

2026 August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
Chair Yoga and Meditation- 9:30am-10:30am 3 Memory Cafe 2:00pm-4:00pm Caregiver Support Group 3:00-4:00pm	Senior Luncheon 11:00am-1:00pm Connecting Seniors with Technology-10:00am-12:00pm 4 Bilingual Movie Day 2:00pm-4:30pm	Memoir Class 10:00-11:30am 5	Introduction to AI Technology 10:00am-12:00pm 6	7	8	9
Chair Yoga and Meditation- 9:30am-10:30am 10	Memory Cafe 10:00am-12:00pm "Snap, Clap & Smile" 11 Bilingual Movie Day 2:00pm-4:30pm	Memoir Class 10:00-11:30am 12	Blind & Visually Impaired Braille 10:00am-11:30am 13 Knitting & Needlework 12:30-2:30pm Japanese Art - Keiro no Hi (Day of the Elder) 2:30-4:30pm	Tax Prep 9:00am-2:30pm 14 Connecting Seniors with Technology- 1:30pm-4:30pm	15	16
Chair Yoga and Meditation- 9:30am-10:30am 17 Memory Cafe 2:00pm-4:00pm "Artful Aging" Caregiver Support Group 3:00-4:00pm	NO SASSO 18 Connecting Seniors with Technology-10:00am-12:00pm Bilingual Movie Day 2:00-4:00pm	Memoir Class 10:00-11:30am 19 ALLIANCE ON AGING'S LEGACY LAUNCH 1:00-3:00PM	Blind & Visually Impaired Braille 10:00am-11:30am 20 Crochet Class 11:30am-12:30pm Artful Aging with Jewel 2:00-4:00pm	21	22	23
Chair Yoga and Meditation- 9:30am-10:30am 24	Memory Cafe 10:00am-12:00pm "Golden Grooves" 25 Bilingual Movie Day 2:00pm-4:30pm	Memoir Class 10:00-11:30am 26	Market Day 10:00am-12:00pm 27 Blind and Visually Impaired Support Group 10:00am-12:00pm Knitting & Needlework 12:30-2:30pm Japanese Art - Keiro no Hi (Day of the Elder) 2:30-4:30pm	Connecting Seniors with Technology- 1:30pm-4:30pm 28	29	30
Chair Yoga and Meditation- 9:30am-10:30am 31						



2026

Augusto



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
		1	2	3	1	2
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	almuerzo para personas mayores 11:00am-1:00pm Connectando a las Personas Mayores con la Tecnologia 1:30pm-4:30pm Día de Cine Bilingüe 2:00pm-4:30pm	5	Introducción a la tecnología de AI 10:00am-12:00pm	7	8	9
Silla de Yoga y Meditación- 9:30am-10:30am	Cafe de la Memoria - "Chasquer y Aplaudir y Sonreír" 10:00am-12:00	12	Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm tejido y bordado 12:30-2:30pm Japanese Art - Keiro no Hi (Día de las personas mayoresr) 2:30-4:30pm	preparación de impuestos 9:00am-2:30pm Connectando a las Personas Mayores con la Tecnologia 1:30pm-4:30pm	15	16
Silla de Yoga y Meditación- 9:30am-10:30am Cafe de la Memoria - "Artful Aging" 2:00pm-4:00pm grupo de apoyo para cuidadores 3:00-4:00pm	Connectando a las Personas Mayores con la Tecnologia 1:30pm-4:30pm Día de Cine Bilingüe 2:00pm-3:30pm	19	Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm Clase de ganchillo 11:30am-12:30pm Envejecimiento creativo con Jewel 2:00-4:00pm	21	22	23
Silla de Yoga y Meditación- 9:30am-10:30am	Cafe de la Memoria - "Surcos Dorados" 10:00am-12:00pm	26	día de mercado 10:00am-12:00pm Blind and Visually Impaired Grupo de Apoyo 10:00am-12:00pm tejido y bordado 12:30-2:30pm Japanese Art - Keiro no Hi (Día de las personas mayoresr) 2:30-4:30pm	Connectando a las Personas Mayores con la Tecnologia 1:30pm-4:30pm	29	30
Silla de Yoga y Meditación- 9:30am-10:30am	Día de Cine Bilingüe 2:00pm-4:30pm					

