

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>engAGE ARTS PROGRAMS MANAGER Amanda Talbot at.engage@gmail.com 818 623 8005</p>	<p>NoHo senior arts colony JANUARY 2014</p>		<p>1 HAPPY NEW YEAR 2014 7pm - Movie Nite (TL)</p>	<p>2 10am - Lets walk (TL) 1pm - Partner Loss Support Group (L) 7pm - SPECIAL BONUS FEATURE - Movie Nite (TL)</p>	<p>3 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)</p>	<p>4 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>5 7pm Movie Nite - (L)</p>	<p>6 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)</p>	<p>7 11am - Anti-Aging Exercise (TL) 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It</p>	<p>8 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)</p>	<p>9 10am - Lets walk (C) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 3pm - Monthly Book Club * DATE subject to change 7pm - Drum Circle (C) <i>Jam with Clarence Johnston</i></p>	<p>10 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)</p>	<p>11 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>12 7pm Movie Nite - (TL)</p>	<p>13 10am - Lets walk (C) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)</p>	<p>14 11am - Anti-Aging Exercise (TL) 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It</p>	<p>15 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)</p>	<p>16 10am - Lets walk (C) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 7pm - Celebrate January Babies - Monthly BD cake celebration + Hurricane Karaoke (TL)</p>	<p>17 11am - Poetry Class (L) 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Play Games & Chit Chat</p>	<p>18 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>19 7pm Movie Nite - (TL)</p>	<p>20 10am - Lets walk (C) 11am - NEW CLASS - Parlez Vous - Conversational FRENCH Come & brush up or learn French from native speaker Dalila. - (L) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)</p>	<p>21 11am - Anti-Aging Exercise 2pm - The Art of Seeing - Art Class (AS) 4pm - Ann's Card Table (L) 6pm-8pm New PHOTO exhibition by Robin Hart (TG) 8pm 1st preview of <i>The Road's new play</i> 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It</p>	<p>22 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)</p>	<p>23 10am - Lets walk (C) 1pm - Partner Loss Support Group 7pm - Drum Circle (C) <i>Jam with Clarence Johnston</i></p>	<p>24 11am - Poetry Class (L) 1pm - Resistance Bands Class - Core Strength Training (TL) 10pm - The Road's Opening Night Party (TL) - all NoHoSAC residents welcome.</p>	<p>25 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 11am - 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>26 7pm Movie Nite - (TL)</p>	<p>27 10am - Lets walk (C) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 8pm - The Word (T)</p>	<p>28 11am - Anti-Aging Exercise (TL) 2pm - The Art of Seeing - Art Class (AS) - 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It</p>	<p>29 NOON - Easy Tone - (TL) - fitness class 7pm - Movie Nite (L)</p>	<p>30 10am - Lets walk (C) 1pm - Partner Loss Support Group 7pm - Welcome 2014 to NoHoSAC Pot Luck</p>	<p>31 11am - Poetry Class (L) 1pm - Resistance Bands Class - Core Strength Training (TL) 6.30pm - PERFORMANCE - Hedda music & Stories (TL) 8pm - Play Games & Chit Chat (TL)</p>	<p>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</p>

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