

Pilates Week with Karen Sanzo
Swim Week with Jennifer May

September 16, 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 | September 16

- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles Gazebo
- 6:45 **Woodlands Hike** 2 Miles 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

- 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
- Mexico's Independence Day Celebration!** Dining Hall Patio

- 6:45 **Meet the Presenters** Dining Hall
- 7:30 **Movie: Emma** Library Lounge

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

SUNDAY | September 17

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,T) 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 **Introduction to Circuit Training** (Su) Azteca
- Introduction to Pilates Mat: Fundamentals** Progressive (Su-F) Pinetree
- Full Body Strength: Level 2** (Su, also F at 10a) Olmecca
- Meditation** (Su-F) Oaktree
- Pickleball: Beginner** (Su,T,Th,F also M at 11a) please wear court shoes Pickleball Courts
- Stretch** (Su-F) Montaña
- TRX Strength HIIT** (Su, also W at 11) Tolteca
- The Whys and Hows of Pole Use for Hiking** Bring your hiking poles (Su,Th) Meet outside Arroyo

- 10:00 **Chant** (Su,F) Arroyo (patio behind)
- Core & More** (Su,Th, also F at 11a) Olmecca
- Dance: Latin Fusion** (Su) Kuchumaa
- Feldenkrais: Improve Posture & Balance** (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
- Yoga Fundamentals: All Levels** (Su-F) Montaña

- 11:00 **Cardio Muscle blast** (Su) Azteca
- Cycle 30: All Levels** (Su,T,Th) Pai Pai
- Pickleball: Open Play** (Su) *unsupervised* please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (Su,M,F also Su at 2p & 3p) Pilates Studio
- Shallow Water Workout** (Su,T) Activity Pool
- Stretch** (Su,T,Th) Oaktree
- TRX Fundamentals** (Su) Tolteca
- 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

- 2:00 **Cardio Drum Dance** (Su, also 10 am Th) Kuchumaa
- Deep Water** (Su,T,Th) Activity Pool
- Feldenkrais: Improve Posture & Balance** (Su,also M at 1p) Oaktree
- Pilates Reformer: Fundamentals** (also Su at 3, M,F at 11) Pilates Studio
- Ranch Ropes HIIT:** 30 mins (Su) Olmecca

- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
- Pilates Reformer: Fundamentals** (also M,F at 11) Pilates Studio
- Sound Healing** (Su-F, also Su at 4pm) Oaktree
- Swim Specialty: Swim Ready** (Su,W) Activity Pool

- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
- Restorative Yoga** (Su,T) Montaña
- Sound Healing** (also M-F at 3pm) Oaktree

- 7:30 **Movie Ticket to Paradise** Library Lounge
- 8:00 **Rapsodia Otoñal- Autumnal Rhapsody, with violinist Pei-Chun Tsai and harpist Julie Phillips** Oaktree

MONDAY | September 18

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 **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: Cardio Hip Hop: Bodyrock** (M) Kuchumaa
- Feldenkrais: Improve Posture & Balance** (Su-T) Oaktree
- Full Body Strength: Level 1** (M,W) Olmecca
- Pilates Mat: Level 2** (Su-F) Pinetree
- Ranch Cycling: All Levels** (M) Pai Pai
- Tennis Clinic: Level 2** (M,W) Tennis Courts
- Water Jogging: Deep Water Workout** (M) Activity Pool
- Yoga Fundamentals: All Levels** (Su-F) Montaña
- Jewelry Making with Alejandro:** 60mins (M, also F at 11) Sign up Art Studio

- 11:00 **Booty Blast:** 30 mins (M,W) Olmecca
- Mini trampoline: Balance and Core** (M) Kuchumaa
- Pickleball: Beginner** (also T,Th,F, at 9 am) please wear court shoes Pickleball Courts
- Pilates Reformer: Fundamentals** (M,F) Pilates Studio
- Swim Specialty: Science of Freestyle** (M,W) Activity Pool
- TRX Flexibility** (M) Tolteca
- Yoga: Level 2** 75 mins (Su,M,W,Th,F) Montaña
- Drawing with Jennifer** (2 hours) Art Studio

