogers*
Inland Empire Community Fdn.	Ann Simley*
Barry Kaufman* & Margo	Irwin R. Sitron
Handelsman	Michelle Thueson
Chip Lyman	Ed Walsh & Wayne Soucy
Robert & Peggy Leo	*Joslyn Center Board Member
Barbara Mitchell*	

THE CORNERSTONE CLUB supports Joslyn Center programs & services with annual contributions at the following levels with commensurate member benefits:

- Platinum \$3,000 (\$250/mo)
- Silver \$600 (\$50/mo)
- Gold \$1,200 (\$100/mo)
- Bronze \$300 (\$25/mo)

For more information, please contact Greg Murphy, Director of Development & Marketing, at 760-895-4651 or GregM@JoslynCenter.org.

Arthur Newman Theatre Sunday Cabaret Series

Producers Frankie Mamone and Tod Macofsky have put together a talented lineup for the *Sunday Cabaret Series* 2023-24 season.

All shows begin at 3:00pm with doors opening at 2:30pm for immediate seating. Admission is \$20, cash only. No reservations are needed and there is ample seating and parking.

For more information or to be added to the mailing list, please visit SundayCabaretSeries.com.

1/7 Dede Ondishko & Jason Powell	<i>Music Old, New, Borrowed & Blue!</i>
1/14 Candi Quaid Recording Release Party	<i>Big Love Blooms</i>
1/21 TBD	TBD
1/28 Frankie Mamone	<i>Tony Bennett Tribute</i>
2/4 Angela Delaire	<i>Songs of the Movies</i>
2/11 Kim Schroeder Long	<i>What Would Judy Do?</i>
2/18 Kristi King	<i>Que Sera Sera: Everybody Loves Doris Day</i>
2/25 Ensemble	<i>Love Me With All of Your Heart</i>
3/3 Francesca Amari	<i>Ponytails, Chiffon & Shangri-La</i>
3/10 Bill Clifford	TBD
3/17 Dede Ondishko	TBD
3/24 Tod Macofsky	TBD
3/31	DARK FOR EASTER
4/7 Yve Evans	TBD
4/14 Chris Bennett	TBD
4/21 Tommy Dodson	<i>Johnny Mathis Tribute</i>
4/28 Patricia Welch	TBD
5/5 Frank Duncan	TBD
5/12 Gina Zollman	TBD
5/19 Earl Mitchell & Emily Lindbeck	TBD
5/26 Legends of the Desert	TBD

Show schedule subject to change



To address rising utility costs and to help maintain long-term financial stability, the Joslyn Center is partnering with Hot Purple Energy and launching a solar energy campaign.

For questions or to support Joslyn Center's energy independence, please contact Jack Newby at 760-340-3220 x106, JackN@JoslynCenter.org, or visit www.JoslynCenter.org/Donate.

Thank you!



Senior Home Care

Caring Companions At Home

Committed to helping seniors remain in their homes by providing them with professional caregivers.



Companionship • Hospital & Rehab Discharge Assistance
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SERVICES ARE FREE!

\$20 gratuity requested for facials & \$5 minimum for other services to cover expenses.

Please contact Nancy for an appointment at 760-636-0577.



WELLNESS CENTER FUNDING

The Auen Foundation

Bighorn Golf Club Charities / Bighorn Cares

Coachella Valley Wellness Foundation

Desert Healthcare District

The Houston Family Foundation

National Council on Aging

Riverside County

Steve Tobin, Johnny Krupa &
The Grace Helen Spearman
Charitable Foundation

Regional Access Project Foundation

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- Stress
- Anxiety
- Depression
- Relationships
- What keeps you awake at night

Bilingual Spanish & English

Schedule a FREE appointment with a counselor today.

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Call to schedule an appointment near you.



