

JOSLYN JOURNAL

July-September 2025

Joslyn Men's Club Joslyn in Bloom Recap 4th of July Recap



A MESSAGE FROM OUR EXECUTIVE DIRECTOR



For Seniors, Democracy Is Personal—and Worth Protecting

In a country where political headlines seem to shift by the hour and the future of democracy feels uncertain, there is one group watching with clarity, wisdom, and perspective: our nation's seniors.

They have lived through it all—wars, recessions, assassinations, civil rights struggles, impeachments, and pandemics. They've watched our democracy grow, falter, and recover. And while the current political climate may be unsettling, it is not unfamiliar to those who have spent a lifetime witnessing how America bends—and sometimes breaks—before it finds its way forward again.

For older adults, democracy isn't an abstract concept or a classroom lesson. It's deeply personal. Many remember when voting rights were still out of reach for some. They remember standing in long lines to vote, marching for civil liberties, or writing letters to elected officials during times of national crisis. They've seen what happens when leaders put power before people—and they've also seen the quiet heroism of everyday citizens who stood up, spoke out, and changed the course of history.

Now, as the country questions the strength of its institutions and the character of its leadership, seniors hold a special kind of power: the power of perspective.

Some may wonder what role older Americans can or should play in today's fight to preserve democracy. The answer is: an essential one. They are not just wise observers—they are participants. They vote in higher numbers than any other age group. They mentor the next generation. They serve as volunteers, caregivers, and civic leaders in their communities. And they remind us of what it means to hold fast to values like truth, accountability, and decency.

Even as they face the realities of aging, many seniors are not resigned to the sidelines. Instead, they ask themselves a different kind of question: What legacy will I leave behind? For them, preserving democracy isn't about political victory. It's about ensuring their grandchildren grow up with the same freedoms they fought so hard to protect.

In the final chapters of life, there's a tendency to reflect. But there's also space to act—with intention, with urgency, and with hope. The future may be shorter, but it is no less meaningful. Seniors are living proof that history does not belong only to the young. It belongs to those who remember, who persist, and who pass on the lessons that matter most.

As we navigate the trials of our time, let's not overlook the voices of those who have been here before. Their belief in democracy may be quieter, but it is no less fierce. And in these uncertain days, that quiet conviction may be exactly what our country needs.

Dr. Jay Seller
Executive Director

COVER STORY



The Men's Club is a group of action, connection, and community. Committed to staying informed, engaged, and making a difference, this dynamic club brings together men who want to learn, contribute, and leave a lasting imprint on the communities where they live.

Each gathering features discussions on current events along with onsite and offsite activities. Whether it's supporting local initiatives, engaging in social activities, or simply enjoying camaraderie with like-minded individuals, this group is all about staying active and making a positive impact. Activities have included visits to the La Quinta Car Show, The Living Desert Zoo & Gardens, Palm Springs Air Museum, Coachella Valley Model Railroaders Exhibit at the Fairgrounds, lunch at Olive Garden, and games and pizza lunch days at Joslyn, .

The group is led by Charles Pariano and they meet on Thursdays at 1:00pm during the season and twice monthly on select days during the summer. Please see the online monthly calendar and weekly e-newsletter for updates.

Featured on the cover is a February lunch at Mario's Italian Café in Bermuda Dunes. Clockwise from lower left are Charles Pariano, Paul Silverstein, Ralph Caldwell, Steve Redmond, Bob Snider, Tom Bassler, Bill Sterritt, Bruce Burnyeat, Barry Kaufman, Larry Rasmussen, Ulf Lokke, Phillip Becker, Ted Blatt, and Jon Holan.

