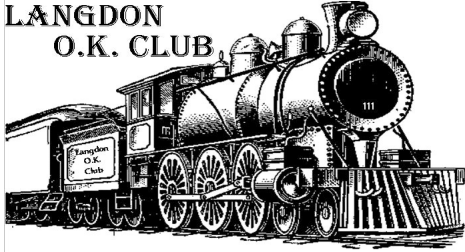


**LANGDON
O.K. CLUB**



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

Langdon OK Club

September Calendar

◀ August		September 2019					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	3	4	5	6	7	
8	9 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	10 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse Lunch and Learn 12:00 – 03:00	11	12 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse	13	14	
15	16 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	17 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse	18	19 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse 6:30 – 10:00pm Potluck at the Fieldhouse	20	21	
22	23 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	24 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse	25	26 09:45 – 10:30 balanced fitness 10:30 – 12:00 Coffee socialization at the Fieldhouse	27	28	
29	30 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	September 10 Lunch and Learn – Block Party with free food Everyone is welcome Balanced Fitness resumes September 10.					