Peer & Support Groups
- Individual $
- Bereavement $
- Loss (Culver City) $
- Men's Group $
- Women's Group $
- Caregiver $
- Collecting to Declutter $

Workshops & Trainings
- WISE Connections - Free computer classes
- Collecting to Declutter $

Counseling | By Appt.
Financial Counseling
AARP Tax Services (seasonal)
Medi-Care Counseling
DCRC Disability Services

For Members
Coffee, Tea & Bagels
Come and enjoy free Noah's Bagels. Cream cheese, coffee, and tea provided.
Wed, Oct 18, Nov 15, Dec 20 @ 9:30a
In Person in SM

Stick It To You (Acupuncture)
Get the healing benefits of eastern medicine.
Thursdays, By Appt. | In Person in SM

Call 310.394.9871 for info and schedule.

For full list, visit
MyActiveCenter.com

Need Help?
Call Us. We're Happy to Help.

310.394.9871
clubwise@wiseandhealthyaging.org
www.wiseandhealthyaging.org

Classes, Events & More
OCTOBER - DECEMBER 2023

1527 4th St, Santa Monica, CA 90401

Q2_Oct - Dec 2023_Rev 09.11.23
**Language**

**Spanish | Sonia**
Strengthen your Spanish with Everyday Spanish in a Nutshell, and Spanish Fun Through Plays. **Virtual $**
Wed., Nov 1 @ 2p, FREE Spanish Preview
Wed, Nov 8 - 29 @ 11:30a, Everyday In a Nutshell
Wed, Nov 8 - 29 @ 2p, Fun Through Plays

**Wellness**

**Looking Good - Feeling Good | Olga**
Learn easy and playful techniques to rejuvenate, treat, and take care of your skin, body, and mind.
Wed, Oct 11, Nov 15, & Dec 6 @ 10a | In Person in SM

**UCLA Health Lectures**
Health lectures given by UCLA doctors on a variety of topics.

**Colonoscopies & Seniors**
Tue, Oct 24 @ 1:30p | Virtual

**Discuss**

**Poetry Workshop | Deborah**
Read and discuss works by famous poets and use them to be inspired to write your own poems.
Tuesdays @ 10:30a | Virtual $

**Book Clubs**

**Wednesdays @ 1p | Virtual | Leslie**
- Oct 18 - Songbirds, Kristy Lefteri
- Nov 15 - Demon Copperhead, Barbara Kingslover
- Dec 20 - Marriage Portrait, Maggie O'Farrell

**Thursdays @ 10:30a | Virtual | Sandra & Pat**
- Oct 26 - Rogue Justice, Stacy Abrams
- Nov 30 - What the Fireflies Knew, Kai Harris
- Dec 28 - The Awkward Black Man, Walter Moseley

**Special Programs**

**Armchair Traveler | Dr. Caiden**
Take a virtual journey to explore geography, history, and culture of diverse destinations.
Tue, Nov 15 @ 5p, Celebrating Diwali in India
Wed, Dec 13 @ 5p, Holidays in Scandinavia

**A Matter of Balance | Dr. Caiden**
Award-winning, evidence-based 8-week series to manage falls and increase activity.
Mon, Oct 2 - Nov 20 @ 1p | In Person in SM $

**From the He(ART) Painting**
Have fun learning different painting techniques and create something special.
Wednesdays @ 11a | In Person in SM

**Understanding Real ID**
Learn about this new identification, effective dates, why you need it, and how to get one.
Fri, Oct 6 @ 10a | Virtual

**Travel Training Workshop | Stacy**
Learn about bus schedules, transit apps, safety tips, the TAP card program, bus fare and more.
Wed, Dec 6 @ 10a | In Person in SM

**Name That Tune! Music and Scam Trivia**
Guess music from the 50s, 60s, and 70s and increase awareness of common scams.
Tue, Nov 7 @ 1p | In Person in SM

**Play**

**Let’s Play Bridge (New Players) | Clem**
Tuesdays @ 12:30p | In Person in SM $

**Duplicate Bridge (Advanced Players) | Mary Sue**
Fridays @ 12:30p | In Person in SM $