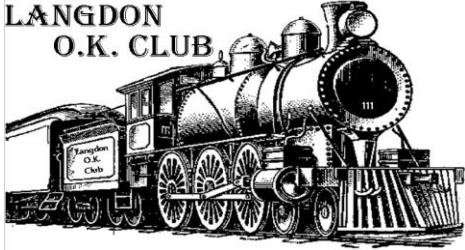


**LANGDON
O.K. CLUB**



Activities and Entertainment for the 'Older Kids' (55+)

Langdon OK Club

October Calendar

< September		October 2019					November >
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	2	3 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	4	5	
6	7 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	8 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse Lunch and Learn 11:30– 1:00	9	10 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	11	12	
13	14 Thanksgiving 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	15 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	16	17 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse 6:30 – 10:00pm Potluck at the Fieldhouse	18	19	
20	21 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	22 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	23	24 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	25	26	
27	28 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	29 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	30	31 Halloween 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	Check us out on the web: www.langdonokclub.com		