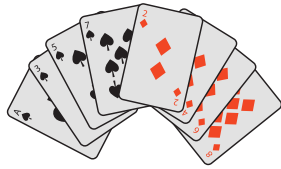


# What is happening at the HUB?

## 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<br><br>Line Dancing<br>3:30-4:30pm<br>                              | 2                                                                                                                                                                                                                    | 3<br>Chair Yoga and Meditation-<br>9:30am-10:30am<br><br><br>Financial Elder Abuse<br>Workshop Bi-lingual<br>2:00-3:00pm                                                                   | 4        |
| 5                                                                                                                                                                                             | 6<br><br>Memory Cafe<br>2:00pm-4:00pm                      | 7 Luncheon At St. Ansgar<br>11:00am-1:00pm<br>VNA Vax Clinic at St.<br>Ansgar : Doors Open<br>10:00am<br>Bilingual Movie Day<br>2:00pm-4:30pm<br>                                                                                    | 8 Bridge- 1:00pm-3:00pm<br><br>                                                             | 9 Blind and Visually Impaired<br>Support Group 10am-12pm<br>Art Workshop<br>2:30pm-4:30pm<br>                                     | 10 Cooking & Nutrition<br>9:30am-10:30am<br><br>Connecting Seniors with<br>Technology-1:30pm-4:30pm                                                                                        | 11       |
| 12                                                                                                                                                                                            | 13<br>Chair Yoga and<br>Meditation<br>9:30am-10:30am<br> | 14 Connecting Seniors with<br>Technology-10:00am-<br>1:00pm<br>Memory Cafe<br>10:00am-12:00pm<br><br>Bilingual Movie Day<br>2:00pm-4:30pm<br> | 15 Bridge- 1:00pm-3:00pm<br><br>Line Dancing<br>3:30-4:30pm<br>                           | 16 Braille Class<br>10-11:30am<br><br>Blind & Visual Impaired<br>Crochet Class<br>11:30am-1:00pm                                                                                                                     | 17  Loteria/fun with yarn-<br>9:30am-11:30pm<br><br>Chair Yoga and Meditation-<br>9:30am-10:30am<br> | 18       |
| 19                                                                                                                                                                                            | 20<br><br>Memory Cafe<br>2:00pm-4:00pm                   | 21 VNA Vax Clinic : flu &<br>Covid Shot 9:30am<br>SASSO-11:00am<br>Bilingual Movie Day<br>1:30pm-4:30pm<br>                                                                                                                        | 22 Financial Wellness<br>Workshop Series-<br>10:00am-12:00pm<br><br>Bridge- 1:00pm-3:00pm | 23 Market Day<br>10:00am-12:00pm<br><br>Blind and Visually Impaired<br>Support Group 10am-12pm<br>Art Workshop<br>2:30pm-4:30pm | 24 Cooking & Nutrition<br>9:30am-10:30am<br><br>Connecting Seniors with<br>Technology-1:30pm-4:30pm                                                                                      | 25       |
| 26                                                                                                                                                                                            | 27<br>Chair Yoga and<br>Meditation<br>9:30am-10:30am<br> | 28 Connecting Seniors with<br>Technology-10:00am-<br>1:00pm<br>Memory Cafe<br>10:00am-12:00pm<br>Bilingual Movie Day<br>2:00pm-4:30pm<br>                                                                                          | 29 Bridge- 1:00pm-3:00pm<br><br>                                                          | 30                                                                                                                                                                                                                   | 31<br>                                                                                                                                                                                   |          |

| DOMINGO                                                                                                                                                                                           | LUNES                                                                                                                                                    | MARTES                                                                                                                                                                                                                                                                                                                                                                             | MIÉRCOLES                                                                                                                                                            | JUEVES                                                                                                                                                                                                                                                             | VIERNES                                                                                                                                                                                                                                                                                                | SÁBADO    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Compañeros: Aging and Disabilities Resource Center, Blind &amp; Visually Impaired Center, Central Coast Center for Independent Living, ITN Monterey County, Loaves, Fishes &amp; Computers</b> |                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                    | <b>1</b> Bridge- 1:00pm-3:00pm<br><br><b>baile en linea</b><br>3:30-4:30pm<br>    | <b>2</b>                                                                                                                                                                                                                                                           | <b>3</b> <b>Silla de Yoga y Meditación-</b><br>9:30am-10:30am<br><br><b>Taller bilingue sobre</b><br><b>abuso financiero a</b><br><b>personas mayores</b><br>2:00-3:00pm                                            | <b>4</b>  |
| <b>5</b>                                                                                                                                                                                          | <b>6</b><br><br><b>Cafe de la Memoria</b><br>2:00pm-4:00pm              | <b>7</b> <b>Clinica de vacunacion VNA:</b><br><b>puertas abiertas a las</b><br><b>10:00am</b><br>Almuerzo en la iglesia de<br>San Ansgar<br>11:00am-1:00pm<br><br><b>Día de Cine Bilingüe</b><br>2:00pm-4:30pm                                                                                  | <b>8</b> Bridge- 1:00pm-3:00pm                                                                                                                                       | <b>9</b> Blind and Visually Impaired<br>Grupo de Apoyo<br>10:00am-12:00pm<br><b>taller de arte- 2:30pm-3:30pm</b><br>                                                           | <b>10</b> <b>Cocina Saludable para el</b><br><b>Cerebro Clase de Nutrición</b><br>9:30am-10:30am<br><br><b>Conectando a las Personas</b><br><b>Mayores con la Tecnología</b><br>1:30pm-4:30pm                       | <b>11</b> |
| <b>12</b>                                                                                                                                                                                         | <b>13</b><br><b>Silla de Yoga y Meditación-</b><br>9:30am-10:30am<br> | <b>14</b> <b>Conectando a las Personas</b><br><b>Mayores con la Tecnología</b><br>10:00am-1:00pm<br><br><b>Cafe de la Memoria</b><br>10:00am-12:00pm<br><b>Día de Cine Bilingüe</b><br>2:00pm-4:30pm                                                                                          | <b>15</b> Bridge- 1:00pm-3:00pm<br><br><b>baile en linea</b><br>3:30-4:30pm<br> | <b>16</b><br><b>clase braille</b><br>10-11:30am<br><b>Blind &amp; Visual Impaired</b><br><b>clase de crochet</b><br>11:30am-1:00pm                                                                                                                                 | <b>17</b> <br><b>Loteria/diverson con hilo-</b><br>9:30am-11:30pm<br><b>Silla de Yoga y Meditación-</b><br>9:30am-10:30am<br> | <b>18</b> |
| <b>19</b>                                                                                                                                                                                         | <b>20</b><br><br><b>Cafe de la Memoria</b><br>2:00pm-4:00pm           | <b>21</b> <b>VNA Vax Clinix: vacuna</b><br><b>contra la gripe y la COVID-</b><br><b>19 a las 9:30am</b><br><b>SASSO-11:00am</b><br><b>Día de Cine Bilingüe</b><br>1:30pm-4:30pm<br>                                                                                                           | <b>22</b> Bridge- 1:00pm-3:00pm                                                                                                                                      | <b>23</b> <b>Día de Mercado</b><br>10:00am-12:00pm<br><br>Blind and Visually Impaired<br>Grupo de Apoyo<br>10:00am-12:00pm<br><b>taller de arte- 2:30pm-</b><br><b>3:30pm</b> | <b>24</b> <b>Cocina Saludable para el</b><br><b>Cerebro Clase de Nutrición</b><br>9:30am-10:30am<br><br><b>Conectando a las Personas</b><br><b>Mayores con la Tecnología</b><br>1:30pm-4:30pm                     | <b>25</b> |
| <b>26</b>                                                                                                                                                                                         | <b>27</b><br><b>Silla de Yoga y Meditación-</b><br>9:30am-10:30am<br> | <b>28</b> <b>Conectando a las Personas</b><br><b>Mayores con la Tecnología</b><br>10:00am-1:00pm<br><br><b>Cafe de la Memoria</b><br>10:00am-12:00pm<br><b>Día de Cine Bilingüe</b><br>2:00pm-4:30pm<br> | <b>29</b> Bridge- 1:00pm-3:00pm                                                                                                                                      | <b>30</b>                                                                                                                                                                                                                                                          | <b>31</b><br>                                                                                                                                                                                                     |           |