

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	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	1- Canada Day 9.30am- Tai Chi (TL) 2pm - 4pm - Acting Class rehearsal (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)	2 10am - Let's walk (TL) - 4pm - Canasta - (L) 7pm - Movie Night (TL)	3 10.15am Tai Chi (TL) 11.30am - Gentle Stretch (G) 3pm - PERFORMANCE-Culminating Acting Class Show (TL)	4 - Independence Day 1pm - Resistance Bands Class - Core Strength Training (TL) 5pm - Performance Musician Stan Ayeroff entertains on the 4th at NoHoSAC	5 8am - Experience Talks Radio 10am - Zumba Gold - (TL) Noon -Collage Construction(AS) 3pm - Screen Writing Class 7pm Movie Night (L)	
	6 7pm Movie Nite - (TL)	7 - Chocolate Day 10am - Let's Walk & Go For Gold Training (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Aqua Aerobics (P) 2pm - Computer 101 - (DL)	8 9.30am- Tai Chi (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)	9 10am - Let's walk (TL) - 4pm - Canasta - (L) 7pm - Movie Night (TL)	10 10.15am Tai Chi (TL) 7pm - Drum Circle (TL) <i>Jam with Clarence Johnston</i>	11 11am - Poetry Class (L) Express your feelings and ideas through the medium of Poetry. 1pm - Resistance Bands Class - Core Strength Training (TL) 2pm Freewrite Class Creative Writing (L) 7pm - Play Games & Chit Chat (TL)	12 8am - Experience Talks Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) Noon - Collage Construction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
	13 7pm Movie Nite - (TL)	14 - Bastille Day 10am - Let's Walk & Go For Gold Training (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Aqua Aerobics (P) 2pm - Computer 101 - (DL)	15 9.30am - Tai Chi (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)	16 10am - Let's walk (TL) - 1pm - AQUA AEROBICS (P) 4pm - Canasta - (L) 7pm - Movie Night (TL)	17 10.15am Tai Chi (TL) 3pm - MONTHLY Book Club (L) In The Woods by Tana French 5pm - SIT & TONE Workout 7pm - Celebrate with the June Birthday Folk w/ live music	18 11am - Poetry Class & Performance (TL) 1pm - Resistance Bands Class - Core Strength Training (TL) 2pm Freewrite Class Creative Writing (L) 7pm - Play Games & Chit Chat (TL)	19 8am -Experience Talks Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) Noon CollageConstruction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
	20 - Moon Day 7pm Movie Nite - (TL)	21 10am - Let's Walk & Go For Gold Training (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Aqua Aerobics (P) 2pm - Computer 101 - (DL)	22 9.30am - Tai Chi (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8.30pm - Let's Talk About It (TL)	23 10am - Let's walk (TL) - 1pm - AQUA AEROBICS (P) 4pm - Canasta - (L) 7pm - Movie Night (TL)	24 - Cousins Day 10.15am Tai Chi (TL) 11.30am - Gentle Stretch (G) 5pm - SIT & TONE Workout 7pm - Drum Circle (TL) <i>Jam with Clarence Johnston</i>	25 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)	26 - Aunt & Uncle Day 8am -Experience Talks Radio tune into KPFK 90.7 & 98.7FM 10am - Zumba Gold - (TL) Noon CollageConstruction (AS) 3pm - Screen Writing Class (L) 7pm Movie Night (L)
	27 - Parent's Day 3pm - Sylvia Blackwell's Book Signing reception (TL) 7pm Movie Nite - (TL)	28 10am - Let's Walk & Go For Gold Training (TL) 11am - Parlez Vous - Conversational FRENCH (L) NOON - Aqua Aerobics (P) 2pm - Computer 101 - (DL)	29 9.30am - Tai Chi (TL) 4pm - Ann's Card Table (L) 6pm - 8pm NEW ART SHOW 7pm - Mindful Meditation (L) 8pm - <i>The Road's New Playwright Festival - (T)</i> 8.30pm - Let's Talk About It (TL)	30 10am - Let's walk (TL) 1pm - AQUA AEROBICS (P) 4pm - Canasta - (L) 7pm - Movie Night (TL) 8pm - <i>The Road's New Playwright Festival - (T)</i>	31 10.15am Tai Chi (TL) 11.30am - Gentle Stretch (G) 4pm - <i>The Road's New Playwright Festival - Premier Nobody's Home by Marc Mantell (T)</i> 5pm - SIT & TONE Workout 7pm Jumpin' JULY Pot Luck	<div style="text-align: center;">  </div>	
							Arts Program Manager Amanda Talbot at.engage@gmail.com 818 623 8005  Monday, Tuesday & Thursday 9am ~ 11am



