

Sound Healing with Laura Gallerstein

January 18, 2025

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 Building.

- **"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 ups** for classes are posted in the Main Lounge clipboards.

- **Classes are on a 1st come; 1st served** based on equipment availability.

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

SATURDAY | JANUARY 18

- 6:15 ☐ Mountain Hike: Professor's Trail Challenging, 3.3 Miles, Gazebo
- 6:45 ☐ Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
- 9:00 ☐ Stretch Pinetree

- 10:00 ☐ Circuit Training Azteca
- ☐ Meditation Milagro

- 11:00 ☐ Yoga: All Levels Montaña
- ☐ Pickleball Open Play, unstaffed, please use proper footwear. Pickleball Courts

- 1:00 ☐ Fitness Concierge Dining Hall

- 2:00 ☐ Core Express (30 Min) Olmecca

- 3:00 ☐ Ranch Sound Healing Oaktree
- ☐ Stretch Pinetree

- 4:30 ☐ Ranch Tour (Recommended for 1st time guests) Gazebo

- 5:00 ☐ First Time Guest Orientation Olmecca
- ☐ Returning Guest Update Tolteca

- 6:45 ☐ Meet the Presenters Dining Hall
- 7:30 ☐ Movie: What Happens Later Library Lounge
- 8:00 ☐ Learning to Live with Less and Why it Matters, with Amy Carstensen Olmecca

<u>MEAL HOURS</u>	<u>AVAILABLE FACILITIES</u>
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	WHEN NO CLASS IS IN SESSION Milagro - Meditation Room 6:00 am to 9:00 pm Activity Pool - Lap Swim 7:00 am to 5:00 pm Azteca Gym - Weight Room Saturday: 6:30 am to 1:30 pm Sunday – Friday: 7:00 am to 5:00 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	UNSTAFFED PICK-UP GAMES Pickleball open play: all levels 11am: Su,T,Th,F 9am: M,W
SNACK TIMES SUNDAY THROUGH FRIDAY Fruit 10:30 am Main Lounge Smoothies 2:45 pm Juice Bar Veggies/Juice 4:30 pm Main Lounge	

SUNDAY | JANUARY 19

Class spaces are limited to first come first served

- 6:15 ☐ Mountain Hike: Pilgrim Trail Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30 ☐ Mountain Hike: Alex's Oak Trail Moderate, 2 Miles, Gazebo
- 6:45 ☐ Lowlands Hike: Woodlands Trail 2 Miles, Gazebo
- 7:00 ☐ Bird Walk (60min) Gazebo

- 8:15 ☐ Ranch Tour and Orientation (Recommended for 1st time guests) Dining Hall
- ☐ Fitness Concierge (30 Min) Dining Hall

- 9:00 ☐ Circuit Training, Azteca
- ☐ Meditation, Oaktree
- ☐ Pickleball Clinic: Beginner, Pickleball Courts
- ☐ Pilates: Mat Fundamentals Progressive, Pinetree
- ☐ Ranch Barre, Olmecca
- ☐ Stretch, Montaña
- ☐ TRX Fundamentals, Tolteca

- 10:00 ☐ BOSU® Fit, Olmecca
- ☐ Chant, Milagro
- ☐ Circuit Training, Azteca
- ☐ Dance: Latin Fusion, Kuchumaa
- ☐ Pickleball Clinic: Intermediate, Pickleball Courts
- ☐ Pilates: Mat Level 2, Pinetree
- ☐ TRX Strength HIIT: Level 2, Tolteca
- ☐ Yoga: Fundamentals, Montaña

- 11:00 ☐ Aerial Yoga: Level 2 Active (Low Hammock), Please wear socks & long sleeves, Kuchumaa
- ☐ Core & More, Olmecca
- ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Shallow Water Workout, Activity Pool
- ☐ Stretch, Oaktree
- ☐ TRX Core (30 Min), Tolteca
- ☐ Yoga: Level 2 (75 min), Montaña

- 1:00 ☐ Advocating for Yourself and Others in Today's Healthcare System: Master Your Communication Skills and Develop Your Empowered Voice, with Denise Dudley, Ph.D. & Nancy Cetel, MD Olmecca
- ☐ Feldenkrais: Improving Posture & Balance - Lecture with Donna Wood Oaktree
- ☐ Water Flow Therapy Demo South Pool

- 2:00 ☐ Decompress & Motion (30 Min), Pinetree
- ☐ Deep Water Training, Activity Pool
- ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Ranch Ropes HIIT (30 Min), Olmecca
- ☐ Winter with Ayurveda: Perfect Digestion and Strong Immunity, with Yasmín Ceballos Arroyo

