

Dance Week with Anna Matuszewski

Swim Immersion Week Steven Katz

November 19, 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 | November 19

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 7:00 **Interpretive Nature Walk, with Mike Wilken** 60mins Gazebo
- 9:00 **Stretch** Pinetree
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 10:15 **Ranch Tour** (30 mins) Start outside Dining Hall
- 11:00 **Ranch Cycling: All levels** Pai Pai
 Yoga: All levels Montaña
- 12:00 **Ranch Tour** (30 mins) Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
- 3:00 **Stretch** Pinetree
 Woodlands Hike 2 Miles Gazebo
- 3:45 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca (also 7:15 in Los Olivos)
- 4:30 **Ranch Tour** (recommended for first time guests) Gazebo
- 5:00 **First Time Guest Orientation** Olmecca
 Returning Guest Update Tolteca
- 6:45 **Meet the Presenters** Dining Hall
- 7:15 **Set Your Ranch Intention, Tips for a Magical** (Can bring Dessert upstairs) Los Olivos
- 7:30 **Documentary Kiss the Ground** (90 mins) Library Lounge
- 8:00 **The Art of Herbal Medicine, with Dawn Petter** Olmecca

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
SNACK TIMES	
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

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 Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 pm	
UNSTAFFED PICK UP GAMES	
Pickleball 9 am M,W,F	
Sand Volleyball 4 pm Su - F	

SUNDAY | November 20

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
- 8:15 **Docent Led Tour and Orientation** Dining Hall
 Fitness Concierge 30 mins (Su) Dining Hall
- 9:00 **Introduction to Circuit Training** (Su) Azteca
 Introduction to Pilates Mat: Fundamentals Progressive (Su-F) Pinetree
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also M at 11 am) 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
 Easy Freestyle - Introducing Total Immersion: How your swimming will be transformed in 5 simple lessons, with Steven Katz, DC and Certified Total Immersion Coach Library Lounge
- 10:00 **Chant** (Su,Th) back patio of Arroyo
 Dance Specialty: Fun Footwork Combos (Su) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Rhythm Cycle: All Levels (Su) Pai Pai
 Shallow Water Workout (Su, also Wat 3p, Fat 11am) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa
 Cardio Muscle Blast (Su) Azteca
 Pilates Reformer: Fundamentals (Su,M,Th at 11am, Su 2&3pm & F 10am) Pilates Studio
 Ranch Barre (Su) Olmecca
 Specialty Swim Immersion (Su-Th also 2pm Su-Th) Sign up Activity Pool
 Stretch (Su,T,Th) Oaktree
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
- 1:00 **Feldenkrais: Improving Posture and Balance with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 How to Take Your Cooking from SAD to GLAD! with Chef Cathy Fisher Olmecca
- 2:00 **Chair Yoga** (Su,T) Montaña
 Feldenkrais (Su also M at 1pm) Oaktree
 Pilates Reformer: Fundamentals (also Su at 3pm & , M,Th) Pilates Studio
 Ranch Ropes HIIT: 30 mins (Su,Th) Olmecca
 Specialty Swim Immersion (Su-Th also 11am Su-Th) Sign up Activity Pool
 Strengthen Your Mindset: The Foundation, with Randy Kamen Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Reformer: Fundamentals (Su, also M,Th at 11am & F at 10) Pilates Studio
 Sound Healing (Su-F, also Su at 4pm) Oaktree
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su, T) Montaña
 Sound Healing (Su) Oaktree
 Botanical Support for Digestive Health, with Dawn Petter Arroyo
 Beginner 'Ukulele Class, with Pamela Polland (Sign up) Library Lounge
- 7:30 **Movie Emma** Library Lounge
- 8:00 **Concert: J.S. Bach Suites # 1, 3 and 5, with cellist Sæunn Thorsteinsdóttir** Oaktree

