



Peer & Support Groups

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

Workshops & Trainings

- Collecting to Decluttering \$

Services By Appointment

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



Day Trippers

El Pueblo de Los Angeles / Olvera Street

Thursday, May 2 | \$

Descanso Gardens & Degas

Saturday, May 18 | \$

Big Bear Lake Escape

Saturday, June 22 | \$

Visit wiseandhealthyaging.org/adventure for full details.



For full list of activities, visit
MyActiveCenter.com



**Need Help Signing Up?
Call Us. We're Happy to Help.**



310.394.9871



theclub@wiseandhealthyaging.org



wiseandhealthyaging.org



1527 4th St, Santa Monica, CA 90401

3650 W. MLK Jr. Blvd, Los Angeles, CA 90016



Classes, Events, Day Trips & More

APRIL - JUNE 2024



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

World of Dance & Movement | Joel

Enjoy dance as movement for the mind & body.

Tuesdays, bi-monthly @ 10a

Kundalini Yoga | Sara

Utilize breath, sound, and meditation to elevate mind, body & spirit. Bring mat.

Tuesdays @ 10:15a Baldwin Hills \$

Kripalu Chair Yoga | Diann

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

Tuesdays @ 2p

Strength Training | Jonathan

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

Wednesdays @ 12p

Taiji in Harmony | Christine

Gentle exercises that help improve balance & more!

For Beginners | Wednesdays @ 1p \$

For Intermediate/Advanced | Fridays @ 11a \$

Josh's Fitness Group | Josh

Push, pull, twist, squat, and lunge to get fit.

Thursdays @ 10a \$

Move | Virtual

Move, Stretch, Tone | Evelyn (V)

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

Mondays & Wednesdays @ 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.

- Vitamins | Tue, Apr 9 @ 1:30p
- Back Pain | Tue, Apr 23 @ 1:30p
- Osteoporosis | Tue, May 14 @ 1:30p
- Dementia | Tue, Jun 11 @ 1:30p

Healthy Eating on a Budget | Mary

Learn great tips on how to eat healthy and stick to your budget.

Tue, Apr 16 @ 1:30p

Life Tap | Amy

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

Fri, Apr 12 & 19, May 17 & 24, Jun 14 & 21 @ 10:30a

A Matter of Balance | Dr. Caiden

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

Fri, May 3 - Jun 21 @ 10a

Special Programs

Our Life Story | Jodi (V)

Craft and document a significant piece of your life story in a supportive environment.

Tue, Apr 9 - Jun 25 @ 10:30a

Online Dating - Connecting Safely | Miles

Learn red flags & strategies for safe, online-dating

Wed, May 29 @ 1:00p



Language

Spanish | Sonia (V)

Learn Spanish and/or strengthen your Spanish skills.

- FREE Spanish Preview
Wed, Apr 10 @ 2p
- Spanish Everyday In a Nutshell
Wed, Apr 17 - May 8 @ 11:30a \$
- Spanish Fun Through Plays
Wed, Apr 17 - May 8 @ 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, Apr 16 - Jun 18 @ 10:30a \$



Fun

Birthday Bingo! | Mary

Play bingo and celebrate April birthdays.

Wed, Apr 24 @ 1:30p

Let's Play Bridge (New Players) | Clem

Tuesdays @ 12:30p \$

Duplicate Bridge (Advanced) | Mary Sue

Fridays @ 12:30p \$

Jewelry Making | Eaven

Fridays, Apr 12, May 10, & Jun 14 @ 1p

(V) = Virtual \$ = Fee

All programs are in Santa Monica unless indicated.