



Club 1527

WISE & Healthy Living

Engage Learn Transform

JULY - SEPTEMBER 2017

Authentic Voice: Creative Writing and Poetry Discussion

Tuesdays, Starts July 11 at 1:30 pm (6 sessions)

Join Leslie C. Tuchman, Licensed Marriage and Family Therapist, for creative writing and poetry discussions. Finding our authentic voices is healing and uplifting. Please bring a notebook. No writing experience needed!



Join Bob Nickman for a One Man Comedy Show!!!

Monday, July 17 at 1 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.



Just for Fun Group Karaoke with Luba & Jimmy!!

Friday, August 11 at 1 pm



Join us for a fun time and Oldie Goldie Karaoke! No solos. This is a group singing activity.

Discover the Magical Healing Powers of Water!

Friday, September 8 at 1 pm



As Founder of Priceless Productions, Krystina Marie Price travels to the world's most beautiful locations researching wellness holidays. From the sacred springs in Bath England to the rich mineral waters of Ephesus, in Turkey, the Romans built public baths as they marched across Europe. Today, there's still tremendous health value in an Epsom salt soak. Learn about the benefits!



All Members Meeting!

Tuesday, September 12
11:00 am

Join staff and Club members for an All Members Meeting. Get an update on new and exciting programs for 2017.



Mexican Independence Day

F I E S T A

Friday, September 15 at 12:30 pm

Music, Food & Fun!

Purchase ticket at the Club 1527 desk.

Club 1527 CLOSED

Independence Day
Tuesday, July 4






Labor Day
Monday, September 4

Club 1527 membership card is required for all activities and classes.

Applications are available at the Ken Edwards Center, 1527 4th Street, 1st Floor, Santa Monica.

310.857.1527

July 2017 Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 3 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 Sing-Along | 4 CLOSED  Club 1527 Marching in Main St. Parade | 5 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 | 6 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 | 7 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks |
| 10 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 Sing-Along | 11 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 1 1:30 Creative Writing | 12 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga | 13 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  | 14 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Traveling on the Metro |
| 17 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 1:00 One Man Comedy Show | 18 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 2 1:30 Creative Writing | 19 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Movies With Rosemary 1:00 Cribbage 1:30 Chair Yoga | 20 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 With Robin 11:00 Mat Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin | 21 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Smart Phone Class \$5 |
| 24/31 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 Sing-Along | 25 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 3 1:30 Creative Writing | 26 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 | 27 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  | 28 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks |

**DAY
TRIPS**

Check out your WISERider insert for
 "Day Trips" and WISE Adventures U.S.
 and international destinations!

WISERider

New Class: Bridge

Tuesdays, starts July 11 at 1 pm



Beginners learn to play Bridge from Club 1527 instructor Marysue Foard. There are 6 lessons once a week on Tuesdays at 1 pm. The series of lessons will be repeated.

Are You Smarter Than Your Smart Phone???

Friday, July 21 at 1 pm
 Cost: \$5 per person

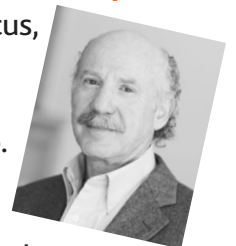


Having trouble with your iPhone or Android phone? Want to do basic tasks such as email, text, go online, and use social media apps? Then this class is for you! Join Santa Monica local, Cory Shumaker, for an in depth class on using smartphones. Come, laugh and learn!

True Happiness and the Peace that Passeth Understanding

Friday, September 22 at 1 pm

Join Dr. Charles Marcus, author and lecturer, for a thought-provoking workshop. Dr. Marcus is an expert on Eastern and Western philosophy, metaphysics and the experience of awakening, and experiencing the bliss of the soul and God through knowledge, meditation and prayer.