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Joslyn Singles with John

July 3	Enzo's Bistro & Bar, LQ	4:00pm
July 10	California Pizza Kitchen, PD	4:00pm
July 17	Daily Grill, PD	4:00pm
July 24	Mario's Italian Café, PD	4:00pm
July 31	Las Casuelas Nuevas, RM	4:00pm
Aug. 7	Okura Grill & Sushi Bar, LQ	4:00pm
Aug. 14	Yard House, RM	4:00pm
Aug. 21	P.F. Chang's, RM	4:00pm
Aug. 28	Mario's Italian Café, PD	4:00pm
Sept. 4	Cheesecake Factory, RM	4:00pm
Sept. 11	Casa Mendoza, PD	4:00pm
Sept. 18	Red Lobster, PD	4:00pm
Sept. 25	Islands, PD	4:00pm

Please contact John at 760-989-7031 to RSVP.

(John is filling in while Francie is away for the summer.)

Happy Hour / special pricing may be available.

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CLASSES & ACTIVITIES*

Adult Bereavement Group	Monday	9:00am-10:00am	Free
Balance Conditioning	Tuesday & Thursday	Noon-1:00pm	\$7
Basketry	Wednesday	10:00am-Noon	Free
Belly Dancing	Friday	9:00am-10:00am	Free
Bingo	Tuesday	Noon-3:00pm	\$15 / 10 games
Blood Pressure Screening	Monday	10:30am-11:30am	Free
Breast Cancer Support Group	2nd & 4th Friday	1:00-3:00pm	Free
Bridge Lessons	Tues. (Beg.) & Thurs. (Open Game)	10:00am-Noon	\$3
Calisthenics	Tuesday & Thursday	10:00am-11:00am	Free
Canasta (Minnesota)	Monday & Friday	9:00am-Noon or 1:00pm	Free
Caregiver Support Group	Every other Friday	10:00am-11:00am	Free
Care Pathways	Thursday	2:00-3:00pm	Free
Cartoon Drawing with Don	Thursday	10:00-11:30am	\$5
Deaf / Hard of Hearing Card Club	1st Tuesday of the month	1:00pm-3:00pm	Free
Fun Games for Mindfulness	Tuesday	1:00-2:00pm	Free
Gardening Club	2nd Monday of the month	10:00am-Noon	Free
Group Counseling	Monday	1:30pm-2:30pm	Free
Get Tech	Monday	1:00pm-4:00pm by appt.	Free
Go4Life®	Monday, Wednesday, Thursday, Friday	8:00am-9:00am	Free
Guided Meditation	Tuesday	10:30-11:30am	Free
HICAP	1st & 3rd Thursday of the month	9:00am-Noon by appt.	Free
Improv with Melanie	Thursday	11:30-1:00pm	Free
Joslyn Community Food Bank	Friday	8:00am until depleted	Free
Jewelry Making Club	Tuesday	Noon-2:00pm	Free
Joslyn Singles	Thursday	4:00pm-6:00pm	Meal cost
Knit & Crochet Club	Wednesday	9:00am-Noon	\$1
Lawn Bowling Club	Monday, Wednesday, Friday	8:30am-11:30am	Contact Club
Let's Do Lunch	1st & 3rd Wednesday	11:30am-1:00pm	Free
Line Dancing	Tuesday	10:00am-11:00am	Free
Mah Jongg - Beg. American	Thursday	1:00pm-3:00pm	Free
Makeup Class	Thursday	1:00-2:00pm	Free
Memoir & Creative Writing	Tuesday	1:30pm-3:30pm	\$5
Men's Club	Thursday	1:00pm-3:00pm	Free
Mexican Train Dominoes	Mon., Tues., Wed.	10:00am-Noon	Free
Morning Bites	Monday	9:00am-11:00am	Free
Movie Matinee	Wednesday	2:00pm-4:00pm	Free
Nancy's Salon de Joslyn	Monday	By appointment	Donation
New Member Orientation	1st Friday of the month	10:00am-11:00am	Free
Parkinson's in Motion	Wednesday	10:00-11:00am	Free
Pickleball - Beginner Lessons	Thursday & Friday	Thur.-11am, Fri.-10:00am	Free
Pickleball - Intermediate Lessons	Thursday & Friday	Thur.-10am, Fri.-11:00am	Free
Pinochle Club	Tuesday	9:00am-1:00pm	Free
Pinochle Lessons	Wednesday	Noon-3:00pm	Free
Prostate Cancer Support Group	Wednesday	2:00pm-3:30pm	Free
Quilters Club	Tuesday	9:00am-Noon	\$1
Resistance Band Exercise	Monday & Wednesday	9:00am-10:00am	Free
Scrabble	Wednesday	Noon-3:00pm	Free
Senior Advocates	1st & 3rd Wednesday of the month	10:00am-Noon by appt.	Free
Stretching Class	Wednesday	10:00am-11:00am	Free
Table Tennis	Monday & Friday	1:00pm-4:30pm	Free
Table Tennis Lessons	Wednesday	1:30pm-3:00pm	Free
Tai Chi	Monday, Tuesday, Wednesday	9:00am-10:00am	Free
Tap Lessons	Monday & Wednesday	2:00pm-4:00pm	\$18
Ukulele Club	Tuesday	1:00pm-3:00pm	\$1
Water Media Club	Friday	8:00am-Noon	\$5
Yoga	Tuesday	8:30am-9:30am	\$5

