

October 2020



SENIOR EVENT CALENDAR Harahan



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 <u>Bananas are Back!</u> Receive your Banana on your way out 9AM – 12 NOON	8	9	10
11	12 <u>SNACK ON THE GO</u> Pick up between On your way out 10 am – 10:30 am	13	14 <u>LEARN TO USE THE FITT LAB APP</u> *RSVP Auditorium 10:00 am	15	16	17
18	19	20 <u>Bananas are Back!</u> Receive your Banana on your way out 9AM – 12 NOON	21	22	23	24
25	26	27	28 <u>LEARN TO USE THE FITT LAB APP</u> *RSVP Auditorium 10:00 am	29 <u>SNACK ON THE GO</u> Pick up between On your way out 10 am – 10:30 am	30	31 

***To RSVP for an event please call 504-842-9540. Reservations can be made until 5:00 PM the day before the event. Thank you.**

OFC is celebrating a brand new look. It also has new fitness machines in the weight and cardio rooms. Please come in and see the changes. Call Janice at 504-842-9540 if you would like more information or we can pick a time and day and I will introduce you to your new Ochsner Fitness Center-Harahan.