

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Partners: Aging and Disabilities Resource Center, Blind & Visually Impaired Center, ITN Monterey County, Loaves, Fishes & Computers,				1 AOA OFFICE & THE HUB CLOSED 	2 Connecting Seniors with Technology-10:00am-1:00pm	3
4	5  Memory Cafe 2:00pm-4:00pm Caregiver Support 2:30-4:00pm 	6 Connecting Seniors with Technology-10:00am-1:00pm Luncheon At St. Ansgar Church 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	7	8 Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm  Art Class 2:30pm-3:30pm	9 Healthy Cooking & Nutrition Class 9:30am-10:30am 	10
11	12	13 Memory Cafe 10:00am-12:00pm Cooking Demo Bilingual Movie Day 2:00pm-4:30pm 	14 Financial Wellness Workshop Series 10:00am-12:00pm 	15 Healthy Cooking & Nutrition Class 10:30am-11:30am  Blind and Visually Impaired Braille Class & Crocheting Class 10:00am-1:00pm 	16 Connecting Seniors with Technology-10:00am-1:00pm	17
18	19 AOA OFFICE & THE HUB CLOSED 	20 NO SASSO Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	21	22 Healthy Cooking & Nutrition Class 10:30am-11:30am  Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm  Art Class 2:30pm-3:30pm 	23	24
25	26 Chair Yoga and Meditation- 9:30am-10:30am 	27 Memory Cafe 10:00am-12:00pm Art for Brain Health Bilingual Movie Day 2:00pm-4:30pm	28 Age Well Drive Smart 10:00am	29	30	31

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, ITN Monterey County, Loaves, Fishes & Computers,				1 	2 Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm	3
4	5  Cafe de la Memoria 2:00pm-4:00pm grupo de apoyo para cuidadores 3:00-4:00pm 	6 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	7	8 grupo de apoyo para personas ciegas y con discapacidad visual 10:00am-12:00pm tejido y costura 12:30-2:30pm Clase de Arte 2:30pm-3:30pm 	9 Clase de cocina saludable y nutrición 9:30am-10:30am 	10
11	12	13 Cafe de la Memoria 2:00pm-4:00pm demostración de cocina  Día de Cine Bilingüe 2:00pm-4:30pm	14	15 Clase de cocina saludable y nutrición 10:30am-11:30am Clase de Braille para personas ciegas y con discapacidad visual y clase de ganchillo 10:00am- 1:00pm	16 Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm	17
18	19 Las oficinas de AOA y The Hub están cerradas. 	20 NO SASSO Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm	21	22 Clase de cocina saludable y nutrición 10:30am-11:30am Día de Mercado 10:00am-12:00pm grupo de apoyo para personas ciegas y con discapacidad visual 10:00am-12:00pm Clase de Arte 2:30pm-3:30pm 	23	24
25	26 yoga en silla y meditacione 9:30-10:30am	27 Cafe de la Memoria 2:00pm-4:00pm arte para la salud cerebral   Día de Cine Bilingüe 2:00pm-4:30pm	28 Envejece bien, conduce con inteligenica 2:00-4:00pm	29	30 Conectando a las Personas Mayores con la Tecnología- 10:00am-1:00pm	31