

Club 1527

WISE & Healthy Living

Engage Learn Transform

APRIL - JUNE 2017

"Your Health" with Dr. Pall

Friday, April 28 at 1 pm



Join Dr. Marita Pall to hear about the important link between our gut and our brain, and how to keep both as healthy as

possible. Dr. Pall is a Swedish-trained physician with over 25 years of clinical experience in Family Medicine, Obstetrics and Gynecology. She received a PhD in women's hormonal issues in 2000. Dr. Marita maintains her practice as a medical doctor in Sweden and Norway. In the U.S., she works as a nutritionist, doctor of natural medicine and health educator.

The Ron Stories

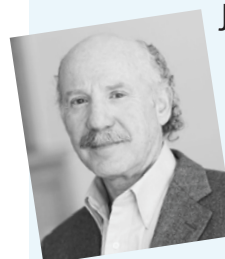
Tuesday, April 18 at 1:30 pm

Ron Kenney has been performing stand-up comedy for over forty years and he has been telling his stories set to music on stage for almost that long.

He has appeared on A&E's "Evening at the Improv," VH-1's "Comedy on the Road," MTV, and Comedy Central. Kenney has opened for Lou Rawls, Neil Sedaka, Melissa Manchester, and Andrew Dice Clay, among others.



Thought Provoking Workshops with Dr. Charles Marcus



Join Dr. Charles Marcus, author and lecturer, for what will be an extremely thought-provoking workshops. Dr. Marcus is an expert on Eastern and Western Philosophy, Metaphysics, and the experience of awakening.

Who Am I?
Friday, May 12 at 1 pm

Join us for an enlightening discussion about who and what we are. Knowledge of self is power and holds the key to happiness and fulfillment.

Awakening and Happiness
Friday, June 16 at 1 pm

Come, hear and discuss the fascinating and rational teachings of enlightenment philosopher, Baruch Spinoza.

All Members Meeting!

Tuesday, June 20
10:00 am

Join staff and Club members for an All Members Meeting.

Get an update on new and exciting programs for 2017.

Be a Part of Santa Monica's July 4th Main Street Parade!

Sign up now and march with Club 1527





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

CLOSED
Monday
May 29



April 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 with Lub	4 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	5 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Spanish 11:00 Mindfulness Meditation 12:00 Bridge 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 11:00 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 12:00 Bridge 1:00 Cribbage 1:00 Relaxing Sound Spa 
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 with Luba	11 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	12 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 1:00 Cribbage 1:30 Chair Yoga	13 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 12:00 Cribbage 1:30 Chair Yoga 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 12:00 Bridge 1:00 Cribbage 1:00 Smart Phone Class \$5 fee
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 1:30 Sing-Along with Luba	18 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv 1:30 One Man Comedy Show	19 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Movies With Rosemary 12:00 Bridge 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 11:00 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 12:00 Bridge 1:00 Cribbage 1:00 Dementia or Normal Aging
24 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 with Luba	25 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv 1:30 The Merits Concert	26 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 1:00 Cribbage 1:30 Chair Yoga 1:30 Book Club	27 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 11:00 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 12:00 Bridge 1:00 Cribbage 1:00 Dr. Pall "Your Health" Talk

DAY TRIPS

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

WISERider

Are You Smarter Than Your Smart Phone???

Friday, April 14 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!

Is it Dementia or Normal Aging?

Friday, April 21 at 1 pm



Have you ever wondered: "What is the difference between dementia and Alzheimer's?" Dementia (or neurocognitive disorder) seems to be on the mind of many older adults with such nicknames as "senior moments" or "old-timer's disease." Richard Espinoza, Psy.D. will help debunk myths and explain the difference between true dementia and everyday slips of the mind.

Music Concerts!

- Mertis Sing America Standards, Show Tunes & Oldies Rock 'n Roll**
 Tuesday, April 25 at 1:30 pm
- Hand Clapping, Foot Stomping Gospel Music**
 Wednesday, May 10 at 1:30 pm