Lot's Going On Around North Hollywood in July

North Hollywood and the surrounding areas are a vibrant hive of creativity. At NoHoSAC you can find two free newspapers downstairs by the mail room that are full of interesting local articles as well as a calendar of events going on in the area. Going online is another good resource to see what is going on in the area also. Check out: <http://northhollywood.patch.com/events> and also <http://nohoartsdistrict.com>.

Here is a sample of some of what's on in July:

- Tuesday July 1st:** Pianist Randy Emata @ The Federal Bar 5303 Lankershim Blvd at 8pm
- Wednesday July 2nd:** Vinyl Wednesdays @ Bar One 12518 Burbank Blvd at 9pm
- Thursday July 3rd:** Abbey Road Tribute Band @ Vitellos Resturant 4349 Tujunga Ave at 7pm
- Friday July 4th:** Free Pancake Breakfast @ Faith Presbyterian Church 5000 Colfax Ave at 8 - 9.45am
- Saturday July 5th:** Philly - musical stage play @ Union Center for the Arts @ 5pm
- Sunday July 6th:** Hollywood Jazz Quartet @ Vitellos Resturant 4349 Tujunga Ave at 7pm
- Monday July 7th:** King Trivia Night Quizz @ The Federal Bar 5303 Lankershim Blvd at 8pm

Also in July: Wednesday Days at the Autry Museum; Sherman Oaks Friends Library Book Sale; Doggie Street Festival; Book'd in Burbank: The Ultimate Bibliophiles' Night Out; Elliot Deutsch Big Band.....
All the details of these events and much more can be found online or in the newspapers.

Red, White & Blue Dessert Recipe

Ingredients:

- 2 packages (8oz each) cream cheese, softened
- 1/2 cup sugar
- 1/2 tsp vanilla extract
- 2 cups heavy whipping cream, whipped
- 2 quarts strawberries, halved & divided
- 2 quarts blueberries, divided



1 serving (1 cup) equals 168 calories, 10 g fat (6 g saturated fat), 32 mg cholesterol, 44 mg sodium, 20 g carbohydrate, 3 g fiber, 2 g protein.

Directions:

- 1) In a large bowl, beat cream cheese, sugar and extracts until fluffy. Fold in whipped cream. Place a third of the mixture in a 4-qt. bowl. Reserve 20 strawberry halves and 1/2 cup blueberries for garnish.
- 2) Layer half of the remaining strawberries and blueberries over cream mixture. Top with another third of the cream mixture and the remaining berries. Spread the remaining cream mixture on top. Use the reserved strawberries and blueberries to make a "flag" on top.
Yield: 18 servings.

The Joslyn Center - 1301 W. Olive Ave, Burbank, CA 91506 - (818) 238 5353

Since 1981, the Joslyn Center has been serving local adults 50 and over encouraging them to lead active, stimulating and rewarding lives!

Recognizing that today adults age 50+ have varying interests and energy levels, Joslyn offers a wide variety of activities and programs in a friendly lively atmosphere where members can socialize with longtime friends, pursue a favorite hobby, make new friends or learn a new skill. The Joslyn Center tries very hard to have activities for people of all skill and ability levels. They strive to provide a balance between crafts, cards, exercise, entertainment and education. you will find the staff available to talk with you and assist you in finding activities that meet your needs. They can help you with referral to other social service providers or we can put you to work in one of our many volunteer jobs. Come for the day or just one activity. The Joslyn Center opens at 8 AM and have lots of activities running through the day. Go and visit the Joslyn and experience the Center for yourself. Take a tour and meet the staff and members. It's a great resource and a welcoming and energetic vibrant Center!

