

# JOSLYN JOURNAL

January-March 2026



**The Courts Are Now in Session!  
Joslyn Pickleball Club News  
Wine & All That Jazz Recap**

## A MESSAGE FROM OUR INTERIM EXECUTIVE DIRECTOR



Happy New Year! Welcome to 2026. While the new year brings to mind those dreaded resolutions, sometimes it helps to take a look back to see where we have been to help us decide where we want to go.

I remember being in grade school and talking with friends about the year 2000 and what it would bring. "The Jetsons" comes to mind. Given how people drive on terra firma, I'm sort of glad that they aren't doing the same thing above our heads. But, video phones and meetings are a reality. We have household robots that do some of our house work and it looks like actual human-like robots are just around the corner. Flat screen television and smart watches are just a few of the other things projected by *The Jetsons* in 2062, one hundred years in the future from it's premier in 1962.

One of the most amazing technological advances for me is that the average iPhone has 100,000 times more computing power than the Apollo 11 guidance computer. There is no doubt that technology is now an integral part of our lives and is moving faster than even predicted in *The Jetsons*.

However, with the advances in technology, some things remain the same. There is no technology that will take the place of plain old exercise in keeping healthy and active. Regular exercise helps reduce feelings of depression and anxiety. Being "glued" to your cell phone or television can have just the opposite effect. The constant barrage of information and time spent staring at our phones or a TV screen can be put to better use by staying active and engaged. The Joslyn Center and its over 75 programs and services each week along with the services offered in the Joslyn Wellness Center should be a part of your New Year's resolution. Where else can you find pickleball courts and lessons with your own age group? We have exercise courses ranging from *Chair Yoga* to *Go4Life*®. You can make new friends having coffee in our lobby and by playing card games or table tennis. The Joslyn Center has the ONLY lawn bowling green in the Coachella Valley. Why not learn something new while getting fresh air and exercise in the process.

While we marvel at how far we have come with technology, we can also become grounded in good old fashioned exercise and group interaction. So far, technology hasn't come up with a substitute for regular exercise, being with and interacting with people, and enjoying conversation with a friend.

**Jack Newby**  
Interim Executive Director

## COVER STORY

If you haven't been paying attention, pickleball has taken the nation by storm and Joslyn Center has not escaped that weather pattern. Although the outdoor courts have been in place since June, they were not "in session" until the fall when our weather patterns were more conducive to outdoor play. Get your paddle on and join the fun! If you do not have a paddle, they are available onsite to try your hand at the game before investing in equipment.



To keep pace with the game, we are launching a dedicated *Joslyn Pickleball Club News* column with this issue. Please welcome Mike Garai as our pickleball columnist making his debut on page 7.

Many thanks to Barbara Hankey-Rogers & Gary Geske for underwriting the center court along with additional trimmings as needed, and to Dojo Pollock & Rajeev Pollock for underwriting the east court in honor of Lindi Biggi.

Thank you also to James Bates, Guillermo Becerra, Tomm Belanich, Christine Bogosian, John Brende, James Brown, Cathy Casha, Marivic Erskine, Jeanne "Magic" Fields, Beverly & John Fitzgerald, Ed Forsyth, Nancy Foster, Mike & Anne Garai, Mary Gilstrap, Jan Gordon, Robert Grant, Wally Hill, Janine Judy, Tanya Karn, Barry Kaufman, Colleen Kelly, Yangja Kim, Soraya Lavassani, Allison Linnell, Carolyn Martin, Barbara Mitchell, Greg Murphy, Jack Newby, Lynne Parker, Michael Plante, Larry Rasmusson, Patricia Rogoff, Scott & Martha Schroeder, Linda Smith, Linda Weber, Donna Welling, Henri Wilhelm, Dr. Kimberley Yang in honor of Greg Murphy, Ofelia Ybarra, and Jesse Young for contributing to the *Outdoor Pickleball Courts Campaign*.

