THE NOHO SENIOR ARTS COLONY CHIT CHAT

ISSUE 1 FEBRUARY MMXII



Welcome to the NoHo Senior Arts Colony first monthly newsletter. It will keep you up to date with all that has happened, and all that is going to be happening at this vibrant community that you call home. ALL NoHoSAC residents are invited to contribute to this newsletter. So if you have jokes, pics, thoughts and ideas you want to share with fellow residents, send them to Amanda via email: at.engage@gmail.com

The last date for submissions to be included in the newsletter is the 2oth of each month

January Meet & Greet

On Thursday January 17th, some residents from Burbank Senior Arts Colony came over to the NoHo Senior Arts Colony. The evening started off quiet but soon livened up when Ludmilla from BSAC decided to play the piano. Soon other NoHo residents joined in. Mikhail from NoHo played a number of Russian Classics and was accompanied by singers Galina from NoHo and Ludmilla and Lilia from BSAC. Engage passed out some questionnaires asking residents what their interest are and what classes, workshops and social activities would they like to see come to NoHoSAC. Unfortunately the flu season is well and truly upon us, so some residents could not attend the evening. Everybody enjoyed sharing their ideas and influencing the future programs that will come to NoHoSAC.

If you would like to help Engage understand your likes and ideas, contact your Engage Programs Manager Amanda, for a survey form.



Musicians: Mikhail, Ludmilla, Galina and Lilia



Balinese Shadow Puppet Theatre

FREE ~ The Road Theatre @ NoHoSAC

Saturday Feb 2nd 2013 at 2pm

Join puppeteer MaRia as she demonstrates this classical art form. MaRia has performed all over the world. There will be a weekly class in the NoHoSAC Art Studio with MaRia were you will create your own story and then make your own Balinese puppet to help tell your tale on the Saturdays following this show. The show and workshops are free to NoHoSAC residents family and friends. It is sponsored by **DCA** - Department of Cultural Affairs, City of Los Angeles and Engage.

Coming in February 2013

Weekly ZUMBA
Workout
Community Room at 11am
Tue. Feb 5th
Join Certified Zumba teacher Marta Takano every Tuesday for a fun way to get fit. Marta's routines are suitable for people of all levels whether you are new to Zumba or an expert.

REMEMBER
A full schedule of events is listed on the monthly calendar.

Meet & Greet with THE ROAD Theatre Company
Community Room at 6pm
Wed. February 6th
You are invited to join the members of The Road Theatre Company at this informal Meet & Greet. Hear all about their upcoming season, what benefits you can expect to receive and what exciting theatre workshops they are bringing to NoHoSAC..



Weekly Gentle Yoga
in GYM @ 11am
Thurs. Feb.14th
Weekly Mindful Meditation
in Library @ 7pm
Tues. Feb19th
Reap the benefits from Yoga and Meditation. Dove Rose has 27 years of experience working with people of all ages. Her workshops are a blend of healing and nurturing movements that heal and soothe the mind & body.

Weekly Anti-Aging Exercise
in GYM @ 11am
Wed. Feb. 20th
Heather Binns, CPT has created a personal fitness program for the NoHoSAC gym. Whether you want to get fit or maintain your fitness level, Heathers personal approach & strong desire to help others get in shape will soon have you reaching YOUR fitness goals. Heather was voted Top 5 Personal Trainers in LA County 2012.

Save the Dates & Times.....

Thursday Feb 7th at 5pm ~ INAUGURAL ART SHOW OPENING featuring LA artists - Invite friends and family to the OPENING of the first of many art shows at NoHoSAC.

Monday Feb 11th at 9am ~ LET'S WALK - Every **Monday** and **Thursday** mornings, join Doug Wiskow for a half an hour stretching, limbering and walking class. Great way to start your day.

Tuesday Feb 12th at 7pm ~ CANDLE LIGHT CAFE - You are invited to enjoy an evening of international music performed by singer **Lilia.**

Thursday Feb 21st at 7pm ~ POT LUCK Meet & Greet - This months meet & greet is going to be special. Come and share your favorite food with your friends and neighbors at NoHoSAC

Thursday Feb 28th at 1am ~ NoHo Senior Arts Colony GRAND OPENING - Celebrate the official opening of NoHoSAC.

Coming soon to NoHoSAC

Weekly

Wednesday Documentary Nights

Friday Movie Night

Saturday Movie Night

Monthly

Candle Light Cafe - performers and dates TBA each month

The Business of Art - industry pros talk about how to market your skills

Engage Meet & Greet

Artist Salons - Artist discuss their work & brainstorm with others of different disciplines.

Engage Office Hours: Monday, Tuesday & Thursday from **10am to 2pm - office no. 818 623 8005**