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| **Date** | **Event** | **Location** | **Time** |
| 16/01/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 26/01/19 | Hula hoops session | Llinlithgow | 11am-1pm |
| 13/02/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 25/02/19 | A.G.M. | Uphall community Centre | 7.30 pm-8.30pm |
| 09/03/19 | Archery | Linlithgow | 11am-1pm |
| 13/03/19 | Committee meeting | Uphall | 7.30m-10pm |
| 24/03/19 | Ten Pin Bowling | Deer Park Livingston | 1pm-3pm |
| 06/04/19 | Carpet Bowls Tournament | Linlithgow | 11am-1pm |
| 10/04/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 20/04/19 | Hula Hoops | Linlithgow | 11am-1pm |
| 03-06/05/19 | Badaguish Weekend | Aviemore | Club cancelled 04/05/19 |
| 15/05/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 02/06/19 | Fishing outing | Allandale Turn, Polbeth | 11am-5pm |
| 08/06/19 | Archery | Linlithgow | 11am-1pm |
| 12/06/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 16/06/19 | Committee Training Session | Uphall Community Centre | 1pm-5pm |
| 23/06/19 | Ten Pin Bowling | Deer Park Livingston | 1pm-3pm |
| 03/07/19 | Archery | Beecraigs | 1pm-3pm |
| 10/07/19 | Archery | Beecraigs | 1pm-3pm |
| 17/07/19 | Archery | Beecraigs | 1pm-3pm |
| 17/07/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 31/07/19 | Archery | Beecraigs | 1pm-3pm |
| 04/08/19 | Visit Blair Drummond safari park | Meet in car park-member & carer free | 11am-individual time choice. |
| 14/08/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 17/08/19 | Hula Hoops | Linlithgow | 11am-1pm |
| 18/08/19 | River Forth Boat Trip | Hawes Pier South Queensferry- free trip | 7.15pm-8.45pm |
| 01/09/19 | Fishing Day | Allandale Turn, Polbeth | 11am-4pm |
| 07/09/19 | Archery | Linlithgow | 11am-1pm |
| 13-16/09/19 | Badaguish Weekend | Aviemore | Club cancelled 14/09/18 |
| 18/09/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 29/09/19 | Ten Pin Bowling | Deer Park Livingston | 1pm-3pm |
| 28/09/19 | Clubs Sponsored Walk | Linlithgow canal | 2pm-4pm |
| 16/10/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 02/11/19 | Andrew Graham Memorial Races | Linlithgow | 11am-1pm |
| 09/11/19 | Andrew Slack Memorial Boccia Tournament | Bathgate | 10am-5pm  Club Cancelled |
| 13/11/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 07/12/19 | Archery | Linlithgow | 11am-1pm |
| 11/12/19 | Committee meeting | Uphall | 7.30pm-10pm |
| 22/12/19 | Xmas Ten Pin Bowling & Party | Deer Park Livingston | 1pm-5pm |