

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		February				1
2	3	4 Connecting Seniors with Technology-10:00am-1:00pm Luncheon At St. Ansgar Church 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	5 Bridge- 1:00pm-3:00pm 	6	7 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am Connecting Seniors with Technology-1:30pm-4:30pm Tax Prep by Appointment ONLY 831-655-1334	8 Tax Prep by Appointment ONLY 831-655-1334 
9	10 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am 	11 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm Medicare Basics ENGLISH- 5:30pm 	12 Bridge- 1:00pm-3:00pm 	13 Blind and Visually Impaired Support Group 10:00am-12:00pm Market Day 10:00am-12:00pm Art for Brain Health Class 2:30pm-3:30pm	14 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am Tax Prep by Appointment ONLY 831-655-1334	15 Tax Prep by Appointment ONLY 831-655-1334 
16	17	18 Connecting Seniors with Technology-10:00am-1:00pm  SASSO-11:00am  Bilingual Movie Day 2:00pm-4:30pm	19 Bridge- 1:00pm-3:00pm 	20 Braille-10:00am Art for Brain Health Class 2:30pm-3:30pm 	21 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am Connecting Seniors with Technology-1:30pm-4:30pm Balloon Twist - Lunch 11:00am Tax Prep by Appointment ONLY 831-655-1334	22 Tax Prep by Appointment ONLY 831-655-1334 
23	24 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am 	25 Grand Opening: The Memory Cafe  10:00am-12:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	26 Bridge- 1:00pm-3:00pm Dementia Care Challenges: Fall Preventions 2:00pm-3:00pm 	27 Blind and Visually Impaired Support Group 10:00am-12:00pm Market Day 10:00am-12:00pm Art for Brain Health Class 2:30pm-3:30pm	28 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Connecting Seniors with Technology-1:30pm-4:30pm Tax Prep by Appointment ONLY 831-655-1334	

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
2	3	4 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Almuerzo en la Iglesia de St. Ansgar 11:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	5 Juego de Cartas 1:00pm-3:00pm 	6	7 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Cocina Saludable para el Cerebro 10:30am- 11:30am Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334	8 Preparacion de Impuestos con Cita Solamente (831) 655- 1334 
9	10 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am 	11 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	12 Juego de Cartas 1:00pm-3:00pm 	13 Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm Día de Mercado 10:00am-12:00pm Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm Básicos de Medicare ESPAÑOL- 5:30PM 	14 Cocina Saludable para el Cerebro 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334	15 Preparacion de Impuestos con Cita Solamente (831) 655- 1334 
16	17	18 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm  SASSO-11:00am  Día de Cine Bilingüe 2:00pm-4:30pm	19 Juego de Cartas 1:00pm-3:00pm 	20 Braille-10:00am Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm 	21 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Cocina Saludable para el Cerebro 9:30am-10:30am Globoflexia- Almuerzo 11:00am Conectando a las  Personas Mayores con la Tecnología 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334	22 Preparacion de Impuestos con Cita Solamente (831) 655- 1334 
23	24 Yoga (Regular y en Silla) y Meditación 9:30am-10:30am 	25 Gran Inauguración: El Café de la Memoria 10:00am-12:00pm  Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	26 Juego de Cartas 1:00pm-3:00pm Desafios del Cuidado de le Demencia: Prevencion de Caidas 2:00pm-3:00pm 	27 Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm	28 Cocina Saludable para el Cerebro 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334	