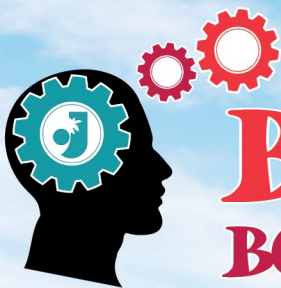
Joslyn Fitness Center

JOSLYN WELLNESS CENTER

Monday to Friday
9am-3pm
Appointment Required
(2:00 last appointment)

Call 760-895-4656 to schedule





Boost your memory &
brain health

BRAIN BOOT CAMP

2-Session Course

1pm-3pm

Tuesdays - **January 9 & 16**

Tuesdays - **Jan. 30 & Feb. 6**

\$5 for the complete course

760-895-4656

Pre-registration
is required.



Aging Mastery Program®

National Council on Aging



Learn positive aging by
focusing on key aspects of
health, finances, relationships,
personal growth & community
involvement.

5-Session Course

\$5 for the complete course

Wednesdays 1pm-3pm

760-895-4656

Jan. 10, 17, 24, 31, Feb. 7 Pre-registration is required.



COVE COMMUNITIES SENIOR ASSOCIATION

THE JOSLYN CENTER



WEDNESDAY, JANUARY 17, 2024, 6-9PM
CLASSIC CLUB, PALM DESERT

CHAMPAGNE RECEPTION
FRENCH CUISINE 5-COURSE WINE PAIRING DINNER
JAZZ ACCOMPANIMENT

\$250 per person / Sponsorship Opportunities
Benefiting Joslyn Center Programs & Services
760-895-4654 or Info@JoslynCenter.org

JoslynCenter.org/Fundraising-Events

A MESSAGE FROM THE WELLNESS CENTER



Hello to our members, readers, visitors, and guests. Hope you are doing well these days.

This time of year is famous for many things: New Year's Resolutions, cold weather in the northern US, and the potential to feel there's a fresh start available. I wonder if any of you find these ideas familiar. The most typical ones we hear about are, "diet and exercise." Has anyone of you ever kept one of these types of resolutions? How did it work out? For myself, these kinds of promises have not been very successful. And then, I feel worse for failing at yet something else I didn't even really try!

"Exercise" is **not** what most people fear: a heavy dose of long hard work in a gym or elsewhere. But this very idea is what makes people fail. It's just too intimidating, "I could never do that!" And so we do nothing. The good news is that "exercise" is **any** physical movement and should be something we can do easily and enjoy. It's more important to move in ways that make us happy than it is to burden ourselves with things we don't like doing. We should rename "exercise" to "movement."

Successfully changing a lifestyle always means going through a full assessment. What do I want and why? What will it cost me, financially or psychologically? Do I believe it will be worth it? Think of all the pros and cons of making this change. Then decide if you really want to give it a try. If you do, the next crucial step is making a commitment; once done, this clarifies and cements your direction. Then get some type of realistic program either from elsewhere or make your own. By now you may see what I'm trying to get at: not hours in the gym or running a few miles; not stop consuming all carbs today. More like, parking your car further from the entrance, walking for five minutes after lunch, or starting to replace dessert with fruit a few times per week.

Though I could go on about these things, I'd invite you to call me at our Wellness Center to explore further (Tuesdays x118 or leave a message with Alex, x117). Please be aware that Joslyn offers many fun activities that involve movement. We even have the Joslyn Fitness Center here on site near my office. So, like the song says, "Let's get physical!"

Elyse Prack, LCSW
Counseling Supervisor

SEASON KICKOFF COCKTAIL RECEPTION

The 2023-24 season aptly kicked off with a **Season Kickoff Cocktail Reception** at The Artists Council at the Galen in Palm Desert on October 24th. More than 100 guests enjoyed the artistic atmosphere with cocktails and appetizers from LULU Catering & Events, music by DJ Modgirl, and photo opps by Coachella Party. The evening featured a juried exhibition indoors and artwork by Joslyn art instructors and members on display outside at the entrance. Thank you to Linda Blank, Coachella Valley Wellness Foundation, Desert Oasis Healthcare, Barry & Margo Handelsman, Hot Purple Energy, Barbara Mitchell, Bilhartz Desert Insurance, Eisenhower Health, and Beverly Fitzgerald for helping to underwrite the event.



