SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2 0 1 3	• Notio senior arts colony	ARTS PROGRAMS MANAGER Amanda Talbot <u>at.engage@gmail.com</u> 818 623 8005	LEGEND $P = Lounge PATIO$ $TL = The Lounge$ $L = Library$ $P = Pool$ $G = Gym$ $T = The Theatre$ $AS = Art Studio$ $TL = Theatre Lobby$ $DL = Digital Lab$	10am - Lets walk (TL) 11am - Gentle Stretch (G) 1pm ComputerClass (DL) 6pm - Lets walk (TL)	(AS)- with Alle McKay 11am - Poetry Class (L)	3 8am Experience Talk Radio KPFK 90.7 & 98.7FM 11am Collage Creativity - (AS) 3pm Screen Writing Class (L) 7pm Movie Night (TL)
4 7pm Movie Nite - (TL)	5 10am - Lets walk (TL) NOON - NEW Aqua Zumba (P) 3pm NEW - Acting workshop (L)	6 2pm - ART CLASS PORTRAITURE (AS) 4pm - NEW - Card Playing Games (L) 7pm - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	7 11am - Anti Aging Exercise (G) Get fit with a personalized	8 10am - Lets walk (TL) 11am - Gentle Stretch (G) 1pm ComputerClass (DL) 3pm NEW Book Club (L) 7pm - Drum Circle (TL) Jam with legendary Jazz Drummer <i>Clarence</i> <i>Johnston</i> .	Express your feelings and ideas through the medium of Poetry. 4pm Renitence Bands Class - Core strengthening	10 8am Experience Talk Radio KPFK 90.7 & 98.7FM 11am Collage Creativity - (AS) 3pm Screen Writing Class (L) 7pm Movie Night (TL)
11 7pm Movie Nite - (TL)	12 10am - Lets walk (TL) NOON - Aqua Zumba (P) 3pm Acting workshop (L)	13 1pm -Fundamentals in Drawing (AS) 2pm - ART CLASS PORTRAITURE (AS) 4pm - Card Playing Games (L) 7pm - Mindful Meditation (L) Unwind, relax & clear the inner chaos	14 11am - Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. 2pm - Monologue Writing w/ shop (L) 7pm - Movie Nite (TL)	 15 10am - Lets walk (TL) 11am - Gentle Stretch (G) Benefits include better posture, flexibility & greater stamina. 1pm ComputerClass (DL) 	 4pm Renitence Bands Class - Core strengthening 7pm - Game Night (TL) 	17 8am Experience Talk Radio KPFK 90.7 & 98.7FM 11am - Jazz Brunch (тL) 3pm Screen Writing Class (L) 7pm Movie Night (TL)
18 7pm Movie Nite - (TL)	19 10am - Lets walk (TL) Limber-up, stretch out then walk the neighborhood, get fi with friends and neighbors. NOON - Aqua Zumba (P) 3pm Acting workshop (L) 8pm Candle Light Cafe - Classical Concert (TL)	4pm - Card Playing Games (L) 7pm - Mindful Meditation (L)	 21 11am - Anti Aging Exercise (G) 2pm - Monologue Writing w/ shop (L) 7pm - Movie Nite (TL) 	22 10am - Lets walk (TL) 11am - Gentle Yoga (G) 1pm - ComputerClass (DL) 7pm - Drum Circle (TL) Jam with legendary Jazz Drummer <i>Clarence</i> <i>Johnston</i> .	 1pm - Bagels & Jazz - EngAGE <i>Meet & Greet</i> with Live music by the <i>Clarence</i> <i>Johnston Band.</i> 4pm Renitence Bands Class - 	24 8am Experience Talk Radio KPFK 90.7 & 98.7FM 11am Collage Creativity - (AS) 3pm Screen Writing Class (L) 7pm Movie Night (TL)
25 7pm Movie Nite - (TL)	26 10am - Lets walk (TL) Limber-up, stretch out then	 27 1pm -Fundamentals in Drawing (AS) 4pm - Card Playing Games (L) 2pm - ART CLASS PORTRAITURE (AS) 7pm - Mindful Meditation (L) Unwind, relax & clear the inner chaos. 	 28 11am - Anti Aging Exercise (G) 2pm - Monologue Writing w/ shop (L) 3pm - Exclusive Chef Cookery Demo 7pm - Movie Nite (TL) 	29 10am - Lets walk (TL) 11am - Gentle Yoga (G) 1pm - ComputerClass (DL) 7pm - Pot Luck Karaoke Disco Fever	Express your feelings and ideas through the medium of Poetry. 4pm Renitence Bands Class - Core strengthening	31 8am Experience Talk Radio KPFK 90.7 & 98.7FM 11am Collage Creativity - (AS) 3pm Screen Writing Class (L) 7pm Movie Night (TL)

Eng**AGE Office Hours - Monday, Tuesday and Thursday 11am - 1pm**