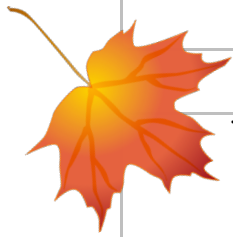


# OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LINK Club 4:30pm	2 LINK Club 4:30pm	3 PK Silver 10am Ft. Ward LINK Club 4:30pm	4 LINK Club 4:30pm	5 PK Silver 9am Chas Houston	6
7	8 Columbus Day (Closed)	9 LINK Club 4:30pm	10 PK Silver 10am Ft. Ward LINK Club 4:30pm	11 LINK Club 4:30pm	12 PK Silver 9am Chas Houston Casa Parkour 3:15	13
14 Walk to Bust Cancer!	15 PK Silver Krunch Bunch 10am LINK Club 4:30pm	16 LINK Club 4:30pm	17 PK Silver 10am Ft. Ward LINK Club 4:30pm	18 LINK Club 4:30pm	19 PK Silver 9am Chas Houston Casa Parkour 3:15pm	20 PK Move Board Meeting
21	22 LINK Club 4:30pm	23 LINK Club 4:30pm	24 PK Silver 10am Ft. Ward LINK Club 4:30pm	25 LINK Club 4:30pm	26 PK Silver 9am Chas Houston	27
28	29 LINK Club 4:30pm	30 LINK Club 4:30pm	31 PK Silver 10am Ft. Ward LINK Club 4:30pm			



“Research suggests that only 5 to 10% of cancers are hereditary. That means that non-inherited causes of cancer - the lifestyle choices we make, the foods we eat and our physical activity levels - have a direct impact on our cancer risk.” (Prevent Cancer Foundation) Join us on Oct 14 for the National Breast Center Foundation ‘s Walk to Bust Cancer where we will offer INTERGENERATIONAL LESSONS in the obstacle course area.