DOHC's Felice Chiapperini and Miss Deko



Geri Downs & Rancho Mirage Mayor Steve Downs



Vicky Trenkle, Mary Brokken, Marcia Becker



Hot Purple Energy's Steve Riegler & Lori Oshins with Gina & Nate Otto flanking Jack Newby



Barry Kaufman & Margo Handelsman



Rojee Tavares, Beverly Fitzgerald, Dave Pollock



Gary Geske, Barbara Rogers, Ann Simley, Terri Neuman



Larry Bouffard, Linda Blank, Ann McGowan, Mike Bouffard

Among the guests were Karen Alton, Bilhartz Desert Insurance's Julie Sarmiento with Aaron Rojo, CV Wellness Foundation's Steve Lind & Tom Tokheim, Dallas & Rick Erwood, DOHC's Christine Ticman with Miguel Torres, Nancy & Len Foster, Palm Desert Mayor Kathleen Kelly and Councilmember Jan Harnik, Rancho Mirage Council Member Lynn Mallotto, Karen Miles & Brigadier General Guido Portante, Barbara Mitchell, Rosemary Price, Iris & Thom Smotrich, Francie Spears, Marie Staudhammer, Susan Stein, and Carol & David Stolk.

HOLIDAY LUNCHEON

With a Winter Wonderland theme, Joslyn Center's annual member Holiday Luncheon on December 8th was an absolute blast! Thanks to the incredible support from sponsors Desert Oasis Healthcare and Bilhartz Desert Insurance, the event truly celebrated community spirit and togetherness. Thank you also to The New Joslyn Singers and Don Wylie & John LaLonde for providing holiday entertainment, and to the many Joslyn volunteers and staff who helped facilitate the event. The air buzzed with excitement as the raffle prizes brought smiles to everyone's faces. From gift baskets to door prizes, there was something for everyone. The highlight was undoubtedly the photo booth – capturing joyous moments and creating timeless memories for all our members. On behalf of the Joslyn Center, we want to extend warm wishes for a joyous new year ahead. Your presence and participation make our center the vibrant hub that it is, and we sincerely appreciate your continued support and enthusiasm.



