



Paglalakbay tungo sa Isang Luntian, A sensado, at Kumakalingang Calapan

DATE	DAY & TIME	EVENT	Venue
February 25, 2023	SATURDAY	ARAW NG PAGLULUNSDAD NG PAGDIRIWANG	
	7:00 AM - 11:00 AM	<ul style="list-style-type: none"> Holy Mass Opening Ceremony Launching of KALAP Photomathon/Underwater Photo Exhibit 	Sto. Niño Cathedral Calapan City Plaza Pavilion
	6:00 PM onwards	<ul style="list-style-type: none"> KALAP FESTIVAL 2023 Opening Ceremony Concert Fireworks Display 	OMNHS Grandstand
	<i>Other Activities</i>		
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> MALOU Program Livelihood Fair: Skills Training on Bread and Pastries 	City College of Calapan
	7:00 AM - 5:00 PM	<ul style="list-style-type: none"> KALAP Invitational Futsal Tournament (Day 1) 	Gov. Alfonso L. Umali, Sr. Gymnasium, OMNHS
	1:00 PM - 5:00 PM	<ul style="list-style-type: none"> Free Spay and Neuter in Dogs and Cats 	Calapan City Plaza Pavilion
February 26, 2023	SUNDAY	ARAW NG MGA ALAGANG HAYOP	Calapan City Plaza Pavilion
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> Free Spay and Neuter in Dogs and Cats 	
	<i>Other Activities</i>		
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> MALOU Program Livelihood Fair: Skills Training on Bread and Pastries 	City College of Calapan
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> KALAP Invitational Futsal Tournament (Day 2) 	Gov. Alfonso L. Umali, Sr. Gymnasium, OMNHS
February 27, 2023	MONDAY	ARAW NG MGA ARTISTIKONG CALAPENO	Calapan City Plaza Pavilion
	6:00 AM onwards	<ul style="list-style-type: none"> Chalk Art Exhibit 	
	9:00 AM - 12:00 NN	<ul style="list-style-type: none"> Symposium 	
February 28, 2023	TUESDAY	ARAW NG PAGKALINGA	
	9:00 AM - 12:00 NN	Heart Month Celebration <i>(In partnership with OMMS)</i> <ul style="list-style-type: none"> Lay Forum on Cardiovascular Health Soft Launching and Orientation of Tamang Kalinga Program for employees 	3rd Floor, Activity Center, CCC Kalap Hall
	8:00 AM - 3:00 PM	Oral Health Month Celebration <i>(In partnership with CHD-MIMAROPA)</i> <ul style="list-style-type: none"> Provision of preventive, curative and promotive services Nutrition Counseling with provision of nutribuns 	Calapan City Plaza Pavilion
	<i>Other Activities</i>		
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> MALOU Program Livelihood Fair: Skills Training on Garment Production 	Brgy. Gutad
March 1, 2023	WEDNESDAY	ARAW NG PAGHAHANDA SA KALAMIDAD	
	7:00 AM - 11:00 AM	<ul style="list-style-type: none"> Motorcade Fire Response Skills Demonstration Rescue Boats Turn-over Activity Awarding of Insurance for DRRM Workers and Volunteers 	Kalap Covered Court
	<i>Other Activities</i>		
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> MALOU Program Livelihood Fair: Skills Training on Garment Production 	Brgy. Gutad
March 2, 2023	THURSDAY	ARAW NG MGA MAGSASAKA	