If you would like to join the roster of pickleball boosters, please visit [JolsynCenter.org/Donate](http://JolsynCenter.org/Donate) and select *Outdoor Pickleball Courts*. If you would like to nab the remaining naming opportunity for the west court, please contact us at 760-895-4649, 760-895-4651, or [Info@JoslynCenter.org](mailto:Info@JoslynCenter.org).

Featured on the cover in alphabetical order are pickleballers Lyn Asleson, Marivic Erskine, Ed Giannini, Teri Goff, Wally Hill, Colleen Kelly, Rob Ripley, Felicia Robbins, Linda Smith, Tim Taylor, Jay Thorpe and Molly Thorpe.

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Arthur Newman Theatre

# Sunday Cabaret Series

The *Sunday Cabaret Series* continues with a talented lineup of entertainment for the season which runs through May 24, 2026.

All shows begin at 3:00pm with doors opening at 2:30pm for immediate seating. Admission is \$25, cash only. No reservations are needed and there is ample parking and theatre seating.

For more information or to be added to the mailing list, please email [SundayCabaretSeries@gmail.com](mailto:SundayCabaretSeries@gmail.com) or visit [SundayCabaretSeries.com](http://SundayCabaretSeries.com).

1/4/26	Doug MacDonald & Bill Saitta	<i>Sinatra in the Desert</i>
1/11/26	Bill Spera with Chip Prince	<i>The Kid Inside</i>
1/18/26	Seth Hampton	<i>Prophet Indigo</i>
1/25/26	Frankie Mamone	<i>From Italy with Amore</i>
2/1/26	Francesca Amari	<i>Turn the Page</i>
2/8/26	Bunny Fisher	<i>ANYTHING GOES! Love in the 3rd Act</i>
2/15/26	Frankie Mamone & Angie Delaire	<i>Steve Lawrence &amp; Eydie Gorme Show</i>
2/22/26	Sam Fazio	<i>TBD</i>
3/1/26	Joel Baker & Leslie Tinaro	<i>Carpenters Tribute Show</i>
3/8/26	Lee Therman	<i>TBD</i>
3/15/26	Howard Crosby	<i>TBD</i>
3/22/26	Patrice Morris	<i>TBD</i>
3/29/26	Sydney Weisman	<i>TBD</i>
4/5/26	DARK FOR EASTER SUNDAY	
4/12/26	Kimberly Cofer	<i>TBD</i>
4/19/26	Earl Mitchell & Daughter	<i>TBD</i>
4/26/26	Gene Strange, Tod Macofsky & Kim Shroeder Long	<i>Friendship</i> <i>TBD</i>
5/3/26	Rick E. "Wally" Taylor	<i>TBD</i>
5/10/26	Kristi King	<i>Doris Day Tribute</i>
5/17/26	Aryton Carrasco	<i>TBD</i>
5/24/26	Ensemble Cast	<i>Legends of the Desert</i>

*Schedule may be subject to change.*

## 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 for 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
Deaf / Hard of Hearing Card Club	1st Tuesday of the month	1:00pm-3:00pm	Free
Gardening Club	2nd Monday of the month	10:00am-Noon	Free
Get Tech	Call for days	Call for times	Free
Go4Life®	Monday, Wednesday, 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
International Folk Dancing	Tuesday (starting Nov. 4)	2:00pm-4:00pm	Free
Joslyn Community Food Bank	Friday	8:00am until depleted	Free
Jewelry Making Club	Tuesday	Noon-2:00pm	Free
Joslyn Singles	Thursday	Varies	Meal cost
Knit & Crochet Club	Wednesday	9:00am-Noon	\$1
Lawn Bowling Club (310-404-5689)	Monday, Wednesday, Friday	9:00am-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
Memoir & Creative Writing	Tuesday	1:30pm-3:30pm	Free
Men's Club	Thursday	1:00pm-3:00pm	Free
Mexican Train Dominoes	Monday, Tuesday, Wednesday	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	Monday, Thursday & Friday	9:00-10:00am	Free
Pickleball - Intermediate Lessons	Monday, Thursday & Friday	10:00-11:00am	Free
Pickleball - Open Court	Monday-Friday	8:00am-4:30pm	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
Self-Directed Peer Social Group	Monday	1:30pm-2:30pm	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-4:30pm	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 [JoslynCenter.org](http://JoslynCenter.org).

