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[Diner Menu | Click](#)

DAY TRIPPERS



El Pueblo de Los Angeles / Olvera Street

Enjoy a day at El Pueblo de Los Angeles with a 50-minute historic walking tour and visit to Avila Adobe. Includes the must-visit Mexican marketplace.

May 2, 2024 | \$



Descanso Gardens & Degas

Discover internationally renowned gardens at the Descanso Gardens and spectacular art at the the Norton Simon Museum.

May 18, 2024 | \$

Click to Sign
Up

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SPECIAL PROGRAM



New! Scam & Fraud Self-Defense Workshop
in Santa Monica Tuesday, April 23 @ 1:00 pm | Free

[Register](#)

PENNING POTENTIAL



New! Our Life Story on Zoom
Tuesdays, April 9 - June 25 @ 10:30 am | Free

[Register](#)

Poetry Workshop: A Look at Li-Young Lee on Zoom
Tuesdays, April 16 - June 18 @ 10:30 am | \$

[Register](#)

HEALTH & WELLNESS



Stick It to You Acupuncture in Santa Monica
Thursdays by Appointment (email or call 310.394.9871) | **Free**

Email

UCLA Lecture: Vitamins & Seniors on Zoom
Tuesday, April 9 @ 1:30 pm | **Free**

Register

Life Tap (EFT Tapping) in Santa Monica
Fridays, April 12 & 19 @ 10:30 am | **Free**

Register

New! Healthy Eating on a Budget in Santa Monica
Tuesday, April 16 @ 1:30 pm | **Free**

Register

New! The Art of Self-Regulation in Santa Monica
Friday, April 19 @ 2:00 pm | **Free**

Register

New! UCLA Lecture: Back Pain on Zoom
Tuesday, April 23 @ 1:30 pm | **Free**

Register

BAGEL BREAK



Coffee, Tea, and Bagels in Santa Monica
Wednesday, April 10 @ 9:30 am | **Free**

Just Stop
By

FUN & GAMES



Bingo in Santa Monica
Wednesday, April 3 @ 2:15 pm | \$

[Register](#)

Jewelry Making for a Cause in Santa Monica
Friday, April 12 @ 1:00 pm | **Free**

[Register](#)

New! Birthday Bingo! in Santa Monica
Wednesday, April 24 @ 1:30 pm | **Free**

[Register](#)

Let's Play Bridge in Santa Monica
Tuesdays @ 12:30 pm | \$

[Register](#)

Duplicate Bridge in Santa Monica
Fridays @ 12:30 pm | \$

[Register](#)

YOGA & MEDITATION



Chair Yoga for Independence in Santa Monica
Mondays @ 10:00 am | **Free**

[Register](#)

Kundalini Yoga in Baldwin Hills
Tuesdays @ 10:15 am | \$

[Register](#)

Kripalu Chair Yoga in Santa Monica
Tuesdays @ 2:00 pm | **Free**

[Register](#)

Mat Yoga on Zoom
Wednesdays @ 10:00 am | **Free**

[Register](#)

MOVING & SHAKING



Move, Stretch, & Tone on Zoom
Mondays & Wednesdays @ 9:00 am | \$

[Register](#)

Zumba for the Soul in Santa Monica
Mondays & Wednesdays @ 11:00 am | **Free**

[Register](#)

Total Fitness on Zoom
Tuesdays & Thursdays @ 9:00 am | **Free**

[Register](#)

World of Dance & Movement in Santa Monica
Tuesdays (bi-monthly) @ 10:00 am | **Free**

[Register](#)

Strength Training with Coach Jonathan
in Santa Monica Wednesdays @ 12:00 pm | **Free**

[Register](#)

Josh's Fitness Group in Santa Monica
Thursdays @ 10:00 am | \$

[Register](#)

New! Latin Dance Workout in Santa Monica
Fridays @ 10:00 am | **Free**

[Register](#)

TAI CHI



Tai Chi & Qigong in Santa Monica
Mondays @ 1:00 pm | \$

[Register](#)

Taiji in Harmony for Beginners in Santa Monica
Wednesdays @ 1:00 pm | \$

[Register](#)

Taiji in Harmony for Intermediate/Advanced
in Santa Monica Fridays @ 11:00 am | \$

[Register](#)

LANGUAGE



Spanish Preview on Zoom
Wednesday, April 10 @ 2:00 pm | **Free**

[Register](#)

Spanish Everyday in a Nutshell on Zoom
Wednesdays, April 17 - May 8 @ 11:30 am | \$

[Register](#)

Spanish Fun Through Plays on Zoom
Wednesdays, April 17 - May 8 @ 2:00 pm | \$

[Register](#)

DISCUSSION GROUPS



What Matters to Me Discussion Group in Baldwin Hills
Friday, April 19 @ 10:30 am | **Free**

[Register](#)

Inspiration to Jump Start Your Weekend
on Zoom Saturdays @ 9:15 am | **\$**

[Register](#)

DAY TRIPPERS



Big Bear Lake Escape - Lake Cruise & Big Bear Village

Breathe in the fresh air at Big Bear Lake located in the San Bernardino Mountains. Includes a lake cruise and time at leisure in Big Bear Village.

June 22, 2024 | \$

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Where the Turf Meets the Surf

An exciting day of thoroughbred horse racing at the Del Mar Thoroughbred

Club. Experience this stunning location and views of the Pacific Ocean.
July 27, 2024 | \$

[Click to Sign
Up](#)



Anacapa Island Wildlife Cruise

A fun and educational day including exploration of the Channel Islands National Park Visitor Center and a visit to the Ventura Harbor Village.

August 4, 2024 | \$

[Click to Sign
Up](#)

DOMESTIC TRAVEL



Landscapes & Lighthouses of Coastal Maine

Visit Maine with a start in Boston including a guided tour of Fenway Park. Enjoy the fresh air and charming seaside towns, picturesque beaches and more.

August 10, 2024 (7 days) | \$

**Info and Reservation
Form**



Central Coast Lighthouse, Redwoods & Rail

Featuring Monterey, Big Sur Highway, Cambria, Piedras Blancas & Point San Luis Lighthouses, Coast Starlight Train

September 8, 2024 (5 days) | \$

**Info and Reservation
Form**

INTERNATIONAL TRAVEL



A Culinary Journey Through Tuscany

Experience the famous Tuscany region of Italy with this special culinary tour that includes Florence, Montalcino, Siena, San Gimignano and more.

September 24, 2024 (9 days) | \$

**Info and Reservation
Form**



Discover the Best of Eastern Canada

Experience the power of Niagara Falls, and the old world style of Quebec City.

Tour includes Toronto, Ottawa, Montreal, and more!

October 11, 2024 (7 days) | \$

**Info and Reservation
Form**



European Christmas Markets

Set out on a grand holiday adventure through the winter wonderland of the Imperial Cities of Central Europe – Prague, Vienna and Budapest

December 12, 2024 (9 days) | \$

**Info and Reservation
Form**



Wise & Healthy Aging | 1527 4th St, #2, Santa Monica, CA 90401

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