

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>October</h1> <p>2 0 1 3</p>		<p>1</p> <p>11am - Anti-Aging Exercise (G)</p> <p>2pm - The Art of Seeing - Art Class (AS) -</p> <p>4pm - Ann's Card Table (L) Card Games</p> <p>7pm - Mindful Meditation (L)</p>	<p>2</p> <p>NOON - Aqua Aerobics - (P)</p> <p>7pm - Movie Nite (L)</p>	<p>3</p> <p>10am - Lets walk (C)</p> <p>11.30am - Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina.</p>	<p>4</p> <p>11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry.</p> <p>4pm - Resistance Bands Class - Core Strength Training (TL)</p> <p>7pm - Play Games & Chit Chat (TL)</p>	<p>5</p> <p>8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM</p> <p>11am - Collage Creativity (AS)</p> <p>3pm - Screen Writing Class (L)</p> <p>7pm Movie Night (L)</p>
<p>6</p> <p>5pm - PERFORMER Alvin sings at NoHoSAC (TL)</p> <p>7pm Movie Nite - (L)</p> <p>8pm The Road Theatre presents Ed Asner in <i>The Last Dance</i> by <i>Neworth & Schulman</i> - A Reading followed by a reception in The Lounge</p>	<p>7</p> <p>10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors.</p> <p>NOON - Aqua Aerobics - (P)</p> <p>3pm - Acting Exercises for EVERYONE (AS)</p>	<p>8</p> <p>11am - Anti-Aging Exercise (G)</p> <p>noon - Artist Jan's Digital Art Demo - (DL)</p> <p>4pm - Ann's Card Table (L) Card Games</p> <p>7pm - Mindful Meditation (L)</p>	<p>9</p> <p>11am - The Art of Seeing - Art Class (AS) - this week only</p> <p>NOON - Aqua Aerobics - (P)</p> <p>7pm - Movie Nite (L)</p>	<p>10</p> <p>10am - Lets walk (C)</p> <p>11.30am - Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina</p> <p>3pm - Monthly Book Club (L)</p> <p>7pm - Drum Circle (C) <i>Jam with legendary Jazz Drummer Clarence Johnston.</i></p>	<p>11</p> <p>11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry.</p> <p>4pm - Resistance Bands Class - Core Strength Training (TL)</p> <p>7pm - Play Games & Chit Chat (TL)</p>	<p>12</p> <p>8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM</p> <p>11am - Collage Creativity (AS)</p> <p>3pm - Screen Writing Class (L)</p> <p>7pm Movie Night (L)</p>
<p>13</p> <p>7pm Movie Nite - (C)</p>	<p>14</p> <p>10am - Lets walk (C)</p> <p>NOON - Aqua Aerobics - (P)</p> <p>3pm - Acting Exercises for EVERYONE - 101 (AS)</p> <p>8pm - The Word (T) <i>The Lyons by Nicky Silver</i></p>	<p>15</p> <p>11am - Anti-Aging Exercise (G)</p> <p>2pm - The Art of Seeing - Art Class (AS) -</p> <p>4pm - Ann's Card Table (L) Card Games</p> <p>7pm - Mindful Meditation (L)</p>	<p>16</p> <p>NOON - Aqua Aerobics - (P)</p> <p>7pm - Movie Nite (L)</p>	<p>17</p> <p>10am - Lets walk (C)</p> <p>11.30am - Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina</p> <p>1pm - NEW Partner Loss Support Group</p>	<p>18</p> <p>11am - Poetry Class (L)</p> <p>4pm - Resistance Bands Class - Core Strength Training (TL)</p> <p>7pm - Play Games & Chit Chat (L)</p>	<p>19</p> <p>8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM</p> <p>11am - Collage Creativity (AS)</p> <p>3pm - Screen Writing Class (L)</p> <p>7pm Movie Night (L)</p>
<p>20</p> <p>7pm Movie Nite - (C)</p>	<p>21</p> <p>10am - Lets walk (C)</p> <p>NOON - Aqua Aerobics - (P)</p> <p>3pm - Acting Exercises for EVERYONE - 101 (AS)</p> <p>8pm - The Word (T) <i>Coyote Bleeds by Tony DiMurro</i></p>	<p>22</p> <p>11am - Anti-Aging Exercise (G)</p> <p>2pm - The Art of Seeing - Art Class (AS) -</p> <p>4pm - Ann's Card Table (L) Card Games</p> <p>6pm - 8pm ART SHOW OPENING RECEPTION (TG)</p>	<p>23</p> <p>NOON - Aqua Aerobics - (P)</p> <p>7pm - Movie Nite (L)</p>	<p>24</p> <p>10am - Lets walk (C)</p> <p>11.30am - Gentle Stretch (L) Benefits include better posture, flexibility & greater stamina</p> <p>1pm - Partner Loss Support Group</p> <p>7pm - Drum Circle (C) <i>Jam with legendary Jazz Drummer Clarence Johnston.</i></p>	<p>25</p> <p>11am Poetry Class (L)</p> <p>1pm - Exclusive - Mardi Gras Mask decorating workshop (AS)</p> <p>4pm - Resistance Bands Class - Core Strength Training (TL)</p> <p>7pm - Play Games & Chit Chat (TL)</p>	<p>26</p> <p>8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM</p> <p>11am - Collage Creativity (AS)</p> <p>3pm - Screen Writing Class (L)</p> <p>7pm Movie Night (L)</p>
<p>27</p> <p>7pm Movie Nite - (C)</p>	<p>28</p> <p>10am - Lets walk (C)</p> <p>NOON - Aqua Aerobics - (P)</p> <p>3pm - Acting Exercises for EVERYONE - 101 (AS)</p> <p>8pm - The Word (T) <i>The Long Red Road by Brett C. Leonard</i></p>	<p>29</p> <p>11am - Anti-Aging Exercise (G)</p> <p>2pm - The Art of Seeing - Art Class (AS) -</p> <p>4pm - Ann's Card Table (L) Card Games</p> <p>7pm - MARDI GRAS POT LUCK</p>	<p>30</p> <p>NOON - Aqua Aerobics - (P)</p> <p>7pm - Movie Nite (L)</p>	<p>31</p> <p>10am - Lets walk (C)</p> <p>11.30am - Gentle Stretch (L)</p> <p>1pm - Partner Loss Support Group</p> <p style="text-align: center;">HAPPY HALLOWEEN</p>	 <p>ARTS PROGRAMS MANAGER Amanda Talbot at.engage@gmail.com 818 623 8005</p>	 <p>senior arts colony</p>