*Classes may be subject to change and are updated regularly on the [JoslynCenter.org](https://www.joslyncenter.org) homepage.

THANK YOU TO OUR CORNERSTONE CLUB MEMBERS

Hugo Aguas* & Donna Aguas	Robert & Peggy Leo
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*Joslyn Center Board Member

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 as little as \$25 per month, you can be a member of the Cornerstone Club.

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

Classes & Activities on Summer Hiatus

Art & Soul
Chair Yoga
Brain Challenge
Spanish Lessons
German Lessons
Brain Boot Camp
New Joslyn Singers
A Matter of Balance
Mindfulness Education
Monday Entertainment & Opera
Support Group for Life's Challenges

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VOLUNTEER SPOTLIGHT HENRY BASILE



Who is the Joslyn instructor with the most vocal and energetic class? That would be Henry Basile who teaches Pickleball. Henry has been playing pickleball for 8+ years and has taught here since May 2023.

Henry was born in France and grew up in New York. While working as a flight attendant for TWA in 1988, he met Jody, another flight attendant, when both were on strike. Their relationship grew and they have now been married for 35 years. In 1990, they moved to California and lived in various cities up and down the coast. They've been in the desert part-time for 20+ years and full-time since 2022.

Originally coming to Joslyn to volunteer, he found that the past Pickleball instructor had moved away so he stepped in to bring the sport back to Joslyn.

Henry says that Pickleball is popular because it's more competitive and fun than tennis, so more seniors are playing.. "This is such a friendly group with a lot of camaraderie, and they even socialize together. I love to see their improvement over time. I'm just their motivator." Come join the Pickleball group on Thursdays and Fridays and see for yourself.

JOSLYN IN BLOOM FASHION SHOW LUNCHEON

This year's *Joslyn in Bloom* fundraising event sprung forth on April 11th with a *Garden of Earthly Delights* theme. More than 300 guests enjoyed a sparkling wine reception and silent auction followed by a three-course luncheon, live auction and fund appeal, and a runway show featuring "Model Citizens" from the community and fashions from local boutiques. This year's *Merritt & Penny Joslyn Award* honoree was Desert Oasis Healthcare in recognition of years of support for Joslyn Center and the Coachella Valley community at large with Christine Ticman on hand to accept the award.

Thank you to The Auen Foundation for joining us as Presenting Sponsor; Barbara Rogers & Gary Geske as Botanical Garden Sponsor; the City of Rancho Mirage and Desert Oasis Healthcare as English Garden Sponsors; Desert Care Network, Edeltraud McCarthy Foundation, Hot Purple Energy, and City of Indian Wells as Desert Garden Sponsors; Contour Dermatology as Centerpiece Patron; Susan Gelman as Wine Patron; and In-Kind Sponsors Agua Caliente Resort Casino Spa, Minuteman Press, and Moller's Garden Center.



