**Club 1527**

**WISE & Healthy Living**

**J A N U A R Y - F E B R U A R Y  2 0 1 6**

**Engage Learn Transform**

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**Dating Can Be Fun...Really**

**Friday, January 22 at 1 pm**

Sally Landau, a dating and relationship coach for 15 years, is a speaker, trainer and author. A few years ago, there was a six-month period when she had 46 first dates. She chose No. 45 twelve years ago and they’ve been married since 2009.

Who are you looking for? Do you want an occasional companion to meet for dinner or are you looking for a meaningful relationship? All of these usually begin with dating. Maybe you want to know, where ARE those available people. Or what would I talk to them about? How do I get a second date?

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**Drug Interactions – Are the Pills You Take Helping or Hurting You?**

**Friday, January 29 at 1 pm**

Attend this informative workshop presented by Kaiser Permanente physician expert Eric Anthony Lee, M.D. Learn about medication safety including the dangers of common prescription and non-prescription drugs in older adults. Find out why it’s important to talk with your doctor about stopping certain medications.

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**Mock Speed Dating**

**Wed., February 10 at 1 pm**

Join Dr. Richard Espinoza for 10 mini dates (no strings attached). Speed dating is a fun way to meet new people. Brush up on your flirting skills and learn some new pick-up lines.

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**Continuing the discussion! Dating & Sex after 60: Part II**

**Wed., February 24 at 1 pm**

A continued informational discussion regarding dating and sex after 60:

* Ways to achieve companionship
* Identifying and solving barriers * Sexual expression in later life * Safe sex practices
* Dating and sex play in self perception
* Share questions, comments, and personal expertise

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**TED Talks Series**

**Friday, January 15 at 1 pm**

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues – in more than 100 languages.

On January 15, we will have a 60-minute introduction to TED talks. The next two sessions will be on the following dates at 1 pm:

**Feb. 5:** Most Popular TED Talks 1
**Feb. 19:** Most Popular TED Talks 2

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**Valentine’s Day Party**

**Friday, Feb. 12 at 1 pm**

‘Mo-Triple,’ featuring Jillian and Katie on vocals/guitar with James on drums, presents a program of music dedicated to the Motown Sound. Exploring music from the USA and Britain, the combo lifts spirits with 60s pop classics and toe-tapping sing-alongs. These returning Gluck Fellows are undergrad students in the Pop Music program at USC.

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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

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## January 2016 Calendar

### Volunteers Needed for Intergenerational Project
Older adults will be paired with an Olympic High School (in Santa Monica) student to produce a creative work. The project will take place over 6 consecutive Fridays from January 16 to February 20, 10:20 am to 12 noon. If you are interested in participating, call Donald Murchie at (310) 450-7025.

### Day Excursions: For reservations call (310) 394-9871, ext. 455 or 458

<table>
<thead>
<tr>
<th>Day</th>
<th>Excursion Details</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>FRIDAY, JANUARY 8, 2016</td>
<td>The Broad, LOS ANGELES</td>
<td>Reservations start Dec. 29, Cost: $5, Pick-up: 10 am Return: 3 pm (bring money for lunch)</td>
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<tr>
<td>MONDAY, JANUARY 25, 2016</td>
<td>Hsi Lai Temple, HACIENDA HEIGHTS</td>
<td>Reservations start Jan. 15, Cost: $2, Pick-up: 9:30 am Return: 2:30 pm</td>
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<tr>
<td>SATURDAY, FEBRUARY 13, 2016</td>
<td>Chinese New Year Festival &amp; Parade, LOS ANGELES</td>
<td>Reservations start Feb. 4, Cost: Free, Pick-up: 10:15 am Return: 4:15 pm (bring money for lunch)</td>
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### January 2016 Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>4 9:00 Total Fitness 10:00 Tai Chi</td>
<td>5 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv</td>
<td>6 9:00 Zumba/Dance 10:00 Total Fitness 12:00 Cribbage 1:00 Book Club &quot;Royal Pain&quot; 1:30 Chair Yoga</td>
<td>7 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Beg. Italian 11:00 Mat Pilates 11:00 Spanish 12:00 Bridge 1:00 Bingo</td>
<td>1 CLOSED</td>
</tr>
<tr>
<td>11 9:00 Total Fitness 10:00 Tai Chi 10:00 Conv. English 11:00 Members Meeting 12:00 Bridge 1:00 Technology Class 1:30 Intermediate Tai Chi</td>
<td>12 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv 1:30 Healthy Cooking</td>
<td>13 9:00 Zumba/Dance 10:00 Total Fitness 11:00 Nina Kasuya 12:00 Cribbage 1:30 Chair Yoga</td>
<td>14 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Beg. Italian 11:00 Mat Pilates 11:00 Spanish 12:00 Bridge 1:00 Bingo</td>
<td>15 9:00 Yoga Fitness 10:00 Tai Chi with Robin 11:00 Zumba 1:00 Cribbage 1:00 Intro to TED Talks</td>
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<tr>
<td>18 CLOSED</td>
<td>19 9:00 Total Fitness 10:00 Mat Yoga 10:00 Mat Pilates 12:30 Comedy Improv</td>
<td>20 9:00 Zumba/Dance Fitness 10:00 Total Fitness 12:00 Cribbage 1:30 Chair Yoga</td>
<td>21 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Beg. Italian 11:00 Mat Pilates 11:00 Spanish 12:00 Bridge 1:00 Bingo</td>
<td>22 9:00 Yoga Fitness 10:00 Tai Chi with Robin 11:00 Zumba 1:00 Cribbage 1:00 Dating Can Be Fun</td>
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<tr>
<td>25 9:00 Total Fitness 10:00 Tai Chi 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:30 Intermediate Tai Chi</td>
<td>26 9:00 Total Fitness 10:00 Mat Yoga 11:00 Mat Pilates 12:30 Comedy Improv</td>
<td>27 9:00 Zumba/Dance 10:00 Total Fitness 12:00 Cribbage 1:30 Chair Yoga</td>
<td>28 9:00 Total Fitness 10:00 Mat Yoga 10:00 Conv. English 10:00 Beg. Italian 11:00 Mat Pilates 11:00 Spanish 12:00 Bridge 1:00 Bingo</td>
<td>29 9:00 Yoga Fitness 10:00 Tai Chi with Robin 11:00 Zumba 1:00 Cribbage 1:00 Kaiser Permanente Presentation &quot;Drug Interactions&quot;</td>
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<td>28 9:00 Total Fitness 10:00 Tai Chi 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:30 Intermediate Tai Chi</td>
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<td>24 9:00 Total Fitness 10:00 Tai Chi 10:00 Conv. English 11:00 Mat Pilates 12:00 Bridge 1:30 Intermediate Tai Chi</td>
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February 2016 Calendar

