



FEB 15 - 26, 2021

Upcoming Courses

You can still register for ongoing exercise and inspiration courses on myseniorcenter.com!

MONDAY, FEBRUARY 15 - CLOSED FOR PRESIDENT'S DAY HOLIDAY



TUESDAY, FEBRUARY 16

MyActiveCenter Real-Time Demonstration – 1 pm

WEDNESDAY, FEBRUARY 17

Telling the Story of Your Life – 10 am

Wednesday Book Club – 1 pm

MyActiveCenter Real-Time Demonstration – 3 pm

THURSDAY, FEBRUARY 18

Thursday Book Club – 10:30 am

Spanish for Everyday in a Nutshell (4-week course) – 4 pm

FRIDAY, FEBRUARY 19

What Matters to Me Discussion Group (Phone Only) – 10:30 am

Rosa Parks from a Cousin's Point of View – 1 pm

MONDAY, FEBRUARY 22

MyActiveCenter Real-Time Demonstration – 12:30 pm

UCLA Health Lecture: Your Eyes - A User's Manual – 1:30 pm

Your Brain On... Love! – 4:00 pm

TUESDAY, FEBRUARY 23

UCLA Health Lecture: Balance and Falls – 1:30 pm

THURSDAY, FEBRUARY 25

MyActiveCenter Real-Time Demonstration – 2 pm

FRIDAY, FEBRUARY 26

Breaking the Color Barrier: Black Firsts – 1 pm

Ongoing Weekly Course Schedule

There is still time to sign up for ongoing exercise and inspiration courses that run through April. Register for these courses on [MyActiveCenter.com](https://www.MyActiveCenter.com). If you need assistance, please call (310) 394-9871.

MONDAYS

08:15 – 08:50 am **INSPIRATION TO START YOUR DAY** with Candace
09:00 – 09:50 am **MOVE, STRETCH & TONE** with Evelyn
10:00 – 10:50 am **MAT PILATES** with MarySue
11:00 – 12:30 pm **QIGONG & HARMONY TAI CHI**

TUESDAYS

09:00 – 09:50 am **TOTAL FITNESS** with Shifra
10:00 – 10:50 am **MAT YOGA** with Shifra
10:00 – 11:15 am **FOUNDATIONAL TAI CHI** with Christine
11:00 – 11:50 am **PHYSICAL FITNESS: CHAIR EXERCISE** with Antonia

WEDNESDAYS

08:15 – 08:50 am **INSPIRATION TO START YOUR DAY** with Candace
09:00 – 09:50 am **YOGA GENTLY** with Sonya
09:00 – 09:50 am **LATIN DANCE EXERCISE** with Evelyn

THURSDAYS

09:00 – 10:00 am **TOTAL FITNESS** with Shifra
10:00 – 10:50 am **MAT YOGA** with Shifra
11:00 – 11:50 am **MAT PILATES** with Marilyn
12:00 – 12:50 pm **SIT-DOWN AEROBICS** with Antonia
01:00 - 01:50 pm **HEALING SOUND MEDITATION & BREATH WORK** with Berenice

FRIDAYS

08:15 – 08:50 am **INSPIRATION TO START YOUR DAY** with Candace
09:00 – 09:50 am **MOVE, STRETCH & TONE** with Evelyn
10:00 – 10:50 am **MAT PILATES** with MarySue
11:00 – 12:30 pm **QIGONG & HARMONY TAI CHI**
11:00 – 11:50 am **MOVE MORE: CHAIR EXERCISE** with Antonia

SATURDAYS

09:15 – 10:00 am **INSPIRATION TO JUMP START YOUR WEEKEND** with Carol

To sign up for courses, click on "Register" right off the emails you receive. You can also call us at (310) 394-9871 for assistance. Starting February 1, you will receive a reminder email 2 hours before your course begins. Also, you will be able to enter your courses on Zoom through your MyActiveCenter account. If you have yet to log into your account and need help, please give us a call.

“Special Topic” Racial Justice Discussion Reading Group

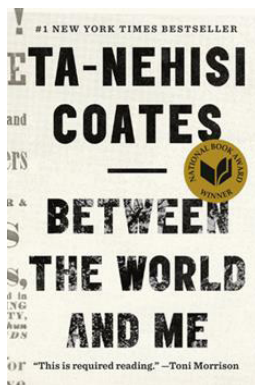
In our continued effort to better understand the importance of racial justice, we started a discussion reading group. Each group discussion session, led by a Club WISE member, will include video segments of interviews with the authors. Below are the books we will be reading and discussing during the trimester. Sign up for the next conversation!