## THREE WAYS OLDER ADULTS CAN STAY HEALTHY IN THE NEW YEAR

As we head more into the new year, this tends to be a time of reflection and improvement for most older adults. While it's no mystery, improving your health seems to be the most popular area of concentration for everybody. When starting to write your next chapter, being healthy makes it easier for you to do so in the best way possible. Whether you have your goals locked in or you're still searching for a plan of attack, here are three ways you can stay healthy throughout all of 2026.

### STAY ON TOP OF PHYSICAL ACTIVITY

It's no secret at this point that part of being healthy includes exercise. Even though many people know this, we can still find it hard to muster up the motivation to get our bodies moving. Especially during the colder months, it's easy to find yourself in a slouch. While this may be hard to overcome, we encourage you to still make an effort. Moving your body consistently each day will bring benefits not only to your physical well-being, but also areas like your mental health.

Start small and not overdo it right from the get-go. Starting small allows your body to adjust without feeling overwhelmed. Some great exercises older adults can do from the comfort of their own homes include light yoga, balancing, or even practicing sitting down and standing up. These are all great low-impact exercises to start at your own pace while allowing you to determine your own comfort levels. No matter what you choose, staying consistent is the key.

### PROTECT YOUR BODY

As the winters get colder and the summers get hotter, your body can be the first to notice these changes and, in turn, suffer the consequences. Fortunately enough, there are shields you can put up to protect your health all year long. In the colder months, dry skin can creep up on you very quickly if you're not careful. This is due to many factors, such as dry heat indoors, cold winds and low humidity. Building a routine to care for your skin will help keep the moisture inside and help to combat dry and cracking skin. Because your hands are exposed to all of the elements more often than any other body part, your hands will age first before any other part. Keeping a protective shield on them will help your skin stay healthy and fresh longer.

Weather can also have an impact on your eyes. Regardless of what stage of life you're in, your eye health matters. They are the only organ in your body responsible for capturing all the beautiful moments in your life. It's important to preserve and protect them for as long as you can. One of the easiest ways to defend yourself from harmful ultraviolet rays is to buy a pair of sunglasses with UV protection. Prevent your eyes from becoming dry. Warm temperatures, whether outdoors or inside, can make your eyes feel scratchy and irritated. Something as simple as a daily eye drop can make a world of a difference in how you're able to see.

### BUILD HEALTHY BONES

As you age, bone health never usually comes to mind until it's too late. Especially if you're over the age of 65, osteoporosis can be a nuisance if you don't prepare yourself ahead of time. It's never too early to start caring for your bones. To begin with, you need vitamin D and calcium to fuel a healthy bone structure. While there are supplements for healthy bones, it is suggested to get your essential nutrients directly from the food you eat. Green veggies like kale and broccoli, as well as most dairy products, can be great natural sources of calcium. In addition, fish like salmon are terrific sources of vitamin D. Making these simple adjustments to your diet can ensure your bones are strong and healthy for many years to come.

### YOU CAN DO IT!

The beginning of a new year is not only a great time to reflect on the previous year, but also to plan your focus for the year ahead. For older adults, it's incredibly important to always put your health first. No matter what areas you plan on improving this year, the important part is that you take action.

## THANK YOU TO OUR CORNERSTONE CLUB MEMBERS

Hugo Aguas* & Donna Aguas	Jeanne "Magic" Fields &	Barbara Mitchell*	Jonathan & Carol Rich
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**THE CORNERSTONE CLUB** supports Joslyn Center programs & services with annual contributions at the following levels with commensurate member benefits:

- Platinum \$3,000 (\$250/mo.)
- Gold \$1,200 (\$100/mo.)
- Silver \$600 (\$50/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 Tomm Belanich, Development & Marketing Manager, at 760-895-4654 or [TommB@JoslynCenter.org](mailto:TommB@JoslynCenter.org).

