

# REGISTRATION FOR DECEMBER 2024/JANUARY 2025 MEALS & PROGRAMS

Please complete the information below.

FULL NAME (please print): \_\_\_\_\_

Date & Time: \_\_\_\_\_ Preferred Phone w/area code: \_\_\_\_\_

**PROGRAM REGISTRATION:** Please check each program(s) you desire to register for below. If a program is offered more than one day a week, please indicate the day(s) you desire to participate. Note, you do not register for drop-in programs.

## Creative Arts:

Crafts w/Lisa – Holiday Themed (see Scoop for details)

- Friday, December 6 - \$10, 10-11:30am
- Monday, December 9 - \$10, 2-4pm
- Monday, January 27 - \$10, 2-4pm

## Education & Health:

- 10 Tips to Boost Your Energy w/Brianna H. (Tuesday, January 21 – free, 10-11am)
- Simple Steps for Fall Prevention (Mon., Dec. 16 - free, 10-11am)
- Vascular Care Group (Mon., Jan. 6 - free, 10:15-11:15am)

## Sports:

Candlepin Bowling (Tuesdays - \$14.00, 2-4pm)

- December 10
- January 14

## Nature & Outdoor Recreation:

White Pine-Outdoor Prog. (Wed. - free, 10-11:30am)

- December 18
- January 22

## Trips:

- Breakfast Out – Norma’s Restaurant, York, ME (Friday, December 13 - free, 7:45-11:30am)
- Lunch Out – Roger’s Pizza, Rochester, NH (Mon., Jan. 13 - \$5, 10:30-2:30pm)
- Dinner Out – Galley Hatch, Hampton, NH (Thursday, January 23, - \$5, 3:45-7:30pm)
- Movie Monday @ Cliff House, Ogunquit, ME (Monday, December 23 – free, 11-3pm)
- The Brook Casino, Seabrook, NH (Tues., Jan. 7 - \$5, 9-3pm)
- UNH Tour, Durham, NH (Fri., Jan. 17 – \$5, 8:30-3:30pm)

## Exercise:

- Activity Punch Card (5 punch card - \$25.00)
- Activity Punch Card (8 punch card - \$40.00)

## Other Programs:

- BINGO (Friday Dec. 20 - free, 1-3pm)
- BINGO (Friday Jan. 10 – free, 1-3pm)
- Book Club w/Lisa (Mon. Dec. 16 - free, 10-11:30am)
- Book Club w/Lisa (Mon. Jan. 13 – free, 10-11:30am)
- Coffee House Vinyl Café (Fri. Jan. 24 - free, 2-3pm)
- CAL Gals Club (Wed. Dec. 11 – free, 1:00-2:30pm)
- CAL Gals Club (Wed. Jan. 15 – free, 1:00-2:30pm)
- Conversational French (Thursdays - Free, 2-3pm)
- Craft Fair Meeting (Wed., Jan. 8 - free, 3-4pm)
- Drumming Class (Tues. Dec. 17 - \$5.00, 4-5pm)
- Drumming Class (Tues. Jan. 21 - \$5, 4-5pm)
- Game Day (Wed. Dec.18 - free, 1-4pm)
- Game Day (Wed. Jan. 22 - free, 1-4pm)
- Late Night at CAL (Tues., Jan. 28 - free, 4-7pm)
- Movie Monday (Mon. Dec. 2 - free, 1-3pm)
- Movie Monday (Mon. Jan 6 – free, 1-3pm)
- Peace of Mind (Wed., Dec. 18 - free, 10:30-noon)
- Peace of Mind (Wed., January 15 - free, 10:30-noon)
- Sing Along Songs (Thurs., Dec. 12 - free, 1-3pm)
- Social Club Meeting (Wed., Jan. 8 - free, 2-3pm)
- Ukulele Class (Thursdays - \$10/mo., 9-10am)

## Special Events:

- Wreath Making w/Cori Hill (Wednesday, December 4 - \$25, 10-noon)
- Disney Frozen Broadway Musical, Portsmouth, NH (Wednesday, December 4 - \$85, 3-11pm)
- Best of Times Travel Presentation (Monday, December 9 - free, 1-2pm)
- CAL’s Holiday Party (Thurs., Dec. 19 - \$30, 5-9pm)
- Christmas Eve Holly Jolly Breakfast (Tuesday, December 24 - \$5, 9-11am)

