

Pilates Week with Viktor Uygan

March 18, 2023

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 | March 18

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles Gazebo
- 7:00 **Interpretive Nature Walk** (60 mins) with Mike Wilken Gazebo
- 9:00 **Stretch** Pinetree
- 10:00 **Circuit Training** Azteca
 Meditation Milagro
- 10:15 **Ranch Tour** 30 mins Start outside Dining Hall
- 11:00 **Yoga: All levels** Montaña
- 1:00 **Ranch Tour** 30 mins Start outside Dining Hall
- 2:00 **Sound Healing** Oaktree
- 3:00 **Stretch** Pinetree
 Woodlands Hike 2 Miles Gazebo
- 4:00 **Set Your Ranch Intention, Tips for a Magical Week** Olmecca (also 7:15 pm Los Olivos)
- 5:00 **Ranch Tour** (recommended for first time guests) Gazebo
- 5:30 **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 Week** (Can bring Dessert upstairs) Los Olivos
- 7:30 **Documentary *Kiss the Ground*** (90 mins) Library Lounge
- 8:00 **Clips from a Hollywood Career, starring Steve Martin, Johnny Cash, Gene Wilder, Harrison Ford, Dick Van Dyke, Bill Cosby, Forrest Whitaker, Jeff Goldblum, and Me, with Michael Elias** 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

SUNDAY | March 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
- 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
 Full Body Strength: Level 2 (Su,W) Olmecca
 Meditation (Su-F) Oaktree
 Pickleball: Beginner (Su,T,Th,F also M at 11am) please wear court shoes Pickleball Courts
 Stretch (Su-F) Montaña
 TRX Fundamentals (Su, also Su,M at 11 am) Tolteca
- 10:00 **Core & More!** (Su) Olmecca
 Dance: Burlesque (Su) Kuchumaa
 Feldenkrais (Su-T) Oaktree
 Introduction to Circuit Training (Su) Azteca
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 TRX HIIT - Circuit (Su,also 9 am W) Tolteca
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cycle 30: All Levels** (Su,T,Th) Pai Pai
 Gyrokinesis® (Su-T) Pinetree
 Mini trampoline Express: 30 mins (Su,W) Kuchumaa
 Pilates Reformer: Fundamentals (Su,M,F also Su at 2&3) Pilates Studio
 Shallow Water Workout (Su,T, F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 TRX Fundamentals (Su,M) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
- 12:00 **Gyrotonic Tower Demo** 30 mins (Su) Pilates Studio
 Swim Stroke Clinic 30 mins (Su,Th) Activity Pool
- 1:00 **Feldenkrais: Improving Posture and Balance, with Donna Wood** Oaktree
 Water Flow Therapy Demo South Pool
 Documentary: *Tree of Life, The Living Legacy of Edmond Szekely* Library Lounge
- 2:00 **Deep Water** (Su,T,Th) Activity Pool
 Feldenkrais (Su, also M at 1pm) Oaktree
 Pilates Reformer: Fundamentals (also Su at 3, M,F at 11) Pilates Studio
 Ranch Ropes HIIT: 30 mins (Su) Olmecca
 Inner Fitness Program. Lesson 1: Change Your Mind, with Emily Boorstein Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 Mobility Sticks (Su,Th) Pinetree
 Pilates Reformer: Fundamentals (also M,F at 11) Pilates Studio
 Sound Healing (Su-F, also 4pm Su) Oaktree
 Golden Hour Photo Walk, with Melba Levick (Su,M) Gazebo
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Sound Healing (Su) Oaktree
 How Movies Get Made: Stories about The Frisco Kid, The Jerk, and Lush Life, with Michael Elias Library Lounge
- 7:30 **Movie *Ticket to Paradise*** Library Lounge
- 8:00 **Art in Its Moment, with Hugh Levick** Oaktree

