Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Yoga and Meditation 9:30am-10:30am	3 Movie Day 2:00-4:15pm	4 Memoir Writing Class 10:00am-11:30am	5	6 Connecting Seniors with Technology 1:30pm-4:30pm 1st Friday 5:00-8:00pm
9 Chair Yoga and Meditation 9:30am-10:30am	10 Movin' and Groovin' 10:00am-11:30am The St. Ansgars Luncheon 11:00am-12:30pm Connecting Seniors with Technology 10:00am-1:00pm Movie Day 2:00-4:15pm	11 Memoir Writing Class 10:00am-11:30am	12 BVIC Support Group 10:00am-12:00pm Bead Work 12:30pm-2:30pm	13 Learn the Health Benefits of CBD & CBG - Presented by Synchronicity Holistic 1:00pm
16 Chair Yoga and Meditation 9:30am-10:30am Artful Aging 10:00am-12:00pm Memory Cafe 2:00pm-4:00pm Dementia Caregiver Support Group 3:00pm-4:00pm	17 Movie Day 1:30pm-3:45pm SASSO 11:00am-1:00pm	18 Memoir Writing Class 10:00am-11:30am Age Well Drive Smart 10am-12pm English & 12:30-2:30 pm Spanish	19 Braille 10:00am-12:00pm BVIC Crochet 11:30am-1:00pm Market Day 10:00am-12:00pm Art with Jewel 2:00pm-4:00pm	20 Artful Aging 10:00am-12:00pm Connecting Seniors with Technology 1:30pm-4:30pm
23 Chair Yoga and Meditation 9:30am-10:30am	24 Movin' and Groovin' 10:00am-11:30am Connecting Seniors with Technology 10:00am-1:00pm Movie Day 2:00pm-4:15pm	25 OFFICE CLOSED at 2 pm	26 OFFICE CLOSED HOLIDAY	27 OFFICE CLOSED
30 Chair Yoga and Meditation 9:30am-10:30am				

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2026

November

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LUNES	MARTES	MIRECOLES	JUEVES	VIERNES
2 Yoga en silla y meditación 9:30am-10:30am	3 Día de Cine 2:00-4:15pm	4 Curso de redacción de memorias 10:00am-11:30am	5	6 Acercar la tecnología a las personas mayores 1:30pm-4:30pm Primer viernes 5:00-8:00pm
9 Yoga en silla y meditación 9:30am-10:30am	10 Movin' and Groovin' 10:00am-11:30am El almuerzo de San Ansgar 11:00am-12:30pm Acercar la tecnología a las personas mayores 10:00am-1:00pm Día de Cine 2:00-4:15pm	11 Curso de redacción de memorias 10:00am-11:30am	12 Grupo de apoyo BVIC 10:00am-12:00pm Trabajo con cuentas 12:30pm-2:30pm	13 Descubre los beneficios para la salud del CBD y el CBG - Presentado por Synchronicity Holistic 1:00pm
16 Yoga en silla y meditación 9:30am-10:30am Café de la Memoria 2:00pm-4:00pm Grupo de apoyo para cuidadores de personas con demencia 3:00-4:00pm	17 Día de Cine 1:30pm-3:45pm SASSO 11:00am-1:00pm	18 Curso de redacción de memorias 10:00am-11:30am Envejecer bien, conducir con prudencia 10am-12pm English & 12:30-2:30 pm Spanish	19 Braille 10:00am-12:00pm BVIC Crochet 11:30am-1:00pm Día de mercado 10:00am-12:00pm Arte con Jewel 2:00pm-4:00pm	20 Envejecimiento Creativo 10:00am-12:00pm Acercar la tecnología a las personas mayores 1:30pm-4:30pm
23 Yoga en silla y meditación 9:30am-10:30am	24 Movin' and Groovin' 10:00am-11:30am Acercar la tecnología a las personas mayores 10:00am-1:00pm Día de Cine 2:00pm-4:15pm	25 OFICINA CERRADA at 2 pm	26 OFICINA CERRADA DÍA FESTIVO	27 OFICINA CERRADA
30 Yoga en silla y meditación 9:30am-10:30am				

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