

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

Monday/lunes	Tuesday/martes	Wednesday/miércoles	Thursday/jueves	Friday/viernes
 <p>Italian Cooking Class <i>Learn to Make Gnocchi</i> July 15 9:30am-12:00pm Reservations Required</p>	<p>Connecting Seniors with Technology Conecttando a Los Mayores con la Tecnología  10:00am to 1:00pm</p> <hr/> <p>Bilingual Movie Day Compartiendo Películas July/julio 9,16,23,30 2:00-4:30pm No Movie on July 2</p> <hr/> <p>Ballroom Dance Baile de Salón July/julio 2,9,16,23,30 3:30-4:30pm</p> <hr/> <p>Braille July/julio 23 10:00am-12:00pm</p>	<p>LUNCH & LEARN Money Smarts Elder Care Essentials July 10th 11:30AM-1:00pm</p> <hr/> <p>Bridge July/julio 10,17,24,31 1:00-3:00pm</p> <hr/> <p>Dementia Care Challenges: Anxiety, Agitation & Anger July 17 10:00am-12:00pm</p> <hr/> <p>Age Well, Drive Smart July/julio 24 10:00am-12:00pm</p> <hr/> <p>Envejezca Bien y Conduzca Inteligentemente July/julio 24 2:00pm-4:00pm</p> <hr/> <p>The address to the HUB Is 236 Monterey St. We are in the Community Impact Center. Parking lot across from Grower's Pub.</p>	<p>Market Day Dia de mercado 2nd and 4th Thursday 10:00am to 12:00pm</p>  <p>July/Julio 11 & 25 50% off Spirals by the Arch on Market Day</p> <hr/> <p>Art for Brain Health Class Clase de arte para la salud cerebral July/Julio 11, 18, 25 2:30-3:30pm</p> <hr/> <p>Blind and Visually Impaired Support Group Grupo de apoyo para ciegos y personas con discapacidad visual July/julio 23 10:00am-12:00pm</p>	<p>Connecting Seniors with Technology Conecttando a Los Mayores con la Tecnología  1:30pm to 4:30pm</p> <hr/> <p>Yoga (Regular & Chair) and Meditation Yoga (regular y silla) y meditación July/Julio 6 & 19 9:30am-10:30am</p> <hr/> <p>Healthy Brain Cooking Nutrition Class Clase de cocina/nutrición para un cerebro saludable, July/Julio 12 & 26 9:30am-10:30am</p> <hr/> <p>Balloon Twisting July 12th 11:00am-12:00pm</p> <hr/> <p>Aspire Health: Balance Your Body July 26 10:30am-11:00am Aspire Health: Equilibra tu cuerpo Julio 26 1:30pm-2:30pm</p>

To sign up please contact **the HUB 831-646-5050**

Para inscribirse por favor contacte **el HUB 831-646-5050**

Partners/Pareja: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch