

Pilates Week September 28, 2019

Your week begins...

Welcome to a most enjoyable and life-changing vacation, one filled with many accomplishments as well as blissful rest and retreat.

Stay flexible...in more ways than one! After you secure your spa appointments, try sketching out your personal program for an entire week, or take it day by day. Our Fitness Concierge is always ready to help you get the most out of your week. You'll soon discover many "don't miss!" experiences that inspire schedule changes.

Seek a balance when considering the many options for movement, nutrition, relaxation, entertainment and learning. Generally speaking, try to follow a vigorous, challenging class (i.e. Circuit Training) with something more restorative (i.e. Yoga or a spa treatment).

Keep in mind a few guidelines for the week:

- We are a "digital noise-free environment". Please turn off ringers and alerts on your devices. If you must answer or make a call, do so in the privacy of your room, or the Administration Bldg.
- A few classes require signing up in advance on forms posted in the Main Lounge
- "Progressive" classes are a continuum over several days. Your knowledge of that particular discipline *and* your fitness level will grow with each passing day. If you miss the first day, don't despair; you can still drop in on subsequent days.
- Classes and activities begin on time and last 45 minutes unless noted otherwise.

•The Main Lounge is open 24/7 and is a hub for socializing and checking the bulletin boards. Coffee and tea are always available, as are new friends to talk with, daily newspapers, and a guitar and piano. Games are in the cabinets.

SATURDAY | September 28

- 6:30** **Mountain Hike: Alex's Oak** 2 Miles Main Lounge
- 6:45** **Woodlands Hike** 2 Miles Main Lounge
- 9:00** **Stretch** Pinetree
- 10:00** **Circuit Training** Azteca
 Meditation 30 mins Milagro
- 11:00** **Yoga: All Levels** Montaña
- 11:45 – 1:45** **Fitness Concierge** Dining Hall
A fitness specialist is available to answer all questions
- 2:00** **Shallow Water Workout** Activity Pool
 Sound Healing Oaktree
- 3:00** **Navigator: Balancing your Ranch Schedule** (60 mins) Olmeca
 Stretch Pinetree
- 4:00** **Open Weight Room** Staffed Azteca
 Set Your Ranch Intention, Tips for a Magical Week Return and First Time Guests welcome, Library Lounge
- 5:00** **Ranch Tour** (30 mins) First Time Guests encouraged
Starts in Main Lounge
 Returning Guest Update Olmeca
- 5:30** **First Time Guest Ranch Orientation** Tolteca
- 6:45** **Meet the Presenters** Dining Hall
- 7:15** **Movie: A Star is Born** Library Lounge
- 8:00** **An Introduction to Ayurveda — Taking a look at how the Ayurvedic approach to health compares to Western Medicine, with Siva (Raakhi) Mohan, MD, MPH** Oaktree

MEAL HOURS

SATURDAY

Breakfast 7:00 am to 9:00 am
Lunch 11:30 am to 3:30 pm
Dinner 5:30 pm to 7:30 pm

SUNDAY THROUGH FRIDAY

Breakfast 7:30 am to 9:00 am
Lunch 12:00 pm to 1:30 pm
Dinner 5:30 pm to 7:30 pm

AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION

Milagro - Meditation Room
6:00 am to 9:00 pm

Activity Pool - Lap Swim
7:00 am to 6:00 pm

Azteca Gym - Weight Room
7:00 am to 12:00 pm & 2:00 pm to 4:00 pm

UNSTAFFED PICK UP GAMES

Pickleball 9 am Su,T,Th,S
Sand Volleyball 4 pm Su - F

SUNDAY | September 29

* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:05** **Mountain Hike: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 7:30** **Fitness Concierge** 30 mins (Su) Villas Pool
- 8:15** **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00** **Chant** (Su also 4p Th)Milagro
 Feldenkrais (Su,M,T) Oaktree
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
* **Introduction to Circuit Training** (Su) Azteca
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
 Ranch Reset-Restore-Revitalize 2019 Juice Fasts, with Regina Montalvo, MS, LAc-Spa & Holistic Therapy Specialist Library Lounge
- 10:00** **Dance: Intro. to Salsa!** (M) Kuchumaa
* **Introduction to Circuit Training** (Su) Azteca
 Pilates Mat: Level 2 (Su-F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
* **TRX Fundamentals** (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Gyrokinesis®** (Su-F) Pinetree
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
 TRX Circuit: Level 2 (Su) Tolteca
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00** **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 1:00** **Digestive Wellness, with Vicky Newman, MS, RDN** Olmeca
 Posture, Balance and Flexibility: Feldenkrais in action, with Donna Wood Oaktree
 WATSU® WaterDance® Demonstration (S) South Pool
- 2:00** * **Cardio Drum Dance** (Su,T) Kuchumaa
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Reformer: Level 2** (Su,W) Pilates Studio
 Postural Therapy: The foundation- feet, legs, and pelvis (Su) Tolteca
 Inner Fitness: The BIG SHIFT - Mindfulness and Relationships, with Linda Carroll Arroyo
- 3:00** **Core Challenge** 30 mins (Su,F) Olmeca
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Sound Healing (Su,M,T,Th,F) Oaktree
 Tai Chi (Su) Montaña
- 4:00** **Inner Journey: Guided Meditation** (Su,M,F) Oaktree
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Introduction to Getting Great Photos for any Camera or Smartphone, with Susan and Neil Silverman Arroyo
- 5:00** **The Psycho-Spiritual Basis of Disease...and Healing, which will take a more in-depth look at the process of healing using Ayurveda, with Siva (Raakhi) Mohan, MD, MPH** Oaktree
- 7:15** **Movie: Mary Poppins Returns** Library Lounge
- 8:00** **Concert with pianist Jessie Chang, piano, double bassist, P.J. Cinque, and cellist Chia-Ling Chien** Oaktree

MONDAY | September 30

* Indicates classes with limited equipment. Arrive early to ensure a space

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:30** **Dove Meditation Hike** Moderate 1.2 miles (M) Main Lounge
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
- 9:00** **Bird Walk** (M,F) Gazebo
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (M,T,W) Milagro
* **Pickleball: Beginners** (M,W) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
- 10:00** * **Circuit Training** (M-F) Azteca
 Dance: Move, Groove & Funk! (M) Kuchumaa
 H2O Bootcamp (M,W) Activity Pool
* **Pickleball: Intermediate** (M,W) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Aqua Strength & Tone** (M,W) Activity Pool
* **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00** **Juice it up! 30 min demo with Alejandra and Yazmin** Juice Bar
- 1:00** **Food and Mood, with Vicky Newman, MS, RDN** Olmeca
- 2:00** **Balance & Co-ordination** (M) Olmeca
 Dance: Cardio Hip Hop: Body Rock! (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Cadillac Fundamentals** (M,Th) Pilates Studio
 Water Yoga (M,W) Activity Pool
 Inner Fitness: 5 Basic Skills in Communication (PAUSE), with Linda Carroll Arroyo
- 3:00** **Cardio Equipment HIIT** 30 mins (M) Azteca
 Chair Exercise Workout (M) Olmeca
 Kettlebells: All Levels (M,W) Tolteca
 Sound Healing (Su,M,T,Th,F) Oaktree
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W) Kuchumaa
 Inner Journey: Guided Meditation (Su,M,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Jewelry Making, with Catherine Rodgers 90 mins Sign up Art Studio
 People Photography, with Susan & Neil Silverman Arroyo
- 5:00** **Fiesta at the Bazar!!**
All invited! Sangria and guacamole.
5:00 to 6:00 pm Bazar del Sol
- 7:15** **Movie: Won't You Be My Neighbor?** Library Lounge
- 8:00** **An Evening with Deborah Szekely, co-founder of Rancho La Puerta, with an informal question and answer session. Hosted by Barry Shingle, Program Director** Oaktree

TUESDAY | October 1

* Indicates classes with limited equipment. Arrive early to ensure a space.

- 6:05** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option to return via van and/or visit the Professors Park (T,W,Th,F) Main Lounge
- 6:45** **Rolling Hills Hike** 2 Miles (T,F) Main Lounge
- 7:00** **Sunrise Yoga** (T) Montaña
- 9:00** **BOSU® Fit** (T,Th) Olmeca
* **Circuit Training** (M-F) Azteca
 Feldenkrais (Su,M,T) Oaktree
 Meditation (M,T,W) Milagro
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
- 10:00** **Dance: Zumba** (T) Kuchumaa
* **Circuit Training** (M-F) Azteca
 Pilates Mat: Level 2 (Su-F) Pinetree
* **Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
 TRX Plus (T) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** * **The Bounce** 30 mins (T,Th) Kuchumaa
 Gyrokinesis® (Su-F) Pinetree
 Ranch Ropes 30 mins (T) Olmeca
 Stretch (Su,T,Th) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
 Chakra Health: Opening and Balancing Exercises for your Energy Centers, with Jonelle Rutkauskas Library Lounge
- 1:00** **Boosting Bone Health – Prevent Injury and Speed Healing, with Vicky Newman, MS, RDN** Olmeca
 “Bean-to-Bar” Chocolate class – a delicious experience. 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 12 Step Program – Guests conduct Maya Lounge
- 2:00** * **Cardio Drum Dance** (Su,T) Kuchumaa
 Circuit Training (T,Th) Azteca
* **Deep Water Training** (Su,T,Th) Activity Pool
 Feldenkrais (Su,M,T) Oaktree
* **Pilates Twenty / 20** (T,F) Pilates Studio
 Inner Fitness: Neuroplasticity and the Five Essential Keys to Emotional Fitness, with Linda Carroll Arroyo
 Card Making, with Catherine Rodgers 90 mins Sign up Art Studio
- 3:00** * **Boga Fitmat: Level 2** (T,W,Th) Central Pool
* **Pilates Reformer: Fundamentals** (Su,T,Th) Pilates Studio
 Ranch Barre (T,Th) Olmeca
 Sound Healing (Su,M,T,Th,F) Oaktree
* **World Drumming** (T) Kuchumaa
- 4:00** * **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W) Kuchumaa
 Restorative Yoga (Su,T,Th) Montaña
 Roll and Release please wear socks (Su,T,Th) Tolteca
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Design Your Own Jewelry, with Alejandro 60mins Sign up Art Studio
- 5:00** **Travel and Vacation Photography, with Susan and Neil Silverman** Arroyo
- 7:15** **Documentary: RBG** Library Lounge
- 8:00** **Bingo with Barry!** Olmeca

WEDNESDAY | October 2

* Indicates classes with limited equipment. Please arrive early to ensure a space.

- 6:05** **Mountain Hike: Pilgrim** Advanced Option of 4.5 or Challenging 3.5 Miles (Su,W) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** 4 Miles, (T,W,Th,F) Main Lounge
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Su,W) Main Lounge
- 6:45** **Woodlands Hike** 2 Miles (Su,W) Main Lounge
- 9:00** **Cardio Boxing (W)** Kuchumaa
 Circuit Training (M-F) Azteca
 Meditation (M,T,W) Milagro
 Pickleball: Beginners (M,W) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Sculpt & Strengthen: Level 2 (Su,W) Olmeca
 Stretch (Su-F) Montaña
- 10:00** **Dance: Cardio Hip Hop: Body Rock (W)** Kuchumaa
 Chair Exercise Workout (W) Olmeca
 Circuit Training (M-F) Azteca
 H2O Bootcamp (M,W) Activity Pool
 Pickleball: Intermediate (M,W) Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Landscape Garden Walk (W) Gazebo
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Aqua Strength & Tone (M,W)** Activity Pool
 Athletic Action: Level 2 (W) Tolteca
 Cycle 30: Rhythm Ride - All Levels 30 mins (W) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Yoga: Level 2 75 mins (Su-F) Montaña
- 12:00** **Gyrotonic Tower Demo** 30 mins (Su,W) Pilates Studio
- 1:00** **Heart Healthy Eating—a Changing Perspective, with Vicky Newman, MS, RDN** Olmeca
 Card Making, with Catherine Rodgers 90 mins Sign up Art Studio
- 2:00** **Bosu Balance (W)** Olmeca
 Dance: Zumba! (W) Kuchumaa
 Pilates Reformer: Level 2 (Su,W) Pilates Studio
 Water Yoga (M,W) Activity Pool
 Sculpting Class, with José Ignacio Castañeda (Sign up, 1.5 hrs) Art Studio
 Inner Fitness: Powerful You, with Linda Carroll Arroyo
- 3:00** **Boga Fitmat: Level 2 (T,W,Th)** Central Pool
 Booty Blast (W) Olmeca
 Kettlebells: All Levels (M,W) Tolteca
- 4:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (M,T,W) Kuchumaa
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; return 7:30pm. Meet at Admin Bldg.
 Design Your Own Jewelry, with Alejandro 90 mins Sign up Art Studio
- 5:00** **Make the Most from Your iPhone and Camera, with Susan and Neil Silverman** Arroyo
- 7:15** **Movie: Marvel's Black Panther** Library Lounge
- 8:00** **An Evening with Concert Pianist and Author Mona Golabek in The Children of Willesden Lane** Oaktree