# WINE AND ALL THAT JAZZ: ITALIAN STYLE

The season kicked off in *Italian Style* this year with *Wine and All That Jazz* on November 5, 2025 at the Classic Club in Palm Desert. Guests were welcomed by accordionist Bill Chiechi upon arrival and the sold-out evening began with a prosecco and antipasti reception followed by a four-course wine-pairing dinner featuring Italian wine and cuisine. Entertainment was provided by *Sunday Cabaret Series* stars Joel Baker, Angie Delaire, and Frankie Mamone, aka “Trio Italiano.” Guest emcee Patrick Evans (below left) kept the evening rolling along and benefit auctioneer Dale Johannes (below right) led a rousing live auction and “raise the glass” fund appeal in support of Joslyn programs and services. Special events such as *Wine and All That Jazz* and *Joslyn in Bloom* raise approximately 10% of Joslyn Center’s annual operating budget and are a critical fundraising, “friendraising,” and marketing component as they are with most nonprofit organizations.



Philanthropy makes the desert go round and we could not have had the success that we did without the support of generous sponsors, underwriters, and table captains. Thank you to Katherine Vilas as the Tuscany Presenting Sponsor; Barbara Rogers & Gary Geske, and Steve Tobin, Johnny Krupa and the Grace Helen Spearman Charitable Foundation as Lombardy Sponsors; Best Best & Krieger LLP, Desert Healthcare District & Foundation, Desert Oasis Healthcare, and Edeltraud McCarthy Foundation as Campania Sponsors; Jan Salta as Auction Patron; People Helping People USA as Entertainment Patron; Riverside County 4th District Supervisor V. Manuel Perez as Centerpiece Patron; Hot Purple Energy as Program Book Patron; and Stephen Gale, Mary Kit, Barbara Mitchell & the Riverside County Foundation on Aging, and June Ramsey as Lazio Table Captains. (Photos by Lani Garfield / PhotosByLani.com)



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## JOSLYN PICKLEBALL CLUB NEWS



Joslyn Center, like other senior centers nationwide, has embraced physical activity and positive social interaction. This was taken up a notch by the investment in three new outdoor pickleball courts. This hybrid sport, combining elements of tennis, badminton, and table tennis, has captured the hearts of Joslyn members, regardless of their skill level. Pickleball offers a perfect blend of exercise, community involvement and fun, enhancing our quality of life.

The appeal of pickleball lies in its accessibility and ease of learning. It is played on a badminton-sized court with a paddle and a perforated plastic ball, making it a lower-impact activity compared to full-court tennis. This reduces joint strain, particularly on knees and shoulders, allowing older adults with varying fitness levels and physical limitations to participate. The simple rules, learned in minutes, make pickleball inviting for absolute beginners who might have thought their days of playing sports were over.

Beyond its physical benefits, such as improved cardiovascular health, balance, and hand-eye coordination, pickleball provides an antidote to social isolation and loneliness, common challenges faced by seniors. The doubles format encourages interaction, teamwork, and laughter, fostering a sense of community and belonging. At Joslyn, we modify play, such as limiting games to fewer points when necessary, to ensure everyone has a chance to rotate in and participate.

Pickleball requires strategy, quick reflexes, and problem-solving, thereby exercising our brains. In "The Ageless Brain," author Dale Bredesen, MD emphasizes the importance of exercise in preventing cognitive decline. Learning a new skill and engaging in friendly competition boosts self-esteem and overall mental well-being, reducing stress and anxiety.

Pickleball could be a game-changer for our community. It transforms a quiet space into a vibrant hub of activity and friendship. It's a relatively low-cost investment that yields significant benefits for our members' health and well-being.

Joslyn's pickleball community boasts players of all ages, from the fifties to the nineties. After daily free lessons from Coaches Henry and Robert for beginners and intermediates, we have open play sessions. We also organize a tournament approximately once every quarter. We're all thrilled to be playing on our new courts. If you haven't joined us yet, we encourage you to get on the ball and do so!