The New Joslyn Singers



Santa Bob, Brian Bilhartz & Melanie Lyons drawing raffle tickets



Volunteer Melissa delivering a raffle prize to Chuck Baer



Melissa with Federico Villegas and his winning raffle ticket

JOSLYN CENTER BUSINESS PARTNERS

CATEGORY	BUSINESS PARTNER	CONTACT	PHONE	WEBSITE
Accessibility	Accessible Construction	Adam & Olga Jaramillo	310-215-3332	AccessibleConstruction.com
Assisted Living/ Memory Care	Caleo Bay	Anthony Aniasco	760-996-2745	SunshineRetirementLiving.com/ caleo-bay-assisted-living-la-quinta/
Grocery	Palm Desert Grocery Outlet	Keenam & Jennifer Carillo	442-227-2192	GroceryOutlet.com
Healthcare	Alzheimers Coachella Valley	Priscilla Kubas	760-776-3100	CVAzheimers.org
Healthcare	Desert Regional Medical Center / Desert Care Network	Michele Finney	760-323-6774	DesertCareNetwork.com
Healthcare	Desert Oasis Healthcare	Barry Dayton	760-320-8814	myDOHC.com
Healthcare	Eisenhower Health	Brett Klein	760-340-3911	EisenhowerHealth.org
Healthcare	Kaiser Permanente	Yvette Silva	619-385-3079	KaiserPermanente.org
Healthcare	Optum Care Network	Laura Ramirez	760-770-8678	Optum.com
Healthcare	Rehabilitation Hospital of So. Cal.	Shari Porter	442-300-6818	ErnestHealth.com/portfolio-item/ rehabilitation-hospital-of-southern-california
Home Care	Acti-Kare	Samantha Toder	818-400-0216	ActiKare.com
Home Care	Caring Companions at Home	Diane Mondini	760-771-6263	CaringCompanionsAtHome.com
Home Care	TheKey	Doug Huber	760-345-0001	TheKey.com
Home Care	MS.Care LLC	Marie Sokolik	760-574-3175	MSCareInc.com
Hospice/Home Care	Bella Terra Hospice of the Desert	Christina Driskell	760-904-6070	BellaTerraHealthcare.com
Hospice Care	Family Hospice Care	Cassi Newman	760-674-3344	FamilyHospiceCare.com
Insurance	Angel Rojas Insurance Agency	Angel Rojas	760-218-7176	AmericanNational.com
Insurance	Bilhartz Desert Insurance Agency	Julie Sarmiento	760-835-1651	BilhartzInsurance.com
Insurance	Hernandez Exchange	Elizabeth Hernandez	760-641-7921	
Insurance	Medicare Experts	Brian Henderson	909-455-2491	BrianHendersonInsurance.com
Media	Caavo	Nia Hill	310-968-6722	Caavo.com
Medical Insurance	SCAN Health Plan	Ruth Osborn	661-609-3602	ScanHealthPlan.com
Memoir Writing	Life Writers	Johnny Wilson	951-744-5800	MyLifeWriters.com
Real Estate	Jason S. Allen, Real Estate Planner	Jason S. Allen	760-325-1900	GetMe2PS.com
Retirement Living	Amber House Luxury Senior Living	Joanne Pantuso	760-851-4714	AmberHouseSeniorLiving.com
Retirement Living	Avenida Palm Desert	Nicole Hay	760-610-2202	AvenidaPalmDesert.com
Retirement Living	Bella Villaggio	Susan McCormick	760-607-5200	LeisureCare.com
Utility	Southern California Edison	Aaron Thomas	760-202-4293	SCE.com

For Business Partner information, please contact Melanie Lyons at 760-340-3220 x102 or MelanieL@JoslynCenter.org.

BUSINESS PARTNER SPOTLIGHT



With more than 24 years of experience in as-needed, part-time or full-time basis home care and professional referring, **MSCare Domestic Referral Agency** specializes in referring non-medical, in-home companion care or traveling caregiving services for those requiring support with the goal of remaining independent. Their wide variety of

compassionate, professional caregiving services are tailored to the needs of each client with the goal that seniors remain independent and active.

Their in-home senior caregiving services offer personalized and compassionate care within the familiar surroundings of the client's own home. Highly trained caregivers provide a wide range of assistance, including help with daily activities like dressing, bathing, and meal preparation, as well as medication management and companionship. In-home caregiving allows seniors to maintain their independence while receiving the support they need to live comfortably and safely. For further information, call 760-574-3175 or visit MSCareInc.com.

A MESSAGE FROM OUR SOCIAL SERVICES DIRECTOR



Happy New Year to you all. Here's hoping that the holiday season was rewarding and a positive event. If some of you made New Year's resolutions, make sure those resolutions are attainable.

There is a difference between hoping and wishing vs. practicable needs and wants. By doing so will help you make sure you don't set yourself up for disappointment.

I recently attended a gathering of seniors, hoping to discuss various topics. But the main topics were almost always about one's health issues. Sure, we all have aches and pains, needing and/or receiving operations, etc., and that may make us feel better in doing so. However, when you leave the gathering, what have you learned? Betty's sore back, Joe's ache and pains, Helen's upcoming operations, and so forth, when you may have learned about topics concerning the economy, today's news issues, the warming climate, financial matters, etc. Topics that would enlighten you on those matters. Making you a more well-rounded individual.

It seems to me that as we get older the topics of enlightenment begin to fade. Replaced with our complaints, the faults of others and ourselves. The negative aspects of life.

Consider instead the positive aspects of life. Life is far too short to wallow in the negative. Just some thoughts to consider.

Bob Elias, Ed.S.
Director of Social Services & Meals on Wheels



If you or someone you know would benefit from home-delivered meals, please contact Bob Elias at 760-895-4653 or BobE@JoslynCenter.org.

