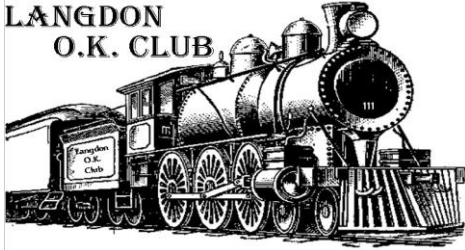


**LANGDON  
O.K. CLUB**



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

Langdon OK Club

November Calendar

<a href="#">◀ October</a>	<b>November 2019</b>						<a href="#">December ▶</a>
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					<b>1</b>	<b>2</b>	
<b>3</b>	<b>4</b> 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	<b>5</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>6</b>	<b>7</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>8</b>	<b>9</b>	
<b>10</b>	<b>11 Remembrance Day</b> 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	<b>12</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse  Lunch and Learn 11:30– 1:00 At the Fieldhouse	<b>13</b>	<b>14</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>15</b>	<b>16</b>	
<b>17</b>	<b>18</b> 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	<b>19</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>20</b>	<b>21</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse  6:30 – 10:00pm Potluck at the Fieldhouse	<b>22</b>	<b>23</b>	
<b>24</b>	<b>25</b> 1:00- 2:00..... Walking group Meet at the Fieldhouse (outside)	<b>26</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>27</b>	<b>28</b> 09:30 – 10:15 balanced fitness 10:15 – 11:30 Coffee socialization at the Fieldhouse	<b>29</b>	<b>30</b>	

Check us out on the web: [www.langdonokclub.com](http://www.langdonokclub.com)