



Club 1527

WISE & Healthy Living

Engage Learn Transform

OCTOBER - DECEMBER 2017



5th Annual "Taste of Club 1527" Members International Potluck

Wednesday, December 13 at 12 noon

Come together for a members' potluck of our native foods. We will have hors d'oeuvres that represent the native foods of our member. Join a team representing your ethnicity.

Fun, food, music and celebration of our diversity!



Cooking with Chef Helen

Friday, November 3 at 1:30 pm

Join Club member Chef Helen, and learn to make Zucchini Pancakes. This tasty and easy dish can be served with a Holiday meal or as a light lunch.

Holiday Comedy with Bob Nickman and Friends

December 18 at 1:30 pm

Bob Nickman is a comedian, actor, television producer, and television writer. As a television producer/writer, his credits include Mad About You, Freaks and Geeks, Danny, According to Jim, Big Day, Rita Rocks and Roseanne.



Thanksgiving Meal for Seniors

at "Back on Broadway"

Thursday, November 23

Tickets are \$3 and will be available for purchase starting Wednesday, November 1 at Club 1527. Two meal seatings.



Party Hardy with DJ Rudy!

Dance Party

Friday, October 6 at 1 pm

&

New Year's Party

Friday, December 29
1 pm



Holiday Schedule

Club 1527 at KEC will be **CLOSED** on the following holidays:

Thanksgiving Holiday

Thursday & Friday, Nov. 23 & 24

Christmas Day

Monday, December 25

New Year's Day

Monday, January 1, 2018

October 2017 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	
2 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	3 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	4 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 1:00 TAP Card Orientation 1:00 Cribbage 1:30 Chair Yoga <div style="text-align: right; border: 1px solid purple; border-radius: 50%; padding: 2px; color: white; font-weight: bold;">DAY TRIP</div>	5 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	6 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Dance Party with DJ Rudy	
9 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	10 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	11 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	12 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	13 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks	
16 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	17 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	18 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	19 8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin <div style="text-align: right; border: 1px solid purple; border-radius: 50%; padding: 2px; color: white; font-weight: bold;">DAY TRIP</div>	20 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Learn Facial Reflexology	
23 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	24 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	25 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	26 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	27 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage	
30 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	31 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:30 Halloween Party	<div style="font-size: 2em; font-weight: bold; color: orange; text-decoration: underline wavy;">HALLOWEEN</div> <div style="font-size: 1.5em; font-weight: bold; color: orange; text-decoration: underline wavy;">PARTY AND COSTUME CONTEST!</div> <div style="font-size: 1.2em; font-weight: bold; color: orange;">Tuesday, October 31</div>			

tap Monthly TAP Card Orientations

Hosted by the Big Blue Bus

1st Wednesday of the month at 1 pm
October 4 and November 1

Older Adults (seniors ages 60+) can apply for a Reduced Fare TAP card. TAP cards are a convenient way of paying your fare. You can also pre-load with Stored Value and reduced rate passes from Big Blue Bus (BBB), such as the Day Pass, 7-Day Pass, 13 Rides Pass and 30- Day Pass. With three new Metro Rail Stations in Santa Monica, TAP allows you to easily pay and connect with Metro Rail, Metro Bus and BBB.



Music Concerts!

Mertis Sing America Standards, Show Tunes

& Oldies Rock 'n Roll
Monday, November 6 at 1:30 pm

Hand Clapping, Foot Stomping Gospel Music

Wednesday, December 6 at 1:30 pm



November 2017 Calendar

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		1 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 1:00 TAP Card Orientation 1:00 Cribbage 1:30 Chair Yoga	2 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	3 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:30 Cooking Class with Chef Helen
6 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 1:30 Merits Singing Group	7 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	8 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga 	9 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	10 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks
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27 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	28 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson	29 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga	30 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 11:00 Beg. Tai Chi With Robin 11:00 Mat Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin	

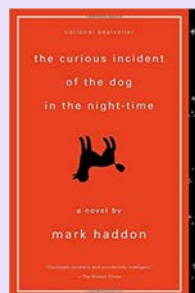
Walking in Paradise Wednesdays at 8 am October 19, November 16 and December 21

Meet at Club 1527 at 8 am. Join Jackie and fellow Club members for an enjoyable 60-minute walk in the coolness of the morning. Together, explore the old and new in our paradise by the bay.



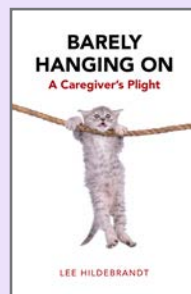
Club 1527 Book Group Discussions led by Leslie Nordby Wednesdays at 1:30 pm

OCT 25



The Curious Incident of the Dog in the Night-Time
Mark Haddon

NOV 22




Barely Hanging On
A Caregiver's Plight
Lee Hildebrandt

DEC 27



The Knockoff
Lucy Sykes
& Jo Piazza

December 2017 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 security checked <p>Call Toll Free: (866) 757-9473 www.wisecare.org</p>	
<p>4</p> <p>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</p>	<p>5</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson</p>	<p>6</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga 1:30 Gospel Choir Performance</p>	<p>7</p> <p>9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin</p>	<p>1</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks</p> <p>DAY TRIP</p>
<p>11</p> <p>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</p>	<p>12</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson</p>	<p>13</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Taste of Club 1527 1:00 Cribbage 1:30 Chair Yoga</p>	<p>14</p> <p>9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin</p>	<p>15</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks</p> <p>DAY TRIP</p>
<p>18</p> <p>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 1:30 Comedy Show</p>	<p>19</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson</p>	<p>20</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga</p>	<p>21</p> <p>8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin</p>	<p>22</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks</p>
<p>25</p> <p>CLOSED Christmas Holiday</p>	<p>26</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv</p>	<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Chair Aerobics 10:00 Pre Tai Chi 11:00 Beg. Tai Chi & Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin</p>	<p>29</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 New Years Party with DJ Rudy</p>

Learn About Facial Reflexology



Friday, October 20 at 1 pm

Learn the healing effects of Dien Chan Reflexology from Club member, Brigitte Amiache. Dien Chan is a Vietnamese-method natural healing using pressure

points on the skin of the face. Please bring a mirror to work on your face. Class limited to 10 participants. Sign up now!

TED Talks

Continue...

Fridays, October 13, November 10 & 17 and December 1, 15, & 22 at 1 pm

Enjoy these short, powerful talks where almost all topics are covered!

DAY TRIPS

Look for "Day Trips" and travel opportunities in your WISERider insert.

WISERider

The City of Santa Monica Commission for the Senior Community is comprised of volunteers appointed by City Council to focus on quality of life for Santa Monica adults age 50 and older. To confirm the public meeting times, please call (310) 458-8211 or visit www.smgov.net/cityclerk/boards.

