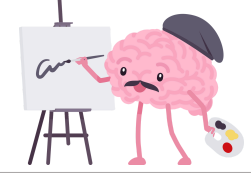


# What is happening at the HUB?

## APRIL 2025

| 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 |                                                                                                                                                                                            | <b>1</b> Connecting Seniors with Technology-10:00am-1:00pm<br>Luncheon At St. Ansgar Church<br>11:00am-1:00pm<br>Sharing Movie Day<br>2:00pm-4:30pm                                                                                                         | <b>2</b> Bridge- 1:00pm-3:00pm<br>Dance- 3:00pm-4:00pm<br>                                                                                                                                                                                  | <b>3</b>                                                                                                                                                         | <b>4</b> Yoga (Regular & Chair) and Meditation- 9:30am-10:30am<br>Healthy Brain Cooking Nutrition Class- 10:30am-11:30am<br>Connecting Seniors with Technology- 1:30pm-4:30pm<br>Tax Prep <u>by Appointment ONLY</u> 831-655-1334 | <b>5</b> Tax Prep <u>by Appointment ONLY</u> 831-655-1334<br>  |
| <b>6</b>                                                                                                                                                                                      | <b>7</b> Memory Cafe<br>2:00pm-4:00pm<br><br>Dementia Care Challenges: Caregiver Wellbeing<br>2:00-3:00pm | <b>8</b> Memory Cafe<br>10:00am-12:00pm<br>Connecting Seniors with Technology-10:00am-1:00pm<br>Sharing Movie Day<br>2:00pm-4:30pm                                       | <b>9</b>  Bridge<br>1:00pm-3:00pm<br>Dance- 3:00pm-4:00pm<br>                                                                                            | <b>10</b> Market Day<br>10:00am-12:00pm<br>Blind and Visually Impaired Support Group<br>10:00am-12:00pm<br>Art for Brain Health Class<br>2:30pm-3:30pm           | <b>11</b> Healthy Brain Cooking Nutrition Class<br>9:30am-10:30am<br>Connecting Seniors with Technology-1:30pm-4:30pm<br>Tax Prep <u>by Appointment ONLY</u> 831-655-1334                                                         | <b>12</b> Tax Prep <u>by Appointment ONLY</u> 831-655-1334<br> |
| <b>13</b>                                                                                                                                                                                     | <b>14</b> Yoga (Regular & Chair) and Meditation- 9:30am-10:30am<br>Tax Prep <u>by Appointment ONLY</u> 831-655-1334                                                                        | <b>15</b> Connecting Seniors with Technology-10:00am-1:00pm<br>SASSO-11:00am<br> Sharing Movie Day<br>1:00pm-3:30pm<br>Tax Prep <u>by Appointment ONLY</u> 831-655-1334 | <b>16</b>  Memoir Writing Class<br>9:30am-12:30pm<br>Easter/Spring Wreath Making<br>10:00am-12:00pm <br>Bridge- 1:00pm-3:00pm<br>Dance- 3:00pm-4:00pm | <b>17</b> Braille-9:30am<br>Art for Brain Health Class<br>2:30pm-3:30pm<br> | <b>18</b> Yoga (Regular & Chair) and Meditation<br>9:30am-10:30am<br>Healthy Brain Cooking Nutrition Class<br>10:30am-11:30am<br>Connecting Seniors with Technology-1:30pm-4:30pm                                                 | <b>19</b>                                                                                                                                         |
| <b>20</b>                                                                                                                                                                                     | <b>21</b> Memory Cafe<br>2:00pm-4:00pm<br>                                                              | <b>22</b> Memory Cafe<br>10:00am-12:00pm<br>Keeping the Care Receiver Active at Home<br>2:00-3:00pm<br>Connecting Seniors with Technology-10:00am-1:00pm<br>Sharing Movie Day<br>2:00pm-4:30pm                                                              | <b>23</b> Memoir Writing Class<br>9:30am-12:30pm<br>Bridge- 1:00pm-3:00pm<br>Dance- 3:00pm-4:00pm<br>                                                                                                                                     | <b>24</b> Market Day<br>10:00am-12:00pm<br>Blind and Visually Impaired Support Group<br>10:00am-12:00pm<br>Art for Brain Health Class<br>2:30pm-3:30pm           | <b>25</b> Connecting Seniors with Technology-1:30pm-4:30pm<br>Healthy Brain Cooking Nutrition Class<br>9:30am-10:30am<br>                    | <b>26</b>                                                                                                                                         |
| <b>27</b>                                                                                                                                                                                     | <b>28</b> Yoga (Regular & Chair) and Meditation- 9:30am-10:30am<br>                                     | <b>29</b> Connecting Seniors with Technology-10:00am-1:00pm<br>Sharing Movie Day<br>2:00pm-4:30pm                                                                      | <b>30</b> Memoir Writing Class<br>9:30am-12:30pm<br><br>Bridge- 1:00pm-3:00pm<br>Dance- 3:00pm-4:00pm                                                                                                                                     |                                                                                                                                                                  |                                                                                                                                                                                                                                   |                                                                                                                                                   |

