

Become Bodywise Week

June 18, 2022

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 | June 18

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
 6:45 **Woodlands Hike** 2 Miles Gazebo
- 9:00 **Stretch** Pinetree
 Nature Walk: Native Plants and their Traditional Uses, with Mike Wilken Gazebo
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 10:15 **Ranch Tour** (30 mins) Start outside Dining Hall
- 11:00 **Yoga: All Levels** Montaña
- 12:15 **Ranch Tour** (30 mins) Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
 Woodlands Hike 2 Miles Gazebo
- 3:00 **Stretch** Pinetree
- 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca
- 5:00 **Ranch Tour** (recommended for first time guests) Gazebo
 Returning Guest Update Tolteca
- 5:30 **First Time Guest Orientation** Olmecca
- 6:45 **Meet the Presenters** Dining Hall
 7:15 **Setting Your Ranch Intention** (Can bring Dessert upstairs) Los Olivos
- 7:30 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00 **Tales from the Outdoor Adventure Medical Tent, with Brandee Waite, MD** Olmecca

MEAL HOURS		AVAILABLE FACILITIES WHEN NO CLASS IS IN SESSION	
SATURDAY		Milagro - Meditation Room	
Breakfast	7:00 am to 9:00 am	6:00 am to 9:00 pm	
Lunch	11:30 am to 3:30 pm		
Dinner	5:30 pm to 7:30 pm		
SUNDAY THROUGH FRIDAY		Activity Pool - Lap Swim	
Breakfast	7:30 am to 9:00 am	7:00 am to 6:00 pm	
Lunch	12:00 pm to 1:30 pm		
Dinner	5:30 pm to 7:30 pm		
SNACK TIMES		UNSTAFFED PICK UP GAMES	
Main Lounge / Sunday – Friday		Pickleball	
Fruit: 10:30 am		9 am M,W,F	
Smoothies: 2:45 pm (Sunday only)			
Veggies & Juice 4:30 pm			
Juice Bar: Monday-Friday		Sand Volleyball	
Smoothies: 2:45 pm		4 pm Su - F	

SUNDAY | June 19

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 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 7:30 **Fitness Concierge** 30 mins (Su) Villas Pool
 8:15 **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall
- 9:00 **Feldenkrais** (Su,M,T) Tolteca
 Introduction to Circuit Training (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th also 10a Su,F & 11a M) please wear court shoes Pickleball Courts
 Sculpt & Strengthen: Level 2 (Su,W) Olmecca
 Stretch (Su-F) Montaña
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su) Meet outside Arroyo
- 10:00 **Chant** (Su,Th) Arroyo (back patio)
 Dance: Zumba (Su) Kuchumaa
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Beginner (Su,F also 9a Su,T,Th & 11a M) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,W,F) Pinetree
 Ranch Cycling: All Levels (Su,T,Th) Pai Pai
 Stretch (Su,M) Oaktree
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cardio Muscle Blast** (Su) Azteca
 Pickleball: Intermediate (Su,W also 10a T,Th) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (Su also 2p Su & 3p Su,F) Pilates Studio
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su,W) Tolteca
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
- 12:00 **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Eating for Energy: Ways to Change What You Eat from SAD to Glad, with Jill Nussinow, RD Olmecca
 Water Flow Therapy Demo South Pool
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M also 3p F) Kuchumaa
 Become Bodywise with Megan Moseley (Su-F) Olmecca
 Deep Water Workout (Su,T,Th) Activity Pool
 Feldenkrais (Su) Oaktree
 Pilates Reformer: Fundamentals (Su,F also Su 11am & 3pm) Pilates Studio
- 3:00 **Core Challenge** 30 mins (Su,M,F) Olmecca
 Pilates Reformer: Fundamentals (Su also 2p Su,F) Pilates Studio
 Sound Healing (Su-F) Oaktree
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Yin Yoga (Su) Montaña
 Busy But Fit: Exercises Strategies for Busy Professionals and Retirees, with Brandee Waite, MD Olmecca
- 7:30 **Movie *Emma*** Library Lounge
 8:00 **Simple Tools to Transform Your Life: Ditch Your Inner Critic B**CH, with Lisa Lewtan, Lifestyle Coach** Oaktree

