

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 7pm - Movie Night (TL)	30 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL)	31 9.30am - Tai Chi - (TL) 11am - Modern Acting Technique - (L) 3pm - ZUMBA Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	engAGE Amanda Talbot creative programs director at.engage@gmail.com 818 623 8005 office hours Mon. Tue. Thur. 9am - 11am	NoHo senior ARTS colony	MARCH 2015	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
1 7pm - Movie Night (TL)	2 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL)	3 9.30am - Tai Chi - (TL) 11am - Modern Acting Technique - (L) 3pm - ZUMBA Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL) 8pm - The Road NEW Play Residents Preview (T)	4 10am - Let's Walk (TL) 3pm - 10 week Slim and Trim Circuit Training (G) 7pm - House of Cards - Season 3 (TL) 8pm - The Road NEW Play Residents Preview (T)	5 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch/ Yoga (G) 1.30pm -Improv for Life (L) 2pm - Canasta (L) 10pm - The Road Opening Night Party	6 10am Y Viva España - NEW Spanish Class (L) 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - Play Games and Chit Chat 7pm - Memoir Writing - (TL)	7 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 11am - Collage Construction (AS) 2pm - SHADOW PUPPET MAKING workshop (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
8 - Daylight Saving Time 7pm - Movie Night (TL)	9 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL)	10 9.30am - Tai Chi - (TL) 3pm - ZUMBA Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	11 10am - Let's Walk (TL) 3pm - 10 week Slim and Trim Circuit Training (G) 7pm - House of Cards - Season 3 (TL)	12 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch/ Yoga (G) 1.30pm -Improv for Life (L) 2pm - Canasta (L) 7pm - Drum Circle	13 10am Y Viva España - Spanish Class (L) 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL)	14 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 11AM - ACTIVE EXCURSION 11am - Collage Construction (AS) 2pm - SHADOW PUPPET MAKING workshop (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)
15 7pm - Movie Night (TL)	16 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL)	17 - St. Patrick's Day 9.30am - Tai Chi - (TL) 11am - Modern Acting Technique workshop - (L) 3pm - ZUMBA Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	18 10am - Let's Walk (TL) 3pm - 10 week Slim and Trim Circuit Training (G) 7pm - House of Cards - Season 3 (TL)	19 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch/ Yoga (G) 1.30pm -Improv for Life (L) 2pm - Canasta (L) 3pm - BOOK CLUB (L) 7pm - Celebrate February Birthday Babes - (TL)	20 10am Y Viva España - Spanish Class (L) 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL) 7pm - Play Games and Chit Chat (TL) 7pm - Memoir Writing - (TL)	21 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 11am - Collage Construction (AS) 2pm - PERFORMANCE SHADOW PUPPET - GAIA's ODYSSEY (TL) 3pm - Screen writing (L) 7pm - Movie Night (TL)
22 10am - Active Excursion - CicLAvia 7pm - Movie Night (TL)	23 10am - Let's Walk (TL) 11am - Parlez Vous (L) 12.30pm SIT & TONE (TL) 2pm - Computer 101 (DL)	24 9.30am - Tai Chi - (TL) 11am - Monthly workshop - <i>Shakespeare Explained</i> - (L) 3pm - ZUMBA Gold Fitness Class (TL) 4pm - Ann's Card Table (L) 7pm - Mindful Meditation (L) 8pm - Community Talk (TL)	25 10am - Let's Walk (TL) 7pm - House of Cards - Season 3 (TL)	26 10.15am - Tai Chi (TL) 11.30am - Gentle Stretch/ Yoga (G) 2pm - Canasta (L) 7pm - March Celtic Pot Luck, with Harpist Peggy Skomal (TL)	27 10am Y Viva España - Spanish Class (L) 11am Poetry (L) 1pm - Resistance Bands (TL) 2pm - Creative Writing (TL)	28 8am - <i>Experience Talks Radio</i> show: tune into KPFK 90.7 FM 10am - Zumba Gold (TL) 11am - Collage Construction (AS) 3pm - Screen writing (L) 7pm - Movie Night (TL)