Fall Programs

September 5 – December 9 2022
**FOOD BANK DISTRIBUTION**  
By: Monterey County Food Bank

We provide sustainable hunger relief programs that address our community’s specific nutritional concerns. At the CHISPA sites and surrounding communities we provide weekly produce boxes for families with fresh fruits and vegetables plus nonperishables. The goal is help alleviate food insecurity amongst the community.

Roosevelt Townhomes/Loma el Paraiso: M 1:30pm  
Gabilan Hills Townhomes: M 2:00pm  
Mountain View Townhomes: M 2:15pm  
Harden Ranch Apartments: M 2:45pm  
Moro Lindo Townhomes: M 3:30pm  
El Cerrito Townhomes: M 3:30pm  
Canyon Creek: M 1:30pm  
Tyler Park Townhomes: M 2:15pm  
Villa Santa Clara: M 2:30pm  
Jardines de Soledad: M 3:15pm  
Market Street Townhomes: M 3:30pm  

All Ages

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**SECOND HARVEST**  
By: The Food Bank of Santa Cruz County

Second Harvest sources over eight million pounds of food each year from farms, grocery stores, food manufacturers, distributors, and individuals, and distributes it to 100 food pantries, schools, soup kitchens, group homes, youth centers, and more, plus another 100 Second Harvest program sites.

Villa La Posada: 3rd Wednesday of the month 4:00-5:00pm  

All Ages

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**SHARING TIME (FIRST 5 PLAYGROUPS)**  
By: Alisal Family Resource Center

Come to these classes with your child. You can ask questions about developmental learning while enjoying a variety of activities together such as art, music, and story time. Your child will develop key social skills, intellectual skills, language skills and self-esteem necessary for school readiness.

Mountain View Townhomes: T/TH 8:30am-10:30am  
Gabilan Hills Townhomes: T/TH 11:30am-1:30pm  

Ages: 0 to 5
PLAY & LEARN
By: Go Kids
Go Kids is a nonprofit agency that envisions communities where every child has the support they need to reach their greatest potential. We enhance the lives of children and families through the delivery of comprehensive child development services and community involvement.
Location & Times – Pending Times
Ages 0-5 and their parents

Y AFTER SCHOOL PROGRAM
By: Salinas Community YMCA
The Y after-school program utilizes developmentally appropriate activities to stimulate a child's social, emotional, and physical growth. We provide a warm, caring, and fun environment that inspires their natural curiosity and encourages personal expression.
Harden Ranch Apartments: M/W 3:30pm-5:30pm
Grades 1-8

WATSONVILLE YMCA
By: Watsonville Family YMCA
The Watsonville YMCA will provide a safe place to learn foundation skills, develop healthy, trusting relationships, and build self-reliance through the Y-values of caring, honesty, respect and responsibility.
Villa La Posada: M/W/F 3:30pm-5:30pm
Grades 1-8
SAN BENITO YMCA AFTER SCHOOL PROGRAM
By: YMCA of San Benito County
At our CHISPA after-school program we offer a safe place for youth residents to go during the summer. We teach arts and crafts. Group games led by our trained YMCA staff.
Buena Vista Apartments: M–F 3:00PM-5:00PM
Grades K-8

SOUTH COUNTY YMCA AFTER SCHOOL PROGRAM
By: South County YMCA
Our after-school program will provide a fun and safe atmosphere for children which will be based on our Central Coast YMCA After-School Program curriculum model. We enhance the level of child engagement in activities covering Science, Technology, Engineering and Mathematics (STEM). Our program will also use the YMCA's Healthy Eating and Physical Activities (HEPA) guidelines. Activities will be aged appropriately with the goal of keeping youth fully engaged in learning.
Market Street Townhomes: M/W 3:30pm-5:30pm
Canyon Creek Townhomes: T/TH 3:30pm-5:30pm
Grades 1-8

PLAY-WELL
By: Play-Well TEKnologies
Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts of physics, engineering, and architecture through engineer-designed projects. Design and build and explore your craziest ideas in a supportive environment.
Sea Garden Apartments: TH 4:00pm-5:30pm
Harden Ranch Apartments: TH 4:00pm-5:30pm
Grades: 1 to 5
ALISAL COMMUNITY ARTS NETWORK
By: Alisal Community Arts Network
The class will focus on a variety of percussion styles and instruments that will teach students to read and write music. Students will learn the basics of congas, bongos, timbales, guiro, guitar, maracas, shakers hand bells, drum sets, samba drums, and drum line instruments. Students will have an enjoyable time through team-oriented percussion and band while learning and understanding music.

