

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 Tax Prep <u>by Appointment ONLY</u> 831-655-1334 
2	3 Memory Cafe-2:00pm-4:00pm	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 Connecting Seniors with Technology-1:30pm-4:30pm Yoga (Regular & Chair) and Meditation- 9:30am-11:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am Tax Prep <u>by Appointment ONLY</u> 831-655-1334	8 Tax Prep <u>by Appointment ONLY</u> 831-655-1334 
9	10 Wreath Making-2:00pm-4:00pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am 	11 Memory Cafe-10:00am-12:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	12 Dance- 3:00pm-4:00pm Bridge- 1:00pm-3:00pm 	13 Blind and Visually Impaired Support Group 10:00am-12:00pm Market Day 10:00am-12:00pm 	14 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am Tax Prep <u>by Appointment ONLY</u> 831-655-1334	15 Tax Prep <u>by Appointment ONLY</u> 831-655-1334 
16	17 Memory Cafe-2:00pm-4:00pm 	18 SASSO-11:00am Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	19 AOA VOLUNTEER RECRUITMENT FAIR 10AM-12PM Dance- 3:00pm-4:00pm	20 Braille-9:30am	21 Connecting Seniors with Technology-1:30pm-4:30pm Yoga (Regular & Chair) and Meditation- 9:30am-11:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am Tax Prep <u>by Appointment ONLY</u> 831-655-1334	22 Tax Prep <u>by Appointment ONLY</u> 831-655-1334 
23	24 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	25 Memory Cafe-10:00am-12:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm Dementia Care Challenges: - 10:30 am	26 Dance- 3:00pm-4:00pm Bridge- 1:00pm-3:00pm Age Well Drive Smart English 10:00am-12:00pm Spanish: 2:00pm-4:00pm	27 Blind and Visually Impaired Support Group 10:00am-12:00pm Market Day 10:00am-12:00pm 	28 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am Tax Prep <u>by Appointment ONLY</u> 831-655-1334	29 Tax Prep <u>by Appointment ONLY</u> 831-655-1334 
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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		March				1 Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334 
2	3 Cafe de la memoria- 2:00pm-4:00pm	4 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	5 Bridge- 1:00pm-3:00pm 	6	7 Conectando a las Personas Mayores con la Tecnología-1:30am-4:30pm Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Cocina Saludable para el Cerebro Clase de Nutrición 10:30am-11:30am Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334	8 Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334 
9	10 Hacer coronas-2:00pm-4:00pm Yoga (Regular y en Silla) y Meditación 9:30am-10:30am 	11 Cafe de la memoria- 2:00pm-4:00pm Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	12 Bailar- 3:00pm-4:00pm Bridge- 1:00pm-3:00pm 	13 Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm 	14 Conectando a las Personas Mayores con la Tecnología- 1:30am-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334	15 Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334 
16	17 Cafe de la memoria- 2:00pm-4:00pm 	18 SASSO-11:00am Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	19 Bailar- 3:00pm-4:00pm Bridge- 1:00pm-3:00pm 	20 Braille-9:30am	21 Conectando a las Personas Mayores con la Tecnología- 1:30am-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 10:30am-11:30am Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334	22 Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334 
23	24 Yoga (Regular y en Silla) y Meditación 9:30am-10:30am	25 Cafe de la memoria- 2:00pm-4:00pm Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm Dementia Care Challenges: - 10:30 am	26 Bailar- 3:00pm-4:00pm Bridge- 1:00pm-3:00pm Envejezca Bien Conduzca Inteligentemente Inglés- 10:00am Español- 2:00pm 	27 Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm 	28 Conectando a las Personas Mayores con la Tecnología- 1:30am-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334	29 Preparacion de Impuestos <u>con Cita Solamente</u> (831) 655- 1334 
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