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</table>
| 9:00 Total Fitness  
10:00 Tai Chi  
10:00 Conv. English  
11:00 Mat Pilates  
12:00 Bridge  
1:30 Intermediate Tai Chi | 9:00 Total Fitness  
10:00 Mat Yoga  
10:00 Mat Pilates  
12:30 Comedy Improv | 9:00 Total Fitness  
10:00 Mat Yoga  
10:00 Conv. English  
10:00 Beg. Italian  
11:00 Mat Pilates  
11:00 Spanish  
12:00 Bridge  
1:00 Bingo | 9:00 Yoga Fitness  
10:00 Tai Chi with Robin  
11:00 Zumba  
1:00 Cribbage  
1:00 Most Popular TED Talks | 9:00 Yoga Fitness  
10:00 Tai Chi with Robin  
11:00 Zumba  
1:00 Cribbage  
1:00 Valentine’s Day Party with Gluck Fellowship Mo Trio |
| 8      | 9       | 10        | 11       | 12     |
| 9:00 Total Fitness  
10:00 Tai Chi  
10:00 Conv. English  
11:00 Mat Pilates  
12:00 Bridge  
1:00 Basic Astrology  
1:30 Intermediate Tai Chi | 9:00 Total Fitness  
10:00 Mat Yoga  
10:00 Mat Pilates  
12:30 Comedy Improv  
1:30 Be Financially Wise!  
1:30 Healthy Cooking | 9:00 Total Fitness  
10:00 Mat Yoga  
10:00 Conv. English  
10:00 Beg. Italian  
11:00 Mat Pilates  
11:00 Spanish  
12:00 Bridge  
1:00 Bingo | 9:00 Yoga Fitness  
10:00 Tai Chi with Robin  
11:00 Zumba  
1:00 Cribbage  
1:00 Most Popular TED Talks | 9:00 Yoga Fitness  
10:00 Tai Chi with Robin  
11:00 Zumba  
1:00 Cribbage  
1:00 Current Events |
| 15     | CLOSED  | 16        | 17        | 18     |
| 15     | CLOSED  | 16        | 17        | 18     |
| 15     | CLOSED  | 16        | 17        | 18     |
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FREE Community Acupuncture Clinic for Seniors

Tuesday & Thursday Mornings | 9 am - Noon

Ken Edwards Center • 1527 4th Street, 2nd Floor • Santa Monica

For an appointment, please call: (310) 394-9871

A collaboration with Yo San University of Traditional Chinese Medicine

For Dial-A-Ride and Club 1527 Members (including WISE Connect). Reserve early, limited seating.

FRIDAY, FEBRUARY 19, 2016
Craft & Folk Art Museum  
& Fairfax Farmers Market  
LOS ANGELES
Reservations start Feb. 11
Cost: $5
Pick-up: 10 am Return: 3 pm  
(bring money for lunch)

FRIDAY, MARCH 4, 2016
Long Beach Museum of Art  
LONG BEACH
Reservations start Feb. 26
Cost: FREE
Pick-up: 10 am Return: 3 pm  
(bring money for lunch)

MONDAY, MARCH 28, 2016
AMOCA  
(American Museum of Ceramic Art)  
POMONA
Reservations start Mar. 21
Cost: $5
Pick-up: 9:30 am Return: 2:30 pm  
(bring money for lunch)
Travel Opportunities (310) 394-9871

Route 66…
the ‘Mother Road’

Featuring L.A. Arboretum &
Botanic Garden and Included
Lunch at North Woods Inn

Friday, Feb. 26, 2016

Take a journey down memory lane
along the “Mother Road,” Route 66.
See landmarks along Route 66 in
Glendora, Monrovia, Pasadena and
L.A., including historical buildings
and ‘mom and pop’ shops.

