JULY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **10am** - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. **NOON** - **Aqua Zumba** (P) **2pm - NEW - Be Computer Savvy 101 - workshop (DL)**	4 **11am** - ZUMBA (TL) **2pm** - **PORTRAITURE** (AS) **7pm** - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	3 **11am** - Anti Aging Exercise (G) **NOON - Extra summer class** Aqua Zumba (P) **2pm - *NEW CLASS* - Monologue Writing w/ shop (L)** **7pm -** Movie Nite (TL)	**4** **Happy 4th July**	5 **11am** - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. **4pm - *NEW CLASS* - Renitence Bands Class** - Core strengthening **7pm NEW TIME- ZUMBA (AS)**	6 **8am** Experience Talk Radio KPFK 90.7 & 98.7FM **11am - NEW - Collage Creativity - (AS)** **3pm** Screen Writing Class (L) **7pm** Movie Night (TL)
7 **7pm** Movie Nite - (TL)	3 **10am** - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. **NOON - NEW Aqua Zumba** (P) **2pm -** Be Computer Savvy 101 - workshop (DL)	9 **11am** - ZUMBA (TL) **1pm -*NEW* Twice a Month Fundamentals in Drawing (AS)** **2pm - PORTRAITURE** (AS) **6pm -8pm - EXHIBITION OPENING RECEPTION**	**10** **11am -** Anti Aging Exercise (G) **NOON - Extra summer class** Aqua Zumba (P) **2pm -** Monologue Writing w/ shop (L) **7pm -** Movie Nite (TL)	11 **10am** - Lets walk (TL) **11am** - Gentle Yoga (G) **1pm NEW- Let's make a Movie** (DL) **7pm - Drum Circle** (TL) Jam with legendary Jazz Drummer ***Clarence Johnston***.Release your beats.	12 **11am** - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. **4pm** Renitence Bands Class Core strengthening **7pm- ZUMBA (AS)**	13 **8am** Experience Talk Radio KPFK 90.7 & 98.7FM **11am -** Collage Creativity - (AS) **3pm** Screen Writing Class (L) **7pm** Movie Night (TL)
14 **7pm** Movie Nite - (TL)	15 **10am** - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. **NOON - Aqua Zumba (P)** **2pm -** Be Computer Savvy 101 - workshop (DL)	16 **11am** - ZUMBA (TL) **2pm** - ART CLASS **PORTRAITURE** (AS) **7pm** - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	17 **11am** - Anti Aging Exercise (G) **NOON - Extra summer class** Aqua Zumba (P) **2pm -** Monologue Writing w/ shop (L) **7pm -** Movie Nite (TL)	18 **10am** - Lets walk (TL) **11am** - Gentle Yoga (G) Benefits include better posture, flexibility & greater stamina. **1pm -** Let's make a Movie (DL)	19 **11am** - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. **4pm** Renitence Bands Class Core strengthening **7pm- ZUMBA (AS)**	20 **8am** Experience Talk Radio KPFK 90.7 & 98.7FM **11am -** Collage Creativity - (AS) **3pm** Screen Writing Class (L) **7pm** Movie Night (TL)
21 **7pm** Movie Nite - (TL)	22 **10am** - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. **NOON - Aqua Zumba (P)** **2pm -** Be Computer Savvy 101 - workshop (DL)	23 **11am** - ZUMBA (TL) **1pm -Twice a Month Fundamentals in Drawing (AS)** **2pm** - ART CLASS **PORTRAITURE** (AS) **7pm** - Mindful Meditation (L)	24 **11am** - Anti Aging Exercise (G) **NOON - Extra summer class** Aqua Zumba (P) **2pm -** Monologue Writing w/ shop (L) **7pm -** Movie Nite (TL)	25 **10am** - Lets walk (TL) **11am** - Gentle Yoga (G) **1pm -** Let's make a Movie (DL) **7pm - CHRISTMAS in JULY** **Pot Luck** - with live music	26 **11am** Poetry Class (L) Express your feelings and ideas through the medium of Poetry. **4pm** Renitence Bands Class Core strengthening **7pm- ZUMBA (AS)**	27 **8am** Experience Talk Radio KPFK 90.7 & 98.7FM **11am -** Collage Creativity - (AS) **3pm** Screen Writing Class (L) **7pm** Movie Night (TL)
28 **7pm** Movie Nite - (TL)	29 **10am** - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. **NOON - Aqua Zumba** (P) **2pm -** Be Computer Savvy 101 - workshop (DL)	30 **11am** - ZUMBA (TL) **2pm** - ART CLASS **PORTRAITURE** (AS) **7pm** - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	31 **11am** - Anti Aging Exercise (G) **NOON - Extra summer class** Aqua Zumba (P) **2pm -** Monologue Writing w/ shop (L) **7pm -** Movie Nite (TL)	NoHo senior arts colony	engage ARTS PROGRAMS MANAGER Amanda Talbot at.engage@gmail.com 818 623 8005	**LEGEND** **P = Lounge PATIO** — **2nd fl** **TL = The Lounge** — **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**

Eng*AGE* Office Hours - Monday, Tuesday and Thursday 1pm - 2pm *(July only)*