**Mike Garai**  
Pickleball Correspondent

# A MESSAGE FROM THE WELLNESS CENTER



Joslyn Center includes the Joslyn Wellness Center, a holistic program which includes counseling services in Spanish or English for older adults known as *Problem-Solving Strategies* or *Resolución de Problemas*. We offer treatment that is firmly focused on solving the issues of concern that our clients bring to our counselors. This could be a one-time visit or a few sessions as needed, and Joslyn membership is not required.

Over the past year, we have seen a meaningful increase in individuals seeking support for issues such as grief and loss, depression, anxiety, chronic illness adjustment, caregiver stress, social isolation, family conflict, and more. We offer compassionate behavioral healthcare, free of charge, for our senior community, many of whom have never previously received counseling support.

Our clients simply call the Joslyn Wellness Center at 760-895-4656 and speak with Majesty, our bilingual Intake Coordinator, to request counseling services. She will ask for your name, address, phone number, e-mail, and a few words about the issues or problems you are experiencing. She will then assign a counselor for you. That counselor will contact you as soon as they can and either set up a time to meet or tell you how soon they think they will have an opening.

We recognize the challenge of asking for help in the form of counseling. But you will find our approach and atmosphere to be comfortable, easy, and non-intimidating. Our counselors enjoy their work, are excellent at their jobs, and are all supervised by a senior level Licensed Clinical Social Worker (LCSW).

We also have the *Joslyn Fitness Center* and many groups and classes such as the *Brain Boot Camp* two-session class, *Prostate Cancer Support Group*, *Meditation and Mindfulness*, *Low-Vision Support Groups*, and more. Some groups or classes may have a nominal fee.

We welcome inquiries and look forward to seeing many new and old clients in this coming year. For more information, please contact Majesty or visit [JoslynCenter.org/Wellness-Center](http://JoslynCenter.org/Wellness-Center).

**Elyse Prack, LCSW  
Counseling Supervisor**

**JOSLYN WELLNESS CENTER** Upcoming Courses

Call 760-895-4656 to register for any course.

## Meditation & Mindfulness with Elyse

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*Teaching and experiential understanding in a fun-serious-tranquil atmosphere.  
Everyone is welcome regardless of your familiarity with meditation or mindfulness.*

Tuesday sessions beginning  
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1:00 - 1:45pm



**Enhance your mind,  
improve your movement!**

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- Stronger Muscles: Focus on your lower legs and feet to improve walking and stair-climbing.
- Brain Health: Exercises aimed at encouraging the birth of new neurons in the memory and learning centers of the brain.
- Better Balance: Improve your ability to safely navigate your home and reduce the risk of falls.
- Increased Confidence: Learn to spot hazards and feel more secure in your daily life.

Fridays  
January 9, 16, 23, 30,  
February 6 & 13  
10:00 - 11:00am  
\$10 per session or  
\$50 for the whole course



## BRAIN BOOT CAMP

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## BUSINESS PARTNER SPOTLIGHT SHIELD BY GUARDANT HEALTH



Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. The disease has a 91% five-year survival rate if caught early. Yet, one out of three eligible adults in the U.S. (over 55 million people) do not complete the recommended screening, in part because they find the available options like colonoscopy and stool tests unpleasant or inconvenient. With Shield, individuals can be screened with a simple blood draw, helping to detect cancer early when it is more treatable. Shield is FDA approved and covered by Medicare and the Veterans Affairs Community Care Network.

March is Colorectal Cancer Awareness Month, and we will be conducting screening events throughout the Coachella Valley. Ask your physician how to get screened with Shield before March and contact me for more information about screening events in your area.

