

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Partners: Blind & Visually Impaired Center, ITN Monterey County, and Loaves, Fishes & Computers				1 Audubon Society Bird Watching at Ensen Park 618 Sherwood Drive, Salinas 11:00am-12:00pmm 	2
3	4 Chair Yoga and Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm Caregiver Support Group 3:00-4:00pm 	5 Luncheon At St. Ansgar Church 11:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm 	6	7  Knitting & Needlework 12:30-2:30pm	8 Connecting Seniors with Technology-1:30pm-4:30pm	9
10	11 Chair Yoga and Meditation- 9:30am-10:30am Connecting Seniors with Technology-11:30am -1:30pm	12  Memory Cafe 10:00am-12:00pm "Snap, Clap & Smile" Connecting Seniors with Technology-12:00pm-1:00pm	13	14 Blind and Visually Impaired Support Group 10:00am-12:00pm  Knitting & Needlework 12:30-2:30pm	15	16
17	18 Chair Yoga and Meditation- 9:30am-10:30am Memory Cafe 2:00pm-4:00pm "Artful Aging" Caregiver Support Group 3:00-4:00pm 	19 TRIP TO BOARD OF SUPERVISOR OLDER AMERICANS ACT PROCLAMTION & LUNCH AT AOA 10:30am Bilingual Movie Day 1:00pm-3:30pm 	20	21 Blind & Visually Impaired Braille 10:00am-11:30am Crochet Class 11:30am-12:30pm 	22 Connecting Seniors with Technology-1:30pm-4:30pm	23
24	25 Chair Yoga and Meditation- 9:30am-10:30am 	26 Memory Cafe 10:00am-12:00pm "Golden Grooves" Connecting Seniors with Technology-10:00am-1:00pm Bilingual Movie Day 2:00pm-4:30pm	27  Age Well Drive Smart 10:00am	28 Market Day 10:00am-12:00pm  Blind and Visually Impaired Support Group 10:00am-12:00pm  Knitting & Needlework 12:30-2:30pm	29	30

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Partners: Blind & Visually Impaired Center, ITN Monterey County, and Loaves, Fishes & Computers					1 Audubon Society Observación de aves en Ensen Park 618 Sherwood Drive, Salinas 11:00am-12:00pmm Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm	2
3	4 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 	5 Almuerzo en la Iglesia de St. Ansgar 11:00am-1:00pm Día de Cine Bilingüe 2:00pm-4:30pm 	6	7 tejido y costuram 12:30-2:30pm 	8 Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm	9
10	11 Silla de Yoga y Meditación- 9:30am-10:30am Conectando a las Personas Mayores con la Tecnología- 11:30am-4:30pm	12 Cafe de la Memoria 10:00am-12:00p “Snap, Clap & Smile” Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm 	13	14 Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm tejido y costuram 12:30-2:30pm 	15 Conectando a las Personas Mayores con la Tecnología- 1:30pm-4:30pm	16
17	18 Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria 2:00pm-4:00pm “Artful Aging” grupo de apoyo para cuidadores 3:00-4:00pm Conectando a las Personas Mayores con la Tecnología-11:30am-4:30pm 	19 Día de Cine Bilingüe 1:00pm-3:30pm 	20	21 Clase de Braille para personas ciegas y con discapacidad visual 10:00am- 11:30am clase de ganchillo 11:30am-12:30pm 	22 Conectando a las Personas Mayores con la Tecnología 1:30pm-4:30pm	23
24	25 Silla de Yoga y Meditación- 9:30am-10:30am 	26 Conectando a las Personas Mayores con la Tecnología 10:00am-1:00pm Cafe de la Memoria 10:00am-11:00am “Golden Grooves” Día de Cine Bilingüe 2:00pm-4:30pm 	27	28 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 	29	30