

What is happening at the HUB? DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	4 Bridge- 1:00pm-3:00pm 	5	6 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am  Connecting Seniors with Technology-10:00am-1:00pm	7
8	9	10 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	11 Bridge- 1:00pm-3:00pm Dementia Care Challenges: Caregiver Wellbeing 2:00pm-3:00pm 	12 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Market Day 10:00am-12:00pm 50% off Spirals by the Arch Art for Brain Health Class 2:30pm-3:30pm	13 Connecting Seniors with Technology-10:00am-1:00pm 	14
15	16	17 Connecting Seniors with Technology-10:00am-1:00pm SASSO-11:00am Bilingual Movie Day 2:00pm-4:30pm	18 Bridge- 1:00pm-3:00pm 	19 Art for Brain Health Class 2:30pm-3:30pm 	20 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Yoga (Regular & Chair) and Meditation- 9:30am-10:30am Connecting Seniors with Technology-10:00am-1:00pm	21
22	23 Alliance on Aging & The HUB Closed	24  Alliance on Aging & The HUB Closed	25 	26 Alliance on Aging & The HUB Closed	27 Alliance on Aging & The HUB Closed	28
29	30	31 	<p>To sign up, please contact the HUB at 831-646-5050 Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch</p>			

¿Qué está pasando en el HUB? DICIEMBRE 2024

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	2	3 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	4 Bridge- 1:00pm-3:00pm 	5	6 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am  Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm	7
8	9	10 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	11 Bridge- 1:00pm-3:00pm Dementia Care Challenges: Caregiver Wellbeing 2:00pm-3:00pm 	12 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Market Day 10:00am-12:00pm 50% off Spirals by the Arch Art for Brain Health Class 2:30pm-3:30pm	13 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm 	14
15	16	17 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm SASSO-11:00am Día de Cine Bilingüe 2:00pm-4:30pm	18 Bridge- 1:00pm-3:00pm 	19 Art for Brain Health Class 2:30pm-3:30pm 	20 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Yoga (Regular y en Silla) y Meditación 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm	21
22	23 Alianza sobre el Envejecimiento y The HUB - Cerrado	24  Alianza sobre el Envejecimiento y The HUB - Cerrado	25 Feliz Navidad 	26 Alianza sobre el Envejecimiento y The HUB - Cerrado	27 Alianza sobre el Envejecimiento y The HUB - Cerrado	28
29	30	31 	Para registrarse, comuníquese con el HUB al 831-646-5050 Compañeros: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers			