

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 7pm Movie Nite - (TL)	31 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 2pn - Computer 101 - (DL) 8pm - The Word (T)	LEGEND 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 TG= The Gallery- 1st fl DL = Digital Lab - Basement	engAGE ARTS PROGRAMS MANAGER Amanda Talbot at.engage@gmail.com 818 623 8005	NOHO senior arts colony	MARCH 2014	1 - PB Lovers Day 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 8.30am - ARRP DRIVING CLASS - All Day 11am - NEW Digital Scrapbooking (DL) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
2 2pm - <i>The OSCAR (TL)</i> Come at 2pm and watch the splendor of the Red Carpet followed by an evening of awards on the Big Screen TV This years host is Ellen Degeneres - <i>**see your TV Guide for full details.</i>	3 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 2pn - Computer 101 - (DL) 8pm - The Word (T)	4 - Pancake Day 11am - Anti-Aging Exercise (TL) 4pm - Ann’s Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let’s Talk About It (TL)	5 10am - Lets walk (TL) - NOON - Easy Tone - (TL) - fitness class 7pm - Nutrition Tips and samples from an expert (TL)	6 10.15am -NEW Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L)	7 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat (TL)	8- International Womans Day 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Digital Scrapbooking (DL) 3pm - Screen Writing Class (L) 7,30pm <i>Movie Premier & Pizza Narcissist</i> starring <i>Angela McEwan</i> followed by Q&A with cast and crew
9 - Daylight Savings Time begins at 2am 5pm - Performer ~ Alvin Soriaga 7pm Movie Nite - (TL)	10 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 2pn - Computer 101 - (DL) 8pm - The Word (T)	11 11am - Anti-Aging Exercise (TL) 4pm - Ann’s Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let’s Talk About It (TL)	12 10am - Lets walk (TL) - NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (TL)	13 10.15am -Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 3pm - Monthly Book Club (L) 7pm - Drum Circle (TL) <i>Jam with Clarence Johnston</i>	14 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. NOON - Mentor Group 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Celebrate with MARCH Birthday Folk (TL)	15 - National Quilting Day 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Digital Scrapbooking (DL) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
16 7pm Movie Nite - (TL)	17 - St. Patricks Day 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH(L) NOON - Easy Tone - (TL) - fitness class 2pn - Computer 101 - (DL) 8pm - The Word (T)	18 11am - Anti-Aging Exercise (TL) 3pm - Let’s Talk About It with EngAGE - (TL) 4pm - Ann’s Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let’s Talk About It (TL)	19 10am - Lets walk (TL) NOON - Easy Tone - (TL) - fitness class 7pm -John Gowans & Yosemite Conservatory host screening of ‘Yosemite: A Gathering Spirit’ - Ken Burns special anniversary film (T)	20 - Spring Equinox & International Earth Day 10.15am -Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm -Partner Loss Support Group (L)	21 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat (TL)	22 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Digital Scrapbooking (DL) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
23 8pm Movie Nite - (TL)	24 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 2pn - Computer 101 - (DL) 8pm - The Word (T)	25 11am - Anti-Aging Exercise (TL) 4pm - Ann’s Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let’s Talk About It (TL)	26 10am - Lets walk (TL) - new day NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (TL)	27 10.15am -Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm -Partner Loss Support Group (L) 7pm -Spring PotLuck	28 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat (TL)	LEGEND 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 TG= The Gallery- 1st fl DL = Digital Lab - Basement