



Peer & Support Groups

- Individual \$
- Bereavement \$
- Loss (Culver City) \$
- Men's Group \$
- Women's Group \$
- Caregiver \$

Workshops & Trainings

- WISE Connections - Free computer classes
- Collecting to Decluttering \$

Services By Appointment

- Acupuncture
- Medi-Care Counseling
- Financial Counseling
- AARP Tax (seasonal)
- Disability Services



Day Trippers

Cheech & Chino

Saturday, January 27 | \$

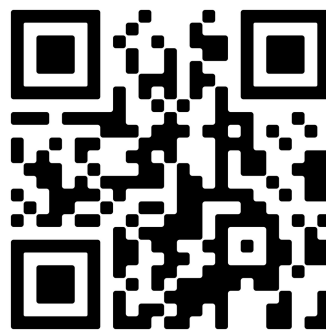
Explore & Roam Joshua Tree

Saturday, February 17 | \$

A Day in Santa Barbara

Saturday, March 9 | \$

Visit www.wiseandhealthyaging.org/adventure for full details on all day trips.



For full list, visit
MyActiveCenter.com



Need Help?
Call Us. We're Happy to Help.



310.394.9871



theclub@wiseandhealthyaging.org



www.wiseandhealthyaging.org



1527 4th St, Santa Monica, CA 90401
3650 W. MLK Jr. Blvd, Los Angeles, CA 90016



Classes, Events, Day Trips & More

JANUARY - MARCH 2024



Wise & Healthy Aging

THE CLUB



Move | In Person

Chair Yoga for Independence | Sally

Improve muscle and joint strength using light weights and bands.

Mondays @ 10a

Tai Chi & Qigong | Will & Chris

Maintain flexibility and reduce stress with the gentle rhythmic movements of Tai Chi.

Mondays @ 1p \$

Zumba for the Soul | Fran

If you like to dance or move, get going with Zumba! Dance to fun music with a great beat.

Mondays & Wednesdays @ 11a

Kripalu Chair Yoga | Diann

A gentle yoga that emphasizes moving at your own pace, self-acceptance, & adaptability.

Tuesdays @ 2p

World of Dance & Movement | Joel

Enjoy dance as movement for the mind, & body.

Tuesdays 2nd & 4th @ 10a

Kundalini Yoga | Sara

Utilize breath, sound, and meditation to elevate mind, body & spirit. Bring mat. No class 2/27 & 3/5.

Tuesdays @ 10:15a Baldwin Hills \$

Strength Training | Jonathan

With Coach Jonathan's expert guidance, you'll be on your way to building a stronger you.

Wednesdays 1st & 3rd @ 12p

Josh's Fitness Group | Josh

Movement is 1 of 5 actions - push, pull, twist, squat, and lunge. Exercise them all.

Thursdays @ 10a \$

Harmony Taiji | Christine

Gentle exercises that help improve balance and prevent falls.

Fridays @ 11a \$



Move | Virtual

Move, Stretch, Tone | Evelyn (V)

Exercise to upbeat music and increase strength, range of movement, & improve daily living.

Mondays, Wednesdays, & Fridays @ 9a \$

Total Fitness | Shifra (V)

A full body workout addressing all major muscle groups. Have fun and get fit.

Tuesdays & Thursdays @ 9a

Mat Yoga | Shifra (V)

Learn and experience the benefits of yoga including increased energy and flexibility.

Wednesdays @ 10a



Wellness

UCLA Health Lectures (V)

Health lectures given by UCLA doctors on a variety of topics.

- Sleep & Seniors
Tue, Jan 16 @ 1:30p
- Falls & Seniors
Tue, Feb 20 @ 1:30p
- Diabetes & Seniors
Tue, Mar 19 @ 1:30p

Life Tap

Emotional Freedom Technique combines tapping on key acupressure points while focusing your thoughts.

Wednesdays @ 10:30a

A Matter of Balance | Dr. Caiden

Award-winning, evidence-based 8-week series to manage falls and increase activity.

Fri, Jan 19 - Mar 8 @ 10a



Special Programs

Armchair Traveler | Dr. Caiden (V)

Take a virtual journey to explore the geography, history, and culture of the **Great Rivers of Asia**.

Tue, Jan 9 - 23 @ 5p \$



Language

Spanish | Sonia (V)

Learn Spanish and/or strengthen your Spanish skills.

- FREE Spanish Preview
Wed, Feb 7 @ 2p
- Spanish Everyday In a Nutshell
Wed, Feb 14 - Mar 6 @ 11:30a \$
- Spanish Fun Through Plays
Wed, Feb 14 - Mar 6 @ 2p \$



Discuss

Poetry Workshop | Deborah (V)

Read and discuss works by famous poets and use them to be inspired to write your own poems.

Tue, Jan 16 - Mar 12 @ 10:30a \$



Fun

Let's Play Bridge (New Players) | Clem

Tuesdays @ 12:30p \$

Duplicate Bridge (Advanced) | Mary Sue

Fridays @ 12:30p \$

Jewelry Making | Eaven

Wed, Jan 10, Feb 14, & Mar 13 @ 1p



Social

Coffee, Tea & Bagels | Eaven

Wed, Jan 10, Feb 14, & Mar 13 @ 9:30a

(V) = Virtual \$ = Fee

All programs are in Santa Monica unless indicated.