

Train to Maintain Your Brain Week October 23, 2021

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.

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.

- "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.

- **Sign up** for classes are posted in the main lounge cork board.

- **Classes are limited** based on social distancing and equipment availability.

- **Classes and activities begin on time and last 45 minutes unless noted otherwise.**

SATURDAY | October 23

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
 6:45 **Woodlands Hike** 2 Miles Gazebo
- 9:00 **Stretch** Pinetree
- 10:15 **Circuit Training** Azteca
 Meditation Oaktree
- 11:30 **Yoga: All Levels** Montaña
- 11:45– 1:30 **Fitness Concierge** Dining Hall
 A fitness specialist is available to answer all questions
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 3:45 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca
- 4:45 **Ranch Tour** (recommended for first time guests) Gazebo
 5:00 **Returning Guest Update** Tolteca
- 5:30 **First Time Guest Orientation** Olmecca
- 6:45 **Meet the Presenters** Dining Hall
- 7:15 **Documentary *Walking the Camino*** Library Lounge
- 8:00 **Healthy Pleasures: Why Everything that Feels Good is Not Bad, with David Sobel, MD** Olmecca

MEAL HOURS	AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION
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	Milagro - Meditation Room 6:00 am to 9:00 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	Activity Pool - Lap Swim 7:00 am to 5:00 pm
	Aztecca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to to 5:00 pm
SNACK TIMES	UNSTAFFED PICK UP GAMES
Main Lounge / Sunday – Friday Fruit: 10:30 am Smoothies: 2:45 pm (Sunday only) Veggies & Juice 4:30 pm Juice Bar /Monday-Friday Smoothies: 2:45 pm	Pickleball 9 am Su,T,Th
	Sand Volleyball 4 pm Su - F

SUNDAY | October 24

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (Su,W) Gazebo
 6:30 **Mountain Hike: Alex's Oak** 2 Miles (Su) Gazebo
 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 8:15 **Fitness Concierge** 30 mins (Su) Dining Hall
- 9:00 **Feldenkrais** (Su,M) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su) Pinetree
 Pickleball: Beginner (Su,T) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
- 10:15 **Dance: Zumba** (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,Th) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals (Su-F) Montaña
- 11:30 **Cardio Muscle Blast** (Su,T) Azteca
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga: Level 2 60 mins (Su,T,W,F) Montaña
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 WATSU® WaterDance® Demonstration & Lecture (S) South Pool
- 2:00 **Deep Water Workout** (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su also 3p Su,W) Pilates Studio
 Train to Maintain Your Brain with Kymberly (Su-F) Olmecca
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
 Pilates Reformer: Fundamentals (Su,Th also 2p Su) Pilates Studio
 Sound Healing (Su,T,Th,F) Oaktree
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Behavior Change Made Simpler: The Surprising Health Benefits of Success & Confidence, with David Sobel, MD Olmecca
- 7:15 **Movie *Rocketman*** Library Lounge
- 8:00 **Live Your Great Story! with Jeanine Mancusi, Life Coach** Oaktree

MONDAY | October 25

Class spaces are limited to first come first served

- 6:15 **Mountain Hike: Professor's** challenging 3.3 (M,Th) Gazebo
 6:30 **Dove Meditation Hike** Moderate 1.2 miles (M,W) Gazebo
 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo
- 9:00 **BOSU® Fit** (M,Th) Olmecca
 Circuit Training (M,W,Th,F) Azteca
 Feldenkrais (Su,M) Oaktree
 Labyrinth (M) Labyrinth
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson (M) Gazebo
- 10:15 **Circuit Training** (M-F) Azteca
 Dance: Cardio Hip Hop Body Rock (M) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals (Su-F) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 11:30 **Cycle 30: All Levels** 30 mins (M) Pai Pai
 Pickleball: All Levels (M also 10:15a Th,F) please wear court shoes Pickleball Courts
 Release & Mobilize please wear socks (M,W,F) Oaktree
 H2O Bootcamp (M,W) Activity Pool
 TRX Fundamentals (Su,M,Th) Tolteca
 Yoga Sculpt: Level 2 60 mins (M,Th) Olmecca
- 1:00 **Transforming Our Food Environment, with CSPI's Hannah Dallmann** Olmecca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas Tolteca
- 2:00 **Dance: Cardio Dance** (M) Kuchumaa
 Shallow Water Workout (M,W) Activity Pool
 Train to Maintain Your Brain with Kymberly (Su-F) Olmecca
 Travel Journaling, with Jennifer 2 hours Art Studio
 Inner Fitness: Healthy Inner Dialogue – Discover Your Joyous Adult, with Jeanine Mancusi, Life Coach Arroyo
- 3:00 **Core and More with the Foam Roller** (M,W) Tolteca
 Pilates Reformer: Level 2 (M,T also 2p F) Pilates Studio
 Ranch Barre (M,Th) Olmecca
 The Sound Journey with Anne (M,Th) Oaktree
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Stress: Avoid, Cope, or Embrace? with David Sobel, MD Olmecca
- 5:00 **Fiesta at the Bazar! All invited! Sangria and guacamole.** 60mins Bazar del Sol
- 6:15 **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)
- 7:15 **Movie *Emma*** Library Lounge
- 8:00 **Exploring Solo Violin with Pei-Chun - Works by Heinrich Biber, Fritz Kreisler and Philips Glass** Oaktree