### SCREENING SAVES LIVES!

For more information about Guardant Health and the services that they provide, please contact Rossalyn Lopez at 951-326-0637 or [rolopez@GuardantHealth.com](mailto:rolopez@GuardantHealth.com)

Visit their website at [www.GuardantHealth.com](http://www.GuardantHealth.com)

# JOSLYN CENTER BUSINESS PARTNERS

CATEGORY	BUSINESS PARTNER	CONTACT	PHONE	WEBSITE
Assisted Living/ Memory Care	Vista Cove at Rancho Mirage	Gerry Neighbors	760-324-4604	VistaCove-RM.com
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	Alfa Care Medical Group	Fernando Delgado	626-949-1307	AlphaCareMed.com
Healthcare	Alzheimers Coachella Valley	Priscilla Kubas	760-776-3100	CVALzheimers.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	Low Vision Provider	Dr. Greg Evans	760-578-5034	LowVisionProvider.com
Healthcare	Shield by Guardant Health	Rossalyn Lopez	951-326-0637	GuardantHealth.com
Healthcare	WelbeHealth	Joan Perkins	970-413-2824	Welbehealth.com
Home Care	24hr Cargivers	Allen Tahir	760-888-9000	24HourCaregivers.com
Home Care	A&A Home Care Services	Karina Ocamp	760-641-5088	AA-Homecare.com
Home Care	Always Best Care	Sandra Mendoza	760-851-0740	AlwaysBestCare.com/Palm-Desert
Home Care	Assisted Living Locators	Kendall Forbes	760-576-3000	AssistedLivingLocators.com
Home Care	Caring Companions at Home	Diane Mondini	760-771-6263	CaringCompanionsAtHome.com
Home Care	MS Care	Marie Sokolik	760-574-3175	MSCareInc.com
Home Care	Palm Springs Senior Advisors	Douglas Sorenson	760-218-5503	PalmSpringsSeniorAdvisors.com
HVAC Service	Paul Mitchell's Air Care	Paul Mitchell	760-625-5861	PMAirCare.com
Insurance	Alignment Health Plan	Stephon Tyson	949-306-7012	AlignmentHelathPlan.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
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](http://JoslynCenter.org/Business-Partners) or contact Alex Garcia at 760-895-4652 or [AlexG@JoslynCenter.org](mailto:AlexG@JoslynCenter.org).**

**SAVE THE DATE!**



**16TH ANNUAL FASHION SHOW LUNCHEON  
BENEFITING THE JOSLYN CENTER**

**WEDNESDAY, APRIL 8, 2026**

**AGUA CALIENTE RESORT CASINO SPA  
RANCHO MIRAGE**



## **WELLNESS CENTER FUNDING**

The Auen Foundation  
Bighorn Golf Club Charities / Bighorn Cares  
Coachella Valley Wellness Foundation  
The Coeta and Donald Barker Foundation  
Desert Healthcare District & Foundation  
The Riverside Co. Nonprofit Assistance Fund,  
a component fund of the  
Inland Empire Community Foundation  
The Houston Family Foundation  
National Council on Aging  
Riverside County  
Steve Tobin, Johnny Krupa &  
Grace Helen Spearman Charitable Foundation  
Regional Access Project Foundation

## **MEDICARE QUESTIONS?**

Julie Sarmiento  
Independent Agent  
CA License OF38429  
**760-835-1651**  
[julie@bilhartzinsurance.com](mailto:julie@bilhartzinsurance.com)



**We have a heart for Medicare!™**

We do not offer every plan available in your area. Currently, we represent 16 carriers that offer 99 products. Please contact Medicare.gov or 1-800-MEDICARE or your State Health Insurance Program (SHIP) to get information on all of your options.