The fashion show was once again produced by Susan Stein (left). This year's "Model Citizens" (1st row L-R) were Dr. James Adams, Kai Beech, Shelley Brunetti, Tyler Davis, Majna Dukic, Jeff Elder, Linda Evans, Chase Huna, Dr. Gary Kautz, Bobbi Lampros, (2nd row L-R) Dr. Daniel Logsdon, Maureen McDonald, Lori Rodgers, SHAG (Josh Agle), Dick Shalhoub, Julie Spira, Katie Stice, Evan Trubee, Bruce Whitman and Ginny Whitman. Fashions were provided by Ala Von Auersperg, Chrissy's on El Paseo, Coco Rose Resort & Beach Wear, Connie Roberson, Democracy, Deebiani Uomo, Grayseful, J. McLaughlin, Margaux on El Paseo, and Summer Colony Living. (Photos by Zac Gatherum)



Dr. Jay Seller
Christine Ticman



Gloria Alvarez, Bonnie Racano, Barbara Rogers
Gary Geske, Kathy Valentine, Susan Gelman
Sharon DiHaworth, Lisa Seltzer, Susan Del Prete, Marge Berry



Jim Hehn, Steve Downs, Michael O'Keefe
Jenny Weill, Ted Weill, Gerri Downs
Kristie Ramos, Yesenia Amador, Lynn Mallotto



Edie McCarthy
Michael Hinkle & Hedy Bentel



Brett Klein
Lydia Vincent



Andrew Churukian
Ameera Sabti



Mary Dell Barkouras
Kay Hanson



Robert McConaughy
Judie Brown, Terri Neuman



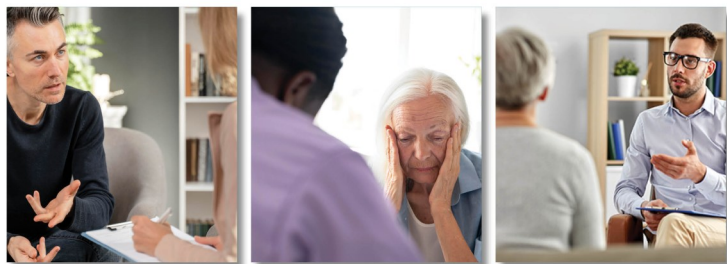
Anne Birdsong, Ann Simley
Karen Miles



Geni Lusk
Tomm Belanich

Problem-Solving Counseling & Support

Worried and searching for solutions? Joslyn can help!



Problem-Solving Counseling uses cognitive re-framing when viewing issues, in order to move on in one's life and feel the contentment that is necessary for living a life with a sense of well-being and confidence. This is done by finding solutions and developing new skills to help resolve problem issues in a more efficient way, which will reduce your stress and worry.

You have an opportunity for guidance from a professional to help with the solution to make your worry and anxiety go away.

Affordable rates: \$10 per session or income-based pricing available for non-members.

Contact Joslyn Wellness Center for complete details:



760-895-4656 | JackieR@JoslynCenter.org
JoslynCenter.org/Wellness-Center
73-750 Catalina Way, Palm Desert, CA 92260

Made possible by funding from The Auen Foundation, Grace Helen Spearman Charitable Foundation, City of Palm Desert CD&G
Hecho posible por medio de fondos de The Auen Foundation, Grace Helen Spearman Charitable Foundation, City of Palm Desert CD&G

HOT WEATHER ADVICE

As the temperature rises, you may find yourself spending more time outdoors. Although too much heat is not safe for anyone, it is even riskier for older adults. Being hot for too long can increase your risk of heat-related illnesses, such as hyperthermia. Here are a few things you can do to stay safe in hot weather:

- Drink plenty of liquids.
- Dress in light-colored, loose-fitting clothing.
- Avoid outdoor physical activity when it's too hot.

Staying Safe in Hot Weather

Watch for these signs of hyperthermia:



Tips to prevent hot-weather illness:



Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

GRANT NEWS



Thank you to The Coeta and Donald Barker Foundation for a generous grant in support of Joslyn Wellness Center and nutrition service programs.

Thank you to the First Foundation Bank for a generous grant in support of general operations.



Thank you to The Houston Family Foundation for a generous grant in renewed support of Joslyn Wellness Center programs.

