

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm  Ballroom Dance-CANCELLED	<b>2</b> Bridge- 1:00pm-3:00pm 	<b>3</b>	<b>4</b> Connecting Seniors with Technology-1:30pm-4:30pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am 	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm Ballroom Dance-CANCELLED	<b>9</b> Bridge- 1:00pm-3:00pm 	<b>10</b> Market Day 10:00am-12:00pm 50% off Spirals by the Arch Blind and Visually Impaired Support Group 10:00am-12:00pm Art for Brain Health Class 2:30pm-3:30pm	<b>11</b> Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Connecting Seniors with Technology-10:00am-1:00pm SASSO-11:00am Bilingual Movie Day 2:00pm-4:30pm Ballroom Dance-CANCELLED	<b>16</b> Bridge- 1:00pm-3:00pm 	<b>17</b> Art for Brain Health Class 2:30pm-3:30pm 	<b>18</b> Connecting Seniors with Technology-1:30pm-4:30pm  Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	<b>19</b>
<b>20</b>	<b>21</b> Italian Cooking Class 9:30am-12:00pm Reservations Required VNA Vax Clinic 2:00pm-4:00pm 2025 Medicare Updates ENGLISH- 3:00pm	<b>22</b> Braille-9:30am Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm  Ballroom Dance-CANCELLED	<b>23</b> Bridge- 1:00pm-3:00pm Dementia Care Challenges: Paranoia, Hallucinations & Delusions- 2:00pm-3:00pm 	<b>24</b> Market Day 10am-12pm 50% off Spirals by the Arch Blind and Visually Impaired Support Group 10am-12pm Art for Brain Health Class 2:30pm-3:30pm 2025 Medicare Updates SPANISH- 3:00pm	<b>25</b> Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm Ballroom Dance-CANCELLED	<b>30</b> Bridge- 1:00pm-3:00pm 	<b>31</b> 	Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch	

# ¿Qué está pasando en el HUB? OCTUBRE 2024

Para registrarse, comuníquese con el HUB al 831-646-5050

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
		<b>1</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Día de Cine Bilingüe</b> 2:00pm-4:30pm  <b>Baile de Salón-CANCELADO</b>	<b>2</b> Bridge- 1:00pm-3:00pm 	<b>3</b>	<b>4</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Yoga (Regular y en Silla) y Meditación-</b> 9:30am-10:30am 	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Día de Cine Bilingüe</b> 2:00pm-4:30pm <b>Baile de Salón-CANCELADO</b>	<b>9</b> Bridge- 1:00pm-3:00pm 	<b>10</b> <b>Día de Mercado</b> 10:00am-12:00pm <b>50% off Spirals by the Arch Blind and Visually Impaired Grupo de Apoyo</b> 10:00am-12:00pm <b>Clase de Arte para la Salud Cerebral-</b> 2:30pm-3:30pm	<b>11</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Cocina Saludable para el Cerebro Clase de Nutrición</b> 9:30am-10:30am 	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>SASSO-11:00am</b> <b>Día de Cine Bilingüe</b> 2:00pm-4:30pm <b>Baile de Salón-CANCELADO</b>	<b>16</b> Bridge- 1:00pm-3:00pm 	<b>17</b> <b>Clase de Arte para la Salud Cerebral-</b> 2:30pm-3:30pm 	<b>18</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Yoga (Regular y en Silla) y Meditación-</b> 9:30am-10:30am	<b>19</b>
<b>20</b>	<b>21</b> <b>Italian Cooking Class</b> 9:30am-12:00pm <b>Reservations Required</b> <b>Clinica VNA Vax</b> 2:00pm-4:00pm <b>Cambios de Medicare 2025 INGLÉS-</b> 3:00pm	<b>22</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Día de Cine Bilingüe</b> 2:00pm-4:30pm  <b>Baile de Salón-CANCELADO</b>	<b>23</b> Bridge- 1:00pm-3:00pm <b>Dementia Care Challenges: Paranoia, Hallucinations &amp; Delusions-</b> 2:00pm-3:00pm 	<b>24</b> <b>Día de Mercado</b> 10:00am-12:00pm <b>50% off Spirals by the Arch Blind and Visually Impaired Support Group</b> 10am-12pm <b>Clase de Arte para la Salud Cerebral-</b> 2:30pm-3:30pm <b>Cambios de Medicare 2025 ESPAÑOL-</b> 3:00PM	<b>25</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Cocina Saludable para el Cerebro Clase de Nutrición</b> 9:30am-10:30am	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm <b>Día de Cine Bilingüe</b> 2:00pm-4:30pm <b>Baile de Salón-CANCELADO</b>	<b>30</b> Bridge- 1:00pm-3:00pm 	<b>31</b> 	Compañeros: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers	