



WISE & HEALTHY AGING

Club WISE

An Oasis National Network Partner

## FEB 22 - MAR 6, 2021 *Upcoming Courses*

**You can still register for ongoing exercise and inspiration courses on [myseniorcenter.com](https://myseniorcenter.com)!**

### **MONDAY, FEBRUARY 22**

Psychology of Aging – 10 am

MyActiveCenter Real-Time Demonstration – 12:30 pm

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

Your Brain On... Love! – 4 pm

### **TUESDAY, FEBRUARY 23**

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

### **WEDNESDAY, FEBRUARY 24**

Time Machines, Portals, Knocked-Out Heroes, Dreams, Potions, and More – 10 am

Tuberculosis: A Colorful History of the Plague – 10 am

Dutch Still Life and Landscapes – 1 pm

### **THURSDAY, FEBRUARY 25**

MyActiveCenter Real-Time Demonstration – 2 pm

### **FRIDAY, FEBRUARY 26**

Breaking the Color Barrier: Black Firsts – 1 pm

### **TUESDAY, MARCH 2**

Let's Cook with David: Cubed Tofu & Ground Pork – 1 pm

MyActiveCenter Real-Time Demonstration – 3 pm

### **THURSDAY, MARCH 4**

The Case for Atheism: An Analysis – 1 pm

Joy of Harmony: Irish Melodies – 3 pm

### **FRIDAY, MARCH 5**

Should Politics Be Morally Neutral? – 11 am

Womens History Month Celebration - Hidden Suffragists – 1 pm

Ted Talks with Barbara and Alan: Self Love – 3:30 pm

### **SATURDAY, MARCH 6**

Museum Masterpieces: The Louvre – 10:15 am

Wonders of the National Parks - Tour 1 – 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.

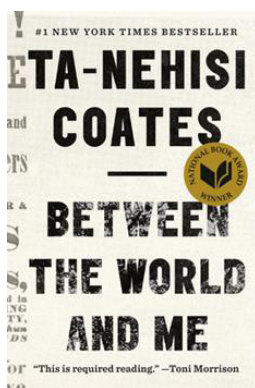
## “Special Topic” Racial Justice Discussion Reading Group

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**

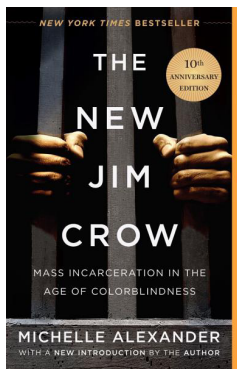
A letter written in three parts. Coates writes directly to his son Samori. Coates is 40 years old, and Samori is 15. The text traces Coates' thoughts and feelings throughout his life so far, sometimes interrupted with anecdotes out of chronological order.



**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)

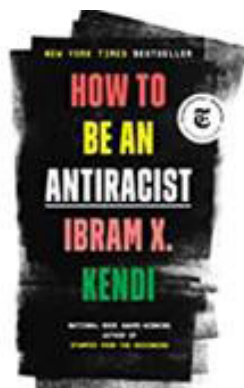
### How to be an Antiracist by Ibram X. Kendi

**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

**Monday, February 22 | 12:30 pm**  
**Thursday, February 25 | 2:00 pm**  
**Tuesday, March 2 | 3:00 pm**

**No Fee**

## Did You Know There's A “Bell” Feature and Reminder Emails?



The MyActiveCenter system has two special features:

[Join Room](#)

[Click to Join](#)

**Bell Feature:** You can access your class directly after signing in to your MyActiveCenter account. Click the bell icon

at the start time of your class and you will see a listing of your classes and a “Join Room” button. Click on it to go to class.\*

**Email Reminders** are sent out 2 hours before the start of a class that you've signed up for. These reminders come from Club WISE (not from Heidi Yates). Simply click the “Click to Join” button to go to class without having to go into your MyActiveCenter account.

If you are not seeing your classes listed under the bell feature or you are not receiving the email reminders from Club WISE, please let us know right away, and we'll get them working for you. Call (310) 394-9871

**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)



**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  
(a program for members only)



[oasiseverywhere.org](http://oasiseverywhere.org)

**A Women's History Month Program –**

**Hidden Suffragists!**  
**Friday, March 5 | 1:00 pm**

Most Americans have heard of the white American suffragists. And we're guessing you may not know whose shoulders they stood on. Attend this presentation and learn what most Americans don't know about the remarkable “hidden figures” who made winning the vote possible for ALL American women. Ellen Snortland, a non-practicing lawyer, is a weekly columnist and a writing coach for first-time authors. Her acclaimed non-fiction book, *Beauty Bites Beast* is in its 3rd edition. Ellen is also a proud board member of the National Women's History Alliance, a non-profit with the mission of writing women back into history. A Women's History Month event.

**Presenter:** Ellen Snortland | **Fee:** \$5  
(a program for members only)