Thank you to Regional Access Project Foundation for a generous grant in renewed support of Joslyn Wellness Center programs.



R.E.A.P. Foundation Thank you to the R.E.A.P. Foundation for a generous contribution to the End Senior Hunger Campaign.

For program funding opportunities, please contact Greg Murphy at 760-895-4651 or GregM@JoslynCenter.org.

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Assisted Living/ Memory Care	Caleo Bay Alzheimer's Care Ctr.	Anthony Aniasco	760-996-2745	SunshineRetirementLiving.com/ Caleo-Bay-Assisted-Living-La-Quinta
Behavioral Health	BrainWorks Behavioral Health	Lyndsey King	858-914-1347	BrainWorksBehavioralHealth.com
Funeral & Cremation	Forest Lawn	Eric Sanchez	323-497-7971	FLCoachellaValley.com
Healthcare	Alzheimers Coachella Valley	Priscilla Kubas	760-776-3100	CVAalzheimers.org
Healthcare	Desert Regional Medical Center Desert Care Network	Debra Gruszecki Brown	760-323-6511	DesertCareNetwork.com
Healthcare	Desert Oasis Healthcare	Rob Banchich	323-394-1174	myDOHC.com
Healthcare	Eisenhower Health	Brett Klein	760-340-3911	EisenhowerHealth.org
Healthcare	Kaiser Permanente	Carolina E. Meza		KaiserPermanente.org/Southern-California
Healthcare	Optum Care Network	Laura Ramirez	760-770-8678	Optum.com
Healthcare	WelbeHealth	Joan Perkins	970-413-2824	Welbehealth.com
Home Care	24hrCargivers	Allen Tahir	760-888-9000	24HourCaregivers.com
Home Care	A&A Home Care Services	Karina Ocamp	760-641-5088	AA-Homecare.com
Home Care	Bella Terra Home Health & Hospice	Susan Lowe	760-904-6078	BellaTerraHealthcare.com
Home Care	Caring Companions at Home	Diane Mondini	760-771-6263	CaringCompanionsAtHome.com
Home Care	ComForCare	Lawrence Corkin	760-832-6055	ComForCare.com
Home Care	MS Care LLC	Marie Sokolik	760-574-3175	MSCareInc.com
Insurance	Alignment Health Plan	Stephon Tyson	949-306-7012	AlignmentHealthPlan.com
Insurance	Bilhartz Desert Insurance Agency	Julie Sarmiento	760-835-1651	BilhartzInsurance.com
Insurance	SCAN Health Plan	Ruth Osborn	661-609-3602	ScanHealthPlan.com
Legal Services	J. Arthur Law Firm	Dean Ehrlich	760-201-3215	JArthurLaw.com
Retirement Living	Revel Palm Desert	Jessica Moreno	760-316-3366	RevelCommunities.com/ Communities/Palm-Desert
Roofing	Reliable Roofing	Todd Gregory	760-568-1673	ReliableRoofingByTGY.com
Utility	Southern California Edison	Aaron Thomas	760-202-4293	SCE.com

Annual Business Partner memberships are \$300 (Bronze), \$600 (Silver), and \$1,200 (Gold) with commensurate benefits.

For further information, please visit JoslynCenter.org/Business-Partners or contact Alex Garcia at 760-895-4652 or AlexG@JoslynCenter.org.

BUSINESS PARTNER SPOTLIGHT - J. ARTHUR LAW FIRM



One of our newest Business Partners is the J. Arthur Law Firm based in Palm Springs. Attorney Josh Arthur specializes in estate planning, wills, trusts, and probate law. Have you planned your estate plan? To get the conversation started, J. Arthur Law Firm offers a free consultation to discuss your options for creating an estate plan with solutions tailored to your specifications.

For more information, please visit www.JArthurLaw.com or contact them at 760-201-3215 or Dean@JArthurLaw.com.