MONDAY | November 21

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) Gazebo
- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo
- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
- 10:00 **Circuit Training** (M-F) Azteca
 Dance Specialty: Hip Hop Dance Foundations (M) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmecca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging (M,W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Cycle Hip Hop: All Levels** 30 mins (M) Pai Pai
 Knitting for Wellness (M, W) 60 min Sign up Gazebo
 Pickleball: Beginner (M also T,Th,F at 9 am) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,Th, also 10 am F) Pilates Studio
 Specialty Swim Immersion (Su-Th also 2pm Su-Th) Sign up Activity Pool
 TRX Fundamentals (M,Th) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
 Jewelry Making with Alejandro 60mins (M) Art Studio
- 1:00 **Feldenkrais** (Su,M) Oaktree
 Live Younger Longer: The Eight Keys to Vitality at Every Age, with Iris Gold Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,W,F) Kuchumaa
 Dance: Cardio Hip Hop: Bodyrock (M) Kuchumaa
 Pilates Cadillac: Fundamentals (M,Th) Pilates Studio
 Release & Mobilize please wear socks (M,W, F) Oaktree
 Specialty Swim Immersion Sign Up (Su-Th also 11am Su-Th) Sign up Activity Pool
 Woodlands Hike (M) 2 Miles Gazebo
 Travel Journaling, with Jennifer 2 hours Art Studio
 Build Your Capacity to 'Take in the Good', with Randy Kamen Arroyo
- 3:00 **Aqua Burst HIIT intervals** (M) Activity Pool
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmecca
 Yoga / Stretch for Athletes (& non-athletes) with Susie Neighbors (M,Th, F) Montaña
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Beginner 'Ukulele Class, with Pamela Polland Sign up Library Lounge
- 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 7:30 **Movie News of the World** Library Lounge
- 8:00 **Concert: Music, Magic and Mayhem, with Marshall Chapman** Oaktree

TUESDAY | November 22

- 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 **BOSU® Fit** (T,Th) Olmecca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 The Residences, a community dedicated to wellness, friendships, & sustainable living 60 mins (Sign up) **Meet at Luna 12**
- 10:00 **Circuit Training** (M-F) Azteca
 Dance Specialty: Basic Hip Hop (Tu) Kuchumaa
 Feldenkrais (Su,M,T) Oaktree
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates on the ball: level 2 (T) Olmecca
 Ranch Cycling: All Levels (T,Th) Pai Pai
 TRX HIIT - Circuit (Tu,F) Tolteca
 Yoga Fundamentals: All Levels (Su -F) Montaña
- 11:00 **Dance: Burlesque** (T) Kuchumaa
 Mobility Sticks (T,Th) Pinetree
 Stretch (Su,T,Th) Oaktree
 Swim Immersion Specialty (Su-Th also 2pm Su-Th) Sign up Activity Pool
 Treadmill HIIT (T,F) Azteca
 Yoga Sculpt: Level 2 60 mins (T) Olmecca
 Watercolor with Jennifer 2 hours Art Studio
- 1:00 **Improving Vitality: How to Get Your Sleep and The Truth about Hormone Balance, with Iris Gold** Olmecca
 Bean-to-Bar Chocolate class 90 mins. Register at ext. 631/640. Fee/ Departs from Admin Bldg.
- 2:00 **Chair Yoga** (Su,T) Montaña
 Circuit Training (T,Th) Azteca
 Postural Awareness (T,W) Tolteca
 Specialty Swim Immersion (Su-Th also 11am Su-Th) Sign up Activity Pool
 Collage Card Making with Jennifer 2 hours Art Studio
 How to Grow Your Self-Compassion, with Randy Kamen Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Deep Water (Su,T,Th) Activity Pool
 Sound Healing (Su-F) Oaktree
 Tai Chi (Su,T) Montaña
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Labyrinth (T also F at 2pm) Labyrinth
 Restorative Yoga (Su,T) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Cathy Fisher. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Intermediate 'Ukulele Class, with Pamela Polland Sign up Library Lounge
- 6:15 **Silent Dinner** (T) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Movie Queen Bees** Library Lounge
- 8:00 **A Conversation with Sarah Livia Brightwood Szekely, President of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experience** Oaktree

WEDNESDAY | November 23

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 **Sunrise Yoga** 60mins (W,F) Montaña
- 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
 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
 Dance Specialty: Hip Hop Combos (W) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Sculpt & Strengthen: Level 1 (M,W) Olmeca
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Water Jogging (M,W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
 Landscape Garden Walk (W) Gazebo

- 11:00 **Bounce: mini trampoline** 30 mins (Su,W) Kuchumaa
 Cycle 30: All Levels 30 mins (W) Pai Pai
 Kettlebells 30 mins (W,F) Tolteca
 Knitting for Wellness (M, W) 60 min Sign up Gazebo
 Specialty Swim Immersion (Su-Th also 2pm Su-Th) Sign up Activity Pool
 Tabata HIIT 30: Cardio & Strength (W) Olmeca
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio

- 1:00 **Herbs for Happiness, Stress Relief & Sleep, with Dawn Petter** Arroyo
 Documentary: Tree of Life, The Living Legacy of Edmond Szekely Library Lounge

- 2:00 **Dance: Latin Fusion** (W) Kuchumaa
 Mountain Hike: Alex's Oak 2 Miles (W) Gazebo
 Postural Awareness (T,W) Tolteca
 Release & Mobilize please wear socks(M,W,F) Oaktree
 Specialty Swim Immersion (Su-Th also 11am Su-Th) Sign up Activity Pool
 Mandala with Jennifer 1 hour Art Studio
 Strengthen Your Relationships Now, with Randy Kamen Arroyo