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> Family Day/Palaro ng Lahi (composed of 4-h, RIC, & Farmers) Paramihan ng buntot ng daga/Paramihan ng kuhol Cook Fest Collection of plastic bottles (residual waste) Scarecrow making Costume Contest of Farmers Association made out of recyclables Turn-over Ceremony - SPIS 	ABC Hall, Local Government Center & Kalap Covered Court
	<i>Other Activities</i>		
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> MALOU Program Livelihood Fair: Skills Training on Garment Production 	Brgy. Gutad
March 3, 2023	FRIDAY	ARAW NG MGA PANGUNAHING MAMAMAYAN	Nuciti Mall
	8:00 AM - 5:00 PM	<ul style="list-style-type: none"> Handog para kay Lolo at Lola 	
	<i>Other Activities</i>		

	8:00 AM - 5:00 PM	• Mural Wall Painting Contest 2023 <i>The Green City of Calapan</i>	Theme: Bulusan Park
March 4, 2023	SATURDAY	ARAW NG MGA MANGINGISDA	
	1:00 PM - 5:00 PM	• BINGO games • 20th Founding Anniversary of FMO • Awarding of Insurance under the Fisheries Insurance Support and Health Care (FISH Care) Program • Distribution of food packs	Calapan City Plaza Pavilion
		ARAW NG MGA SOLO PARENTS	
	1:00 PM - 5:00 PM	• Solo Parents Symposium	City Mall Activity Center
March 5, 2023	SUNDAY	ARAW NG EDUKASYON	
	8:00 AM - 12:00 NN	• Reorientation and Recognition of City Government of Calapan Student-Beneficiaries under the Bridge to the Future Scholarship Program	Calapan City Plaza Pavilion
	2:00 PM - 5:00 PM	• Recognition of International and National Awardees for Academic Competitions	
		Other Activities	
	8:00 AM - 6:00 PM	• KALAP Invitational FIDE Rapid Chess Tournament	ABC Hall, Local Government Center
March 6, 2023	MONDAY	ARAW NG LGBTQIA+	
	8:00 AM - 5:00 PM	• MALOU Program Livelihood Fair: Skills Training on Hair Science and Beauty Culture	Negosyo Center
		Other Activities	
	8:00 AM onwards	• CGC Employees' Mini Olympics 2023	New City Hall Complex
March 7, 2023	TUESDAY	ARAW NG KATARUNGAN	
	9:00 AM - 3:00 PM	• Legal Consultation • Giving of hygiene kits and medicines • Dental Services	BJMP
		Other Activities	
	8:00 AM - 5:00 PM	• MALOU Program Livelihood Fair: Skills Training on Hair Science and Beauty Culture	Negosyo Center
March 8, 2023	WEDNESDAY	ARAW NG MGA KABABAIHAN	
	9:00 AM - 4:00 PM	• Serbisyo Para Kay Juana	New City Hall Complex
	7:00 AM - 11:00 AM	LAKAS NG KABABAIHAN, LAKAS NG LIPUNAN • Parade • Launch of Purple Action Movement	Calapan City Plaza Pavilion
March 9, 2023	THURSDAY	ARAW NG MGA ORGANISASYONG SIBIKO	
	9:00 AM - 12:00 NN	• People's Council Assembly	Kalap Covered Court
		ARAW NG PAMPUBLIKONG AKLATAN	
	9:00 AM - 12:00 NN	• Turn-over of library resources to affiliated Barangay Reading Centers (BRCs)	Calapan City Plaza Pavilion
		Other Activities	
	8:00 AM - 12:00 NN	• City College of Calapan 15th Founding Anniversary Opening Program - Philippine Festival Dance Competition	New City Hall Complex Compound & Kalap Covered Court
	8:00 AM - 5:00 PM	• MALOU Program Livelihood Fair: Livelihood Training on Meat Processing	Negosyo Center
March 10, 2023	FRIDAY	ARAW NG MGA KOOPERATIBA	
	7:30 AM - 12:00 NN	• Celebration of Cooperative Day 2023	City Plaza Pavilion
		Other Activities	
	3:00 PM - 5:00 PM	• Gandang Day Care Worker	City Plaza Pavilion