- 1:00 **Feldenkrais: Improve Posture & Balance** (M) Oaktree
- Nutritional Resilience and Performance with Patti T. Milligan, PhD, RD, CNS** Olmecca

- 2:00 **Active Aerial Hammock: Stretch & Mobility** please wear socks and short/long sleeves (M,W) Kuchumaa
- Balance & Coordination** (M) Olmecca
- Release & Mobilize** please wear socks (M,W also F at 11) Oaktree
- Water Polo on the Noodle** (M, also Th at 3) Activity Pool
- Travel Journaling, with Jennifer** 2 hours Art Studio

- 3:00 **Pilates Reformer: Level 2** (M,W) Pilates Studio
- Sound Healing** (Su-F) Oaktree
- Stability Ball** 30 mins (M,W) Olmecca
- Swim Specialty: Science of Free & Breast** (also F at 11) Activity Pool
- Spanish lessons at the Ranch: beginners** (M-F) Library Lounge

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

- 5:00 **Guest Reception. All invited! Sangría & guacamole** 60mins Bazar del Sol

- 6:15 **Silent Dinner** (M) Sign up, Los Olivos (via Dining Hall balcony)

- 7:30 **Movie The Woman King** Library Lounge

- 8:00 **Love Your Whole Life Mindset ~ THIS is IT, so powerful!** with Ramona Master, MD Olmecca

TUESDAY | September 19

- 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 Hike: Alex's Oak** 2 Miles (Su,Tu) Gazebo
- 6:45 **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

- 10:00 **Aqua Board** (T,Th also T,Th at 11) Central Pool
- Circuit Training** (M-F) Azteca
- Dance: Broadway** (T) Kuchumaa
- Feldenkrais: Improve Posture & Balance** (Su-T) Oaktree
- 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 **Aqua Board** (T,Th, also Th at 10) Central Pool
- Cycle 30: All Levels** (Su,T,Th) Pai Pai
- Kettlebells** 30 mins (T,F) Tolteca
- Mini trampoline Express:** 30 mins (T,Th) Kuchumaa
- Stretch** (Su,T,Th) Oaktree
- Shallow Water Workout** (Su,T) Activity Pool
- Yoga Sculpt: Level 2** 60 mins (T) Olmecca
- Watercolor with Jennifer** 2 hours Art Studio

- 1:00 **Bean-to-Bar Chocolate class** 90 mins. Register at Ext. 640/625. Departs from Admin Bldg.
- Unlocking the Keys to EAT this WAY and FEEL That!** with Patti T. Milligan, PhD, RD, CNS Olmecca

- 2:00 **Circuit Training** (T,Th) Azteca
- Deep Water** (Su,T,Th) Activity Pool
- Pilates Cadillac: Fundamentals** (T,Th) Pilates Studio
- Postural Awareness** (T) Tolteca
- Collage Card Making with Jennifer** 2 hours Art Studio
- Love Your Self ~ The words we tell ourselves matter!** with Ramona Master, MD Arroyo

- 3:00 **Core Challenge** 30 mins (Su,T,F) Olmecca
- Sound Healing** (Su-F) Oaktree
- Swim Specialty: Science of Breaststroke** (also Th at 11) Activity Pool
- Tai Chi** (T) Montaña
- 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) Montaña
- Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Natasha Feldman.** Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin. Bldg.