MONDAY | June 20

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** 1.2 Miles (M,W) Gazebo
 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00 **Circuit Training** (M,W,F) Azteca
 Feldenkrais (Su,M,T) Olmecca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Pump It – Barbell Strength: Level 2 (M,F) Tolteca
 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
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Country Line (M also 2p Th) Kuchumaa
 Pilates Arc Barrel: Level 2 (M,Th) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Stretch (Su,M) Oaktree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging (M,W) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (M) Kuchumaa
 Cycle 30: All Levels 30 mins (M,W) Pai Pai
 Gyrokinesis® (M,T,W) Pinetree
 H2O Bootcamp (M,W) Activity Pool
 Pickleball: Beginners (M also 9am Su,T,Th & 10a M,F) please wear shoes Pickleball Courts
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Drawing with Jennifer 2 hours Art Studio
- 12:00 **Gyrotonic Tower Demo** 30 mins (M) Pilates Studio
- 1:00 **Superfoods and Supplements: What Do You Really Need?, with Jill Nussinow, RD** Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and sleeves (Su,M also 3p F) Kuchumaa
 Become Bodywise with Megan Moseley (Su-F) Olmecca
 Labyrinth (M) Labyrinth
 Release & Mobilize please wear socks (M,W,F) Oaktree
 Shallow Water Workout (M,W also 11a Su,T,Th) Activity Pool
 Travel Journaling, with Jennifer 2 hours Art Studio
 Intro Tapping (EFT) – It may just change your life, with Lisa Lewtan Tolteca
- 3:00 **Core Challenge** 30 mins (Su,M,F) Olmecca
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Tai Chi (M,W,F) Montaña
 Waterpolo on the Noodle (M also 2p F) Activity Pool
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 An Apple a Day Version 2022: Eating and Exercising Your Way out of Medical Problems, with Brandee Waite, MD Olmecca
- 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 6:15 **Silent Dinner** Sign up (M) Los Olivos (via Dining Hall balcony)
 7:30 **Movie *News of the World*** Library Lounge
 8:00 **Jazz standards, originals, and popular music gems with Mimi Fox and Jeff Denson – Program 1** Oaktree

TUESDAY | June 21

- 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 **Mountain Trail Run** (2 to 4 Miles (T) Gazebo
 6:45 **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00 **Bird Walk** (T,Th) Gazebo
 BOSU® Fit (T,Th) Olmecca
 Feldenkrais (Su,M,T) Tolteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th also 10a Su,F& 11a M) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Intro. to Salsa (T) Kuchumaa
 Pickleball: Intermediate (T,Th also 11a Su) 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: All Levels (Su -F) Montaña
- 11:00 **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (T,W) Kuchumaa
 Aqua Board (T,Th also 2p T) Central Pool
 Gyrokinesis® (M,T,W) Pinetree
 Kettlebells 30 mins (T) Tolteca
 Ranch Ropes 30mins (T,F) Olmecca
 Shallow Water Workout (Su,T,Th also 2p M,W) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 mins (Su,M,T,Th,F) Montaña
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **The Regenerative Farming Practices at our Organic Farm & Garden: How your eating habits shape the food system of the future, with Lindsey Hethcote, Education Director at Tres Estrellas Organic Farm & Garden at Rancho La Puerta** Olmecca
- 2:00 **Aqua Board** (T also 11a T & Th) Central Pool
 Become Bodywise with Megan Moseley (Su-F) Olmecca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Collage Card Making with Jennifer 2 hours Art Studio
 Radical Self-Acceptance, with Lisa Lewtan Tolteca
- 3:00 **Healthy Back Secrets** (T) Tolteca
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (T,Th) Olmecca
- 4:00 **Foam Roller** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (T) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Ramses Bravo. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Tap into Your Nutrition Intuition, with Jill Nussinow, RD** Olmecca
- 7:30 **Movie *Queen Bees*** Library Lounge
- 8:00 **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President of Rancho La Puerta: An Informal Question and Answer Session** Hosted by Barry Shingle, Program Director Oaktree

