What is happening at the HUB?

MARCH 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Chair Yoga and Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm Caregiver Support Group 3:00-4:00pm	3 Luncheon At St. Ansgar Church 11:00am-1:00pm Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	4	5	6 Tax Prep by Appointment ONLY 831-655-1334	7 Tax Prep by Appointment ONLY 831-655-1334
8	9 Chair Yogaand Meditation- 9:30am-10:30am	10 Memory Cafe 10:00am-12:00pm Healthy Brain Cooking Demo Wandering, Sleeping & Sundowning 10:45am Bilingual Movie Day 2:00pm-4:30pm	11 Financial Wellness Workshop "Understanding Your Credit" 11:00am	12 Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm Art Class 2:30pm-3:30pm	13 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	14 Tax Prep by Appointment ONLY 831-655-1334
15	16 Chair Yogaand Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm Art for Brain Health Caregiver Support Group 3:00-4:00pm	17 SASSO-11:00am Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 1:00pm-3:30pm	18 Financial Wellness Workshop Financial Abuse Impacting Seniors in Monterey County 11:00am	19 Blind & Visually Impaired Braille & Crochet Class 10:00am-12:00pm	20 Tax Prep by Appointment ONLY 831-655-1334	21 Tax Prep by Appointment ONLY 831-655-1334
22	23 Chair Yoga and Meditation- 9:30am-10:30am	24 Memory Cafe 10:00am-12:00pm Bilingual Movie Day 2:00pm-4:30pm	25	26 Market Day 10:00am-12:00pm Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm	27 Connecting Seniors with Technology- 1:30pm-4:30pm Tax Prep by Appointment ONLY 831-655-1334	28 Tax Prep by Appointment ONLY 831-655-1334
29	30 Chair Yoga and Meditation- 9:30am-10:30am	31 Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm			Partners: Blind & Visually Impaired Center, ITN Monterey County, and Loaves, Fishes & Computers	

¿Qué está pasando en el HUB?

MARZO 2026

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

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1	2 Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm groupo de apoyo para cuidadores 3:00-4:00pm	3 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Almuerzo en la Iglesia de St. Ansgar 11:00am-1:00pm	4	5	6 Preparacion de Impuestos con Cita Solamente (831) 655- 1334	7 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
8	9 Silla de Yoga y Meditación- 9:30am-10:30am	10 Cafe de la Memoria 10:00am-12:00pm demostración de cocina Día de Cine Bilingüe 2:00pm-4:30pm	11	12 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	13 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	14 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
15	16 Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm arte para la cerebral groupo de apoyo para cuidadores 3:00-4:00pm	17 SASSO-11:00am Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 1:00pm-3:30pm	18 Taller de Bienestar Financiero El abuso financiero afecta a las personas mayores en el condado de Monterey 11:00am	19 Clase de Braille para personas ciegas y con discapacidad visual y clase de ganchillo 10:00am- 1:00pm	20 Preparacion de Impuestos con Cita Solamente (831) 655- 1334	21 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
22	23 Silla de Yoga y Meditación- 9:30am-10:30am	24 Cafe de la Memoria 10:00am-11:00am Día de Cine Bilingüe 2:00pm-4:30pm	25	26 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	27 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm Preparacion de Impuestos con Cita Solamente (831) 655- 1334	28 Preparacion de Impuestos con Cita Solamente (831) 655- 1334
29	30 Silla de Yoga y Meditación- 9:30am-10:30am	31 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm				