

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 1st Friday 5:00pm-8:00pm
Chair Yoga and Meditation 9:30am-10:30am 5	VNA Vaccine clinic at St. Ansgars 10:00am-12:00pm 6 The St. Ansgars Luncheon 11:00am-12:30pm	Bingocize 10:00am-11:00am 7	BVIC Support Group 10:00am-12:00pm 8 Bead Work 12:30pm-2:30pm	Connecting Seniors with Technology 1:30pm-4:30pm 9
Chair Yoga and Meditation 9:30am-10:30am 12	Movin' and Groovin' 10:00am-11:30am 13 Connecting Seniors with Technology 11:00am-1:00pm Movie Day 2:00pm-4:15pm	Bingocize 10:00am-11:00am 14 Memoir Writing Class 10:00am-11:30am	Braille 10:00am-12:00pm 15 BVIC Crochet 11:30am-1:00pm	16
Chair Yoga and Meditation 9:30am-10:30am 19 Memory Cafe 2:00pm-4:00pm Dementia Caregiver Support Group 3:00pm-4:00pm	Movie Day 1:30pm-3:45pm 20 SASSO 11:00am-1:00pm	Bingocize 10:00am-11:00am 21 Memoir Writing Class 10:00am-11:30am Medicare Updates-English 3:30pm-5:00pm	Farmer's Day and VNA Vaccine Clinic 10:00am-12:00pm 22 BVIC Support Group 10:00am-12:00pm Bead Work 12:30pm-2:30pm Medicare Updates-Spanish 3:30pm-5:00pm	Artful Aging w/ Elke 10:00am-12:00pm 23 Connecting Seniors with Technology 1:30pm-4:30pm
Chair Yoga and Meditation 9:30am-10:30am 26	Movin' and Groovin' 10:00am-11:30am 27 Connecting Seniors with Technology 11:00am-1:00pm Movie Day 2:00pm-4:15pm	Bingocize 10:00am-11:00am 28 Memoir Writing Class 10:00am-11:30am	BVIC Support Group 10:00am-12:00pm 29 Art with Jewel 2:00pm-4:00pm	30 Office will be closed from 9:00am - 1:00pm



2026

October

236 Monterey St.,
Salinas

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LUNES	MARTES	MIRECOLES	JUEVES	VIERNES
			1	2 1st Friday 8:00pm-8:00pm
Yoga en silla y meditación 9:30am-10:30am 5	Centro de vacunación de la VNA en St. Ansgars 10:00am-12:00pm El almuerzo de San Ansgar 11:00am-12:30pm 6	Bingocize 10:00am-11:00am 7	Grupo de apoyo BVIC 10:00am-12:00pm 8 Trabajo con cuentas 12:30pm-2:30pm	Acercar la tecnología a las personas mayores 1:30pm-4:30pm 9
Yoga en silla y meditación 9:30am-10:30am 12	Movin' and Groovin' 10:00am-11:30am 13 Acercar la tecnología a las personas mayores 11:00am-1:00pm Día de Cine 2:00pm-4:15pm	Bingocize 10:00am-11:00am 14 Curso de redacción de memorias 10:00am-11:30am	Braille 10:00am-12:00pm 15 BVIC Crochet 11:30am-1:00pm	16
Yoga en silla y meditación 9:30am-10:30am 19 Café de la Memoria 2:00pm-4:00pm Grupo de apoyo para cuidadores de personas con demencia 3:00-4:00pm	Día de Cine 1:30pm-3:45pm 20 SASSO 11:00am-1:00pm	Bingocize 10:00am-11:00am 21 Curso de redacción de memorias 10:00am-11:30am Novedades sobre Medicare-Inglés 3:30-5:00pm	Día del Agricultor y clínica de vacunación de la VNA 10:00-12:00 22 Grupo de apoyo BVIC 10:00am-12:00pm Trabajo con cuentas 12:30pm-2:30pm Novedades de Medicare-Español 3:30-5:00pm	Envejecimiento Creativo con Elke 10:00am-12:00pm 23 Acercar la tecnología a las personas mayores 1:30pm-4:30pm
Yoga en silla y meditación 9:30am-10:30am 26	Movin' and Groovin' 10:00am-11:30am 27 Acercar la tecnología a las personas mayores 11:00am-1:00pm Día de Cine 2:00pm-4:15pm	Bingocize 10:00am-11:00am 28 Curso de redacción de memorias 10:00am-11:30am	Grupo de apoyo BVIC 10:00am-12:00pm 29 Art with Jewel 2:00pm-4:00pm	30 La oficina permanecerá cerrada de las 9:00am a las 1:00pm



2026

Octubre

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