WEDNESDAY | June 22

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
- Regenerative Farming: Beyond Organic in the Garden and Kitchen** Fee. Sign up in Lounge (10 max). Departure at 6:05 am with the Organic Garden Breakfast hike; return 11:30am by van.
- 6:15** **Mountain Hike: Pilgrim** Advanced Option of 3.5 or Challenging 4.5 Miles (S,W) Gazebo
- 6:30** **Dove Meditation Hike** 1.2 Miles (M,W) Gazebo
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00** **Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** (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
- 10:00** **Circuit Training** (M-F) Azteca
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- Sculpt & Strengthen: Level 1** (M,W) Olmeca
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- TRX HIIT - Circuit** (W,F) Tolteca
- Water Jogging** (M,W) Activity Pool
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- Landscape Garden Walk** (W) Gazebo
- 11:00** **Aerial Yoga: Hip Height Level 2** please wear socks and sleeves (T,W) Kuchumaa
- Cycle 30: All Levels** 30 mins (M,W) Pai Pai
- Gyrokinesis®** (M,T,W) Pinetree
- H2O Bootcamp** (M,W) Activity Pool
- Pickleball: Intermediate** (Su,W also 10a T,Th) please wear court shoes Pickleball Courts
- TRX Fundamentals** (Su,W) Tolteca
- Landscape Sketching with Jennifer** 2 hours Art Studio
- 1:00** **Documentary: Tree of Life, The Living Legacy of Edmond Szekely** Library Lounge
- Your Gut, Your Health: Probiotics and Beyond, with Jill Nussinow, RD** Olmeca
- 2:00** **Become Bodywise with Megan Moseley** (Su-F) Olmeca
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Shallow Water Workout** (M,W also 11a Su,T,Th) Activity Pool
- World Drumming** (W) Kuchumaa
- Is It Food You Are Craving or Something Else? with Lisa Lewtan** Tolteca
- Mandala with Jennifer** 60mins Art Studio
- 3:00** **Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sand Volleyball** (W) Sand Volleyball
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (M,W,F) Montaña
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Ask Me Anything about Sports Medicine & Joint Health Longevity and Lifestyle-Medicine Intersection, with Brandee Waite, MD** Olmeca
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Ramses Bravo.** Register at Ext. 631/640. Fee. Departure at 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:30** **Movie *Dream Horse*** Library Lounge
- 8:00** **Learning to Live with Less and Why it Matters, with Amy Carstensen** Olmeca