TUESDAY | October 26

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T, F) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo
- 9:00 **Bird Walk** (T,Th) Gazebo
 Meditation (T-F) Oaktree
 Pickleball: Beginner (Su,T) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It: Level 2 (T,F) Tolteca
 Stretch (Su-F) Montaña
- 10:15 **Circuit Training** (M-F) Azteca
 Dance: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate (S,T) please wear court shoes Pickleball Courts
 Pilates on the Ball: Level 2 (T) Olmecca
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Yoga Fundamentals (Su-F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 11:30 **Cardio Muscle Blast** (Su,T) Azteca
 Gyrokinesis® (T,W) Pinetree
 Knitting for Wellness with David de la Paz 60 min Sign up Gazebo
 Stretch (Su,T,Th) Oaktree
 Shallow Water Workout (Su,T,Th) Activity Pool
 The Bounce 30 mins (T,Th) Kuchumaa
 Yoga: Level 2 60 mins (Su,T,W,F) Montaña
- 1:00 **The Secrets of The Healthy Cook with Chef Kate Sherwood** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- 2:00 **Circuit Training** (T,Th) Azteca
 Dance: Move, Groove & Funk (T) Kuchumaa
 Deep Water (Su,T,Th) Activity Pool
 Train to Maintain Your Brain with Kymberly (Su-F) Olmecca
 Inner Fitness: Emotional Fluency - Permission to Feel, with Jeanine Mancusi, Life Coach Arroyo
 Watercolor Card Making with Jennifer 2 hours Art Studio
- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
 Pilates Reformer: Level 2 (M,T also 2p F) Pilates Studio
 Sound Healing (Su,T,Th,F) Oaktree
 Stability Ball 30 mins (T) Olmecca
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Jill Nussinow Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- The Functionality of Your Eye-Brain Connection Integrating Periphery and Affecting Balance and Movement, with Dana Dean, OD** Arroyo
- 7:15 **Movie *Queen Bees*** Library Lounge
- 8:00 **Rx Healthy Sex: Is Sex Good Medicine with David Sobel, MD** Olmecca

WEDNESDAY | October 27

Class spaces are limited to first come first served

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F,) Gazebo
- 6:15 **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30 **Dove Meditation Hike** Moderate 1.2 miles (M,W) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Sculpt & Strengthen: Level 2** (Su,W) Olmeca
- Stretch** (Su-F) Montaña
- Tennis Clinic: Level 1** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W also F 10:15) Tolteca

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Cardio Hip Hop: Flashback 90's** (W) Kuchumaa
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Yoga Fundamentals** (Su-F) Montaña
- Landscape Garden Walk** (W) Gazebo
- Landscape Sketching with Jennifer** 2 hours Art Studio

- 11:30 **Cycle Hip Hop: All Levels** 30 mins (W) Pai Pai
- Gyrokinesis®** (T,W) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Kettlebells** 30 mins (W) Tolteca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña

- 1:00 **The Healthy Cook at Home, with Chef Kate Sherwood** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (W) Kuchumaa
- Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Shallow Water Workout** (M,W) Activity Pool
- Train to Maintain Your Brain with Kymberly** (Su-F) Olmeca
- Travel Journaling with Jennifer** 2 hours Art Studio
- Inner Fitness: Powerful You - Ownership and Responsibility, with Jeanine Mancusi, Life Coach** Arroyo

- 3:00 **Core and More with the Foam Roller** (M,W) Tolteca
- Pilates Reformer: Fundamentals** (Su,W also 2 Su) Pilates Studio
- Sound Healing** (Su,T,Th,F) Oaktree
- Tai Chi** (W) Montaña

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Jill Nussinow** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- How to Expand Visual Memory for the Aging Brain: A Hands on Experiential Class with Dana Dean, OD** Arroyo

