

C.A.L. Activity Calendar OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
2 Haircuts w/Susan Movie Monday 1:00-3:00	3 Fryeburg Fair Road Trip 7:30-5:00	4 Game Day \$100,000 Pyramid 1:00-3:00	5 Collette Tours Info Mtg. 10:30-noon	6
9 <i>Holiday</i>	10 Breakfast-out Station 319 8:15-11:30	11 Peace of Mind 10:30-noon Social Club Meeting 1:00-2:30	12 Coppal House Farm Corn Maze 8:30-2:00	13 Bingo 1:00-3:00
16 Haircuts w/Susan Book Club 10:00-11:30 IMPROV 101 1:00-2:00 Holiday Fair Committee Mtg. 3:00-4:00	17 VERMONT TRIP	18 VERMONT TRIP	19 VERMONT TRIP Tech Help 11:00-2:00	20 CAL Crew Hike 9:00-11:00 Sing Along Songs "60's Doo Wop" 2:00-4:00
23 Coin Talks w/Richard Brooks 9:00-11:30 Basket Assembly Class for the Holiday Fair w/Liz M. 1:00-3:00 Ghost Tour and Dinner 4:00-10:00	24 Kings in the Corner Craft Boards 1:00-3:00 Late Night @ Center 4:00-8:00	25 November Registration - York Residents 9:00 Peace of Mind 10:30-noon Education Session 1:00-2:00 CAL Gals Club 2:00-3:30	26 November Registration - Non-York Residents 9:00 Dinner-out Run of The Mill 3:45-7:30	27 Littles Halloween Party 4:00-6:00

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Card/Board Games, Exercise/Dance

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Exercise w/Video</i> 9:00-9:45am</p> <p><i>Scrabble</i> 1:00-closing</p> <p><i>Poker</i> Noon-closing</p>	<p><i>Cribbage</i> 10:00-noon</p> <p><i>Hand & Foot</i> 1:00-closing</p> <p><i>Bridge Advanced/Beginner</i> 1:15-closing</p>	<p><i>Exercise w/Video</i> 9:00-9:45am</p> <p><i>Poker</i> 1:15-closing</p> <p><i>Dominoes/Mexican Train</i> 1:00-closing</p>	<p><i>Cribbage</i> 10:00-noon</p> <p><i>Gin Rummy</i> 1:00-closing</p> <p><i>Mahjong American/Taiwan</i> 1:00-closing</p> <p><i>Mahjong American/Taiwan Lessons</i> 1:00-closing</p> <p><i>Backgammon, Checkers, Chess</i> 1:15-closing</p> <p><i>Bridge Lessons/Walk-ins</i> 1:15-closing</p> <p><i>Wii Bowling</i> 1:15-closing</p>	<p><i>Exercise w/Video</i> 8:30-9:15am</p> <p><i>Tai Chi</i> 1:00</p> <p><i>Mahjong Advanced</i> 1:00-closing</p> <p><i>Rummikub</i> 1:00-closing</p>
	<p><i>Crafters Gathering</i> 1:00-3:00</p> <p><i>Shake it Up</i> 8:30-9:30</p> <p><i>Balance Fun & Workout</i> 9:30-10:30</p>	<p><i>Line Dancing</i> 10:00-11:00 (no class on Oct. 25)</p>	<p><i>Shake it Up</i> 9:00-10:00</p> <p><i>Balance Fun & Workout</i> 10:15-11:15</p> <p><i>In's and Outs of Health & Wellness</i> 11:00-noon</p>	<p><i>Line Dancing</i> 9:30-10:30 (no class on Oct. 27)</p>