

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1 7pm Movie Nite - (C)	2 	3 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) Card Games 6pm - Caffeine Doodles - Opening Night Art Exhibition w/ Live Music (TG) 7pm - Mindful Meditation (L)	4 11am - Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. NOON - Aqua Aerobics - (P)	5 10am - Lets walk (C) 11am - Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina. 4pm- NEW TIME-Monologue writing (L)	6 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 4pm - Resistance Bands Class - Core Strength Training (TL)	7 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Collage Creativity (AS) 3pm - Screen Writing Class (L)		
8	9 10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. NOON - Aqua Aerobics - (P) 5.30pm - Acting Workshop	10 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) Card Games 7pm - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	11 11am - Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. NOON - Aqua Aerobics - (P) 7pm - Movie Nite (L)	12 10am - Lets walk (C) 11am - Gentle Stretch (L) 3pm - Book Club (L) 4pm - Monologue writing (TL) 7pm - Drum Circle (C) Jam with legendary Jazz Drummer Clarence Johnston.	13 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 4pm - Resistance Bands Class - Core Strength Training (TL)	14 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Collage Creativity (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)		
15 7pm Movie Nite - (C)	16 10am - Lets walk (C) NOON - Aqua Aerobics - (P) 5.30pm - Acting Workshop	17 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) Card Games 7pm - Mindful Meditation (L) Unwind, relax & clear the inner chaos.	18 11am - Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. NOON - Aqua Aerobics - (P) 7pm - Movie Nite (L)	19 10am - Lets walk (C) 11am -Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina. 4pm - Monologue writing (L)	20 11am - Poetry Class (L) 4pm - Resistance Bands Class - Core Strength Training (TL) 10pm - THE ROAD Theatre - New Season Opening Reception for Lake Anne (TL)	21 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Collage Creativity (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)		
22 7pm Movie Nite - (C)	23 10am - Lets walk (C) NOON - Aqua Aerobics - (P) 3pm - NEW - 9 week class - Acting Exercises for EVERYONE (L)	24 11am - Flu Shot Clinic -(TL) 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) Card Games 7pm - Mindful Meditation (L)	25 11am - Anti Aging Exercise (G) Get fit with a personalized fitness program exclusively deigned around the NoHoSAC gym. NOON - Aqua Aerobics - (P) 7pm - Movie Nite (L)	26 10am - Lets walk (C) 11am -Gentle Stretch (L) 4pm - Monologue writing (L) 7pm - Rock 'N Roll - Pot Luck	27 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 4pm - Resistance Bands Class - Core Strength Training (TL)	28 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Collage Creativity (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)		
29 7pm Movie Nite - (C)	30 10am - Lets walk (C) NOON - Aqua Aerobics - (P) 3pm - Acting Exercises for EVERYONE (L)	<h1>September</h1> 2013		 <b>ARTS PROGRAMS MANAGER</b> Amanda Talbot <a href="mailto:at.engage@gmail.com">at.engage@gmail.com</a> 818 623 8005		<b>LEGEND</b> TL = The Lounge L = Library P = Pool G = Gym T = The Road Theatre AS = Art Studio TG = The Gallery DL = Digital Lab	2nd fl 2nd fl 2nd fl basement 1st fl 1st fl 1st fl basement	<h1>NoHo</h1> senior arts colony

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