- 3:00 **Pilates Reformer: Level 2** (M,W) Pilates Studio
 Shallow Water Workout (W also F at 11am) Activity Pool
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmeca

- 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 Chef Cathy Fisher. Register at Ext. 631/640. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Intermediate 'Ukulele Class, with Pamela Polland Sign up Library Lounge

- 7:30 **Movie *Dream Horse*** Library Lounge

- 8:00 **Long May You Run! with Susie Neighbors** Olmeca

THURSDAY | November 24

- 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 (extreme): 8 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 **BOSU® Fit** (T,Th) Olmeca
 Cardio Kickboxing (Th) Kuchumaa
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
- 10:00 **Chant** (Su,Th) back patio of Arroyo
 Circuit Training (M-F) Azteca
 Dance Specialty: Funk Styles (Th) Kuchumaa
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Arc Barrel: Level 2 (Th) Pinetree
 Ranch Cycling: All Levels (T,Th) Pai Pai
 Yoga Fundamentals: All Levels (Su -F) Montaña
 Trunk Show with Donna Marberger (10am to 12pm) Mercado

- 11:00 **Mobility Sticks** (T,Th) Pinetree
 Pilates Reformer: Fundamentals (Th, also F at 10) Pilates Studio
 Stretch (Su,T,Th) Oaktree
 Specialty Swim Immersion (Su-Th also 2pm Su-Th) Sign up Activity Pool
 TRX Fundamentals (M,Th) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña

- 1:00 **Botanical Allies for Immune Support,with Dawn Petter** Arroyo
 Bean-to-Bar Chocolate Class 60 mins Register at ext. 631/640. Fee/ Departs promptly from Admin Bldg.
 Trunk Show with Donna Marberger (1 to 4pm) Mercado

- 2:00 **Circuit Training** (T,Th) Azteca
 Pilates Cadillac: Fundamentals (M,Th) Pilates Studio
 Ranch Ropes HIIT: 30 mins (Su,Th) Olmeca
 Specialty Swim Immersion (Su-Th also 11am Su-Th) Sign up Activity Pool
 Yoga Workshop: Sun Salutations (Th)*previous yoga experience Montaña
 Discover Your Life Vision, with Randy Kamen Arroyo

- 3:00 **Deep Water** (Su,T,Th) Activity Pool
 Sound Healing (Su-F) Oaktree
 Yoga / Stretch for Athletes (& non-athletes) with Susie Neighbors (M,Th,F) Montaña

- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Yoga Nidra (Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Cathy Fisher. 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

- 7:30 **Documentary *The Hidden Life of Trees*** Library Lounge

- 8:00 **Contemporary Pieces by Women Composers for Solo Cello, with Sæunn Thorsteinsdóttir** Oaktree

FRIDAY | November 25

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

- 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
- 6:15 **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30 **Mountain Meditation Hike: Alex Oak** 2 Miles (F) Gazebo
 Sunrise Yoga 60mins (W,F) Montaña

- 6:45 **Quail Hike** 2 Miles with an Option to do an Extra Moderate Half Mile (M,W,F) Gazebo

- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F) 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 Specialty: Build your own Dance Routine (F) Kuchumaa
 Pilates Mat: Level 2 (Su,M,W,F) Pinetree
 Pilates Reformer: Fundamentals (F) Pilates Studio
 TRX HIIT - Circuit (T,F) Tolteca
 Water Jogging (M,W,F) Activity Pool
 Yoga Fundamentals: All Levels (Su -F) Montaña
 Trunk Show with Donna Marberger (10am to 12pm) Mercado

- 11:00 **Cardio Boxing** (F) Kuchumaa
 Kettlebells 30 mins (W,F) Tolteca
 Release & Mobilize please wear socks(F also 2pmF) Oaktree
 Shallow Water Workout (F) Activity Pool
 Treadmill HIIT (T,F) Azteca
 Yoga: Level 2 75 mins (Su,M,W,Th, F) Montaña

- 1:00 **Set Your Return to Home Intention** (also 5pm F) Tolteca
 Trunk Show with Donna Marberger (1 to 4pm) Mercado

- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,W,F) Kuchumaa
 Labyrinth (F) Labyrinth
 Release & Mobilize please wear socks(M,W,F) Oaktree

- 3:00 **Core Challenge** 30 mins (F) Olmeca
 Sound Healing (Su-F) Oaktree
 Yoga / Stretch for Athletes (& non-athletes) with Susie Neighbors (M,Th,F) Montaña

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

- 5:00 **Set Your Return to Home Intention** (F) Tolteca

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

- 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