MONDAY | March 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
 Sunrise Yoga (M,W) (60 mins) 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
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
- 10:00 **Aqua Strength & Tone** (M, F) Activity Pool
 Cycle Strength 45: All Levels (M) Pai Pai
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Bodyrock (M) Kuchumaa
 Feldenkrais (Su-T) Oaktree
 Full Body Strength: Level 1 (M,W) Olmecca
 Pilates Mat: Level 2 (Su-F) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Jewelry Making with Alejandro 60mins (M also 11am F) Sign up Art Studio
- 11:00 **Gyrokinesis®** (Su-T) Pinetree
 Pickleball: Beginner (M, also T,Th,F at 9 am) please wear court shoes Pickleball Courts
 Pilates Reformer: Fundamentals (M,F) Pilates Studio
 Ranch Barre (M, also Th at 10am) Olmecca
 TRX Fundamentals (Su,M) Tolteca
 Water Jogging (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Drawing with Jennifer (2 hours) Art Studio
- 1:00 **Feldenkrais** (M) Oaktree
 Hidden Triggers of Early Aging, with Erica Oberg, ND, MPH Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,W,F, also Th at 3pm) Kuchumaa
 Aqua Burst HIIT Intervals (M,W) Activity Pool
 Breathing Basics (M) Tolteca
 Release & Mobilize please wear socks (M,W, also F at 11) Oaktree
 Woodlands Hike (M) 2 Miles Gazebo
 Travel Journaling, with Jennifer 2 hours Art Studio
 Inner Fitness Program. Lesson 2: Healthy Inner Dialogue, with Emily Boorstein Arroyo
- 3:00 **Pilates Reformer: Level 2** (M,W) Pilates Studio
 Stability Ball 30 mins (M,W) Olmecca
 Sound Healing (Su-F) Oaktree
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
 Golden Hour Photo Walk, with Melba Levick (Su,M) Gazebo
- 4:00 **Inner Journey: Guided Meditation** (M,W,F) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Is It Too Late to Be a Writer? Of Course Not, But Then What?, with Michael Elias Library Lounge
- 5:00 **Fiesta at the Bazar! All invited! Sangría & guacamole** 60mins Bazar del Sol
- 6:15 **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)
- 7:30 **Documentary *The Hidden Life of Trees*** Library Lounge
- 8:00 **Original Piano Compositions by Suzanne Ciani** Oaktree

TUESDAY | March 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 **New Moon Mountain Hike: Alex's Oak** 2 Miles (T,F) Gazebo
 Mountain Trail Run (2 to 4 Miles) (T) Gazebo
 Woodlands Hike 2 Miles (Su,T,Th) Gazebo
- 9:00 **Bootcamp** (T) Kuchumaa
 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
 How to Create a Life of Purpose (T) Milagro
- 10:00 **Circuit Training** (M-F) Azteca
 Dance: Disco (Tu) Kuchumaa
 Feldenkrais (Su-T) Oaktree
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Cycle 30: All Levels** (Su,T,Th) Pai Pai
 Gyrokinesis® (Su-T) Pinetree
 Shallow Water Workout (Su,T, F) Activity Pool
 Stretch (Su,T,Th) Oaktree
 Treadmill HIIT (T,Th) Azteca
 TRX Flexibility (T) Tolteca
 Yoga Sculpt: Level 2 60 mins (T) Olmecca
 Watercolor with Jennifer 2 hours Art Studio
 Visit a brand-new Casita at The Residences (T-F) Meet at Bazar del Sol
- 1:00 **Bean-to-Bar Chocolate class** 90 mins. Register at Ext. 640/625. Fee Departs from Admin Bldg.
 A Better Brain, with Erica Oberg, ND, MPH Olmecca
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,W,F, also Th at 3pm) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Knitting for Wellness (T) 60 min Sign up Gazebo
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Postural Awareness (T,W) Tolteca
 Collage Card Making with Jennifer 2 hours Art Studio
 Inner Fitness Program. Lesson 3: Permission to Feel, with Emily Boorstein Arroyo
- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
 New Moon Labyrinth (T, also F at 2pm) Labyrinth
 Sound Healing (Su-F) Oaktree
 Yoga Workshop: Rope Wall previous yoga experience* (W) Montaña
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
 Join for a glass of wine in a brand-new Casita at The Residences (T-F) Meet at Bazar del Sol
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Palma Bellinghieri. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 5:00 **Art in Its Moment, Part II, with Hugh Levick** Oaktree
- 7:00 **New Moon Yoga:** 60 mins (M) Montaña
- 7:30 **Movie *The Woman King*** Library Lounge
- 8:00 **Concert Bach and Beethoven, with Aleck Karis, piano** Oaktree

WEDNESDAY | March 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
- 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
 Sunrise Yoga (60 mins) (M,W) 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
 Full Body Strength: Level 2 (Su,W) Olmeca
 Meditation (Su-F) Oaktree
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 TRX HIIT - Circuit (W) Tolteca
- 10:00** **Circuit Training** (M-F) Azteca
 Dance: Zumba (W) Kuchumaa
 Full Body Strength: Level 1 (M,W) Olmeca
 Pilates Mat: Level 2 (Su-F) Pinetree
 Ranch Cycling: All Levels (W) Pai Pai
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Landscape Garden Walk (W) Gazebo
- 11:00** **Booty Blast:** 30 mins (W) Olmeca
 Kettlebells 30 mins (W,F) Tolteca
 Mini trampoline Express: 30 mins (Su,W) Kuchumaa
 Reformer/Cadillac Combo: Level 2 (W) *prior reformer/cadillac experience required Pilates Studio
 Water Jogging (M,W) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio
- 1:00** **Original Piano Compositions by Suzanne Ciani** Oaktree
 Friends of Bill W. (12 steps - Participant-guided) Library Lounge
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (M,T,W,F, also Th at 3pm) Kuchumaa
 Aqua Burst HIIT Intervals (M,W) Activity Pool
 Mountain Hike: Alex's Oak 2 Miles (W) Gazebo
 Postural Awareness (T,W) Tolteca
 Release & Mobilize please wear socks (M,W, also F at 11) Oaktree
 Mandala with Jennifer 1 hour Art Studio
 Inner Fitness Program. Lesson 4: The Joy of Responsibility, with Emily Boorstein Arroyo
- 3:00** **Pilates Reformer: Level 2** (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmeca
 Yoga Workshop: for happy hips and low back (W) Montaña
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 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 Palma Bellinghieri. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
- 7:30** **Movie Gigi & Nate**
- 8:00** **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, and Sarah Livia Brightwood Szekely, President and CEO, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | March 23

