



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>November</div> <div>2013</div>		<b>ARTS PROGRAMS MANAGER</b> Amanda Talbot <a href="mailto:at.engage@gmail.com">at.engage@gmail.com</a> 818 623 8005 	<div>NoHo</div> <div>senior arts colony</div>	<b>LEGEND</b> <div> <div>TL = The Lounge</div> <div>2nd fl</div> <div>L = Library</div> <div>2nd fl</div> <div>P = Pool</div> <div>2nd fl</div> <div>G = Gym</div> <div>basement</div> <div>T = The Road Theatre</div> <div>1st fl</div> <div>AS = Art Studio</div> <div>1st fl</div> <div>TG = The Gallery</div> <div>1st fl</div> <div>DL = Digital Lab</div> <div>basement</div> </div>	<b>1</b> <b>11am</b> Poetry Class (L) Express your feelings and ideas through the medium of Poetry. <b>1pm</b> - Resistance Bands Class - Core Strength Training (TL) <b>7pm</b> - Play Games & Chit Chat (TL)	<b>2</b> <b>8am</b> - Experience Talk Radio tune into KPFK 90.7 & 98.7FM  <b>11am</b> - Collage Creativity (AS)  <b>3pm</b> - Screen Writing Class (L) <b>7pm</b> Movie Night (L)
<b>3</b>  <b>2am ~ DAY LIGHT SAVINGS TIME ENDS</b>  <b>7pm</b> Movie Nite - (TL)	<b>4</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge <b>NOON - NEW - Easy Tone - fitness class (TL)</b> <b>3pm</b> - Acting Exercises for EVERYONE (AS) <b>8pm</b> - The Word (T) OFF SITE TONIGHT @ 5108 LANKERSHIM BLVD. NoHo 91601	<b>5</b> <b>11am</b> - Anti-Aging Exercise (G) <b>2pm</b> - The Art of Seeing - Art Class (AS) <b>4pm</b> - Ann's Card Table (L) Card Games <b>7pm</b> - Mindful Meditation (L) <b>8.30pm</b> - Let's Talk About It (L)	<b>6</b>  <b>NOON - NEW - Easy Tone - fitness class (TL)</b>  <b>2pm</b> - <b>PERFORMER</b> - Sharon Ridley - Singer Songwriter (TL) <b>7pm</b> - Movie Nite (L)	<b>7</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge <b>11.30am</b> - Gentle Stretch (G) Benefits include better posture, flexibility & greater stamina  <b>1pm</b> - Partner Loss Support Group	<b>8</b> <b>11am</b> Poetry Class (L) Express your feelings and ideas through the medium of Poetry. <b>1pm</b> - Resistance Bands Class - Core Strength Training (TL) <b>7pm</b> - Play Games & Chit Chat (TL)	<b>9</b> <b>8am</b> - Experience Talk Radio tune into KPFK 90.7 & 98.7FM  <b>11am</b> - Collage Creativity (AS)  <b>3pm</b> - Screen Writing Class (L) <b>7pm</b> Movie Night (L)
<b>10</b>  <b>7pm</b> Movie Nite - (TL)	<b>11 ~ Veterans Day</b> <b>10am</b> - Lets walk (TL) <b>NOON</b> - Easy Tone - fitness class (TL) <b>3pm</b> - Acting Exercises for EVERYONE - 101 (AS) <b>8pm</b> - The Word (T) <i>The Best Cancer of My Life by Alexis del Vecchio</i>	<b>12</b> <b>11am</b> - Anti-Aging Exercise (G) <b>2pm</b> - The Art of Seeing - Art Class (AS) <b>4pm</b> - Ann's Card Table (L) Card Games <b>7pm</b> - Mindful Meditation (L) <b>8.30pm</b> - Let's Talk About It (L)	<b>13</b> <b>NOON</b> - Easy Tone - fitness class (TL)  <b>4pm</b> - Expenses Affecting Retirement - Q & A info session (TL) <b>7pm</b> - Movie Nite (L)	<b>14</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge <b>11.30am</b> - Gentle Stretch (G) <b>1pm</b> - Partner Loss Support Group <b>3pm</b> - <b>Monthly Book Club (L)</b> Kane & Abel by Jeffrey Archer <b>7pm</b> - <b>Drum Circle (TL)</b>	<b>15</b> <b>11am</b> Poetry Class (L) Express your feelings and ideas through the medium of Poetry. <b>1pm</b> - Resistance Bands Class - Core Strength Training (TL) <b>7pm</b> -PERFORMER - Classical Performer - Šaraḥ (TL)	<b>16</b> <b>8am</b> - Experience Talk Radio tune into KPFK 90.7 & 98.7FM  <b>11am</b> - Collage Creativity (AS)  <b>3pm</b> - Screen Writing Class (L) <b>7pm</b> Movie Night (L)
<b>17</b>  <b>7pm</b> Movie Nite - (TL)	<b>18</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge <b>NOON</b> - Easy Tone - fitness class (TL) <b>3pm</b> - <b>LAST</b> Acting Exercises for EVERYONE - 101 (AS) <b>8pm</b> - The Word (T) <i>Tails of Wasps by Stephanie Timm</i>	<b>19</b> <b>11am</b> - Anti-Aging Exercise (G) <b>2pm</b> - The Art of Seeing - Art Class (AS) - <b>4pm</b> - Ann's Card Table (L) Card Games <b>7pm</b> - Mindful Meditation (L) <b>8.30pm</b> - Let's Talk About It (L)	<b>20</b>  <b>NOON</b> - Easy Tone - fitness class (TL)  <b>7pm</b> - Movie Nite (L)	<b>21</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge <b>11.30am</b> - Gentle Stretch (G) Benefits include better posture, flexibility & greater stamina <b>1pm</b> -Partner Loss Support Group <b>7pm</b> - <b>NoHoSAC 1year BIRTHDAY Party POT LUCK</b>	<b>22</b> <b>11am</b> Poetry Class (L) Express your feelings and ideas through the medium of Poetry. <b>1pm</b> - Resistance Bands Class - Core Strength Training (TL) <b>7pm</b> - Play Games & Chit Chat (TL)	<b>23</b> <b>8am</b> - Experience Talk Radio tune into KPFK 90.7 & 98.7FM  <b>11am</b> - Collage Creativity (AS)  <b>3pm</b> - Screen Writing Class (L) <b>7pm</b> Movie Night (L)
<b>24</b>  <b>7pm</b> Movie Nite - (TL)	<b>25</b> <b>10am</b> - Lets walk (TL) - meet up outside of The Lounge  <b>NOON</b> - Easy Tone - fitness class (TL)	<b>26</b> <b>11am</b> - Anti-Aging Exercise (G) <b>2pm</b> - The Art of Seeing - Art Class (AS) - <b>4pm</b> - Ann's Card Table (L) Card Games <b>7pm</b> - Mindful Meditation (L) <b>8.30pm</b> - Let's Talk About It (L)	<b>27</b>  <b>NOON</b> - Easy Tone - fitness class (TL)  <b>7pm</b> - Movie Nite (L)	<b>28</b> <b>10am</b> - Lets walk (TL) 	<b>29</b>	<b>30</b> <b>8am</b> - Experience Talk Radio tune into KPFK 90.7 & 98.7FM  <b>11am</b> - Collage Creativity (AS)  <b>3pm</b> - Screen Writing Class (L) <b>7pm</b> Movie Night (L)