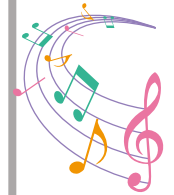


What is happening at the HUB?

NOVEMBER 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
2	3  Chair Yoga and Meditation 9:30am-10:30am  Memory Cafe 2:00pm-4:00pm	4 Luncheon At St. Ansgar 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	5 Financial Wellness Workshop Series & Coping with the Holidays 10:00am-12:00pm Line Dancing 3:30-4:30pm 	6	7 Connecting Seniors with Technology-1:30pm-4:30pm 	8 Alliance on Aging Fall Show Stellar Musical Theater Performance 2:30pm-4:00pm Reservations Required 
9	10 Chair Yoga and Meditation 9:30am-10:30am 	11 Alliance On Aging & The HUB Closed 	12	13 Blind and Visually Impaired Support Group 10am-12pm  Art Workshop 2:30pm-4:30pm	14 Cooking & Nutrition 9:30am-10:30am 	15
16	17  Chair Yoga and Meditation 9:30am-10:30am  Memory Cafe 2:00pm-4:00pm	18 SASSO-11:00am  Bilingual Movie Day 1:00pm-4:00pm 	19 Line Dancing 3:30-4:30pm 	20 Braille Class 10-11:30am Blind & Visual Impaired Crochet Class 11:30am-1:00pm Art Workshop 2:30pm-4:30pm	21 Cooking & Nutrition 9:30am-10:30am Market Day 10:00am-12:00pm Connecting Seniors with Technology-1:30pm-4:30pm  	22
23	24 Chair Yoga and Meditation 9:30am-10:30am 	25 Connecting Seniors with Technology-10:00am-1:00pm Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm  	26	27 Alliance On Aging & The HUB Closed 	28 Alliance On Aging & The HUB Closed	29
30						

Para registrarse, comuníquese con el HUB al 831-646-5050

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	3  Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm 	4  Almuerzo en la iglesia de San Ansgar 11:00am-1:00pm  Día de Cine Bilingüe 2:00pm-4:30pm	5 baile en linea 3:30-4:30 	6	7 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm 
9		10  Silla de Yoga y Meditación- 9:30am-10:30am	11 Alianza sobre el Envejecimiento y The HUB - Cerrado 	12	13 Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm taller de arte- 2:30pm-3:30pm 	14 Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am 	15
16		17  Silla de Yoga y Meditación- 9:30am-10:30am  Cafe de la Memoria 2:00pm-4:00pm	18  SASSO-11:00am  Día de Cine Bilingüe 2:00pm-4:30pm 	19 baile en linea 3:30-4:30 	20 clase braille 10-11:30am Blind & Visual Impaired clase de crochet 11:30am-1:00pm taller de arte- 2:30pm-3:30pm	21 Día de Mercado 10:00am-12:00pm  Cocina Saludable para el Cerebro Clase de Nutrición 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	22
23		24  Silla de Yoga y Meditación- 9:30am-10:30am	25  Cafe de la Memoria 10:00am-12:00pm  Día de Cine Bilingüe 2:00pm-4:30pm	26	27 Alianza sobre el Envejecimiento y The HUB - Cerrado 	28 Alianza sobre el Envejecimiento y The HUB - Cerrado	29
30							