

To sign up, please contact the HUB at [831-646-5050](tel:831-646-5050)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch			1 <i>Happy New Year</i> Alliance on Aging & The HUB Closed	2	3	4
5	6	7 Connecting Seniors with Technology-10:00am-1:00pm Luncheon At St. Ansgar Church 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	8 Bridge- 1:00pm-3:00pm 	9 Market Day 10:00am-12:00pm 50% off Spirals by the Arch Art for Brain Health Class 2:30pm-3:30pm 	10 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Connecting Seniors with Technology-10:00am-1:00pm	11
12	13	14 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	15 Bridge- 1:00pm-3:00pm 	16 Art for Brain Health Class 2:30pm-3:30pm 	17 Connecting Seniors with Technology-10:00am-1:00pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	18
19	20	21 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	22 Bridge- 1:00pm-3:00pm Age Well Drive Smart English- 10:00am	23 Market Day 10:00am-12:00pm 50% off Spirals by the Arch Art for Brain Health Class 2:30pm-3:30pm	24 Connecting Seniors with Technology-10:00am-1:00pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	25
26	27	28 Braille-9:30am Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	29 Bridge- 1:00pm-3:00pm Dementia Care Challenges: Stepping Stones for a Successful Caregiver Journey- 2:00pm-3:00pm	30	31	

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

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Compañeros: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch			1 <i>¡Feliz Año Nuevo!</i> Alianza sobre el Envejecimiento y The HUB - Cerrado	2	3	4
5	6	7 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	8 Bridge- 1:00pm-3:00pm 	9 Día de Mercado 10:00am-12:00pm 50% off Spirals by the Arch Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm 	10 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm	11
12	13	14 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	15 Bridge- 1:00pm-3:00pm 	16 Clase de Arte para la Salud Cerebral 2:30pm-3:30pm 	17 Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	18
19	20	21 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	22 Age Well Drive Smart English- 10:00am Bridge- 1:00pm-3:00pm	23 Día de Mercado 10:00am-12:00pm 50% off Spirals by the Arch Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm	24 Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	25
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