

# CALA

# February Activities

SATURDAYS | 2:30-4:00 PM  
On ZOOM

**February 5th**

Meditation

Talk: Financial Awareness & Literacy

Activity: Apple Crumble

**February 12th**

Meditation

Talk: Philosophies & Culture

Activity: Salmon

**February 19th**

Family Day Weekend

No CALA

**February 5th**

Meditation

Talk: All about Good Books

Activity: Sweet 'n Sour Pork

Activities are subject to change. For  
more information please email  
[cala.crestwell@gmail.com](mailto:cala.crestwell@gmail.com)