- 3:00 ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Specialty: Sound Healing, Oaktree
- ☐ Stick Mobility, Pinetree
- ☐ Tai Chi, Montana
- ☐ The 85th Anniversary Memory Book writing session, Milagro

- 4:00 ☐ Foam Roller Recovery, Tolteca
- ☐ Restorative Yoga, Montaña
- ☐ Ranch Sound Healing, Oaktree
- ☐ Stretch for Active Aging, Pinetree
- ☐ Live Music with Sergio Ramos (60 Min), Bazar del Sol
- ☐ Spring Decluttering: 10 Items to Let Go of Today, with Amy Carstensen Olmecca

- 5:00 ☐ Music of Hope - Orquesta Guadalupana with the children of Tijuana, conducted by musical director Ron Wakefield Oaktree

- 7:00 ☐ Film: Miracle in a Box, narrated by John Lithgow (56 min) Library Lounge

- 8:00 ☐ Master Your Mindset: The Key, with Randy Kamen, Ed.D. Olmecca

MONDAY | JANUARY 20

Class spaces are limited to first come first served

- 6:15 ☐ Mountain Hike: Professor's Trail Challenging, 3.3 Miles, Gazebo
- 6:30 ☐ Meditation Hike: Dove Trail 1.2 Miles, Gazebo
- 6:45 ☐ Lowlands Hike: Quail Trail Moderate, 2 or 2.5 Miles, Gazebo

- 9:00 ☐ Barbell Strength: Level 2, Tolteca
- ☐ Circuit Training, Azteca
- ☐ Meditation, Oaktree
- ☐ Pilates: Mat Fundamentals Progressive, Pinetree
- ☐ Stretch, Montaña
- ☐ Tennis Clinic: Level 1, Tennis Courts
- ☐ Total Body Strength w/ Bands, Olmecca

- 10:00 ☐ Circuit Training, Azteca
- ☐ Core & More, Olmecca
- ☐ Dance: Cardio Hip Hop Bodyrock, Kuchumaa
- ☐ H2O Boot Camp: Deep Water Work, Activity Pool
- ☐ Pilates: Mat Level 2, Pinetree
- ☐ Ranch Cycle: All Levels, Pai Pai
- ☐ Tennis Clinic: Level 2, Tennis Courts
- ☐ Yoga: Fundamentals, Montaña

- 11:00 ☐ Aerial Yoga: Level 2 Active (Low Hammock), Please wear socks & long sleeves, Kuchumaa
- ☐ Bungee Fitness, Requires the use of a harness device, please wear long pants. Sign up, Pinetree
- ☐ Pickleball Clinic: Beginner, Pickleball Courts
- ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Shallow Water Workout, Activity Pool
- ☐ TRX & Kettlebells, Tolteca
- ☐ Yoga: Level 2 (75 min), Montaña
- ☐ Drawing with Jennifer (2 hrs), Art Studio
- ☐ Nature Walk with Rob Larson (60 min) Meet at Gazebo

- 1:00 ☐ Secrets to Better Pickleball, Tolteca
- ☐ Chakra Health: Opening and Balancing Exercises for Your Energy Centers with Jonelle Rutkauskas, Library Lounge
- ☐ Optimize Your Visit: Communicating Effectively with Your Busy Healthcare Professional, with Denise Dudley, Ph.D. & Nancy Cetel, MD Olmecca

- 2:00 ☐ Cardio Drum Dance, Kuchumaa
- ☐ Healthy Shoulder & Rotator Cuff Secrets, Olmecca
- ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Release & Mobilize, Oaktree
- ☐ TRX Flexibility, Tolteca
- ☐ Watercolor with Jennifer (2 hrs), Art Studio
- ☐ Strengthen Your Gratitude Quotient, with Randy Kamen, Ed.D. Arroyo

- 3:00 ☐ Pilates: Reformer Level 2, Pilates Studio
- ☐ Rebounder Express (30 Min), Kuchumaa
- ☐ Specialty: Sound Healing, Oaktree
- ☐ Spanish Lessons: Beginner's Progressive, Library Lounge

- 4:00 ☐ Inner Journey: Guided Meditation, Oaktree
- ☐ Stretch and Relax, Montaña
- ☐ Too Much Clutter? How Do I "Let It Go?", with Amy Carstensen Olmecca

- 4:30 ☐ Guest Reception. Join us for Sangría and Guacamole, Bazar del Sol

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

- 7:30 ☐ Documentary: Kiss the Ground (1.5 hr) Library Lounge

- 8:00 ☐ Latin Fire: Exotic Dance Music for Four Hands, One Piano, with George Lopez and Gulimina Mahamuti Oaktree

TUESDAY | JANUARY 21

Class spaces are limited to first come first served

- 6:05 ☐ Organic Garden Breakfast Hike 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.