THURSDAY | June 23

- 6:05** **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Gazebo *Option to tour Professor Park / RLP Foundation, back by 9am. * Ride the van to and from the Ranch. Sign Up
- 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** **Woodlands Hike** 2 Miles (Su,T,Th) Gazebo
- 9:00** **Bird Walk** (T,Th) Gazebo
- BOSU® Fit** (T,Th) Olmeca
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th also 10a Su,F & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Stretch** (Su-F) Montaña
- 10:00** **Chant** (Su,Th) Arroyo (back patio)
- Circuit Training** (M-F) Azteca
- Dance: Move, Groove & Funk!** (Th) Kuchumaa
- Pickleball: Intermediate** (T,Th also 11a Su,W) please wear court shoes Pickleball Courts
- Pilates Arc Barrel: Level 2** (M,Th) Pinetree
- Ranch Cycling: All Levels** (Su,T,Th) Pai Pai
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00** **Aqua Board** (T,Th also 2p T) Central Pool
- Cardio Kickboxing** (Th) Kuchumaa
- Ranch Barre** (Th) Olmeca
- Shallow Water Workout** (Su,T,Th also 2p M,W) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- 12:00** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **6 Mistakes in Organizing, with Amy Carstensen** Olmeca
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
- Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** (\$60 art kit fee) Sign up Dining Hall balcony
- 2:00** **Become Bodywise with Megan Moseley** (Su-F) Olmeca
- Circuit Training** (T,Th) Azteca
- Dance: Country Line** (Th also 10a M) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Light or Tight – the Ultimate Decision-Making Tool, with Lisa Lewtan** Tolteca
- 3:00** **Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (T,Th) Olmeca
- 4:00** **Foam Roller** Please wear socks (Su,T,Th) Tolteca
- Intention Meditation Hike** (Th) Gazebo
- Yoga Nidra** (Th) Montaña
- Art Exhibition with Tim Hinchliff** 90 mins Bazar del Sol
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Ramses Bravo.** Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- Bean-to-Bar Chocolate Class** 60 mins Register at ext. 631/640 Fee/ Departs promptly from Admin Bldg.
- Too Much Clutter? How Do I “Let It Go?”**, with Amy Carstensen Olmeca
- 5:45** **Live the Bocuse d’Or Culinary Experience at Amores Restaurant – 8 course menu with wine pairings.** Sign up in the LOUNGE /Payment at Amores/ 10 minutes from the Ranch. Prompt departure 5:45 pm; back at the Ranch by 9 pm. Meet at Admin. Bldg
- 6:30** **Mountain Hike: Alex's Oak** 2 Miles (Th) Gazebo
- 7:15** **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30** **Documentary *The Hidden Life of Trees*** Library Lounge
- 8:00** **Jazz standards, originals, and popular music gems with Mimi Fox and Jeff Denson – Program II** Oaktree

FRIDAY | June 24

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** **Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
- 6:45** **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00** **Circuit Training** (M,W,F) Azteca
- Meditation** (Su-F) Oaktree
- Nature Walk** (W,F) Gazebo
- Pilates Mat: Fundamentals** Progressive (M-F) Pinetree
- Pump It – Barbell Strength: Level 2** (M,F) Tolteca
- Stretch** (Su-F) Montaña
- Hike to The Residences, with Karla** 60 mins sign up Main Lounge
- 10:00** **Circuit Training** (M-F) Azteca
- Dance: Zumba** (F) Kuchumaa
- Pickleball: Beginner** (Su,F also 9a Su,T,Th & 11a M) please wear court shoes Pickleball Courts
- Pilates Mat: Level 2** (Su,W,F) Pinetree
- TRX HIIT - Circuit** (W,F) Tolteca
- Yoga Fundamentals: All Levels** (Su -F) Montaña
- 11:00** **Cardio Boxing** (F) Kuchumaa
- Deep Water** (F) Activity Pool
- Knitting for Wellness** 60 min Sign up Gazebo
- Ranch Ropes** 30mins (T,F) Olmeca
- Yoga: Level 2** 75 mins (Su,M,T,Th,F) Montaña
- 1:00** **How to Live Your Ranch Experience at Home** (F) Tolteca
- 2:00** **Become Bodywise with Megan Moseley** (Su-F) Olmeca
- Pilates Reformer: Fundamentals** (Su,F also 3p Su,& 11a Su,W) Pilates Studio
- Release & Mobilize** please wear socks (M,W,F) Oaktree
- Waterpolo on the Noodle** (F) Activity Pool
- 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,M also 3p F) Kuchumaa
- Core Challenge** 30 mins (Su,F) Olmeca
- Sound Healing** (Su-F) Oaktree
- Tai Chi** (M,W,F) Montaña
- 4:00** **Inner Journey: Guided Meditation** (M,W,F) Oaktree
- Stretch & Relax** (M,W,F) Montaña
- Tips for Downsizing, with Amy Carstensen** Olmeca
- 6:00** **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:15** **Setting Your Return to Home Intention** (F) Los Olivos
- 7:30** **Documentary *The Truffle Hunters*** Library Lounge

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