

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NoHo senior ARTS colony	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	engAGE Amanda Talbot creative programs director at.engage@gmail.com 818 623 8005 office hours Mon. Tue. Thur. 9am - 11am	<h1>JANUARY</h1> <h2>2015</h2>	1 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L)	2 11am Poetry (L) 2pm - Creative Writing (TL) 7pm - 9pm Memoir Writing (L)	3 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (L) Noon - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
4 7pm - Movie Night (TL)	5 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL) 3pm - <u>NEW ART CLASS.</u> NEW TEACHER - NEW TIME Watercolor Painting.(AS) 5pm Volunteer Tea Party (TL)	6 9.30am - Tai Chi - (TL) 3pm - <u>EXTRA ZUMBA</u> Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	7 10am - Let's Walk (TL) 11.30am - Creative Dance - (G) 2pm- Wednesday Matinee - Some Like It Hot (T) 7pm - Documentary Night	8 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm - Drum Circle	9 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - Play Games and Chit Chat	10 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) Noon - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
11 7pm - Movie Night (TL)	12 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL) 3pm - <u>NEW ART CLASS.</u> NEW TEACHER - NEW TIME Watercolor Painting.(AS)	13 9.30am - Tai Chi - (TL) 11am - Balinese Tea & Presentation (TL) 3pm - <u>EXTRA ZUMBA</u> Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	14 10am - Let's Walk (TL) 11.30am - Creative Dance - (G) 3pm - <u>NEW</u> 10 week Slim and Trim Circuit Training (G) 7pm - Documentary Night	15 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 3pm - Book Club(L) 7pm - <u>PERFORMANCE</u> by Irish Singer - Sully	16 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - Play Games and Chit Chat (TL) 7pm - Memoir Writing (L)	17 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 11AM - <u>ACTIVE EXCURSION</u> Noon - Collage Construction (AS) 2pm - <u>NEW SHADOW PUPPET</u> MAKING workshop (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
18 7pm - Movie Night (TL)	19 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL) 3pm - <u>NEW ART CLASS.</u> NEW TEACHER - NEW TIME Watercolor Painting.(AS)	20 9.30am - Tai Chi - (TL) 11am - <u>NEW Bi-monthly</u> Acting for Camera Class (L) 3pm - <u>EXTRA ZUMBA</u> Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	21 10am - Let's Walk (TL) 11.30am - Creative Dance - (G) 2pm- Wednesday Matinee - (Movie TBA) (T) 7pm - Documentary Night	22 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L)	23 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - 9pm <u>CELEBRATE</u> January NoHoSAC Birthday Babes - (TL)	24 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) Noon - Collage Construction (AS) 2pm - <u>NEW SHADOW PUPPET</u> MAKING workshop (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
25 7pm - Movie Night (TL)	26 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL) 3pm - <u>NEW ART CLASS.</u> NEW TEACHER - NEW TIME Watercolor Painting.(AS)	27 9.30am - Tai Chi - (TL) 11am - Monthly workshop - Shakespeare Explained (L) 3pm - <u>EXTRA ZUMBA</u> Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	28 10am - Let's Walk (TL) 11.30am - Creative Dance - (G) 7pm - Documentary Night	29 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch (G) 2pm - Canasta (L) 7pm <u>NEW YEAR POT</u> <u>LUCK</u> with <u>PERFORMANCE</u> by singer Michael Quest (TL)	30 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - Play Games and Chit Chat (TL) 7pm - Memoir Writing (L)	31 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) Noon - Collage Construction (AS) 2pm - <u>NEW SHADOW PUPPET</u> MAKING workshop (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)