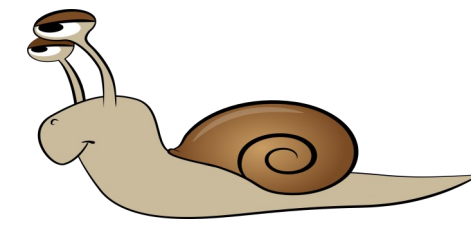

























# CAL Activities Calendar May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p>  <p>Social Club Meeting 1.00pm-3.00pm</p>	<p>2</p>  <p>Spring Fair Meeting 2.00pm-3.00pm</p>	<p>3</p> 	<p>4</p>
<p>5</p> 	<p>6</p> <p>Dewey Talks(San Blas Islands) 10.00am-11.00am</p> <p>Hair Cuts w/Susan 1.30pm-4.00pm</p> 	<p>7</p> 	<p>8</p> <p>Nature Sit/Journaling with White Pine 1.00pm-2.30pm</p> 	<p>9</p> <p>Conversational French 2.00pm-3.00pm</p> 	<p>10</p> <p>Bingo 1.00pm-3.00pm</p>  <p>CAL Hiking Club 9.00am-10.30am</p> 	<p>11</p>
<p>12</p>	<p>13</p> <p>Cliff House Lunch and Movie 11.00am-4.00pm</p>  <p>Blood Pressure/Glucose 2.00pm-2.30pm</p>	<p>14</p> <p>Dry Needling 10.00am-11.00am</p> <p>Bowling 2.00pm-4.00pm</p> 	<p>15</p> <p>Fall Asleep/Stay Asleep 10.00am-11.00am</p> <p>CAL Gals 1.00pm-2.30pm</p> 	<p>16</p> <p>Center is Closed For Fair Set-up</p>	<p>17</p> <p>Spring Fair 9.00am-3.00pm</p> <p>Spring Dance @ Portsmouth Senior Center 6.00pm-8.00pm</p>	<p>18</p> <p>Spring Fair 9.00am-3.00pm</p> 
<p>19</p> 	<p>20</p> <p>Book Club with Lisa 10.00am-11.30am</p> <p>Derby Hat Class 1.00pm-3.00pm</p> <p>Hair Cuts w/Susan 1.30pm-4.00pm</p>	<p>21</p> <p>Breakfast Out @ Sunny's Lee NH 8.00am-11.30am</p> <p>Drumming Class 4.00pm-5.00pm</p> 	<p>22</p> <p>CAL Project Runway 1.00pm-4.00pm</p> 	<p>23</p> <p>Tech Help 11.00am-2.00pm</p> <p>Birding with Diane @ Mt. A 9.00am-11.00am</p> <p>Conversational French 2.00pm-3.00pm</p> 	<p>24</p> 	<p>25</p> 
<p>26</p>	<p>27</p>  <p>Center Closed for Holiday</p>	<p>28</p> <p>Tour of Vermont 7.00am-6.00pm</p> 	<p>29</p> <p>Peace of Mind 10.30am-Noon</p> <p>Resident Registration</p> 	<p>30</p> <p>Dinner-Out @ Oak Street Bistro 3.45pm-7.30pm</p> <p>Conversational French 2.00pm-3.00pm</p> <p>Non-Resident Registration</p>	<p>31</p> <p>CAL Kentucky Derby Noon-4.00pm</p> 