






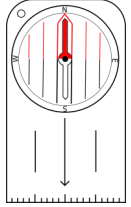






















# CAL Activity Calendar October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Social Club Meeting 2.00pm-3.00pm  Fair Committee Meeting 3.00pm-4.00pm	3 Bingo 1.00pm-3.00pm  Conversational French 2.00pm-3.00pm	4  Dance @ Portsmouth Senior Center 6.00pm-8.00pm	5
6 	7 Fixed Income with Irene Bowen 10.00am-11.00am   Lake Region Foliage Tour 8.00am-5.00pm	8 Gift Basket Donation Day 9.00am-12.00pm  Bowling 2.00pm-4.00pm	9 CAL Gals 1.00pm-2.30pm 	10 Ukulele Mtg 9.00am-10.00am  Conversational French 2.00pm-3.00pm	11 Mt A Orienteering/Outdoor Safety 9.00am-11.00am 	12 
13	14 <b>Holiday</b> 	15 Dinner-Out @ Common Man 3.45pm-8.00pm  Drumming Class 4.00pm-5.00pm	16 Portugal Meeting 1.00pm-3.00pm  Halloween Potluck 4.00pm-7.00pm 	17 Sing Along Songs "Spooky Themed" 1.00pm-3.00pm  Conversational French 2.00pm-3.00pm	18 Medicare Updates with Brianna 10.00am-11.00am  Crafts with Maxine 1.00pm-3.00pm	19
20 	21 Living Past 80 10.00am-11.30am  Book Club with Lisa M 10.00am-11.30am  Blood Pressure/Glucose 2.00pm-2.30pm	22 Erin McGann Talk Series 10.00am-11.00am  Variety Show Meeting 2.00pm-3.00pm	23 White Pine-Tree Walk 10.00am-11.00am  Peace of Mind 10.30am-Noon Game Day-Fear Factor 1.00pm-4.00pm	24 <b>Center Closed</b> Tech Help-11.00am-2.00pm Haircuts /Susan 1.30pm-4.00pm Decoration Day 9.00am-3.00pm 	25 <b>Center Closed</b>  Festival of Frights 4.00pm-7.00pm	26 
27	28 Sound/Healing/Meditation 10.00am-11.00am  Movie Monday 1.00pm-3.00pm  Craft with Lisa 1.00pm-3.00pm 	29  Fright Night Late Night 4.00pm-8.00pm	30  Resident Registration	31 Halloween Party 10.00am-3.00pm  Non-Resident Registration	