

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Tax Prep by Appointment ONLY 831-655-1334 	4 Tax Prep by Appointment ONLY 831-655-1334 
5	6 Chair Yoga and Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm Caregiver Support Group 3:00-4:00pm  	7 Luncheon At St. Ansgar Church 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	8	9 Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm Art Class 2:30pm-3:30pm 	10 Healthy Brain Cooking Nutrition Class 9:30am- 10:30am Connecting Seniors with Technology-1:30pm-4:30pm Tax Prep by Appointment ONLY 831-655-1334	11 Tax Prep by Appointment ONLY 831-655-1334 
12	13 Chair Yoga and Meditation- 9:30am-10:30am	14 Memory Cafe 10:00am-12:00pm Healthy Brain Cooking Demo Connecting Seniors with Technology-10:00am-1:00pm Tax Prep by Appointment ONLY 831-655-1334	15 Tax Prep by Appointment ONLY 831-655-1334 	16 Blind & Visually Impaired Braille 10:00am-11:30am Crochet Class 11:30am-12:30pm 	17	18
19	20 Chair Yoga and Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm Art for Brain Health Caregiver Support Group 3:00-4:00pm 	21  SASSO-11:00am  Bilingual Movie Day 2:00pm-4:30pm	22	23 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 	24 Healthy Brain Cooking Nutrition Class 9:30am- 10:30am Audubon Society Birds are Cool 12:30-2:30pm Connecting Seniors with Technology- 1:30pm-4:30pm 	25
26	27 Chair Yoga and Meditation- 9:30am-10:30am 	28 Memory Cafe 10:00am-12:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	29	30	Partners: Blind & Visually Impaired Center, ITN Monterey County, and Loaves, Fishes & Computers	

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
			1	2	3 Preparacion de Impuestos con Cita Solamente (831) 655- 1334 	4 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
5	6 Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm grupo de apoyo para cuidadores 3:00-4:00pm 	7 Almuerzo en la Iglesia de St. 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 tejido y costuram 12:30-2:30pm Clase de Arte - 2:30pm-3:30pm 	10 Clase de cocina saludable y nutrición 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334 	11 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
12	13 Silla de Yoga y Meditación- 9:30am-10:30am	14 Cafe de la Memoria 10:00am-12:00pm demostración de cocina Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334 	15 Preparacion de Impuestos con Cita Solamente (831) 655- 1334 	16 Clase de Braille para personas ciegas y con discapacidad visual 10:00am- 11:30am clase de ganchillo 11:30am-12:30pm 	17	18
19	20 Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm arte para la cerebral grupo de apoyo para cuidadores 3:00-4:00pm 	21 SASSO-11:00am Día de Cine Bilingüe 2:00pm-4:30pm 	22	23 Día de Mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm tejido y costura 12:30-2:30pm Clase de Arte - 2:30pm-3:30pm 	24 Clase de cocina saludable y nutrición 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	25
26	27 Silla de Yoga y Meditación- 9:30am-10:30am 	28 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Cafe de la Memoria 10:00am-11:00am Día de Cine Bilingüe 2:00pm-4:30pm 	29	30	Partners: Blind & Visually Impaired Center, ITN Monterey County, and Loaves, Fishes & Computers	