THURSDAY | October 3

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05** **Mountain Hike: Professor's** Challenging 3.3 Miles (M,Th) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,Th) Main Lounge
- 9:00** **BOSU® Fit (T,Th)** Olmeca
 Circuit Training (M-F) Azteca
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (Su,T,Th) Tennis Courts
 Mexican Silver Jewelry Trunk Show (9 am to 6 pm) Mercado
- 10:00** **Circuit Training (M-F)** Azteca
 Pilates Mat: Level 2 (Su-F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Tennis Clinic: Level 2 (Su,T,Th) Tennis Courts
 TRX Fundamentals (Su,Th) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Gyrokinesis® (Su-F)** Pinetree
 Nature Walk 60-75 mins (M,Th) Gazebo
 Stretch (Su,T,Th) Oaktree
 The Bounce 30 mins (Tu,Th) Kuchumaa
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
 Soft Mosaic Workshop, Session 1, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
- 12:00** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30** **Yarn Painting Demo** Dining Hall
- 1:00** **"Bean-to-Bar" Chocolate class – a delicious experience.** 90 mins /Register at ext. 625/ Fee/ Departing from Admin.Bldg.
 Soft Mosaic Workshop, Session 2, with Tim Hinchliff Sign up, (\$40 one-time art kit fee) Dining Hall balcony
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely. Q& A with Rob Larson Library Lounge
- 2:00** **Circuit Training (T,Th)** Azteca
 Dance: Country Line Dance! (Th) Kuchumaa
 Deep Water Training (Su,T,Th) Activity Pool
 Pilates Cadillac Fundamentals (M,Th) Pilates Studio
 Postural Therapy: Spine, Shoulders, Neck and Head (Th) Tolteca
 Inner Fitness: Create Your Best Life, with Linda Carroll Arroyo
- 3:00** **Boga Fitmat: Level 2 (T,W,Th)** Central Pool
 Pilates Reformer: Fundamentals (Su,T,Th) Pilates Studio
 Ranch Barre (T,Th) Olmeca
 Sound Healing (Su,M,T,Th,F) Oaktree
- 4:00** **Chant (Th also 9a Su)** Milagro
 Roll and Release Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Chef Kathleen Flinn. Register at ext 625/ Fee/ Departure at 4:00pm; approx. return 7:30pm. Meet at Admin.Bldg.
 Jewelry Making, w/Catherine Rodgers 90 mins Sign up Art Studio
- 4:30** **Art Exhibition with Tim Hinchliff and José Ignacio Castañeda** (4:30 to 6:00 pm) Bazar del Sol
- 6:15** **Silent Dinner** Sign up (Th) Los Olivos
- 7:15** **Movie: First Man** Library Lounge
- 8:00** **Concert with cellist Alex Greenbaum** Oaktree

FRIDAY | October 4

! Please sign up or confirm your return transportation at the Admin Building or Concierge Desk

- 6:05** **Mountain Hike: Ember of the Valley** Challenging 4 Miles (T,F) Main Lounge
- 6:10** **Organic Garden Breakfast Hike** Moderate 4 Miles, Sign up, Option: to ride the van back to the Ranch (T,W,Th,F) Main Lounge
- 6:30** **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Main Lounge
- 6:45** **Rolling Hills Hike** 2 Miles (T,F) Main Lounge
- 9:00** **Bird Walk (M F)** Gazebo
 Circuit Training (M-F) Azteca
 Meditation (M,T,Th,F) Milagro
 Pickleball: All Levels (F) Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (M,F) Tolteca
 Stretch (Su-F) Montaña
- 10:00** **Dance: Cardio Hip Hop: Flashback 90's (F)** Kuchumaa
 Deep Water Training (Su,T,Th) Activity Pool
 Circuit Training (M-F) Azteca
 Pilates Mat: Level 2 (Su-F) Pinetree
 Sculpt & Strengthen: Level 1 (M,F) Olmeca
 TRX Cardio: Level 2 (F) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Cycle 30: All Levels** 30 mins (M,F) Pai Pai
 Gyrokinesis® (Su-F) Pinetree
 Ranch Ropes Plus 30 mins (F) Olmeca
 Ranch History Walk: Explore the roots of the Ranch and its rich 78 year history, with Rob Larson Gazebo
 Release & Mobilize please wear socks (M,W,F) Oaktree
 The Wave (Su,T,Th,F) Activity Pool
 Yoga: Level 2 75 mins (Su-F) Montaña
- 11:30** **Magical Meanings and Stories of the Dining Room's Art, with Tim Hinchliff** Meet at Dining Room entrance
- 1:00** **How to Live Your Ranch Experience at Home (Th)** Library Lounge
 Make a Prayer Arrow, with Tim Hinchliff Sign up (no fee) Main Lounge
- 2:00** **Dance: Intro. to Salsa! (F)** Kuchumaa
 Pilates Twenty / 20 (T,F) Pilates Studio
 Water Polo on the Noodle (F) Activity Pool
- 3:00** **Core Challenge** 30 mins (Su,F) Olmeca
 Sound Healing (Su,M,T,Th,F) Oaktree
 Mexico: Past and Present, with José Guadalupe Flores, Ph.D. Tolteca
- 4:00** **Inner Journey: Guided Meditation (Su,M,F)** Oaktree
 Stretch & Relax (M,W,F) Montaña
- 5:30** **Dine 'n' Dance** Dining Hall
 7:00 pm **Music with the Rancho La Puerta Fiesta Band!**
 7:50 pm **Dance, Dance, Dance with Alma Latina!**
- 7:15** **Documentary: Flight of the Butterflies** Library Lounge

Tomorrow's Saturday schedule can be found on bulletin boards in the Main Lounge, Concierge, Front Desk and the Dining Hall.