## **SOCIAL SERVICES GRANTORS**

Agua Caliente Band of Cahuilla Indians  
The Barbara Steffens Fund  
The Champions Volunteer Foundation  
Coachella Valley Wellness Foundation  
The Coeta and Donald Barker Foundation  
Desert Care Network  
Desert Oasis Healthcare  
Eisenhower Health  
FIND Food Bank  
First Foundation Bank  
Inland Empire Community Foundation  
Jewish Federation of the Desert  
Martvest Foundation  
The Morongo Band of Mission Indians  
R.E.A.P. Foundation  
Rotary Club of Rancho Mirage  
Rotary Club of Palm Desert  
San Manuel Band of Mission Indians  
Stater Brothers Charities  
Steve Tobin, Johnny Krupa & the Grace Helen Spearman Charitable Foundation

## 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\*

Aundria Warren

*\*In Memoriam*

## SAVE THE DATES



Sunday, February 22, 2026

## Joslyn in Bloom 2026

Wednesday, April 8, 2026

## THE JOSLYN CENTER Spring Health and Wellness Fair

Thursday, May 21, 2026



## Joslyn Singles with John

January 1	Islands, PD	11:00am
January 8	Backstreet Bistro, PD	1:15pm
January 15	Dragon Sushi, PD	1:15pm
January 22	Guillermo's Restaurante, PD	1:15pm
January 29	Monsoon Indian Cuisine, PD	1:15pm

Please contact John at 760-989-7031 to RSVP.  
Happy Hour or special pricing may be available.  
CASH ONLY PER SINGLES GROUP POLICY

Arrive at designated time for mix & mingle  
with meal order 30 minutes later.

Please see weekly e-newsletter for  
February & March restaurants.



## WELCOME TO A NEW ERA OF AGING.

Alignment Health is dedicated to inspiring and serving seniors, fueled by technology and empathy. We strive every day to change Medicare and Medicare Advantage plans for the better.

**At Alignment Health,  
we are champions  
of aging well.**

CONTACT: STEPHON TYSON



1-949-306-7012

Styson@ahcusa.com

AlignmentHealth.com

Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Cove Communities Senior Association  
**The Joslyn Center**  
73-750 Catalina Way  
Palm Desert, CA 92260-2906  
760-340-3220  
JoslynCenter.org

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or current resident



### WEDNESDAY MATINEE MOVIES, 2-4pm

Jan. 7	<b>Tooth Fairy</b> , 2010 A bad deed on the part of a tough minor-league hockey player results in an unusual sentence: He must serve one week as a real-life tooth fairy.
Jan. 14	<b>Remember the Titans</b> , 2000 In 1971, Virginia high-school football was everything to the people of Alexandria, but when the school board was forced to integrate an all-Black school with an all-white one, the foundation of football's tradition was put to the test.
Jan. 21	<b>Matilda</b> , 1996 A girl gifted with a keen intellect and psychic powers uses both to get even with her callous family and free her kindly schoolteacher from the tyrannical grip of a sadistic headmistress.
Jan. 28	<b>The Lion King</b> , 2019 After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.
Feb. 4	<b>The Secret Life of Pets</b> , 2016 The quiet life of a terrier named Max is upended when his owner takes in Duke, a stray whom Max instantly dislikes.
Feb. 11	<b>Aladdin</b> , 2019 Aladdin, a kind thief, woos Jasmine, the princess of Agrabah, with the help of Genie. When Jafar, the grand vizier, tries to usurp the king, Jasmine, Aladdin and Genie must stop him from succeeding.
Feb. 18	<b>Strays</b> , 2023 An abandoned dog teams up with other strays to get revenge on his former owner.

### In Observance of National Holidays, Joslyn Center Will Be Closed on the Following Dates:

Thursday & Friday

New Year's Eve & Day



Monday, January 19  
Martin Luther King, Jr. Day



Monday, February 16  
Presidents' Day

Feb. 25 **The War with Grandpa**, 2020 Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

Mar. 4 **The Mighty Ducks**, 1991 A self-centered Minnesota lawyer is sentenced to community service coaching a rag tag youth hockey team.

Mar. 11 **The Love Bug**, 1968 Down-on-his-luck race car driver Jim Douglas teams up with a little VW Bug that has a mind of its own, not realizing Herbie's worth until a sneaky rival plots to steal him.

Mar. 18 **Top Gun: Maverick**, 2022 The story involves Maverick confronting his past while training a group of younger Top Gun graduates, including the son of his deceased best friend, for a dangerous mission.

Mar. 25 **The Lone Ranger**, 2013 Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice.

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