Mountain View Townhomes: M/W 6:30pm-8:30pm
Gabilan Hills Townhomes: M/W 6:30pm-8:30pm
Moro Lindo Townhomes: M/T 6:30pm-8:30pm
Grades 3-12

ART CLASS AND ART IN A BAG
By: Sol Treasures
Sol Treasures art program awakens and nurtures appreciation and passion for the arts in people of all ages in South Monterey County and provides creative and inspiring opportunities to unify the community through the arts. Students will explore the importance of art in society and cultures.

Villa San Miguel: Art in a Bag Delivery
Vineyard Green Townhomes: T/TH 4:00pm-5:30pm
Walnut Place Townhomes: Art in a Bag Delivery
Tyler Park Townhomes: T/TH 4:00pm-5:30pm
Grades 1-8

GUITAR CLASS
By: Felix Miranda
From music theory to chord progression, we will learn the basic of rhythmic and beat of guitar. Class will go over genres, including Spanish rock, alternative, and classic rock. Students will learn how to din and play guitar at the same time, all while having fun! There is no “I” in ensemble; therefore, we play as a team!

Roosevelt Townhomes: M/F 4:30pm-6:30pm
Ages 7 & Up
Everyone is interested in money and how to be a better manager. It is never too late or too early to gain knowledge and skills to create a brighter financial future. This is a user-friendly program can help you to take charge of your financial future.

CHISPA Sites: Virtual
Youth & Adults

DRUMLINE & WORLD PERCUSSION
By: Community Arts Network
Students will learn drumline exercises, grooves and cadences on crash cymbals, bass drum, snare drum and multi-tenor drums! Students will have fun making music while learning how to play with proper technique, good sound quality and rhythmic accuracy. All proficiency levels are welcomed!

Villa La Posada: W/F 6:00pm-8:00pm
Ages 7 & up

TEEN LEADERSHIP COUNCIL
By: Castroville Teen Leadership Council
The Teen Leadership Council will provide fun-filled activities for youth ages 8-13. The goal is to provide kids with activities that will keep them physically active and give them a chance to make new friends. The activities can include outside sports, baking, games, and arts and crafts.

Sea Garden Apartments: T/W/Th 3:30pm-5:30pm
Grades 1-8

WELLS FARGO FINANCIAL LITERACY
By: Wells Fargo
Everyone is interested in money and how to be a better manager. It is never too late or too early to gain knowledge and skills to create a brighter financial future. This is a user-friendly program can help you to take charge of your financial future.

CHISPA Sites: Virtual
Youth & Adults
HEALTH & EDUCATION
By: Visiting Nurses Association
VNA Community Services brings wellness to the community. Registered nurses provide on-site flu and vaccine services. Health screenings and education are offered to CHISPA communities as well as education about care for those facing a life-limiting illness. Grief and loss support are offered to individuals or groups.
TBA

HOMEOWNERSHIP EDUCATIONAL SESSIONS
By: Guild Mortgage Company
These classes educate individuals about the home-buying process. Sessions cover the impact of credit, types of loans, down payment assistance, debt to income ratio, etc.
CHISPA Sites: Starts 9/7/22 Virtual W 7:00pm-8:00pm
Adults Only

COMPUTER CLASS
By: Loaves, Fishes and Computers
Students learn how to use a computer, for free! Topics include computer overview, email, internet usage, word processing in Google Docs and internet safety. You will receive a certificate of achievement if 7 of 9 classes are completed. See you there!
Harden Ranch Townhomes: Pending Times
Tyler Park Townhomes: Pending Times
Grades 9-12 and Adults
SENIOR GUITAR CLASS
By: Felix Miranda
Enjoy a fun and entertaining beginners guitar class where you will learn and practice the basic concepts of guitar with other seniors.
Sherwood Village: M/F 1:00pm-2:00pm
Seniors Only

EPIC HIGH SCHOOL CLASSES
By: FIELD
We are a non-profit organization founded by Cesar Chavez in 1978. We are dedicated to helping working-class people learn English. FIELD's Core Purpose is, “to empower the underserved to be self-sufficient.”
Vineyard Green Townhomes: M-F 10:30am-2:30pm
M-F 4:30pm-7:30pm
Ages 18 and up

