



February Greetings,

We hope everyone is enjoying the beautiful weather in Palm Springs! We're a tad worried about what it means for the summer months, but right now it's simply gorgeous outside!

We're excited to announce that the PCNC will be holding a **Neighborhood Community Meeting on Saturday, March 15** in the Grand Hall. Everyone is encouraged to attend. Come meet your neighbors, learn about the community efforts of the PCNC and meet a few special guests from the city, including Palm Springs District 5 Councilmember David Ready. We'll also hold the election of the 2025-2026 board officers during the meeting.

NEIGHBORHOOD EVENTS

- **Bingo is Back!** Mark, Tia & Nic are hosting Luau Bingo on Thursday, March 6 at 5:30pm in the Grand Hall. \$5 per Bingo Card. Lots of fun prizes and cash jackpot! Plus, Tia's SURPRISE signature dish! BYOB and appetizers.
- Join your neighbors by the pool for **St. Patrick's Day Celebration** on Sunday, March 16 from 5:00pm–7:00pm. Wear green!
- **Shuffleboard** takes place every Tuesday from 4:00pm–6:00pm (weather permitting). Stop by to cheer on the teams or volunteer to play as a sub. It's a great opportunity to mix and mingle with your neighbors.
- **Qi Gong and Chair with Nancy** is held on Saturdays at 9:00am in the Grand Hall. This is a gentle balance and movement practice that builds strength and resilience that uses chairs and props for balance. Donations appreciated.
- The next **Musician's Gathering** will be held on Wednesday, March 12 at 5:00pm in the clubhouse. All musicians are invited to bring your instruments join our song circle. Or come by and listen to the lovely music they make!
- **Yoga Fitness with Paulette** is on hiatus until April.
- A **Community Passover Seder** will be held on Wednesday, April 16 at 5:30pm in the Grand Hall. Everyone in the community is invited to join this Jewish ceremonial feast. Email PCMCSeder@gmail.com to RSVP or if you have any questions. RSVP required by March 19.

Visit mypcnc.com/calendar for a full list of neighborhood events.

PALM SPRINGS NEWS & EVENTS

More construction! A **new state-of-the-art bridge** over Tahquitz Creek at South Palm Canyon Drive will be under construction soon. (The current bridge was built in 1930!) Construction will continue until late 2026. For more info, visit: <https://southpalmcanyonbridge.com/>

The Palm Springs Chamber of Commerce is hosting its annual **Police & Fire Appreciation Luncheon** on Wednesday, March 5 from 11:30am to 1:00pm at the Palm Springs Convention



Center. Tickets available online at <https://pschamber.org/police-and-fire-appreciation-luncheon/>

The O'Donnell Golf Course and the Committee of 25 are hosting a **Red Cross Blood Drive** on Tuesday, March 11 from 9:00am to 3:00pm at 421 W. Alejo Road. To book an appointment, visit: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=twentyfive>

The **16th Annual ONE-PS Picnic & Community Expo** will be held Saturday, March 22 from 11:00am–2:00pm at Ruth Hardy Park. Free lunch provided by local businesses, games and activities hosted by the Palm Springs Parks & Recreation Department, pet parade and costume contest, balloon rides, best neighborhood booth contest and more! For more info, visit: <https://www.one-ps.org/picnic-and-community-expo-2025.html>

The next **Community Emergency Response Team (CERT) program** will take place March 28–30. Participants receive a certificate of completion, and a CERT backpack filled with emergency supplies. Space is limited. For more info, visit: <https://www.eventbrite.com/e/palm-springs-cert-spring-2025-tickets-952926066517>

Visit <https://engagepalmsprings.com> for more info about what's happening in Palm Springs!

HEALTH & WELLNESS

5 Tips for Self-Care

1. **Nourish your body.** Exercise regularly, eat well-balanced meals, stay hydrated and get enough rest. Taking care of your body will increase your energy, improve your mood and boost your immune function.
2. **Set boundaries.** Know your limits and establish clear boundaries to ensure you have time for yourself.
3. **Unplug when needed.** Take a break from the news, social media or other sources of information if they are angering or frustrating you. Be mindful of how much time you spend online and the type of content you're consuming.
4. **Pursue your passions.** Engage in activities or hobbies that bring you joy and help you unwind, such as painting, gardening, reading or cooking.
5. **Practice relaxation.** Try mindfulness meditation, deep-breathing exercises or yoga to reduce stress and calm the mind.

Want to help us in our community efforts? Get in touch with us at info@mypcnc.com.

Thanks for being a good neighbor!

Cheers,
The PCNC Board