May 2017 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 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 with Luba	2 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	3 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	4 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	5 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Relaxing Sound Spa DAY TRIP
8 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 with Luba	9 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	10 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 12:00 Cribbage 1:30 Gospel Music Concert 1:30 Chair Yoga	11 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	12 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Dr. Charles Marcus "Who Am I?"
15 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 with Luba	16 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	17 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Movies With Rosemary 12:00 Bridge 12:00 Cribbage 1:30 Chair Yoga	18 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 DAY TRIP	19 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Ted Talks
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 1:30 Sing-Along with Luba	23 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	24 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 12:00 Cribbage 1:30 Chair Yoga	25 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	26 9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Kaiser Permanente Healthy Nutrition
29 	30 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv	31 9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 1:00 Cribbage 1:30 Chair Yoga 1:30 Book Club	Want to Give Back? Consider volunteering at WISE & Healthy Aging! Attend the Volunteer Orientation Friday, May 12 • 9:30 - 11:30 am To RSVP, call: (310) 394-9871, ext. 552	

Making Healthy Choices Every Day

Presenter: Dan Yoder, RN & Nurse Educator, Kaiser Permanente
Friday, May 26 at 1 pm



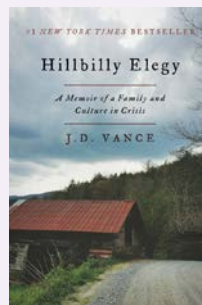
Hungry for ways to eat well and stay healthy? Learn how to choose your food wisely, and you'll find increased energy, improved mood,

better weight control, and a strong line of defense against many diseases. The best part? It's simple to do. Find out how to cut down on processed foods that are high in sugar, salt, and unhealthy fats. Fill up on the right foods. Plus, make the best food choices for you and your family with delicious recipes, easy tips for healthy food swaps, support tools, and inspiration.

Club 1527 Book Group

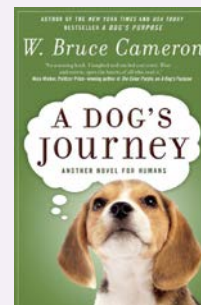
Discussions led by Leslie Nordby
 Wednesdays at 1:30 pm

April 26



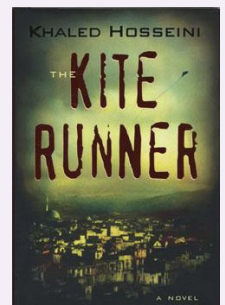
Hillbilly Energy
 J.D. Vance

May 31



A Dog's Journey
 W. Bruce Cameron

June 28



Kite Runner
 Khaled Hosseini

June 2017 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WISE HomeCare A WISE & Healthy Aging Service Call Toll Free: (866) 757-9473 www.wisecare.org</p> <ul style="list-style-type: none"> Non-medical home care services Professionally trained caregivers fully bonded and background security checked 			<p>1</p> <p>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</p>	<p>2</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Ted Talks</p>
<p>5</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 Sing-Along with Luba</p>	<p>6</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv</p>	<p>7</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 11:00 Spanish 12:00 Bridge 1:00 Cribbage 1:00 Tap Card 1:30 Chair Yoga</p>	<p>8</p> <p>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</p>	<p>9</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Ted Talks</p>
<p>12</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 Sing-Along with Luba</p>	<p>13</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:00 Bridge 12:30 Comedy Improv</p>	<p>14</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Movies With Rosemary 12:00 Bridge 1:00 Cribbage 1:30 Chair Yoga</p>	<p>15</p> <p>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</p>	<p>16</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Dr. Charles Marcus "Awakening and Happiness" DAY TRIP</p>
<p>19</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 Sing-Along with Luba</p>	<p>20</p> <p>9:00 Total Fitness 10:00 Mat Yoga 11:00 All Membership Meeting 12:00 Bridge 12:30 Comedy Improv</p>	<p>21</p> <p>9:00 Let's Dance Aerobics 10:00 Total Fitness 11:00 Mindfulness Meditation 12:00 Bridge 1:00 Cribbage 1:30 Chair Yoga</p>	<p>22</p> <p>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 Adv. Tai Chi With Robin</p>	<p>23</p> <p>9:00 Yoga Fitness 10:00 Let's Dance Aerobics 11:00 Tai Chi 12:00 Bridge 1:00 Cribbage 1:00 Ted Talks</p>
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Sing Along with Luba

Mondays at 1:30, Starts April 3

Good Old songs from the good old days...just for the fun of it!

Being able to carry a tune is not required!



Relaxation Sound Spa

Restore – Rejoice – Rejuvenate

Fridays at 1 pm on April 7 & May 5

Join us for an afternoon of renewal! Rejuvenate yourself with some gentle movements and calming sound bath of crystal bowls and chimes. Please bring a pillow and light blanket for your comfort.



Movies with Rosemary

Wednesdays, April 19, May 17 & June 14 at 1 pm

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.



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.