- 6:15 ☐ Mountain Hike: Coyote Trail Advanced, 5.5 or 4 Miles, Gazebo
- 6:30 ☐ Mountain Trail Run 2-4 miles, Gazebo
- 6:45 ☐ Lowlands Hike: Woodlands Trail 2 Miles, Gazebo

- 7:00 ☐ Bird Walk (60min) Gazebo

- 9:00 ☐ Bootcamp, Kuchumaa
- ☐ Functional Strength: All Levels, Olmecca
- ☐ Meditation, Oaktree
- ☐ Pickleball Clinic: Beginner, Pickleball Courts
- ☐ Pilates: Mat Fundamentals Progressive, Pinetree
- ☐ Postural Awareness, Tolteca
- ☐ Stretch, Montaña

- 10:00 ☐ Circuit Training, Azteca
- ☐ Chant, Milagro
- ☐ Dance: Cardio Disco Dance, Kuchumaa
- ☐ Pickleball Clinic: Intermediate, Pickleball Courts
- ☐ Pilates on the Stability Ball Level 2, Olmecca
- ☐ TRX Fundamentals, Tolteca
- ☐ Yoga: Fundamentals, Montaña

- 11:00 ☐ Aqua Strength & Tone (Shallow Water Workout), Activity Pool
- ☐ Cycle Strength, Pai Pai
- ☐ Kettlebells (30 Min), Tolteca
- ☐ Pilates: Reformer Fundamentals, Pilates Studio
- ☐ Stick Mobility, Pinetree
- ☐ Stretch, Oaktree
- ☐ Yoga Sculpt: Level 2 (60 Min), Olmecca
- ☐ Landscape Sketching with Jennifer (120 Min) Art Studio

- 1:00 ☐ Cooking Demo by Sous Chef Vivian Mercado, Juice Bar
- ☐ Documentary: Tree of Life, The Living Legacy of Edmond Szekely (26 mins), Library Lounge
- ☐ Role-Playing for Effective Healthcare Communication: How to Prepare When your Healthcare Provider Suggests Surgery, Medications or Disease Diagnosis, with Denise Dudley, Ph.D. & Nancy Cetel, MD Olmecca

- 2:00 ☐ Circuit Training, Azteca
- ☐ Deep Water Training, Activity Pool
- ☐ Healthy Back Secrets, Olmecca
- ☐ Pilates: Cadillac Fundamentals, Pilates Studio
- ☐ Watercolor Collage Cards with Jennifer (2 Hrs) Art Studio
- ☐ Grow Your Self-Compassion, with Randy Kamen, Ed.D. Arroyo

- 3:00 ☐ Aerial Silks: Stretch & Mobilize Active (Low Hammock), Please wear socks & long sleeves. Kuchumaa
- ☐ Core Express (30 Min), Olmecca
- ☐ Pilates: Reformer & Cadillac Combo, Pilates Studio
- ☐ Specialty: Sound Healing, Oaktree
- ☐ Spanish Lessons: Beginner's Progressive, Library Lounge

- 4:00 ☐ Foam Roller Recovery, Tolteca
- ☐ Gentle Yoga, Montaña
- ☐ Knitting for Wellness, Sign Up, Main Lounge
- ☐ Mind-Flow 101: Mindfulness Through Improv, Oaktree
- ☐ Tips for Downsizing, with Amy Carstensen Olmecca
- ☐ Hands-on Cooking Class with Visiting Chef Yazmin Ceballos Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
- ☐ Enjoy a tasting of Guadalupe Valley wines, \$35 per person. Sign up required, Call ext.113. Bazar del Sol

- 5:00 ☐ First Timers Reception with Barry! Los Olivos

- 7:30 ☐ Movie: La La Land Library Lounge

- 8:00 ☐ The Interior Journey: Listening to Your Life, with Jeannie DuBose Olmecca

