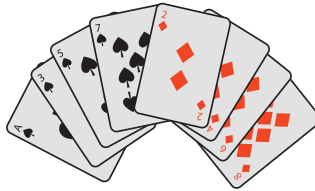


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes & Computers, Front Porch					1Chair Yoga and Meditation-9:30am-10:30am Art Around the World: Exploring Global Styles & Traditions 10:30am --12:30am Connecting Seniors with Technology-1:30pm-4:30pm	2
3	4Music of the World: A Global Journey through Sound 9:30-11:30am Memory Cafe 2:00pm-4:00pm	5Connecting Seniors with Technology-10:00am-1:00pm Luncheon At St. Ansgar 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	6Bridge- 1:00pm-3:00pm Line Dancing 3:30-4:30pm	7	8Cooking & Nutrition 9:30am-10:30am Art Around the World: Exploring Global Styles & Traditions 10:30am --12:30am	9
10	11Chair Yoga and Meditation-9:30am-10:30am Music of the World: A Global Journey through Sound 9:30-11:30am	12Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm	13Bridge- 1:00pm-3:00pm	14Blind and Visually Impaired Support Group 10am-12pm Art Workshop 2:30pm-4:30pm	15Chair Yoga and Meditation-9:30am-10:30am Art Around the World: Exploring Global Styles & Traditions 10:30am --12:30am Connecting Seniors with Technology-1:30pm-4:30pm	16
17	18Music of the World: A Global Journey through Sound 9:30-11:30am Memory Cafe 2:00pm-4:00pm	19Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	20Bridge- 1:00pm-3:00pm Line Dancing 3:30-4:30pm	21Braille-9:30am	22Cooking & Nutrition 9:30am-10:30am Art Around the World: Exploring Global Styles & Traditions 10:30am --12:30am	23
24	25Chair Yoga and Meditation-9:30am-10:30am Music of the World: A Global Journey through Sound 9:30-11:30am	26Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm	27Bridge- 1:00pm-3:00pm	28Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10am-12pm Art Workshop 2:30pm-4:30pm	29Art Around the World: Exploring Global Styles & Traditions 10:30am --12:30am Connecting Seniors with Technology-1:30pm-4:30pm	30
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						1Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Arte alrededor del mundo: explorando estilos y tradiciones globales 10:30am --12:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	2
3	4Musica del mundo: un viaje global a traves del sonido 9:30-11:30am Cafe de la Memoria 2:00pm-4:00pm 	5Conectando 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 	6Juego de Cartas 1:00pm-3:00pm baile en linea 3:30-4:30pm 	7	8Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Arte alrededor del mundo: explorando estilos y tradiciones globales 10:30am --12:30am 	9	
10	11Musica del mundo: un viaje global a traves del sonido 9:30-11:30am Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am 	12  Cafe de la Memoria 10:00am-12:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	13Juego de Cartas 1:00pm-3:00pm 	14Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm taller de arte- 2:30pm-3:30pm 	15Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am Arte alrededor del mundo: explorando estilos y tradiciones globales 10:30am --12:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	16	
17	18Musica del mundo: un viaje global a traves del sonido 9:30-11:30am Cafe de la Memoria 2:00pm-4:00pm 	19Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm  Día de Cine Bilingüe 2:00pm-4:30pm	20Juego de Cartas 1:00pm-3:00pm baile en linea 3:30-4:30pm 	21Braille-9:30am 	22Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Arte alrededor del mundo: explorando estilos y tradiciones globales 10:30am --12:30am 	23	
24	25Musica del mundo: un viaje global a traves del sonido 9:30-11:30am Yoga (Regular y en Silla) y Meditación- 9:30am-10:30am 	26Cafe de la Memoria 10:00am-12:00pm  Día de Cine Bilingüe 2:00pm-4:30pm 	27Juego de Cartas 1:00pm-3:00pm 	28Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm taller de arte- 2:30pm-3:30pm 	29Arte alrededor del mundo: explorando estilos y tradiciones globales 10:30am -12:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm 	30	
31							