- 7:15 **Movie News of the World** Library Lounge

- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta: An Informal Question and Answer Session** Hosted by Barry Shingle, Program Director Oaktree

THURSDAY | October 28

! Confirm your return transportation at Front Admin Building or Concierge

- 6:05 **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign up. Option: to ride the van to and from the Ranch. Gazebo
- 6:10 **Mountain Hike: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (Su,T,Th) Gazebo

- 9:00 **Bird Walk** (T,Th) Gazebo
- BOSU® Fit** (M,Th) Olmeca
- Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T-F) Oaktree
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Latin Fusion** (Th) Kuchumaa
- Pickleball: All Levels** (Th,F also 11:30a M) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals** (Su-F) Montaña

- 11:30 **Shallow Water Workout** (Su,T,Th) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- The Bounce** 30 mins (T,Th) Kuchumaa
- TRX Fundamentals** (S,M,Th) Tolteca
- Yoga Sculpt: Level 2** 60 mins (M,Th) Olmeca
- Mandala with Jennifer** 45 mins Art Studio

- 12:30 **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance

- 1:00 **The Science of Good Cooking with Chef Kate Sherwood** Olmeca
- Bean-to-Bar Chocolate class** 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$40 art kit fee) Sign up Dining Hall balcony

- 2:00 **Circuit Training** (T,Th) Azteca
- Dance: Swing** (Th) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Train to Maintain Your Brain with Kymberly** (Su-F) Olmeca
- Watercolor Card Making with Jennifer** 2 hours Art Studio
- Inner Fitness: Create Your Best Life - How to Manifest Your Dreams, with Jeanine Mancusi, Life Coach** Arroyo

- 3:00 **Pilates Cadillac: Fundamentals** (Th) Pilates Studio
- Ranch Barre** (M,Th) Olmeca
- The Sound Journey with Anne** (M,Th) Oaktree
- Computer Vision and the Effects of Blue Light and Sleep, with Dana Dean, OD** Arroyo

- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (S,T,Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Teacher Jill Nussinow** Register at Ext. 631 or 640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Bean-to-Bar Chocolate class** 90 mins Register at ext. 631 or 640/ Fee/ Departs from Admin Bldg.
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge

- 7:15 **Documentary Kiss the Ground** (90 mins) Library Lounge
- Prayer Arrows with Tim Hinchliff** Main Lounge

- 8:00 **The Mission Walker: An adventure story and a reflection on confronting our own mortality, with Edie Littlefield** Olmeca

FRIDAY | October 29

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

- 6:05 **Organic Garden Breakfast Hike** Moderate 4 Miles Sign up (T,W,Th,F) Gazebo
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30 **Silent Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
- 6:45 **Woodlands Hike** 2 Miles (M,W,F) Gazebo

- 9:00 **Circuit Training** (M,W,Th,F) Azteca
- Meditation** (T-F) Oaktree
- Nature Walk** 60 mins (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It: Level 2** (T,F) Tolteca
- Stretch** (Su-F) Montaña

- 10:15 **Circuit Training** (M-F) Azteca
- Dance: Disco** (F) Kuchumaa
- Pickleball: All Levels** (Th,F also 11:30a M) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,F) Pinetree
- TRX HIIT - Circuit** (F also 9a W) Tolteca
- Yoga Fundamentals** (Su-F) Montaña

- 11:30 **Cardio Boxing** (F) Kuchumaa
- Knitting for Wellness with David de la Paz** 60 min Sign up Gazebo
- Ranch Ropes** 30 mins (F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Deep Water** (F) Activity Pool
- Yoga: Level 2** 60 mins (Su,T,W,F) Montaña

- 1:00 **City of Covid with John Rosenmiller, Photographer** Olmeca
- How to Live Your Ranch Experience at Home** (F) Tolteca

- 2:00 **Pilates Reformer: Level 2** (F also 3p M,T) Pilates Studio
- Mountain Hike: Alex's Oak** 2 Miles (W,F) Gazebo
- Train to Maintain Your Brain with Kymberly** (Su-F) Olmeca
- Mandala/Metta Meditation with Jennifer** 2 hours Meet at Art Studio (may go to Labyrinth)
- Where Am I? The fascinating natural history of Tecate, Baja California, & Mexico, with Mike Wilken** Library Lounge

- 3:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,T,F) Kuchumaa
- Sound Healing** (Su,T,W,F) Oaktree
- Walking a Thousand Miles, with Edie Littlefield Sundby** Olmeca

- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña

- 6:00 **Music with Rancho La Puerta Fiesta Band** Dining Hall

- 7:15 **Documentary Miracle in a Box: A piano reborn, narrated by John Lithgow** (56 mins) Library Lounge

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