WEDNESDAY | JANUARY 22

- 6:05** **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign up, Gazebo
- 6:15** **Mountain Hike: Pilgrim Trail** Advanced, 3.5 or 4.5 Miles, Gazebo
- 6:30** **Meditation Hike: Meadow Trail** 1.2 Miles, Gazebo
- 6:45** **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** **Circuit Training**, Azteca
- Meditation**, Oaktree
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Postural Awareness**, Tolteca
- Ranch Barre**, Olmeca
- Stretch**, Montaña
- Tennis Clinic: Level 1**, Tennis Courts
- 10:00** **Circuit Training**, Azteca
- Create a Life of Purpose**, Milagro
- Cycle Express** (30 Min), Pai Pai
- Dance: Intro to Salsa**, Kuchumaa
- Full Body Strength: Level 1**, Olmeca
- H2O Boot Camp (Deep Water Workout)**, Activity Pool
- Pilates: Mat Level 2**, Pinetree
- Tennis Clinic: Level 2**, Tennis Courts
- Yoga: Level 1**, Montaña
- Landscape Garden Walk** Main Lounge
- 11:00** **Bungee Fitness**, Advance, Sign Up. Requires the use of a harness device, please wear long pants. Pinetree
- Breathwork**, Oaktree
- Ful Body Strength Level 2**, Olmeca
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Reformer Fundamentals**, Pilates Studio
- Rebounder Express** (30 Min), Kuchumaa
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Nature Walk with Rob Larson** (60 Min) Meet at Gazebo
- 1:00** **Loving Midlife and Beyond, with Jeannie DuBose** Olmeca
- Friends of Bill W.** (12 steps - Participant-guided) Library Lounge
- 2:00** **Balance and Coordination**, Olmeca
- Labyrinth**, Labyrinth
- Release & Mobilize**, Oaktree
- Water Jogging (Deep Water Workout)**, Activity Pool
- Deepen Your Relationships, with Randy Kamen, Ed.D.** Arroyo
- 3:00** **Decompress & Motion (30 Min)**, Pinetree
- Pilates: Reformer Level 2**, Pilates Studio
- Specialty: Sound Healing**, Oaktree
- Tai Chi**, Montaña
- TRX Core (30 Min)**, Tolteca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Meditation**, Oaktree
- Journaling for Joy**, Milagro
- Stretch and Relax**, Montaña
- Hands-on Cooking Class with Visiting Chef Yazmín Ceballos**
Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
- 7:30** **Movie: Past Lives** Library Lounge
- 8:00** **An Evening with Deborah Szekely, Co-founder of Rancho La Puerta, Hosted by Barry Shingle, Director of Guest Experiences** Oaktree

THURSDAY | JANUARY 23

- 6:05** **Organic Garden Breakfast Hike** 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, Prerequisites, Sign up, Gazebo
- 6:15** **Mountain Hike: Professor's Trail** Challenging, 3.3 Miles, Gazebo
- 6:30** **Sunrise Yoga: All Levels (60 Min)**, Montaña
- 6:45** **Lowlands Hike: Woodlands Trail** 2 Miles, Gazebo
- 7:00** **Bird Walk** 60min Gazebo
- 9:00** **Chant**, Milagro
- Full Body Strength: Level 2**, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginning**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Stretch**, Montaña
- 10:00** **Circuit Training**, Azteca
- Dance: Broadway**, Kuchumaa
- Pickleball Clinic: Intermediate**, Pickleball Courts
- Pilates: Arc Barrel Levels 2**, Pinetree
- Total Body Strength with Bands**, Olmeca
- TRX Fundamentals**, Tolteca
- Yoga: Level 1**, Montaña
- 10:30** **Valle de Guadalupe Tour: Pijoan Vineyard & Adobe Guadalupe.**
Register at Ext.640/625. Return 5:30 pm. \$290 per person (tax included),
Meet at Admin. Bldg.
- 11:00** **Aqua Strength & Tone (Shallow Water Workout) , Activity Pool**
- Booty Blast** (30 Min), Olmeca
- Bungee Fitness**, Advance, Sign Up. Requires the use of a harness device, please wear long pants. Pinetree
- Cycle Hip Hop** (30 Min), Pai Pai
- Cardio Drum Dance**, Kuchumaa
- Pilates Reformer Fundamentals**, Pilates Studio
- Stretch**, Oaktree
- TRX & Kettlebells**, Tolteca
- Yoga: Level 2** (75 min), Montaña
- Ranch History Walk: Explore the Roots of the Ranch with Rob Larson** Gazebo
- 12:30** **Yarn Painting Demo with Tim Hinchliff** Dining Hall entrance
- 1:00** **Yarn Painting/Soft Mosaic Workshop with Tim Hinchliff** Sign up,
\$60 art kit fee, Dining Hall Balcony
- Portals in Wonder and Awe, with Jeannie DuBose** Olmeca
- 2:00** **Circuit Training**, Azteca
- Deep Water Training**, Activity Pool
- Pilates: Aerial Silks**, Kuchumaa
- Pilates: Cadillac Fundamentals**, Pilates Studio
- Discover Your Life Vision, with Randy Kamen** Arroyo
- 3:00** **Pilates: Reformer & Cadillac Combo**, Pilates Studio
- Specialty: Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- Yoga Sculpt: Level 2**, Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00** **Dance: Floorwork**, Arroyo
- Foam Roller Recovery**, Tolteca
- Yoga Nidra**, Oaktree
- Art, Stories and Poetry, with Tim Hinchliff** 90 mins, Bazar del Sol
- Hands-on Cooking Class with Visiting Chef Yazmín Ceballos**
Register at Ext.640/625. Fee \$145. Return at 7:30pm. Admin Bldg.
- 7:00** **Candlelight Yoga & Meditation**, Montaña
- Prayer Arrows with Tim Hinchliff**, Main Lounge
- 7:30** **Movie: Emma** Library Lounge
- 8:00** **From Scott Joplin & George Gershwin to Billy Joel, with George Lopez**, Oaktree