Between the World and Me by Ta-Nehisi Coates

Monday, March 8, 2021 | 4:30 pm

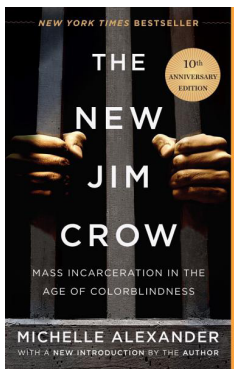
A letter written in three parts. Coates writes directly to his son Samori. Coates is 40 years old, and Samori is 15. The text traces Coates’ thoughts and feelings throughout his life so far, sometimes interrupted with anecdotes out of chronological order.

Facilitator: Grace Cheng Braun | **Fee:** \$5
(a program for members only)



The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

Monday, April 12, 2021 | 4:30 pm



A stunning account of the rebirth of a caste-like system in the U.S, one that has resulted in millions of African Americans locked behind bars and then relegated to a permanent second-class status—denied the very rights supposedly won in the Civil Rights Movement.

Facilitator: Teresa Riddle | **Fee:** \$5
(a program for members only)

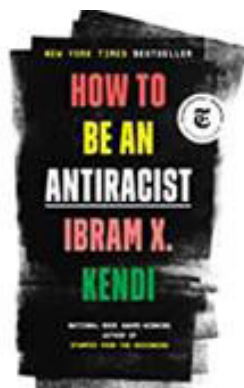
How to be an Antiracist by Ibram X. Kendi

Monday, May 10, 2021 | 4:30 pm

American author and historian, founding director of the Antiracist Research and Policy Center at American University)

The author rattles conventional wisdom. He asserts that a person doesn’t decide only once to be an antiracist. Instead, it’s a decision that circumstances, including one’s own character, will demand of a person repeatedly.

Facilitator: Leslie Nordby | **Fee:** \$5
(a program for members only)



my active center Real-Time Demonstrations

Attend a real-time live demonstration and learn to:

- Find courses and register for them
- Pay for courses in your cart
- View your personal MyActiveCenter Calendar
- Join your courses on Zoom

Tuesday, February 16 | 1:00 pm
Wednesday, February 17 | 3:00 pm
Monday, February 22 | 12:30 pm
Thursday, February 25 | 2:00

No Fee

Telling the Story of Your Life Wednesdays, Feb. 17 - Apr. 21 10:00 am (10 sessions)



Micki Carroll teaches a guided autobiography group! Engage your creativity, exercise your memory and explore the major themes of your life in a way that lets you organize and write your story while sharing with others in the group who are on the same journey. We will use a systematic method of priming memories including the history of family and one’s life work, the role of money, health and the body, and ideas about death.

Presenter: Micki Carroll | **Fee:** \$25
(a program for members)



Spanish for Everyday in a Nutshell
Thursdays, Feb. 18 - Mar. 11 | 4 pm

Communicate in Spanish in no time! Make an instant connection with a Spanish speaking person, using Sonia’s formulas. Practice your areas of difficulty immediately and have fun doing it!

Sonia Glasner was born in Santiago de Chile, South America and graduated “Cum Laude” from the University of Chile. She taught Spanish for L.A. Unified and Beverly Hills Adult Schools for many years. Sonia created and developed her own teaching method that allows students to learn Spanish with ease and effectively, “in a nutshell!”



Instructor: Sonia Glasner | **Fee:** \$40
(a program for members only)

Your Brain On... Love!
Monday, February 22 | 4:00 pm



It’s February, and love is in the air – and on our minds! In this hour, we explore the ways love affects the chemicals in our brains. Using a TED talk as our starting point, we will discuss the importance of social connections and challenge our brains with a brain game or two.

Presenter: Miriam Caiden, PhD, MSG | **Fee:** \$5
(a program for members only)



Rosa Parks from a Cousin’s Point of View
Friday, February 19 | 1:00 pm



Rose Hampton (Rosa Parks’ cousin) shares a “picture book” presentation about Rosa Louise McCauley Parks, Mother of the Civil Rights Movement from a very personal point of view. This loving, lively and informative presentation leaves us with a little bit of US history

from the Civil Rights Movement, a little bit of family history and an inside peak at the life of a treasured icon from a family point of view.

Presenter: Rose Hampton | **Fee:** \$5

Breaking the Color Barrier: Black Firsts
Friday, February 26 | 1:00 pm

Every year, African Americans continue to achieve “firsts.” These milestones in various fields have often led to wide spread cultural change. At this event, we will highlight Black “firsts” such as Vice President Kamala Harris, Olympian Simone Ashley Manuel, Senator Raphael Warnock, and many many more.



Were you the first African American to achieve something special? Let Danielle know so we can spotlight your accomplishment. Call her at (310) 394-9871 ext. 463.

Presenter: Danielle Brinney | **Fee:** \$5