	8:00 AM - 5:00 PM	• MALOU Program Livelihood Fair: Livelihood Training on Meat Processing	Negosyo Center
March 11, 2023	SATURDAY	ARAW NG MGA BATA	
	8:00 AM - 12:00 NN	• Bulilit Day (Field Demo)	OMNHS Grandstand
		ARAW NG KAPALIGIRAN	
	7:00 AM - 10:00 AM	• Kalap Luntiang Takbo at Saya 2023	City Plaza Pavilion
	1:00 PM - 5:00 PM	• Environmental Quiz Bee 2023	ABC Hall, Local Government Center
March 12, 2023	SUNDAY	ARAW NG CITY COLLEGE OF CALAPAN	
	8:00 AM - 12:00 NN	• Holy Mass • Gawad Parangal for Alumni and CCC Personnel Retirees	3rd Floor, Activity Center, CCC Kalap Hall
		Other Activities	
	5:00 AM - 9:00 AM	• Calapan City Duathlon 2.0	OMNHS Open Grounds
March 13, 2023	MONDAY	ARAW NG MGA PWDs	
	8:00 AM - 5:00 PM	• Paralympics & Talent Showcase	New City Hall Complex
March 14, 2023	TUESDAY	ARAW NG TAUMBAYAN	
	8:00 AM - 11:00 AM	• Taumbayan ang Masusunod People's Caravan • Ceremonial Distribution of Tulong Alalay sa Masiglang Adhikain para kina Lolo at Lola (Milk for Senior Citizens) • Distribution of Farm Tools • Distribution of AICS Financial Assistance • BFP Fire Prevention Tips Demo • Recognition of Taumbayan Superheroes • TESDA Wellness Services (manicure, pedicure, haircut, massage) • Free Police Clearance Application	Calapan City Plaza Pavilion
	TBA	• Kasalang Bayan 2023	ABC Hall, Local Government Center

	1:00 PM - 5:00 PM	• Distribution of Eyeglasses and Maintenance Medicine for the Senior Citizens (SC) & Calapan City Health Card IDs	Nuciti Mall
March 15, 2023	WEDNESDAY	ARAW NG KALUSUGAN	
	8:00 AM - 3:00 PM	PILAK Kalusugan	
		• Bloodletting Activity in partnership with Red Cross and OMBC	ABC Hall, Local Government Center
		• Cervical Cancer Screening (VIA & Pap smear)	CHSD South, Old City Hall
		• Provision of Family Planning Services	CHSD North, San Vicente West
		• Human Papilloma Vaccination for female aged 9-14 years	CHSD Main, City Health Services Building, Guinobatan
		• Lay Forum on Prostate Diseases with Digital Rectal Exam	
		25 on 25th • Provision of Free Dentures and Curative Dental Procedures • Distribution of Toothbrushing kits to daycare children • Oath Taking of CGC Health Club Officers with measurements monitoring of members • Testimonials on Iwas Bisyo, Buhay Aasenso • Lecture on Smoking Cessation • Distribution of PILAK Kalusugan Health Packages to 62 barangays • Zumba • Environmental Health & Sanitation Booth (water sanitation, food safety, excreta disposal, vector-borne prevention and control with distribution of olyset nets) • Nutribun Promotion in partnership with City College of Calapan • Advocacy on Proper Nutrition (avp) • Nutrition Counseling and Meal Planning • Roll the dice with Fitness Challenge	Gov. Alfonso L. Umali, Sr. Gymnasium, OMNHS
		• Free Issuance of Health Certificates	CHSD Main, City Health Services Building, Guinobatan
	Other Activities		
		• Parangal sa Natatanging Calapenong Negosyante 2023 Awarding Ceremony	Calapan City Convention Center
March 16, 2023	THURSDAY	ARAW NG MGA MANGGAGAWA SA LUNGSOD	