$99 per person
($95 for WISE Connect)

San Antonio Fiesta
(Featuring 4 Nights in San Antonio)
April 15, 2016 (5 days)

Tour Highlights:
• San Antonio Fiesta • The Alamo
• Riverwalk Cruise • LBJ Ranch
• San Antonio City Tour • San Jose
Mission • Hill Country
• Fredericksburg • El Mercado
Marketplace • 4 Nights at
One Hotel • Austin optional

Tour Rates
$1,550* per person double
($450 single supplement)
* with early booking discount

Great Canadian Cities
Featuring Montreal, Quebec City,
Ottawa, Toronto & Niagara Falls
June 8, 2016 (9 days)

Tour Highlights:
• Montreal City Tour • 1000 Islands Cruise
• Via Rail Train - Montreal to Quebec • Quebec City Tour
• Montmorency Falls • Ottawa City Tour • Notre Dame
Cathedral • Toronto City Tour • Niagara-on-the-Lake
• Niagara Falls City Tour & Boat Tour • Two Night Stays
in Niagara Falls, Quebec City & Montreal

Tour Rates
$2,895* per person double
($3,895 single)
* with early booking discount

The Bible &
The Biltmore

Passages Exhibit and lunch
at the iconic Biltmore Hotel

Saturday, Jan. 23, 2016

$89 per person
($87 for WISE Connect)

As Seen in
Sunset Magazine

Featuring “Little Saigon,” a
Buddhist temple and Bowers
Museum (lunch included)

Friday, March 18, 2016

$89 per person
($87 for WISE Connect)

Financial Legacy Series
These are the dates for the series:
Tuesday, February 23
Tuesday, March 1
Tuesday, March 8
Tuesday, March 15

The time for each course is 1:30 pm. Topics covered: legacy
beyond money, philanthropic
planning, connecting with
future generations, and socially
responsible investing. Sign up now!
(310) 394-9871 (fee for series)

$ Be Financially Wise! $
Tuesday, February 9 at 1:30 pm
Hear from, and ask, a panel of
financial and legal professionals
about what to know to
be money smart! You’ll
have an opportunity
to hear more about a
“Financial Legacy”
4-week series that starts
later in February.

$100 early
booking discount!
Reserve by Jan. 29 2016

Wise Adventures

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Wise Adventures
Exclusive Members-Only Events

WISE Connect Members Holiday Party

Our Thanksgiving Luncheon was a HIT!

“Afternoon of Games”
Wednesday, February 3 at 1 pm

FREE Annual Testing of Your Home Safety Detectors

As part of your WISE Connect membership, we will come to your home to test all of your smoke and carbon monoxide detectors, and change all of the batteries for you. We can also install any additional smoke and carbon monoxide detectors (free installation and battery). Member only pays, if needed, for the device(s) at cost. Please call (310) 829-5699 to reserve a date and time!

Thank you, Barbara and all of the volunteers, for a wonderful luncheon!

Club 1527’s WISE Connect • (310) 829-5699

Club 1527 Yoga Class holiday lunch

Members enjoyed the delicious food at Taste of Club 1527!
It’s “A Matter of Balance!”
Wednesday, February 3 at 1 pm
Did you know that 80% of falls are preventable? Are you concerned about falling, or know someone who might be? Join the innovative workshop that is sweeping the country! In 8 weeks, you will learn how to conquer the fear of falling and simple ways to prevent falls, while having fun! Expect to attend all 8 weekly sessions for best results! Sessions are 2-1/2 hours. Contact Miriam Caiden at (310) 394-9871, ext. 264 for more details!

Nina Kasuya in Concert
Wednesdays, January 13 & February 10 at 11 am

Basics of Astrology
Monday, February 8 at 1 pm
Sunny Jonynas will go over basic astrological signs and planets. Sunny is a member of the American Federation of Astrologers and the International Society of Astrological Research.

AARP Smart Driver Courses
Helping Older Seniors Improve Skills, Avoid Accidents and Traffic Violations

AARP Smart Driver Program

Either session costs $15 (AARP members), $20 (non-members)

- January 12: 9 am - 1:30 pm (Refresher only – Class is 4 hours)
- February 9 & 11: 9 am - 1:30 pm (Class is 2 days at 4 hours per day for NEW or renewing certificate)
- March 8: 9 am - 1:30 pm (Refresher only – Class is 4 hours)

To register, please call 394-9871, ext 455.
AARP members and non-members alike may take the course.

*Certificate allows discount on auto insurance.