ZUMBA FOR SENIORS
By: Gemma Cuevas
The Zumba classes provide our community members with an opportunity to release stress through music in a fun and rhythmic environment. Zumba creates a positive impact on the mind, health, and spirit.
Sherwood Village: M/F 10:00am-11:00am
Seniors Only
MST MOBILITY SERVICES
By: Monterey-Salinas Transit
The Monterey-Salinas Transit is dedicated to assisting with mobility services for individuals with disabilities, seniors, and those with other travel challenges. The goal of providing outreach services is for these individuals to achieve travel independence.
Los Abuelitos Senior Housing: 10/11/22 12:00pm-1:00pm
Sherwood Village: 10/21/22 11:00 am – 12:00 pm
Marina Manor Senior Housing: 10/20/22 3:00 pm - 4:00pm
Junsay Oaks Senior Housing: 10/24/22 10:00am - 11:00am
Seniors Only

LUNCH PROGRAM
By: Area Agency on Aging
The Senior Lunch Program is a partnership between CHISPA, the Alisal Union School District Food Service Kitchen, Meals on Wheels and the Area Agency on Aging. Nutritious meals are served Monday through Friday (except holidays) and follow dietary guidelines for seniors. Seniors in the Lunch Program are asked to donate as much as they can to cover the cost of their meal. The cost of lunch is $7.50 for all guests and others not enrolled in the lunch program.
Sherwood Village: M-F 11:30am-1:00pm
Junsay Oaks Senior Housing: M-F 11:00am-1:00pm
Los Abuelitos Senior Housing: M-F 11:00am-1:00pm
Seniors Only

SENIOR BENEFITS CHECK-IN
By: Alliance on Aging
Seniors are offered assistance once a month with benefits they may need or qualify for. Benefits can include CalFresh, PGE Care Program, California Telephone Access Program (CTAP), Reachout Wireless Federal Lifeline and Link-Up Programs and Medicare.
Sherwood Village: 3rd Thursday of the month 9:30am-11:00am
Los Abuelitos Senior Housing: 1st Thursday of the month 9:30am-11:00am
La Gloria Senior Apartments: 1st Thursday of every other month 9:30am-11:00am
Marina Manor Senior Housing: 4th Monday of every other month 9:30am-10:30am
Junsay Oaks Senior Housing: 4th Monday of every other month 11:00am-12:00pm
El Estero Senior Housing: 4th Monday of every other month 12:30pm-1:30pm
Seniors Only
BINGO
By: Raymond Pedriel & Amalia Anguiano
Bingo is a fun activity for older adults that combines the game of bingo with physical exercise. This activity has gentle, easy exercises that allow seniors to sit or stand. In addition to bingo prizes, seniors will be offered tasty and healthy food samples.
Sherwood Village: W 5:30pm-7:30pm
Junsay Oaks Senior Housing: T 11:00am-12:00pm
Seniors Only

SENIOR PRODUCE MARKET
By: Food Bank for Monterey County
Senior Produce Market provides fresh produce to seniors in need on a year-round basis where seniors live and gather. Additionally, we deliver produce to homebound seniors through Meals on Wheels.
Sherwood Village: 2nd and 4th Tuesday of the month: 1:30pm-2:30pm
Los Abuelitos Senior Housing: 2nd and 4th Tuesday of the month: 1:30pm-2:30pm
Junsay Oaks Senior Housing: Every other Thursday 9:30am-10:00am
Marina Manor Senior Housing: Every other Thursday 10:00am-10:30pm
Seniors Only

WEEKLY LUNCH DELIVERIES
By: Episcopal Vicar of Epiphany & Episcopal Church
Warm meals are delivered every Friday to all Marina Manor residents in partnership with Café Mia. Nutritious meals are prepared and delivered by Marina business Café Mia in partnership with the Episcopal Church and CHISPA.
Marina Manor Senior Housing: F 11:00am-12:00pm
Seniors Only
PRODUCE DISTRIBUTION
By: San Benito Food Bank

Amor Organics, in partnership with YMCA of San Benito County, distributes produce and nonperishables to seniors once a week. Seniors may request food most used in their households, and accommodations are made to those with allergies and dietary restrictions.

