

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	2 Connecting Seniors with Technology-1:30pm-4:30pm Chair Yoga and Meditation-9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am	3
4	5 Cinco De Mayo Celebration 10:00am-2:00pm Memory Cafe 2:00pm-4:00pm Chair Yoga and Meditation-2:00-3:00pm Poetry Reading Patrice Vecchione 3:00-4:00pm	6 Trip - Board of Supervisors Older Americans Act Proclamation- 10:15am Luncheon At St. Ansgar 11:00am-1:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	7 Mothers Day wreath making Class 10:00am-12:00pm Memoir Writing Class 9:30am-12:30pm Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	8 Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10:00am-12:00pm Art for Brain Health Class 2:30pm-4:30pm	9 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am	10
11 Happy Mother's Day	12 Chair Yoga and Meditation-9:30am-10:30am	13 Connecting Seniors with Technology-10:00am-1:00pm Memory Cafe 10:00am-12:00pm Cooking & Music Elder Care Essentials 11:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm	14 Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	15 Braille-9:30am Art for Brain Health Class 2:30pm-4:30pm	16 Chair Yoga and Meditation-9:30am-10:30am Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 10:30am-11:30am Audobon Society "What's so Cool about Birds?" 11:00-12:00	17
18	19 Memory Cafe 2:00pm-4:00pm Game Day Dementia Care Challenges: Nutrition 2:30-3:30pm	20 Connecting Seniors with Technology-10:00am-1:00pm SASSO-11:00am Bilingual Movie Day 2:00pm-4:30pm	21 Memoir Writing Class 9:30am-12:30pm Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	22 Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10am-12pm Art for Brain Health Class 2:30pm-4:30pm	23 Healthy Brain Cooking Nutrition Class 9:30am-10:30am Connecting Seniors with Technology-1:30pm-4:30pm	
25	26 HAPPY MEMORIAL DAY THE HUB IS CLOSED	27 Memory Cafe 10:00am-12:00pm Art Day Alzheimer's Association 11:00am-12:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	28 AGE WELL DRIVE SMART 10:00AM-12:00PM Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	29 Art for Brain Health Class 2:30pm-4:30pm	30 Connecting Seniors with Technology-1:30pm-4:30pm Chair Yoga and Meditation-9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am	31

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				1	2 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am	3
4	5 Celebracion del cinco de mayo 10:00am-2:00pm Cafe de la Memoria 2:00pm-4:00pm Yoga (Regular y en Silla) y Meditación- 2:00PMam-3:00pm lectura de poesia Patrice Vecchione 3:00pm-4:00pm	6 Viaje- Ley de Estadounidenses de Edad Avanzada de la Junta de Supervisores- 10:15am Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Almuerzo en la iglesia de San Ansgar 11:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	7 Clase de elaboracion de coronas para el Dia de la Madre 10:00am-12:00pm Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	8 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	9 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am	10
11 Happy Mother's Day	12 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am	13 Cafe de la Memoria 10:00am-12:00pm Asociacion de Alzheimer 11:00am-12:00pm Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	14 Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	15 Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm	16 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Audobon Society "que tienen de genial los pajaros?" 11:00-12:00	17
18	19 Cafe de la Memoria 2:00pm-4:00pm día del juego Desafios en el cuidado de la demencia Nutricion 2:30-3:30pm	20 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm SASSO-11:00am Día de Cine Bilingüe 2:00pm-4:30pm	21 Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	22 Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Support Group 10am-12pm Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm	23 Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	24
25	26 HAPPY MEMORIAL DAY EL HUB ESTA CERRADO	27 Braille-9:30am Cafe de la Memoria 10:00am-12:00pm Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	28 Envejecer bien conducir inteligentemente 2:00pm-3:00pm Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	29 Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm	30 Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	31