For further information or to apply online, please visit www.JoslynCenter.org/Meals-on-Wheels.

SOCIAL SERVICES

MEALS ON WHEELS

Serving Indian Wells, Palm Desert & Rancho Mirage. Fresh meals are delivered Monday-Friday between 9:30am-12:30pm. Frozen meals for weekends and pet food are also available. Inability to pay won't prevent homebound or disabled seniors from receiving meals.

PENNY'S PANTRY FOOD BANK

1st & 3rd Friday, 7:30-9:30am

Nonperishable & unexpired items accepted in lobby

FREE FARMER'S MARKET

2nd & 4th Friday, 9:00-10:30am

Fresh produce from FIND Food Bank

FRIENDLY CALLER PROGRAM / PHONE SAFETY NET

Providing telephone calls to homebound seniors who need support and socialization. Training provided.

For details or to sign up for Meals on Wheels or Telephone Safety Net, please call 760-340-3220 or visit JoslynCenter.org/services.

THANK YOU FOR ORGANIZATIONAL CAPACITY SUPPORT!

Inland Empire Community Foundation
Regional Access Project Foundation

SOCIAL SERVICES GRANTORS

Agua Caliente Band of Cahuilla Indians

Bank of America Foundation

The Barbara Steffens Fund - Meals on Wheels

Bighorn Charities / Bighorn Cares

Champions Volunteer Foundation

Coachella Valley Wellness Foundation

The Coeta and Donald Barker Foundation

First Foundation Bank

Inland Empire Community Foundation

Jewish Federation of the Desert

Edeltraud McCarthy Foundation

R.E.A.P. Foundation

Regional Access Project Foundation

San Manuel Band of Mission Indians

Stater Brothers Charities

Sidney Stern Memorial Trust

Steve Tobin, Johnny Krupa & The Grace Helen
Spearman Charitable Foundation

PENNY'S PANTRY

Free food distribution for those who are in need, ages 50 and over.

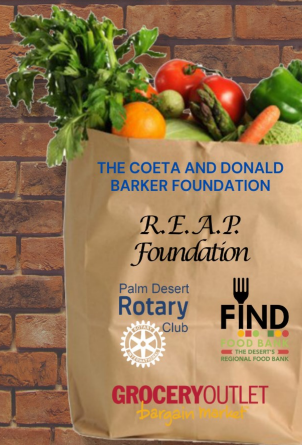
7:30-9:30AM

1st & 3rd Fridays

January 5 & 19

February 1 & 15

COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER



FARMER'S MARKET

2ND & 4TH FRIDAYS

FREE FRESH PRODUCE

JANUARY 12 & 26

FEBRUARY 9 & 23

9:00 - 10:30AM OR

WHILE SUPPLIES LAST



GRANT NEWS



Thank you to First Foundation Bank for a generous grant in renewed support of financial education for older adults through the Joslyn Wellness Center's Aging Mastery Program®.

Thank you to the Inland Empire Community Foundation for a generous grant in support of the Joslyn Wellness Center as part of the Riverside County Nonprofits Assistance Fund for Programmatic Funding through ARPA (American Rescue Plan Act) funds.



THE COETA AND DONALD BARKER FOUNDATION

RANCHO MIRAGE, CA

Thank you to The Coeta and Donald Barker Foundation for renewed support of Meals on Wheels and Penny's Pantry nutrition service programs, and for a generous grant as seed money for an Older Adults with Autism outreach and inclusion program.

JOSLYN CENTER LEGACY CIRCLE

Our heartfelt gratitude to the Legacy Circle members for their deep commitment to The Joslyn Center.

Their gifts and generosity will live on forever.

J & D Bird Trust

Dr. Abram I. & Sylvia S. Chasens Endowment Fund*

Ms. Deko

Richard Etts

John & Beverly Fitzgerald Family Trust

Leanna Giugliano*

Chip Lyman

Patricia "Patty" M. Newman Trust

Peter Rittenhouse

Janet R. Selland Trust*

Barbara Steffens / The Barbara Steffens Fund

Bruce Berkemeier Bequest*

LeBlanc Family Trust*

Merritt & Penny Joslyn Estate*

Jennie S. Bohanova Estate*

Mary Patricia Schneller Trust*

Have you included Joslyn Center in your estate plans?