**First & Last Name:** \_\_\_\_\_ **Pick-up:** \_\_\_ **Delivery:** \_\_\_ **Dessert:** \_\_ regular \_\_ sugar-free \_\_  
**Registration:** Reservation deadline: *Friday by 2pm prior to the meal you desire* call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meal reservations in-person or by phone only; no online option. *If you need to cancel a meal, to obtain a User Credit, please cancel two days in advance.* Meals are limited to one per person. We ask for a \$5.00 donation for each meal. Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins-\$2.50; 10 muffins-\$5.00)

**Lunch Menu December 2024**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3 Baked Chicken Parm w/Pasta & Red Sauce Vegetable  Muffin: Pineapple	4 Cheeseburger Macaroni Casserole Vegetable & Roll  Muffin: Cinnamon Crumb	5 Orange Pork Chop Brown Rice Vegetable  Muffin: Raspberry	6 Tuna Noodle Casserole w/Peas & Onions Vegetable  Muffin: Blueberry Lemon
10 Ham & Cheese Italian Sub Sandwich w/Veggies Chips  Muffin: Raisin Bran	11 Teriyaki Chicken Fried Rice Vegetable  Muffin: Banana Choc. Chip	12 Beef Pot Roast w/Gravy Mashed Potato Vegetable & Roll  Muffin: Orange Yogurt	13 Italian Haddock Bake w/Zucchini & Tomato Pasta & Vegetable  Muffin: Lemon Poppy
17 Chicken Patty on Roll w/Lettuce & Tomato Tater Tots & Pickle  Muffin: Sweet Cranberry	18 Turkey Tetrizzini Vegetable Italian Bread  Muffin: Blueberry	19 Mild Beef Bean Chili Mexican Rice Vegetable  Muffin: Honey Corn	20 Roast Pork Potato & Vegetable Roll <b>No Lunch Pick-up</b>  No Muffins
24 Breakfast Only <b>See Scoop for Details</b>	25 <b>Merry Christmas</b>	26 No Muffins or Lunch	27 No Muffins or Lunch
31 No Muffins or Lunch	January 1 <b>Happy New Year</b>	2 No Muffins or Lunch	3 No Muffins or Lunch

**Lunch Menu January 2025**

7 Beef Sloppy Joes on Roll Cole Slaw Chips  Muffin: Chocolate Chip	8 Honey Mustard Chicken Rice Pilaf Vegetable  Muffin: Strawberry	9 Oriental Pork Chop Suey w/Vegetables Egg Noodles  Muffin: Pumpkin Spice	10 Haddock Florentine w/Spinach Brown Rice & Veggie  Muffin: Lemon Yogurt
14 Baked Mac n Cheese w/Hot Dog & Roll Vegetable  Muffin: Honey Corn	15 Swedish Meatballs w/Gravy Garlic Mashed Potato Vegetable  Muffin: Maple Walnut	16 Chicken Cacciatore w/Pasta Vegetable & Garlic Bread  Muffin: Coconut	17 Corn Chowder Haddock Square Sandwich Lettuce, Tomato & Pickle  Muffin: Wild Blueberry
21 Tomato Basil Soup Turkey & Swiss Melt Sandwich Pickle  Muffin: Applesauce	22 Hamburg Burgundy w/Egg Noodles Vegetable & Roll  Muffin: Peach	23 Waikiki Chicken w/Pineapple White Rice & Vegetable  Muffin: Chocolate	24 Seafood Pasta Alfredo Veggie & Italian Bread  Muffin: Orange Sour Cream
28 Bratwurst w/Peppers & Onions On a Bun Cole Slaw & Chips  Muffin: Banana Nut	29 Country Chicken Rice Pilaf Vegetable  Muffin: Cranberry Orange	30 Seasoned Beef Taco (soft) w/Lettuce & Tomato Spanish Rice  Muffin: Peanut Butter	31 Baked Haddock w/Tomato, Red Onion Mashed Potato & Veg  Muffin: Lemon