August 2017 Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | 1 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv 1:00 Bridge Lesson 4 1:30 Creative Writing | 2 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 12:00 Bridge 12:00 Cribbage 1:00 Tap Card Orientation 1:30 Chair Yoga | 3 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 | 4 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks |
| 7 9:00 Total Fitness 10:00 Moving for Better Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:30 Sing Along | 8 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 5 1:30 Creative Writing | 9 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Cribbage 1:30 Chair Yoga | 10 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 | 11 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Fun Group Karaoke <div style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px; width: fit-content; margin: 0 auto;">DAY TRIP</div> |
| 14 9:00 Total Fitness 10:00 Moving for Better Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:30 Sing Along | 15 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 6 1:30 Creative Writing | 16 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 12:00 Cribbage 1:30 Chair Yoga | 17 8:00 Walking in Paradise 9:00 Total Fitness 10:00 Mat Yoga, Conv. English, 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 | 18 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Ted Talks |
| 21 9:00 Total Fitness 10:00 Moving for Better Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi 1:30 Sing Along | 22 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 1 | 23 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Cribbage 12:00 Movies With Rosemary 1:30 Chair Yoga | 24 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 | 25 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Happy Movie & Discussion <div style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px; width: fit-content; margin: 0 auto;">DAY TRIP</div> |
| 28 9:00 Total Fitness 10:00 Moving for Better Balance 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:00 Intermediate Tai Chi | 29 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 2 | 30 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 | 31 9:00 Total Fitness 10:00 Mat Yoga, Conv. English, 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 | |

Traveling on the L.A. Metro Line Friday, July 14 at 1 pm

Join us for a presentation about traveling on the Metro. Learn a new way to get around. Whether shopping, running errands or seeing the sights, the Metro can take you where you need to go. Come learn everything there is to know about public transportation.

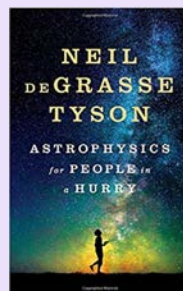


Programming will include services geared toward the older adult audience including the On the Move Riders Program.

Club 1527 Book Group

Discussions led by Leslie Nordby
Wednesdays at 1:30 pm

JUL 26



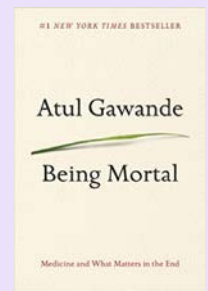
Astrophysics For People In A Hurry
Neil De Grasse Tyson

AUG 30




The Tea Girl of Hummingbird Lane
Lisa See

SEP 27

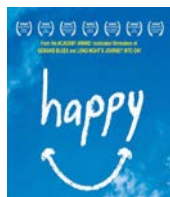


Being Mortal
Atul Gawande

September 2017 Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
|  <p>WISE HomeCare A WISE & Healthy Aging Service</p> | | | <p>• Non-medical home care services • Professionally trained caregivers fully bonded and background security checked</p> <p>Call Toll Free: (866) 757-9473 www.wisecare.org</p> | |
| 4 CLOSED  | 5 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 3 | 6 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 12:00 Cribbage 1:00 Tap Card Orientation 1:30 Chair Yoga | 7 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  | 8 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Magical, Healing Powers of Water |
| 11 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 Sing Along | 12 9:00 Total Fitness 10:00 Mat Yoga 11:00 All Membership Meeting 12:30 Comedy Improv 1:00 Bridge Lesson 4 | 13 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Movies With Rosemary 1:00 Cribbage 1:30 Chair Yoga | 14 9:00 Total Fitness 10:00 Mat Yoga, 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 | 15 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:30 Mexican Independence Day Party 1:00 Cribbage |
| 18 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 Sing Along | 19 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 5 | 20 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 1:00 Cribbage 1:30 Chair Yoga | 21 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 With Robin 11:00 Mat Pilates 12:00 Bridge 1:00 Bingo 1:00 Adv. Tai Chi With Robin  | 22 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 True Happiness and Peace |
| 25 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 Sing Along | 26 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:00 Bridge Lesson 6 | 27 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 | 28 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 | 29 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 1:00 Cribbage 1:00 Mature Drivers Workshop |

“Happy Movie” and Discussion with Candace Friday, August 25 at 1 pm



Join Club 1527 Chief Events and Activities Officer, Candace Shivers, for a movie and discussion about what REALLY makes people happy from the happiest places around the world.

Movies with Rosemary Wednesdays, July 19, August 23 & September 13 at 12 noon

See the latest movie releases, art house cinema, and foreign films at the Laemmle Monica Film Center. Meet at Club 1527 and walk to the center. Tickets are \$5. Discussion right after the movie.



Mature Drivers Workshop Friday, September 29 at 1 pm

Join DMV Senior Driver Ombudsman to learn about their program devoted to mature drivers. You will find out how to handle your DMV issues, complaints and concerns.



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.



The Ken Edwards Center (KEC) is wheelchair accessible. For disability related accommodations, call (310) 458-8644 at least 7 days prior to the event. (TTY: (310) 458-8696)



The KEC is accessible by Big Blue Bus lines 1, 2, 3, 4, 5, 7, 8 & 9