

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
NOHO senior ARTS colony	OCTOBER 2014	1 10am - Let's Walk (TL) 11am to 1pm - 'One Mo Time' Audition OPEN TO ALL OF NoHoSAC (TL) 7pm - Documentary Night	2 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm - 9pm Memoir Writing Class (L)	3 11am Poetry (L) 12.30 pm Aqua Aerobic (P) 2pm - Creative Writing (L) 3pm - Resistance Bands (TL) 7pm - SCREENING: Guyana: Love, Life & Food followed by Q & A with resident Judy Adams (TL)	4 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 10.30am - iMovie Class (DL) 3pm - Screen writing (L) 7pm - Movie Night (TL)	5 4pm PERFORMANCE - Joy of Music - Classical Trio (TL) 7pm - Movie Night (TL)		
		6 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm Aqua Aerobics (P) 2pm - Computer 101 (DL) 7pm - 9pm Watercolor Class (AS)	7 9.30am - Tai Chi - (TL) 2pm - *NEW WEB Design (DL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	8 10am - Let's Walk (TL) 11am - One Mo Time rehearsal (TL) 2pm *Wednesday Matinee (T) 7pm - Documentary Night	9 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm - Drum Circle (TL)	10 11am Poetry (L) 12.30 pm Aqua Aerobic (P) 2pm - Creative Writing (L) 3pm - Resistance Bands (TL) 7pm - DEMONSTRATION - Tai Chi - enjoy a demonstration of this ancient martial artform	11 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 10.30am - iMovie Class (DL) Noon - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)	12 7pm - Movie Night (TL)
		13 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm Aqua Aerobics (P) 2pm - Computer 101 (DL) 3pm - Wellness Group (L)	14 9.30am - Tai Chi - (TL) 2pm - *NEW WEB Design (DL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	15 10am - Let's Walk (TL) 11am - One Mo Time rehearsal (TL) 11.15am Active Excursion: Field Trip - join Jack Witt as he takes you to Olvera Street in LA via the NoHo Metro 7pm - Documentary Night	16 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm - Wellness Talk with Dr. Michelle Levane (TL)	17 11am Poetry (L) 12.30 pm Aqua Aerobic (P) 2pm - Creative Writing (L) 3pm - Resistance Bands (TL) 7pm - Games & Chit Chat (TL) 7pm - 9pm Memoir Writing Class (L)	18 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 10.30am - iMovie Class (DL) Noon - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)	19 7pm - Movie Night (L) *please note the movie will be screened in the library tonight due to a PRIVATE Fund Raiser for The Road Theatre company taking place in The Lounge.
		20 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm Aqua Aerobics (P) 2pm - Computer 101 (DL) 3pm - Wellness Group (L) 6pm - Susan's Sample Sale (TL) 7pm - 9pm Watercolor Class (AS)	21 9.30am - Tai Chi - (TL) 2pm - *NEW WEB Design (DL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	22 10am - Let's Walk (TL) 11am - One Mo Time rehearsal (TL) 2pm *Wednesday Matinee (T) 7pm - Documentary Night	23 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L)	24 11am Poetry (L) 12.30 pm Aqua Aerobic (P) 2pm - Creative Writing (L) 3pm - Resistance Bands (TL) 7pm - Games & Chit Chat (TL)	25 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 10.30am - iMovie Class (DL) Noon - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)	26 7pm - Movie Night (TL)
		27 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm Aqua Aerobics (P) 2pm - Computer 101 (DL) 3pm - Wellness Group (L) 7pm - 9pm Printmaking Class (AS)	28 9.30am - Tai Chi - (TL) 2pm - *NEW WEB Design (DL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	29 10am - Let's Walk (TL) 11am - One Mo Time rehearsal (TL) 7pm - Documentary Night	30 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm - 9pm - Halloween Chili Cook Off Fancy Dress Potluck PLUS live music by the Clarence Johnston Jazz Trio	31 11am Poetry (L) 12.30 pm Aqua Aerobic (P) 2pm - Creative Writing (L) 3pm - Resistance Bands (TL) 7pm - Games & Chit Chat (TL)	engAGE Amanda Talbot creative programs director at.engage@gmail.com 818 623 8005 office hours Mon. Tue. Thur. 9am - 11am	LEGEND: TL = The Lounge - 2nd fl AS = Art Studio - 1st fl TG = The Gallery - 1st fl DL = Digital Lab - basement L = Library - 2nd fl P = Pool - 2nd fl G = Gym - basement T = The Road Theatre - 1st fl