engage presents

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 10am - Lets walk (C) 11am - movement class (G) - ***NEW - Given by The Road actor - Melissa Kite***	2 2pm - The Art of Seeing - Art Class (AS) - Seeing, designing, drawing, creating. 7pm Mindful Meditation (L) Unwind, relax & clear the inner chaos.	3 11am -Anti Aging Exercise (G) 2pm - Creative Writing w/shop (L) - ***NEW - Diana Rosen hosts this FREEWRITE class based on the seminal book, "Writing Down the Bones" by Natalie Goldberg*** 7pm Movie Nite (L)	4 10am - Lets walk (C) 11am - Gentle Yoga (G) Benefits include better posture, flexibility & greater stamina. 1pm ComputerClass (DL)	5 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 6.30pm What's on in NoHo (C) -	6 8am - Experience Talk Radio KPFK 90.7 & 98.7 FM 2pm - Balinese Puppet Making workshop - (AS) 4pm - Screen Writing Class (L) 7pm MOVIE NITE (L) -	7 7pm Movie Night (L)
8 10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. 11am - movement class (G)	9 11am - ZUMBA (C) 2pm - The Art of Seeing - Art Class (AS) - Seeing, designing, drawing, creating. 7pm Mindful Meditation (L) Unwind, relax & clear the inner	10 11am -Anti Aging Exercise (G) 2pm - Creative Writing w/shop (L) 7pm The Business of Art Series (L) -	11 10am - Lets walk (C) 11am - Gentle Yoga (G) Benefits include better posture, flexibility & greater stamina. 1pm ComputerClass (DL) 7pm - Drum Circle (C) Jam with legendary Jazz	12 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 6.30pm What's on in NoHo (C) -	13 8am - Experience Talk Radio KPFK 90.7 & 98.7 FM 2pm - Balinese Puppet Making workshop - (AS) 4pm - Screen Writing Class (L) 7pm MOVIE NITE (L) -	14 7pm Movie Night (L)
15 10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. 11am - movement class (G)	16 11am - ZUMBA (C) 2pm - The Art of Seeing - Art Class (AS) 7pm Mindful Meditation (L) Unwind, relax & clear the inner chaos.	17 11am -Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. 2pm - Creative Writing w/shop (L) 7pm Movie Nite (L)	18 10am - Lets walk (C) 11am - Gentle Yoga (G) Benefits include better posture, flexibility & greater stamina. 1pm ComputerClass (DL)	19 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 6.30pm What's on in NoHo (C) -	20 8am - Experience Talk Radio KPFK 90.7 & 98.7 FM 2pm - Balinese Puppet PERFORMANCE & RECEPTION (L) 7pm MOVIE NITE (L) -	21 7pm Movie Night (L)
22 10am - Lets walk (C) 11am - movement class (G) 8pm The Road's Play Reading Series and Class -***NEW*** ***Every week review a new play, see it read by professional actors then critique.***	23 11am - ZUMBA (C) 2pm - The Art of Seeing - Art Class (AS) - Seeing, designing, drawing, creating. 7pm Mindful Meditation (L) Unwind, relax & clear the inner chaos.	24 11am -Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. 2pm - Creative Writing w/shop (L) 7pm Movie Nite (L)	25 10am - Lets walk (C) 11am - Gentle Yoga (G) Benefits include better posture, flexibility & greater stamina. 1pm Computer Class (DL) 7pm HARAMBEE - an evening of African Dance & Food (POTLUCK)	26 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 6.30pm What's on in NoHo (C)	27 8am - Experience Talk Radio KPFK 90.7 & 98.7 FM 4pm - Screen Writing Class (L) 7pm MOVIE NITE (L)	28 7pm Movie Night (L)
29 10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. 11am - movement class (G) 8pm The Road's Play Reading Series and Class	30 11am - ZUMBA (C) 2pm - The Art of Seeing - Art Class (AS) - Seeing, designing, drawing, creating. 7pm Mindful Meditation (L) Unwind, relax & clear the inner chaos.	**APRIL** 2013	**NoHo** senior arts colony	**PROGRAMS MANAGER** Amanda Talbot at.engage@gmail.com 818 623 8005	**LEGEND** **C** = Community Room — **2nd fl** **L** = Library — **2nd fl** **P** = Pool — **2nd fl** **G** = Gym — **basement** **T** = The Road Theatre — **1st fl** **AS** = Art Studio — **1st fl** **TL** = Theatre Lobby — **1st fl** **DL** = Digital Lab — **basement**	

EngAGE **Office Hours** - **Monday &Tuesday** 10am till noon. **Thursday** noon till 2pm