- 6:05** **Organic Garden Breakfast Hike** (T,W,Th,F) Moderate 4 Miles Sign Up. Gazebo *Option to tour Professor Park / RLP Foundation, back by 9am. * Option to ride the van to and from the Ranch.
- 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** **Circuit Training** (M-F) Azteca
 H2O Bootcamp: deep water workout (T,Th) Activity Pool
 Mini trampoline: Balance & Core (Th) Kuchumaa
 Pickleball: Intermediate (Su,T,Th) please wear court shoes Pickleball Courts
 Pilates Mat: Level 2 (Su-F) Pinetree
 Ranch Barre (Th) Olmeca
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Trunk Show with Vicky La Jolla (10am to 12pm) Patio Mercado
- 11:00** **Cardio Drum Dance** (Th) Kuchumaa
 Cycle Hip Hop 30: All Levels (Th) Pai Pai
 Pilates Arc Barrel: Level 2 (Th) Pinetree
 Stretch (Su,T,Th) Oaktree
 Treadmill HIIT (T,Th) Azteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
- 12:00** **Swim Stroke Clinic** 30 mins (Su,Th) Activity Pool
 Documentary *Tree of Life, The Living Legacy of Edmond Szekely* Library Lounge
- 12:30** **Demo Yarn Painting with Tim Hinchliff** Dining Hall entrance
- 1:00** **Bean-to-Bar Chocolate Class** 90 mins Register at Ext. 640/625. Fee. Departs promptly from Admin Bldg.
 Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff (\$60 art kit fee) Sign up Dining Hall balcony
 Trunk Show with Vicky La Jolla (1 to 4 pm) Patio Mercado
- 2:00** **Cardio Sculpt Express: level 2** 30 mins (Th) Olmeca
 Circuit Training (T,Th) Azteca
 Deep Water (Su,T,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Yoga Beyond The Mat Part 1: the Yoga Sutras of Patanjali (Th,also F at 3pm) Tolteca
 Inner Fitness Program. Lesson 5: Create and Manifest Your Best Life, with Emily Boorstein Arroyo
- 3:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th, also F at 2pm) Kuchumaa
 Mobility Sticks (Su,Th) Pinetree
 Sound Healing (Su-F) Oaktree
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00** **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Restorative Yoga (Su,T,Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Palma Bellinghieri. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.
 Art, Stories and Poetry, with Tim Hinchliff 90 mins Bazar del Sol
 Bean-to-Bar Chocolate Class 90 mins Register at Ext. 640/625. Fee. Departs promptly from Admin Bldg.
- 7:15** **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30** **Movie: *The Good House*** Library Lounge
- 8:00** **Beethoven's Magnificent Late Sonata Opus 106 (the "Hammerklavier") performed by Aleck Karis, piano** Oaktree

FRIDAY | March 24

** 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 Sign up. Gazebo
- 6:15** **Mountain Hike: Coyote** Advanced 5.5 or 4 Miles (T,F) Gazebo
- 6:30** **Mountain Meditation Hike: Alex's 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** **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
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (F) Meet outside Arroyo
- 10:00** **Aqua Strength & Tone** (M, F) Activity Pool
 Chant (F) Milagro
 Chair Workout (F) Olmeca
 Circuit Training (M-F) Azteca
 Dance: Cardio Hip Hop: Flashback 90's Kuchumaa
 Pilates Mat: Level 2 (Su-F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00** **Cardio Boxing** (F) Kuchumaa
 Kettlebells 30 mins (W,F) Tolteca
 Pilates Reformer: Fundamentals (F) Pilates Studio
 Release & Mobilize please wear socks (F) Oaktree
 Shallow Water Workout (F) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Jewelry Making with Alejandro 60mins (F) Sign up Art Studio
- 1:00** **Set Your Return to Home Intention** (F) Tolteca
- 2:00** **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (F) Kuchumaa
 Labyrinth (F) Labyrinth
- 3:00** **Core Challenge** 30 mins (F) Olmeca
 Sound Healing (F) Oaktree
 Yoga Beyond The Mat Part 2: the Yoga Sutras of Patanjali (F) Tolteca
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00** **Inner Journey: Guided CHAKRA Meditation** (F) Oaktree
 Stretch & Relax (M,W,F) Montaña
- 6:00** **Music with Rancho La Puerta Fiesta Band** Dining Hall
- 7:30** **Movie: *Jerry and Marge*** Library Lounge

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