	8:00 AM - 5:00 PM	• Job Fair	DWCC Gymnasium
	6:00 PM onwards	GABI NG MIMAROPA	
		• MIMAROPA Night	Calapan City Convention Center
March 17, 2023	FRIDAY	ARAW NG KALAKALAN	
	9:00 AM - 8:00 PM	• 9th KALAKALAPAN Agri Trade Fair (March 17-21, 2023)	Xentro Mall
	9:00 AM - 8:00 PM	• Citywide Sale	Downtown Calapan
	8:00 AM - 5:00 PM	• Citywide Calibration and Registration of Weighing Scales	Public Market
		• Marketing Assistance for Locally-Produced Goods	Public Market
		ARAW NG BARANGAY	
	8:00 AM - 5:00 PM	• Barangaylympics (Palaro ng Lahi)	Bulusan Park
	6:00 PM onwards	• Barangay Night	Gov. Alfonso L. Umali, Sr. Gymnasium, OMNHS
	Other Activities		
	2:00 PM onwards	• Calapan City Raffle Bonanza Grand Draw	Public Market
March 18, 2023	SATURDAY	ARAW NG PAMAHALAANG LUNGSOD	
	8:00 AM onwards	• Larong Pinoy • Raffle Draw • Search for Mr. & Ms. CGC • Awarding of Loyalty Awards • Socialization	Calapan City Convention Center
		Other Activities	
	9:00 AM - 8:00 PM	• 9th KALAKALAPAN Agri Trade Fair	Xentro Mall
	TBA	• Motorismo (Day 1)	New City Hall Complex
March 19, 2023	SUNDAY	ARAW NG KABATAAN	
	8:00 AM - 5:00 PM	• Calapan City Youth Convergence: Barangay & Sangguniang Kabataan Elections 2023	3rd Floor, Activity Center, CCC Kalap Hall
	8:00 AM - 5:00 PM	• Project TIKAS: TESDA Improvement of Knowledge and Skills (Doughnut Making)	CCC HRM Building
	7:00 PM - 11:00 PM	• IndaKabataan Hip-hop Dance Contest	Calapan City Plaza Pavilion
	3:00 PM onwards	• KALAP FESTIVAL 2023 Streetdance Competition	OMNHS Grandstand
	Other Activities		
	TBA	• Motorismo (Day 2)	New City Hall Complex
	8:00 AM - 5:00 PM	• Bangkathon/Bangkarera	Brgy. Pachoca
	8:00 AM - 5:00 PM	• Calapan City Invitational Taekwondo Championship	Calapan City Convention Center
	1:00 PM onwards	• CalaFun Auto Moto Trike Show	Calapan City Plaza
	9:00 AM - 8:00 PM	• 9th KALAKALAPAN Agri Trade Fair	Xentro Mall
March 20, 2023	MONDAY	ARAW NG TURISMO	

	7:00 PM onwards	<ul style="list-style-type: none"> • Mutya ng Lungsod ng Calapan 2023 Coronation Night 	Gov. Alfonso L. Umali, Sr. Gymnasium, OMNHS
	<i>Other Activities</i>		
	1:00 PM - 5:00 PM	<ul style="list-style-type: none"> • Awarding of the Search for the Most Eco-Friendly Barangay • Recognition of the CGC Most Eco-Friendly Department/Office • Launching of the Total Ban on the six-plastic types in Calapan City - Way forward to a Zero Waste Green Calapan City 	Nuciti Mall
	9:00 AM - 8:00 PM	<ul style="list-style-type: none"> • 9th KALAKALAPAN Agri Trade Fair 	Xentro Mall
March 21, 2023	TUESDAY	ARAW NG LUNGSOD NG CALAPAN	
	7:00 AM - 11:00 AM	<ul style="list-style-type: none"> • Thanksgiving Mass • Grand Parade 	Sto. Niño Cathedral
	6:00 PM onwards	<ul style="list-style-type: none"> • KALAP Festival Thanksgiving Concert • Fireworks Display 	OMNHS Grandstand
	<i>Other Activities</i>		
	1:00 PM - 5:00 PM	<ul style="list-style-type: none"> • Gandang LILAC Bridal Hair and Make Up Contest 	Xentro Mall
	9:00 AM - 8:00 PM	<ul style="list-style-type: none"> • 9th KALAKALAPAN Agri Trade Fair 	Xentro Mall