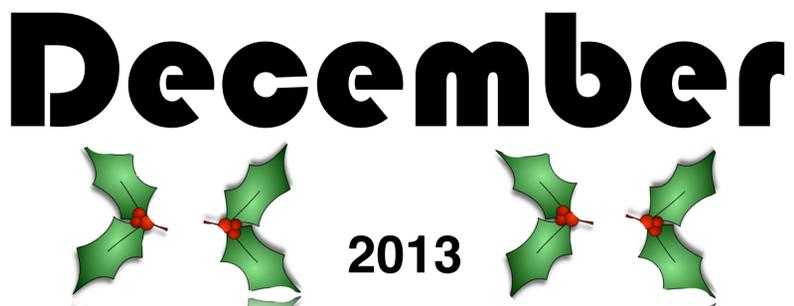


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7pm Movie Nite - (TL)	2 10am - Lets walk (TL) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T) New play readings by The Road Theatre Company. Open to all.Followed by Q & A	3 11am - Anti-Aging Exercise (TL) 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) Card Games 4pm - Covered California (T) 6pm - 8pm NEW ART SHOW OPENING 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It	4 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)	5 10am - Lets walk (C) 11.30am - Gentle Stretch (G) Benefits include better posture, flexibility & greater stamina. 1pm - Partner Loss Support Group (L)	6 11am Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 12.30pm Mentor Group (AS) 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat (TL)	7 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - Collage Creativity (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
8 7pm Movie Nite - (L)	9 10am - Lets walk (C) Limber-up, stretch out then walk the neighborhood, get fit with friends and neighbors. NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)	10 11am - Anti-Aging Exercise (G) 2pm - The Art of Seeing - Art Class (AS) - 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It	11 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)	12 10am - Lets walk (C) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 3pm - Monthly Book Club Sins of The Father by Jeffrey Archer (L) 7pm - Drum Circle (C) Jam with Clarence Johnston	13 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - PERFORMER - Classical Concert w/Sarah Phoenix(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 5pm - PERFORMER Alvin returns to sings at NoHoSAC (TL) 7pm Movie Nite - (TL)	16 10am - Lets walk (C) NOON - Easy Tone - (TL) - fitness class 7pm -Celebrate December Babies - Monthly BD cake. Share a slice with those at NoHoSAC who where born in December, (TL) 8pm - The Word (T)	17 11am - Anti-Aging Exercise (TG) 2pm - The Art of Seeing - Art Class (AS) - 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It	18 NOON - Easy Tone - (TL) - fitness class 4pm -7pm Gift Wrapping Toy Drive Gifts - (AS) 7pm - Movie Nite (L)	19 10am - Lets walk (C) 11.30am - Gentle Stretch (G) Benefits include better posture, flexibility & greater stamina 1pm - Partner Loss Support Group (L) 7pm - Jolly Holly Festive Fun Pot Luck	20 11am - Poetry Class (L) 1pm - Resistance Bands Class - Core Strength Training (TL) 3pm PERFORMER- Stan Ayeroff Hoilday Guitar concert 7pm - Play Games & Chit Chat	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 - (TL)	23 10am - Lets walk (C) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)	24 11am - Anti-Aging Exercise (TL)	25	26 10am - Lets walk (C) 1pm -Partner Loss Support Group	27 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat	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 - (TL)	30 10am - Lets walk (C) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)	31 NEW YEARS EVE	 <h1>December</h1> <p>2013</p>		 ARTS PROGRAMS MANAGER Amanda Talbot at.engage@gmail.com 818 623 8005	 senior arts colony

EngAGE Office Hours - Monday, Tuesday and Thursday 9am - 11am