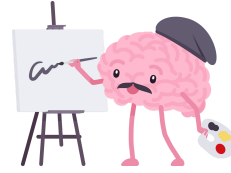


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  Memory Cafe 2:00pm-4:00pm	3 Connecting Seniors with Technology-10:00am-1:00pm Luncheon At St. Ansgar 11:00am-1:00pm  Bilingual Movie Day 2:00pm-4:30pm	4 Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm 	5	6 Connecting Seniors with Technology-1:30pm-4:30pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am	7
8	9 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	10 Connecting Seniors with Technology-10:00am-1:00pm  Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm 	11 Lunch & Learn Estate Planning 11:00am-2:00pm Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	12 Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10am-12pm Art for Brain Health Class 2:30pm-3:30pm	13 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	14
15	16 Memory Cafe 2:00pm-4:00pm  Dementia Care Challenges: Healthy Aging 3:00-4:00pm	17 Connecting Seniors with Technology-10:00am-1:00pm SASSO-11:00am Bilingual Movie Day 2:00pm-4:30pm 	18 Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm	19 Braille-9:30am Art for Brain Health Class 2:30pm-3:30pm 	20 Connecting Seniors with Technology-1:30pm-4:30pm Yoga (Regular & Chair) and Meditation- 9:30am-10:30am Healthy Brain Cooking Nutrition Class 10:30am-11:30am	21
22	23 Yoga (Regular & Chair) and Meditation- 9:30am-10:30am	24 Connecting Seniors with Technology-10:00am- 1:00pm Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm 	25 Bridge- 1:00pm-3:00pm Dance- 3:00pm-4:00pm 	26 Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10am-12pm Art for Brain Health Class 2:30pm-3:30pm	27 Connecting Seniors with Technology-1:30pm-4:30pm Healthy Brain Cooking Nutrition Class 9:30am-10:30am 	28
29	30		To sign up, please contact the HUB at <u>831-646-5050</u> Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch			

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1	2  Cafe de la Memoria 2:00pm-4:00pm	3 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	4 Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm 	5	6 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 10:30am-11:30am	7
8	9 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am	10 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm  Cafe de la Memoria 10:00am-12:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	11 Almuerzo y aprendizaje sobre planificacion patrimonial 11:00am-2:00pm Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	12 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	13 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am	14
15	16 El cuidado de la demencia desafia el envejecimiento saludable 3:00-4:00pm Cafe de la Memoria 2:00pm-4:00pm 	17 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm SASSO-11:00am Día de Cine Bilingüe 2:00pm-4:30pm	18 Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm	19 Braille-9:30am Clase de Arte para la Salud Cerebral- 2:30pm-3:30pm 	20 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 10:30am-11:30am	21
22	23 Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am	24 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm  Cafe de la Memoria 10:00am-12:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	25 Bridge- 1:00pm-3:00pm Bailar- 3:00pm-4:00pm 	26 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	27 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am	28
29	30		Para registrarse, comuníquese con el HUB al 831-646-5050 <i>Compañeros: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers</i>			