| DOMINGO                                                                                                                                                                                         | LUNES                                                                                                                                                   | MARTES                                                                                                                                                                                                                                                             | MIÉRCOLES                                                                                                                                                                                                          | JUEVES                                                                                                                                                              | VIERNES                                                                                                                                                                                                                                       | SÁBADO                                                                                                                                                                 |
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| Compañeros: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch |                                                                                                                                                         | <b>1</b> Conectando a las Personas Mayores con la Tecnología<br>10:00am-1:00pm<br>Almuerzo en la iglesia de San Ansgar<br>11:00am-1:00pm<br>Día de Cine Bilingüe<br>2:00pm-4:30pm                                                                                  | <b>2</b> Bridge- 1:00pm-3:00pm<br><br>Bailar- 3:00pm-4:00pm                                                                     | <b>3</b>                                                                                                                                                            | <b>4</b> Conectando a las Personas Mayores con la Tecnología<br>1:30pm-4:30pm<br>Cocina Saludable para el Cerebro Clase de Nutrición<br>9:30am-10:30am<br>Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am                              | <b>5</b> Preparacion de Impuestos <u>con Cita Solamente</u><br>(831) 655- 1334<br>  |
| <b>6</b>                                                                                                                                                                                        | <b>7</b> Cafe de la Memoria-<br>2:00pm-4:00pm<br><br>Desafios de la Atencion a la Demencia: Bienestar del Cuidador<br>2:00-3:00pm                       | <b>8</b> Cafe de la Memoria<br>10:00pm-12:00pm<br>Conectando a las Personas Mayores con la Tecnología<br>10:00am-1:00pm<br> Día de Cine Bilingüe<br>2:00pm-4:30pm               | <b>9</b> Bridge- 1:00pm-3:00pm<br><br>Bailar- 3:00pm-4:00pm                                                                     | <b>10</b> Día de Mercado<br>10:00am-12:00pm<br>Blind and Visually Impaired Grupo de Apoyo<br>10:00am-12:00pm<br>Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm | <b>11</b> Conectando a las Personas Mayores con la Tecnología<br>1:30pm-4:30pm<br> Cocina Saludable para el Cerebro Clase de Nutrición<br>9:30am-10:30am   | <b>12</b> Preparacion de Impuestos <u>con Cita Solamente</u><br>(831) 655- 1334<br> |
| <b>13</b>                                                                                                                                                                                       | <b>14</b> Yoga (Regular y en Silla) y Meditación-<br>9:30am-10:30am<br><br>Preparacion de Impuestos <u>con Cita Solamente</u><br>(831) 655- 1334        | <b>15</b> Conectando a las Personas Mayores con la Tecnología<br>10:00am-1:00pm<br>SASSO-11:00am<br>Preparacion de Impuestos <u>con Cita Solamente</u><br>(831) 655- 1334<br> | <b>16</b> Bridge- 1:00pm-3:00pm<br>Bailar- 3:00pm-4:00pm<br>Elaboracion de Coronas de Pascua/Primavera<br>10:00am-12:00pm<br> | <b>17</b> Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm<br>              | <b>18</b> Conectando a las Personas Mayores con la Tecnología<br>1:30pm-4:30pm<br>Cocina Saludable para el Cerebro Clase de Nutrición<br>9:30am-10:30am<br>Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am                             | <b>19</b>                                                                                                                                                              |
| <b>20</b>                                                                                                                                                                                       | <b>21</b> Cafe de la Memoria<br>2:00pm-4:00pm<br>                    | <b>22</b> Cafe de la Memoria<br>10:00pm-12:00pm<br>Braille-9:30am<br>Conectando a las Personas Mayores con la Tecnología<br>10:00am-1:00pm<br>Mantener activo al receptor del cuidado en casa<br>2:00-3:00pm<br>Día de Cine Bilingüe<br>2:00pm-4:30pm              | <b>23</b> Bridge- 1:00pm-3:00pm<br>Bailar- 3:00pm-4:00pm<br>                                                                  | <b>24</b> Día de Mercado<br>10:00am-12:00pm<br>Blind and Visually Impaired Grupo de Apoyo<br>10:00am-12:00pm<br>Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm | <b>25</b> Conectando a las Personas Mayores con la Tecnología<br>1:30pm-4:30pm<br> Cocina Saludable para el Cerebro Clase de Nutrición<br>9:30am-10:30am | <b>26</b>                                                                                                                                                              |
| <b>27</b>                                                                                                                                                                                       | <b>28</b> Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am<br> | <b>29</b> Conectando a las Personas Mayores con la Tecnología<br>10:00am-1:00pm<br>                                                                                           | <b>30</b> Bridge- 1:00pm-3:00pm<br>Bailar- 3:00pm-4:00pm<br>                                                                  |                                                                                                                                                                     |                                                                                                                                                                                                                                               |                                                                                                                                                                        |