

Wise Years – Winter 2017 Schedule

	Thursday, January 12	Thursday, February 9	Thursday, March 9
9:30 a.m.	Check-in, coffee	Check-in, coffee	Check-in, coffee
10 a.m.	<p>Defining Their Identity: The Changing Roles of Women in the Post-War Era</p> <p>The San Fernando Valley has come to exemplify post-War suburban growth. The Valley Times newspaper documented this expansion and the dynamic women who in addition to being homemakers, pursued advanced degrees, became professionals, held office, excelled in sports, fought for equal rights, and became civically involved. Christina Rice, Senior Librarian of the Los Angeles Public Library Photo Collection will explore the changing roles of women through the lens of the library's image archive.</p>	<p>Senior Cyber Safety</p> <p>Have you gotten an email from a stranded friend asking for money? We all need to be aware of scams aimed at seniors. Our presenter, Susan Strick is the elder abuse and dependent-adult prosecutor who works on policy and outreach for the Los Angeles City Attorney. She'll discuss issues concerning the vulnerability of seniors in a cyber world. The presentation is for those who use the internet and computers as well as smart phones and tablets. Tools for safeguarding assets and advanced estate planning will be discussed.</p>	<p>"How Low Can They Go? Three Legendary Opera Basses"</p> <p>Wise Temple member, Charles Stern is a confessed opera fanatic and a member of the Board of Directors of the Opera League of Los Angeles, the support group for LA Opera. From his presentation, you will learn about the lives and hear the voices of three remarkable basses from the Golden Age of Opera. In his previous presentation to Wise Years, Charles introduced us to three great but forgotten Jewish opera voices from the past.</p>
11 a.m.	<p>How to Get the Best Night's Sleep Based on Brain Science</p> <p>Having trouble falling asleep or are you waking up feeling exhausted? Scientist, health and wellness speaker, Dr. Marc Milstein will share proven and simple science-based tips to maximize health and productivity by getting the best night's sleep. Learn how to fall asleep faster and stay asleep based on how your brain works; how to get over jet lag; the reality and myths about sleep medications; and tips that can be used immediately to maximize your sleep. Wake up! You won't want to miss a word!</p>	<p>The Enduring Legacy of "Fiddler on the Roof"</p> <p>Rarely offstage since its 1964 Broadway debut, <i>Fiddler on the Roof</i> is a favorite of audiences from Japan to Argentina. Barbara Isenberg, award-winning journalist and author of <i>Tradition!: The Highly Improbable, Ultimately Triumphant Broadway-to-Hollywood Story of Fiddler on the Roof, The World's Most Beloved Musical</i>, explores how Sholem Aleichem's 19th century Yiddish stories were re-imagined, set to music and popularized onstage and onscreen worldwide. Isenberg will discuss why "Fiddler" still has such power and meaning today.</p>	<p>Drive Smart</p> <p>The California Highway Patrol's mission is to provide the highest level of safety, service, and security to the people of California. Addressing older driver safety/mobility is a high priority for the CHP. Over the past six years, the Department has emphasized roadway safety and the mobility of California's seniors. The program's mission is to reduce motor vehicle collisions and pedestrian deaths and injuries experienced by older Californians and to increase seniors' alternate transportation options when driving is no longer possible. CHP Officer Juan Galvan will share important driving advice with us.</p>
noon	Lunch	Lunch	Lunch
1 p.m. – 2:30 p.m.	<p>Choose 1 activity:</p> <p>Movie: Remember (2015) 95 minutes, drama</p> <p>Game Room: Bridge or Mah Jongg</p>	<p>Choose 1 activity:</p> <p>Movie: Brooklyn (2016) 105 minutes, drama</p> <p>Game Room: Bridge or Mah Jongg</p>	<p>Choose 1 activity:</p> <p>Movie: Above and Beyond (2015) 85 minutes, documentary</p> <p>Game Room: Bridge or Mah Jongg</p>

Wise Years Order Form

Join the adventure and pay online at www.WiseLA.org/WiseYears or mail this form **1 week in advance of meeting** with payment to:
 Stephen Wise Temple **WISE YEARS**
 15500 Stephen Wise Drive
 Los Angeles, CA 90077

Name(s) _____

Address _____

Phone _____

Email _____

ANNUAL WISE YEARS DUES

Wise Temple members \$18 x ____ = ____

Wise Temple non-members \$36 x ____ = ____

BUFFET LUNCH - \$8 each

Jan. 12 – Chinese Buffet _____

Feb. 9 – Mexican Buffet _____

Mar. 9 – American Buffet _____

Total \$ _____

Please complete reverse.