



# Join CALE!

(The Center for Adult Life Enrichment)

## Make Friends & Enjoy Life With Us!

**Open Monday-Friday 9:30am-3:30pm**

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**\$50 New Member Special**  
until the end of 2019

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### MEMBERSHIP OPTIONS

- \$180 for year
- \$90 half year
- \$15 a month or pay as you go

**Call us: 516.374.4747**

**Website: [www.hw-cale.com](http://www.hw-cale.com)**

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- Agency of the Community Chest  
South Shore
- National Council of Jewish Women,  
Peninsula Section
- Town of Hempstead, Nassau County  
Dept. of Senior Affairs

### OUR PROGRAMS

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- Stimulating & Fun Lectures
- Entertaining Concerts
- Informative Health & Wellness
- Exercise & Flexercise Programs
- Chair Yoga & Tai Chi
- Painting & Drawing
- Current Events: Social & Major Topics
- Creative Writing
- Singing Group
- Book Club & Brown Bag Lunch
- Social Bridge, Mah Jong, Scrabble
- Crossword Puzzles
- Intermediate & Conversational French
- Museum & Day Trips