Sunrise Senior Housing: TH 11:00am-12:00pm
Seniors Only

SENIOR PIANO CLASS
By: Jose Alfredo Jimenez

Come and enjoy a fun learning experience with other seniors and piano instructor, Jose Alfredo. You can come and learn the basics of playing piano with a little knowledge about the notes, keys, and chords and a lot of practice.

Sherwood Village: T/TH 1:00pm-2:00pm
Seniors Only

SENIOR SOCIAL PENDING FINAL SCHEDULE
By: Bertha Ruelas

Seniors enjoy social events and participate in arts and crafts. On Saturday mornings the instructor teaches how to cook healthier meals. This class brings in guest speakers from different organizations to teach seniors about healthier lifestyles and to bring them resources.

La Gloria Senior Housing: F 3:00pm-5:00pm
Seniors Only
PAINTING FOR SENIORS
By: Arts Council for Monterey County
In a supportive environment, beginning through advanced artists explore painting techniques using acrylic or watercolors in a variety of styles. Seniors will explore inspiring examples of the great artists throughout history.
Sherwood Village: TH 10:00am-12:00pm
Junsay Oaks Senior Apartments: W 11:00am-1:00pm
Marina Manor Senior Housing: T 11:00am-1:00pm
El Estero Senior Housing: T 1:00pm-3:00pm
Los Abuelitos Senior Housing: TH 1:30pm-3:30pm
Seniors Only

COVID-19 TESTING
By: VIDA and Community Health Workers
The purpose of testing is to confirm if someone is infected with COVID-19, and to confirm if symptoms experienced are due to the virus. Preventing the spread and helping reduce the number of infections will ensure the safety of the community. If there is a positive case, our Community Health Workers will be able to assist on the spot with resources and provide aids that are available to the community.
Roosevelt Townhomes: M 7:00am-10:00am
Ages 2 and over

YMCA SENIOR PROGRAM
By: YMCA of San Benito County
YMCA of San Benito County uses fun activities to engage seniors by promoting fitness and creativity through the arts. Activities may include game night, chair fitness, paint classes and movie nights.
Sunrise Senior Housing: Game Night: M 5:30-6:30pm
Movie Night: W 5:30pm-7:30pm
Chair Fitness: T/TH 1:00pm-2:00pm
Food Pick-Up: TH 11:00am-12:00pm
Paint Night: F 5:30pm-6:30pm
Seniors Only
STRENGTHENING WELLNESS
By: Alliance on Aging
The Alliance on Aging Peer counseling group provides counseling to individuals and groups of seniors facing the challenges of aging. Loss of a loved one, divorce, health issues, loss of financial security, anxiety, etc.
Sherwood Village: Thursdays 10:00am-11:00am
Los Abuelitos Senior Housing: Wednesdays 1:00pm-2:00pm
Seniors Only

HEAL TOGETHER SERVICES
By: Coastal Kids Homecare
The Heal Together Hub is a central source of information on community resources for grief, loss, and anxiety. A range of services are available, including those tailed to the needs of specific groups who have been impacted by loss during the pandemic.

Individual Support: For individuals coping with loss, Heal Together offers support through one-on-one grief counseling. Options include in-person or telehealth counseling and expressive therapies such as art, music, massage for children and adults.

Bereavement Groups: At Heal Together, we believe connecting to others who have experienced loss can offer comfort to grieving individuals. The program offers specific groups for adults, for parents, and for children. Also, there are groups for people who are experiencing a death in their family and wish to discuss the feelings and stress associated with this period of transition.

Community Activities: Heal Together offers opportunities for our whole community to come together to relieve stress and express emotions. Community activities include art, music workshops, walking clubs, dance and cooking classes and alternative therapies like yoga, meditation, and journaling.

Vineyard Green Townhomes: Art Class, Mondays 10:45am-12:15pm
Villa San Miguel: Art Class, Mondays 5:00pm-6:00pm
Sherwood Village: Tai Chi, Saturdays 9:00am-10:00am
La Gloria Senior Apartments: Tai Chi, Saturdays 10:30am-11:30am
Los Abuelitos Senior Housing: Yoga, Thursdays 4:00pm-5:00pm
Roosevelt Townhomes: Yoga, Thursdays 6:00pm-7:00pm
All Ages
Programs
Are made possible through our funders
CHISPA’s Mission is to improve people’s lives and create healthy neighborhoods by developing, selling, owning and managing affordable homes.

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