- 7:30 **Documentary Kiss the Ground** (90 mins) Library Lounge

- 8:00 **From Side Hustle to Shark Tank, How Manifestation Delivers Success, with Sarah Moret** Olmecca

WEDNESDAY | September 20

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
- 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
 Outdoor Bootcamp (W) Sand Volleyball Court
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Ranch Barre (W, also Th at 11) Olmeca
 Stretch (Su-F) Montaña
 Tennis Clinic: Level 1 (M,W) Tennis Courts
 Tour of The Residences & visit a finished home. Meet Bazar del Sol
- 10:00 **Circuit Training** (M-F) Azteca
 Cycle Strength: All Levels (W) Pai Pai
 Dance: Zumba (W) Kuchumaa
 Full Body Strength: Level 1 (M,W) Olmeca
 H2O Bootcamp: deep water workout (W,F) Activity Pool
 Pilates Mat: Level 2 (Su-F) Pinetree
 Tennis Clinic: Level 2 (M,W) Tennis Courts
 Yoga Fundamentals: All Levels (Su-F) Montaña
 Landscape Garden Walk (W) Gazebo
 Tour of The Residences & visit a finished home. Meet Bazar del Sol
- 11:00 **Athletic Step:** 30 mins (W) Kuchumaa
 Booty Blast: 30 mins (M,W) Olmeca
 Mobility Sticks (Stretch) (W) Pinetree
 Swim Specialty: Science of Freestyle (M,W) Activity Pool
 TRX Strength HIIT (W) Tolteca
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Landscape Sketching with Jennifer 2 hours Art Studio
- 1:00 **Friends of Bill W. (12 steps - Participant-guided)** Library Lounge
 Unlocking the Keys to EAT this WAY and FEEL That! Part II with Patti T. Milligan, PhD, RD, CNS Olmeca
 Chakra Health: Opening and Balancing Exercises for Your Energy Centers, with Jonelle Rutkauskas Tolteca
- 2:00 **Active Aerial Hammock: Stretch & Mobility** please wear socks and short/long sleeves (M,W) Kuchumaa
 Release & Mobilize please wear socks (M,W, also F at 11) Oaktree
 Yoga Workshop: for happy hips and low back (W) Montaña
 Mandala with Jennifer 1 hour Art Studio
 Love Others, Without Losing Yourself ~ I love you and No..., with Ramona Master, MD Arroyo
- 3:00 **Dynamic Stretch** (W) Pinetree
 Pilates Reformer: Level 2 (M,W) Pilates Studio
 Sound Healing (Su-F) Oaktree
 Stability Ball 30 mins (M,W) Olmeca
 Swim Specialty: Swim Ready (Su,W) Activity Pool
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Inner Journey: Guided Meditation** (M,W) Oaktree
 Stretch & Relax (M,W,F) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Natasha Feldman. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin.Bldg.
 Manifesting your dreams: vision board workshop, with Sarah Moret Arroyo
- 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 | September 21

