

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NOHO senior arts colony</p>	<p>APRIL 2014</p>	<p>1 11am - Anti-Aging Exercise (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)</p>	<p>2 10am - Lets walk (TL) - NOON Sit & Tone - (TL) - fitness class 1.30pm - NEW The Road Movie Matinees - (T) 7pm - NEW - House of Cards - TV Series weekly screening Double Bill (TL)</p>	<p>3 10.15am Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 7pm - Rubber Printmaking Class - pre registration required - max 12 participants - (AS)</p>	<p>4 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>5 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) 11am - Digital Scrapbooking (DL) Noon - NEW Collage Construction(AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>6 7pm Movie Nite - (TL)</p>	<p>7 - World Health Day 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Sit & Tone - (TL) - fitness class 2pm - Computer 101 - (DL) 4.30pm - NEW - Acting Techniques workout - (T) 8pm - The Word (T)</p>	<p>8 11am - Anti-Aging Exercise (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)</p>	<p>9 10am - Lets walk (TL) - NOON Sit & Tone - (TL) - fitness class 4pm - NEW Canasta - (L) 5.30pm - LifE Choices - How to have that Conversation Lecture Series -(TL) 7pm - House of Cards TV Series weekly screening Double Bill (TL)</p>	<p>10 10.15am Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 7pm - Drum Circle (TL) Jam with Clarence Johnston</p>	<p>11 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>12 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 8.30 AM - ARRP DRIVING SCH. til 4,30pm. Pre-Register 10am - Zumba Gold - (TL) 11am - Digital Scrapbooking (DL) Noon - Collage Construction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>13 7pm Movie Nite - (TL)</p>	<p>14 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON -Sit & Tone- (TL) - fitness class 2pm - Computer 101 - (DL) 4.30pm Acting Techniques workout - (T) 8pm - The Word (T)</p>	<p>15 - Tax Day 11am - Anti-Aging Exercise (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)</p>	<p>16 10am - Lets walk (TL) - NOON - Sit & Tone - (TL) - fitness class 1.30pm - The Road Movie Matinees - (T) 4pm - Canasta - (L) 5.30pm - LifE Choices - The Importance of an Advance Directive -Lecture Series (TL) 7pm - House of Cards TV Series weekly screening (TL)</p>	<p>17 10.15am -Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm - Partner Loss Support Group (L) 3pm - Monthly Book Club (L) Olive Kitteridge by Elizabeth Strout</p>	<p>18 Good Friday 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. NOON - Mentor Group - TBA 1pm - Resistance Bands Class - Core Strength Training (TL) 7pm - Celebrate with the APRIL Birthday Babes (TL)</p>	<p>19 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) 11am - Digital Scrapbooking (DL) Noon CollageConstruction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>20 - Easter Sunday 7pm Movie Nite - (TL)</p>	<p>21 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON -Sit & Tone- (TL) - fitness class 2pm - Computer 101 - (DL) 4.30pm Acting Techniques workout - (T) 8pm - The Word (T)</p>	<p>22 - Earth Day 11am - Anti-Aging Exercise (TL) 3pm - Let's Talk About It with EngAGE - (TL) 4pm - Ann's Card Table (L) 5,30pm - LIFE Choices - Death with Dignity - Lecture Series (T) 6.30pm - ART SHOW OPENING - presents artist Alvin Fels 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)</p>	<p>23 - Admin. Professionals' Day 10am - Lets walk (TL) - NOON - Easy Tone - (TL) - fitness class 4pm - Canasta - (L) 7pm - House of Cards TV Series weekly screening Double Bill (TL)</p>	<p>24 10.15am -Tai Chi (TL) 11.30am - Gentle Stretch (G) 1pm -Partner Loss Support Group (L) 7pm - EngAGE MEET& GREET - POT LUCK (TL) with Live music by the Clarence Johnston Band</p>	<p>25 - Arbor Day 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>26 8am - Experience Talk Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) 11am - Digital Scrapbooking (DL) Noon Collage Construction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)</p>
<p>27 Holocaust Remembrance Day 8pm Movie Nite - (TL)</p>	<p>28 10am - Lets walk (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Easy Tone - (TL) - fitness class 2pm - Computer 101 - (DL) 4.30pm Acting Techniques workout - (T) 8pm - The Word (T)</p>	<p>29 11am - Anti-Aging Exercise (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)</p>	<p>30 10am - Lets walk (TL) - NOON - Easy Tone - (TL) - fitness class 1.30pm - NEW The Road Movie Matinees - (T) 4pm - Canasta - (L) 7pm - House of Cards TV Series weekly screening Double Bill (TL)</p>	<p>Arts Program Manager Amanda Talbot at.engage@gmail.com 818 623 8005</p>	<p> Office Hours Monday, Tuesday & Thursday 9am ~ 11am</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>