You can also check out there website at: <http://www.joslyncenter.org> and discover everything that is offered.



The NoHo Chit Chat needs YOU.

The monthly newsletter is for the residents by the residents and everybody is invited to submit articles. Jokes, points of interest, photos, info, recipes, artwork, poems, short stories.....the list goes on & on. If you have something you would like to share with your friends and neighbors at NoHoSAC this is the place to do it. Please submit your piece via email to Amanda the EngAGE Arts Program Manager by the 25th of each month. Submit to: at.engage@gmail.com Titled "Newsletter & specific month".

THE NoHo CHIT CHAT

senior ~ arts ~ colony

CHIT CHAT

ISSUE 18 JULY MMXIV

NoHoSacian Thespians

Resident Marc Mantell's play, 'Nobody's Home' will premier in The Road Theatre's annual Summer Playwrights Festival which is an 8 day event in late July that mounts 27 staged readings of new plays. The festival is growing larger every year with playwrights from around the country and around the world participating. Each reading is followed by a talk-back with the playwrights, directors and casts and a reception featuring live music in our gallery space. Competition for selection is stiff as we receive hundreds of submissions. New and established playwrights are encouraged to submit. Past actors and playwrights have included Craig Wright, Wendy Macleod, Lucy Thurber, Mo Gaffney, Keith Huff, Brett Neveu, Bryan Cranston, Kathy Baker, Jennifer Tilly, Perry King, Rondi Reed, Michael O'Neill, Harold Gould and many others. **Nobody's Home will be performed in the theatre at NoHoSAC on Thursday July 31st at 4pm .** The dates of the play readings at the theatre at NoHoSAC run every night from July 29th thru August 3rd 2014.

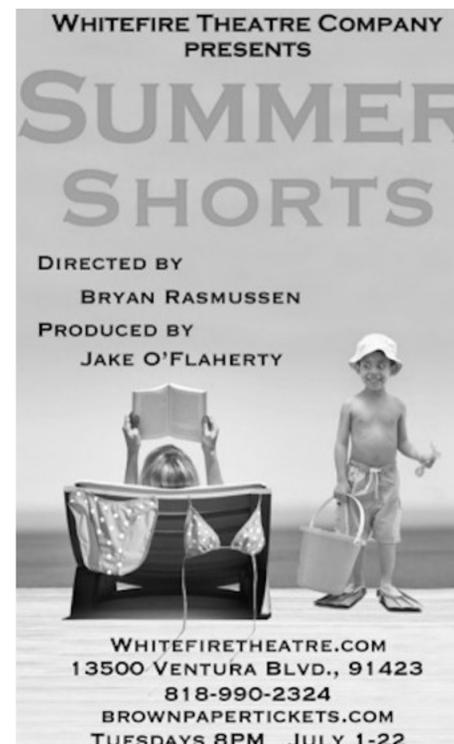


Summer Shorts ~ review by resident Victor De Blasio

THE WHITEFIRE THEATRE Presents SUMMER SHORTS 2014

NoHoSAC resident and actor Victor De Blasio will be performing at the Whitefire Theatre. 10 one act short comedy plays designed for a fast paced fun evening of laughs. Pieces written by some of the players as well as writers from all over the country. And they are performed by some of the most talented actors in the Los Angeles area. I promise you a fun evening and you will LOL and LYAO!! Every Tuesday evening at 8 pm. The Whitefire Theatre at 13500 Ventura Blvd., Sherman Oaks.

Directed by the exceptionally gifted Bryan Rasmussen and produced by the fabulous Jake O'Flaherty. For tickets and discounts contact Goldstar or if you prefer email me at vdante7@aol.com and we'll get you on board. Additionally, the Whitefire Theatre has the same venue on Wednesday nights called HOLLYWOOD SHORTS as well as many other outstanding presentations. Please visit www.whitefiretheatre.com for a complete menu of shows. It's a really great theatre. See you there!!!



Valet Parking available nightly. Boneyard Bistro, 13539 Ventura Blvd, 1/2 block west of theatre. \$4.50