

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2024



	1	2 2:00-2:45 Strength & Stretch with GymGuyz (OC)	3 12:30 Wii Games (OC) 2:00 Yoga/Stretch Class (OC) 6:00 Social Hour (OC) 6:30 Happy Hour (OC) STL Cardinals Themed Apps Open Bar	4 9:15 Shopping (Please call Gardens to Sign Up by the 2nd) Pickup at the OC 2:00-2:45 Strength & Stretch with GymGuyz (OC)	5 3:00 Jeopardy with Ciara (OC)	6
7	8 5:15 Book Club (OC) Light Appetizers	9 2:00-2:45 Strength & Stretch with GymGuyz (OC)	10 12:30 Wii Games (OC) 2:00 Yoga/Stretch Class (OC)	11 2:00-2:45 Strength & Stretch with GymGuyz (OC)	12 3:00 Armchair Travels "The Scottish Highlands" (OC)	13 10:00 Coffee at the Clubhouse (OC)
14	15 Ciara Office Hours 9:30 – 11:30 AM	16 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC)	17 12:30 Wii Games (OC) 2:00 Yoga/Stretch Class (OC) 6:00 Social Hour (OC) 6:30 Happy Hour (OC) Hot Apps & Open Bar	18 9:15 Shopping (Please call Gardens to Sign Up by the 2nd) Pickup at the OC 2:00-2:45 Strength & Stretch with GymGuyz (OC)	19	20
21	22	23 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC) 5:30 Men's Club (OC)	24 12:30 Wii Games (OC) 2:00 Yoga/Stretch Class (OC)	25 2:00-2:45 Strength & Stretch with GymGuyz (OC) 5:30 Resident Happy Hour (OC)	26 11:00 Lunch Outing to "Boogaloo" in Maplewood *12-person limit due to size of venue* Please sign up at the Old Clubhouse!	27
28	29 6:30 Night at the Movies (OC)	30 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC)	 <p style="text-align: center;"><u>Ciara's E-Mail:</u> capetri@bethesdahealth.org</p>			