ANNUAL 4TH OF JULY BBQ

Joslyn Center's annual 4th of July BBQ luncheon took place on Tuesday, July 1st with a sold-out crowd of 80 guests. Hamburgers, cheeseburgers, and hot dogs were hot off the grill with potato salad and watermelon on the side. Joslyn's own Tomm Belanich whipped up the patriotic brownie's served with ice cream for all to enjoy. A raffle added to the fun with nine guests walking away with prizes.

Many thanks to Desert Oasis Healthcare as presenting sponsor and Bilhartz Desert Insurance Company and SCAN Health Plan as sponsors for making this event possible. Thank you also to Edel Cruz and Make It Royal for the in-kind donation of the photo booth experience and to the Quilters Club for the centerpiece placemats. The event was aided and abetted by volunteers Julie Sarmiento and Christopher Harris from Bilhartz Desert Insurance, Julie's husband, Gregory Hearn, working the grill, and Ruby and Joaquin assisting with food service.



SOCIAL SERVICES GRANTORS

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The Auen Foundation
Bighorn Golf Club Charities / Bighorn Cares
Coachella Valley Wellness Foundation
Desert Healthcare District & Foundation
The Riverside County Nonprofit Assistance Fund, a component fund of the Inland Empire Community Foundation
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Registration required:
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 760-895-4656





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Breast Cancer Support Group

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 The Joslyn Center
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 Palm Desert, CA
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 Call Lilianna Davalos at
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Our heartfelt gratitude to the Legacy Circle members for their deep commitment to the Joslyn Center.

Their gifts and generosity will live on forever.

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Have you included Joslyn Center in your estate plans?

For more information, please contact
 Dr. Jay Seller at 760-895-4649 or
JayS@JoslynCenter.org
**In Memoriam*



WEDNESDAY MATINEE MOVIES, 2-4pm

July 2	<i>That Darn Cat!</i> , 1965 After a kidnapped bank teller uses a neighbor's wandering cat to send an S.O.S., the F.B.I. assigns a cat-allergic Agent to the case.
July 9	<i>Yours, Mine & Ours</i> , 2005 A widowed Coast Guard Admiral and a widowed handbag designer fall in love and marry, much to the dismay of his 8 and her 10 children.
July 16	<i>Instant Family</i> , 2018 A couple find themselves in over their heads when they foster three children.
July 23	<i>RV</i> , 2006 Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado Rockies, where they must ultimately contend with a bizarre community of campers.
July 30	<i>Blended</i> , 2014 After a bad blind date, a man and woman find themselves stuck together at a resort for families, where their attraction grows as their respective kids benefit from the burgeoning relationship.
Aug. 6	<i>Paddington</i> , 2014 A young Peruvian bear travels to London in search of a home. Finding himself lost and alone at Paddington Station, he meets the kindly Brown family, who offer him a temporary haven.
Aug. 13	<i>Max</i> , 2015 A military dog that helped American Marines in Afghanistan returns to the United States and is adopted by his handler's family after suffering a traumatic experience.
Aug. 20	<i>Fences</i> , 2016 A working-class African-American father tries to raise his family in the 1950s, while coming to terms with the events of his life.
Aug. 27	<i>Paddington 2</i> , 2017 Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.
Sept 3	<i>The Sandlot</i> , 1993 In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.
Sept 10	<i>The Greatest Showman</i> , 2017 Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.
Sept 17	<i>Alvin and the Chipmunks: Chipwrecked</i> , 2011 Playing around while aboard a cruise ship, the Chipmunks and Chipettes accidentally go overboard and end up marooned in a tropical paradise. They discover their new turf is not as deserted as it seems.
Sept 24	<i>Marley & Me</i> , 2008 A family learns important life lessons from their adorable, but naughty and neurotic dog.



Welcome



New Member Orientation

Friday, July 11th

Friday, August 1st

Friday, September 5th

10:00-11:00am

Please call 760-340-3220 to register.



COVE COMMUNITIES SENIOR ASSOCIATION
THE JOSLYN CENTER

73-750 Catalina Way | Palm Desert, CA 92260-2906
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Special thanks to the Cities of Indian Wells, Palm Desert and Rancho Mirage for their ongoing support!