




## ¿Qué está pasando en **marzo** en la Alianza HUB sobre el Envejecimiento?

Monday	Tuesday	Wednesday	Thursday	Friday
 <hr/> <p><b>AGING AT THE MOVIES WINTER SERIES</b> March 4th - 2:00pm</p>  <hr/> <p><b>Memoir Writing Class</b> Mondays: Starting March 4, 11 &amp; 18 9:30am to 12:30pm</p>	<p><b>Connecting Seniors with Technology</b> Conecttando a Los Mayores con la Tecnología  10:00am to 1:00pm</p> <hr/> <p><b>Bilingual Movie Day</b> Compartiendo Películas Tuesdays: 2:00-4:30pm</p> <hr/> <p><b>Ballroom Dance</b> Baile de Salón March 5th, 12th, 19th &amp; 26th 3:30-4:30pm</p>	<p><b>Age Well, Drive Smart</b> Envejezca bien Conduzca de forma inteligente March 27 10:00am - 12:00pm (ENG) 2:00pm-4:00pm (SPAN)</p> <hr/> <p><b>MONEY SMARTS</b> Scam &amp; Fraud Prevention March 13th 10:00am - 11:00am</p> <hr/> <p><b>Estrategias efectivas de comunicaión</b> March 27th 6:00pm - 7:00pm</p> <hr/> <p><b>The address to the HUB</b> Is 236 Monterey St. We are in the Community Impact Center. Parking lot across from Grower's Pub.</p>	<p><b>Market Day</b> Dia de mercado 2<sup>nd</sup> and 4<sup>th</sup> Thursday 10:00am to 12:00pm  March 14 &amp; 28</p> <hr/> <p>50% off Spirals by the Arch on Market Day</p> <hr/> <p><b>Art for Brain Health Class</b> Clase de arte para la salud cerebral March 14, 21 &amp; 28 2:30-3:30pm</p>	<p><b>Connecting Seniors with Technology</b> Conecttando a Los Mayores con la Tecnología  1:30pm to 4:30pm</p> <hr/> <p><b>Yoga (Regular &amp; Chair) and Meditation</b> Yoga (regular y silla) y meditaci3n March 1st &amp; 15th 9:30am-10:30am</p> <hr/> <p><b>Healthy Brain, Body &amp; Soul Cooking &amp; Nutrition Class</b> Clase de cocina/nutrici3n para un cerebro saludable, cuerpo y alma March 8 &amp; 22 9:30am-10:30am</p> <hr/> <p><b>Tax Prep 9am-4pm</b> Every Friday &amp; Saturday</p>

To sign up please contact **the HUB 831-646-5050**  
Para inscribirse por favor contacte **el HUB 831-646-5050**

**Partners:** Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, Ecology Action, ITN Monterey County, Loaves, Fishes & Computers