For more information, please contact
Jack Newby at 760-895-4649 or
JackN@JoslynCenter.org

**In Memoriam*



Joslyn Singles with Francie

Jan. 4 Babe's BBQ & Brewery, RM 1:00pm

Jan. 11 Red Lobster, PD 1:00pm

Jan. 18 Bellatrix Restaurant, PD 1:00pm

Jan. 25 P.F. Chang's, RM 1:00pm

Feb. 1 Mitch's on El Paseo, PD 1:00pm

Feb. 8 Palm Tree Palace, LQ 1:00pm

Feb. 15 Mélange @ The Chateau, LQ 1:00pm

Feb. 22 Maracas Cantina & Grill, RM 1:00pm

Feb. 29 Cactus Jack's, PD 1:00pm

Please contact Francie at 760-310-1942 to RSVP.

Meet at Joslyn at designated time to join the fun!

Cove Communities Senior Association
The Joslyn Center
 73-750 Catalina Way
 Palm Desert, CA 92260-2906

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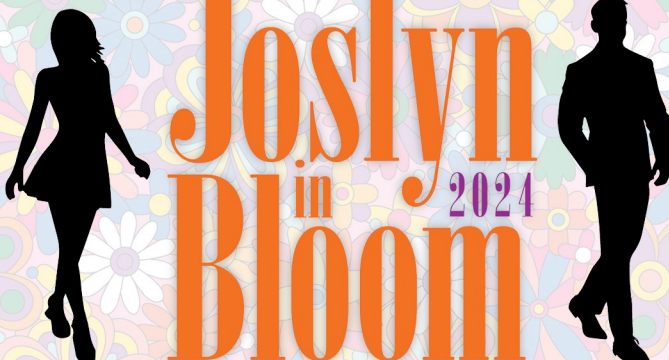
or current resident



WEDNESDAY MATINEE MOVIES, 2-4pm

Jan. 3	On Golden Pond , 1981 Norman is a curmudgeon with an estranged daughter, Chelsea. At Golden Pond, he and his wife agree to care for Billy, the son of Chelsea's new boyfriend, and an unexpected relationship blooms.
Jan. 10	To Wong Foo, Thanks for Everything! Julie Newmar , 1995 Three drag queens travel cross-country until their car breaks down, stranding them in a small town.
Jan. 17	Singin' in the Rain , 1952 A silent film star falls for a chorus girl just as he and his delusional screen partner are trying to make the transition to talking pictures.
Jan. 24	Pillow Talk , 1959 An interior decorator and a playboy songwriter share a party line and size each other up.
Jan. 31	Sister Act , 1992 A nightclub singer is forced to take refuge from the mob in a convent and ends up turning the choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity.
Feb. 7	Some Like It Hot , 1959 After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.
Feb. 14	Up , 2009 78-year-old Carl Fredricksen travels to Paradise Falls in his house equipped with balloons, inadvertently taking a young stowaway.
Feb. 21	An Affair to Remember , 1957 A couple falls in love and agrees to meet in six months at the Empire State Building - but will it happen?
Feb. 28	9 to 5 , 1980 Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him.

SAVE THE DATE!



Joslyn Bloom

in 2024

14TH ANNUAL FASHION SHOW LUNCHEON BENEFITING THE JOSLYN CENTER

FRIDAY, APRIL 12, 2024

AGUA CALIENTE RESORT CASINO SPA RANCHO MIRAGE

JOSLYN CENTER CLOSED FOR THE FOLLOWING NATIONAL HOLIDAYS

Monday, January 1, 2024 - New Year's Day

Monday, January 15, 2024 - MLK, Jr. Day

Monday, February 19, 2024 - President's Day

Special thanks to the Cities of Indian Wells, Palm Desert and Rancho Mirage for their ongoing support!