

What is happening at the HUB?

OCTOBER 2025

To sign up, please contact the HUB at **831-646-5050**

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 Bridge- 1:00pm-3:00pm Line Dancing 3:30-4:30pm 	2	3 Chair Yoga and Meditation- 9:30am-10:30am  Financial Elder Abuse Workshop Bi-lingual 2:00-3:00pm	4	
	5	6 Chair Yoga and Meditation 9:30am-10:30am  Memory Cafe 2:00pm-4:00pm 	7 Luncheon At St. Ansgar 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	8 Bridge- 1:00pm-3:00pm 	9 Blind and Visually Impaired Support Group 10am-12pm Art Workshop 2:30pm-4:30pm 	10 Cooking & Nutrition 9:30am-10:30am  Connecting Seniors with Technology-1:30pm-4:30pm	11
	12	13	14 Connecting Seniors with Technology-10:00am- 1:00pm Memory Cafe 10:00am-12:00pm  Bilingual Movie Day 2:00pm-4:30pm 	15 Bridge- 1:00pm-3:00pm Line Dancing 3:30-4:30pm 	16 Braile Class 10-11:30am Blind & Visual Impaired Crochet Class 11:30am-1:00pm	17  Loteria/fun with yarn- 9:30am-11:30pm Chair Yoga and Meditation- 9:30am-10:30am 	18
	19	20 Chair Yoga and Meditation 9:30am-10:30am  Memory Cafe 2:00pm-4:00pm 	21 SASSO-11:00am Bilingual Movie Day 1:30pm-4:30pm 	22 Financial Wellness Workshop Series- 10:00am-12:00pm  Bridge- 1:00pm-3:00pm	23 Market Day 10:00am-12:00pm  Blind and Visually Impaired Support Group 10am-12pm Art Workshop 2:30pm-4:30pm	24 Cooking & Nutrition 9:30am-10:30am  Connecting Seniors with Technology-1:30pm-4:30pm	25
26	27	28 Connecting Seniors with Technology-10:00am- 1:00pm Memory Cafe 10:00am-12:00pm  Bilingual Movie Day 2:00pm-4:30pm 	29 Bridge- 1:00pm-3:00pm 	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			1 baile en linea 3:30-4:30pm 	2	3 Silla de Yoga y Meditación- 9:30am-10:30am  Taller bilingue sobre abuso financiero a personas mayores 2:00-3:00pm	4
5	6 Silla de Yoga y Meditación- 9:30am-10:30am  Cafe de la Memoria 2:00pm-4:00pm 	7 Almuerzo en la iglesia de San Ansgar 11:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	8	9 Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm taller de arte- 2:30pm-3:30pm 	10 Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am  Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	11
12	13	14 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	15 baile en linea 3:30-4:30pm 	16 clase braille 10-11:30am Blind & Visual Impaired clase de crochet 11:30am-1:00pm	17  Loteria/diverson con hilo- 9:30am-11:30pm Silla de Yoga y Meditación- 9:30am-10:30am 	18
19	20 Silla de Yoga y Meditación- 9:30am-10:30am  Cafe de la Memoria 2:00pm-4:00pm 	21 SASSO-11:00am Día de Cine Bilingüe 1:30pm-4:30pm 	22	23 Día de Mercado 10:00am-12:00pm  Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm taller de arte- 2:30pm- 3:30pm	24 Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am  Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	25
26	27	28 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 	29	30	31 	