

The Club Brochure | Click 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 mustvisit 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 Click to Sign Up

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

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

Register

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 & 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





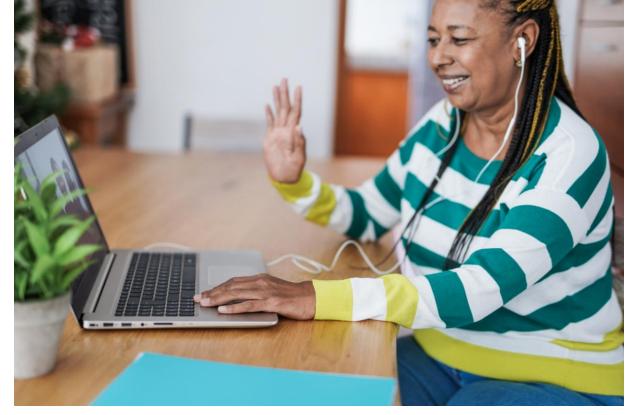
Register

Register

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

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

DISCUSSION GROUPS



What Matters to Me Discussion Group in Baldwin Hills Register Friday, April 19 @ 10:30 am | Free Inspiration to Jump Start Your Weekend Register

on Zoom Saturdays @ 9:15 am | \$

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 | \$

> Click to Sign Up



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 | \$





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) | \$

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) |\$





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