

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

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