FRIDAY | JANUARY 24

****Please confirm your transportation at the Admin Building or Concierge Desk***

- 6:05** **Organic Garden Breakfast Hike** Moderate, 4 Miles, Sign Up, Gazebo
Option: to stay and work in the Garden with Salvador 8 to 10am
Will Walk to the Garden and Van back to the Ranch (F only).
- 6:15** **Mountain Hike: Coyote Trail** Advanced, 5.5 or 4 Miles, Gazebo
- 6:30** **Mtn. Meditation Hike: Alex's Oak** Moderate, 2 Miles, Gazebo
- 6:45** **Lowlands Hike: Quail Trail** Moderate, 2 or 2.5 Miles, Gazebo
- 9:00** **Barbell Strength: Level 2**, Tolteca
- Circuit Training**, Azteca
- Full Body Strength: Level 1**, Olmeca
- Meditation**, Oaktree
- Pickleball Clinic: Beginner**, Pickleball Courts
- Pilates: Mat Fundamentals Progressive**, Pinetree
- Sculpt & Step**, Kuchumaa
- Stretch**, Montaña
- 10:00** **BOSU® & Ropes: Level 2** (30 Min), Olmeca
- Circuit Training**, Azteca
- Dance: Cardio Hip Hop 90's Flashback**, Kuchumaa
- Journaling for Joy**, Milagro
- Pilates: Mat Level 2**, Pinetree
- Ranch Cycle: All Levels**, Pai Pai
- Yoga: Level 1**, Montaña
- 11:00** **Core Express** (30 Min), Olmeca
- Kettlebells** (30 Min), Tolteca
- Pilates: Reformer Fundamentals**, Pilates Studio
- Shallow Water Workout**, Activity Pool
- Yoga: Level 2** (75 min), Montaña
- Make an Ancestor Altar with Jennifer** (2 Hrs) Art Studio
- 11:30** **Mercado's Craft Sale** ongoing until 2:30 pm, Mercado
- 1:00** **Take the Ranch Home with Jen**, Tolteca
- The Inner Pilgrimage to Beauty, with Jeannie DuBose** Olmeca
- Documentary: Tree of Life, The Living Legacy of Edmond Szekely** (26 mins) Library Lounge
- 2:00** **Aerial Yoga: Level 1 Gentle (Low Hammock)**,
Please wear socks & sleeved shirts. Kuchumaa
- Breathwork**, Oaktree
- TRX Flexibility**, Tolteca
- Mandala with Jennifer** (60 Min) Art Studio
- 2:45** **Live Music and Smoothies** Juice Bar
- 3:00** **Specialty: Sound Healing**, Oaktree
- Strength & Stretch with Stick Mobility**, Pinetree
- Upper Body Blast: All Levels** (30 Min), Olmeca
- Spanish Lessons: Beginner's** Progressive, Library Lounge
- 4:00** **Inner Journey: Guided Chakra Meditation**, Oaktree
- Yin Yoga**, Montaña
- 6:00** **Live Music with Rancho La Puerta Fiesta Band** (2 Hrs), Dining Hall
- 6:15** **Shabbat Ceremony** (led by guests), Los Olivos
- 7:30** **Labyrinth with Jen**, Depart from Dining Hall to Labyrinth
- Movie: Barbie** Library Lounge

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