- 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: 7 Mile Breakfast** Advanced with prerequisites, Sign Up (Th) Gazebo
- 6:15 **Mountain Hike: Professor's** challenging 3.3 Miles (M,Th) Gazebo
- 6:30 **Sunrise Yoga** (60 mins) (Th) Montaña
- 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
 The Whys and Hows of Pole Use for Hiking Bring your hiking poles (Su,Th) Meet outside Arroyo
 Wander and Wonder Walk about Birds, Nature, the Ranch and more, with Jim Root Gazebo
- 10:00 **Aqua Board** (T,Th also Th at 11) Central Pool
 Cardio Drum Dance (Th) Kuchumaa
 Circuit Training (M-F) Azteca
 Core & More (Th, also F at 11) Olmeca
 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 **Aqua Board** (T,Th) Central Pool
 Cycle Hip Hop 30: All Levels (Th) Pai Pai
 Mini trampoline Express: 30 mins (T,Th) Kuchumaa
 Ranch Barre (Th) Olmeca
 Stretch (Su,T,Th) Oaktree
 Swim Specialty: Science of Breaststroke (Th) Activity Pool
 Yoga: Level 2 75 mins (Su,M,W,Th,F) Montaña
 Ranch History Walk: Explore the roots of the Ranch and its rich history with Rob Larson Gazebo
- 12:00 **Documentary *Tree of Life, The Living Legacy of Edmond Szekely*** Library Lounge
- 12:15 **Gathering for Autumn Solstice** (10 mins) Dining Hall (outside)
- 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
 Manifesting your dreams: journaling workshop, with Sarah Moret Arroyo
- 2:00 **Aerial Yoga: Gentle, Low hammock** please wear socks and short/long sleeves (Th,F) Kuchumaa
 Circuit Training (T,Th) Azteca
 Deep Water (SuT,Th) Activity Pool
 Pilates Cadillac: Fundamentals (T,Th) Pilates Studio
 Love Your Past and Present ~ Take back your power! with Ramon Master, MD Arroyo
- 3:00 **Chair Workout** (Th) Olmeca
 Sound Healing: Celebrating the Autumn Equinox (Th,F) Oaktree
 Water Polo on the Noodle (Th) Activity Pool
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Foam Roller Recovery** Please wear socks (Su,T,Th) Tolteca
 Journaling for Joy (Th) Milagro
 Yoga Nidra (Th) Montaña
 Hands-on Cooking Class at La Cocina Que Canta with Visiting Chef Natasha Feldman. Register at Ext. 640/625. Fee. Depart 4:00pm; return 7:30pm. Meet at Admin.Bldg.
 Art, Stories and Poetry, with Tim Hinchliff 60 mins Bazar del Sol
 Autumn Equinox Garland Workshop. *Fun for all, fall leaves and flowers provided.* Gazebo
- 5:00 **Autumn Equinox Music with Pei-Chun Tsai** Bazar del Sol
- 7:15 **Prayer Arrows with Tim Hinchliff** Main Lounge
- 7:30 **Movie: *The Good House*** Library Lounge
- 8:00 **Game Night: FEAR the RANCHER with CeCe** Olmeca

FRIDAY | September 22

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
- 7:00 **Autumn Equinox Meditation Walk** (60 mins) with Mike Wilken Gazebo
- 9:00 **Barbell Strength: Level 2** (M,F) Tolteca
 Circuit Training (M,W,F) Azteca
 Meditation: Celebrating the Autumn Equinox (Su-F) Oaktree
 Pickleball: Beginner (F) please wear court shoes Pickleball Courts
 Pilates Mat: Fundamentals Progressive (M-F) Pinetree
 Step Aerobics (F) Kuchumaa
 Stretch (Su-F) Montaña
- 10:00 **Chant : Celebrating the Autumn Equinox** (F) Arroyo
 Circuit Training (M-F) Azteca
 Dance: Cardio Disco (F) Kuchumaa
 Full Body Strength: Level 2 (F) Olmeca
 H2O Bootcamp: deep water workout (W,F) Activity Pool
 Pilates Mat: Level 2 (F) Pinetree
 Yoga Fundamentals: All Levels (Su-F) Montaña
- 11:00 **Core & More** (F) Olmeca
 Kettlebells 30 mins (F) Tolteca
 Pilates Reformer: Fundamentals (F) Pilates Studio
 Release & Mobilize please wear socks (F) Oaktree
 Swim Specialty: Science of Free & Breast (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
 Release Stress with Tapping (F) Oaktree
 Love Your Future ~ The most important work of your life starts NOW! with Ramona Master Arroyo
- 3:00 **Core Challenge** 30 mins (F) Olmeca
 Sound Healing: Celebrating the Autumn Equinox (F) Oaktree
 Spanish lessons at the Ranch: beginners (M-F) Library Lounge
- 4:00 **Stretch & Relax** (M,W,F) Montaña
 Autumn Equinox Ceremony. Harvest gratitude, falling of leaves, setting intentions Oaktree
- 6:00 **Music with Rancho La Puerta Fiesta Band** 120 mins 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