



Club 1527

WISE & Healthy Living

Engage Learn Transform

JANUARY - MARCH 2018

5th

Women's History Month Event Anniversary Celebration!



Nevertheless, She Persisted!

Friday, March 23 at 1:00 pm



See inspiring documentary, "The Woman's List," focusing on 15 exceptional women who share their struggles against discrimination to make their voices heard and influence felt. Participate in a discussion about triumphs and current challenges women face. Then, join us for Club 1527 5th anniversary festivities!

All Members Meeting!

Tuesday, January 23 at 11:00 am



Join staff and fellow Club 1527 Members for an All Members Meeting. Learn about new and exciting programs for 2018.

Disaster Preparedness Presentation

Friday, Jan. 19, 1:00 pm



Ready for a BIG earthquake or even a small power outage? Learn how to prepare your household for any emergency at a presentation by Santa Monica's Office of Emergency Management. We will discuss making a disaster kit, creating an emergency plan, and how to stay informed during emergency events.




Club 1527 Closed

New Year's Day
Monday, January 1

Martin Luther King, Jr. Day
Monday, January 15

President's Day
Monday, February 19

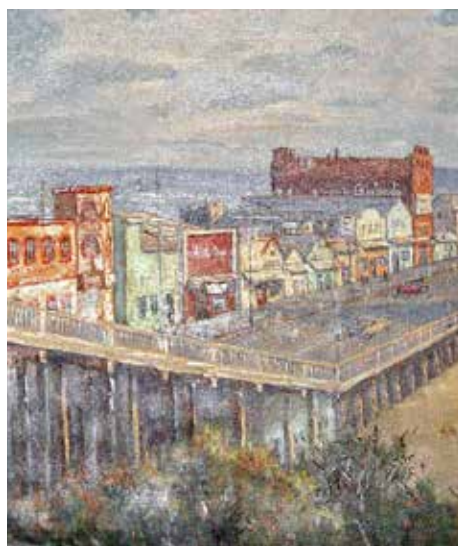
January 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1  CLOSED NEW YEARS DAY	2 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Beginning Bridge Lesson	3 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 TAP Card Orientation 1:00 Cribbage 1:30 Chair Yoga	4 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	5 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage
8 9:00 Total Fitness 10:00 Moving for Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	9 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Beginning Bridge Lesson	10 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	11 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	12 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Fall Prevention
15  CLOSED Martin Luther King, Jr. Day	16 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Beginning Bridge Lesson	17 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	18 8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	19 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Disaster Preparedness
22 9:00 Total Fitness 10:00 Moving for Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	23 9:00 Total Fitness 10:00 Mat Yoga 11:00 Membership Meeting 12:30 Comedy Improv 1:00 Beginning Bridge Lesson	24 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga 1:30 Book Club	25 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	26 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 History of Ocean Park
29 9:00 Total Fitness 10:00 Moving for Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	30 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Beginning Bridge Lesson	31 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	 Los Angeles Oasis WISE & Healthy Aging www.oasisnet.org/la	



Fall Prevention Workshop Friday, Jan. 12, 1:00 pm


Every 11 seconds, an older adult is seen in an Emergency Department for a fall-related injury. Yet, many falls can be avoided. This workshop will give you tips to keep you safe.



The History of Ocean Park Friday, Jan. 26, 1:00 pm

When Richard Orton moved to Ocean Park in 1970, much of the neighborhood was a slum. Today, it is a trendy, expensive part of town. It all started in 1874 when Nancy Lucas bought 871 acres of scrub grass and sand dunes for \$12,000. Later, there would be chaotic development and re-development, amusement piers, big name entertainers, and artists. Richard will entertain us with a 45 minute lecture packed with pictures and 150 years' worth of stories about the colorful history of Ocean Park.

February 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	2 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage
5 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	6 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	7 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:00 TAP Card Orientation 1:30 Chair Yoga	8 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	9 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Discover the Mystic Within
12 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	13 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	14 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	15 8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	16 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage
19 CLOSED President's Day 	20 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	21 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga 1:30 Book Club	22 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	23 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Aging Fabulously Workshop
26 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	27 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv	28 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	For other offerings from WISE & Healthy Aging, pick up an Oasis catalog!	

Club 1527 Book Group

Discussions led by Leslie Nordby
Wednesdays at 1:30 pm

JAN 24



Into The Magic Shop
James R. Doty, MD

FEB 21



The Cuckoo's Calling
Robert Galbraith

MAR 21



Salt to the Sea
Ruta Sepetys

Discovering The Mystic Within Friday, Feb. 9, 1:00 pm

Join Dr. Charles Marcus, author and lecturer, to discover the Kingdom of Heaven within your very own being. With meditation and understanding, you will leave the mind, intellect, preconceived notions, and mental and cultural conditioning in order to experience the bliss of the soul. Come hear and discuss a radically different approach to the understanding and experience of God, Self, and the nature of Reality.

March 2018 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>WISE HomeCare A WISE & Healthy Aging Service</p> <ul style="list-style-type: none"> Non-medical home care services Professionally trained caregivers fully bonded and background checked <p>Toll Free: (866) 757-9473</p>			1 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	2 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage
5 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	6 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	7 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 TAP Card Orientation 1:00 Cribbage 1:30 Chair Yoga	8 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	9 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks
12 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	13 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	14 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	15 8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	16 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage
19 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	20 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	21 10:00 Total Fitness 1:00 Cribbage 1:30 Chair Yoga 1:30 Book Club	22 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	23 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 National Women's History Month Event
26 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:15 Sing Along	27 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	28 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	29 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Qigong 11:00 Intermediate Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Advanced Tai Chi With Robin	30 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage

New Class Qigong

Taught by Rajinder Dhillon



Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind. **Thursdays at 10:00 am**

Aging Fabulously | Friday, Feb. 23, 1 pm



Post-doctoral fellow, Jayce Long, Ph.D., will be talking about aging fabulously. Join him in an interactive discussion about how maintaining a positive attitude via mind, body, and relationships can lead to aging fabulously. Learn key techniques for healthier aging!