

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July

## 2024

### Oaks

**Ciara's E-Mail:**  
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	1 3:00 Ted Drewes Delivery at the Old Clubhouse	2 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC)	3 2:00 Yoga/Stretch Class (OC) 6:00 Social Hour (OC) 6:30 Happy Hour with “Deb Sharn” (OC)	4 Happy 4 <sup>th</sup> of July! No Exercise Today 	5 Clubhouse Reserved 11-1	6
7	8 5:15 Book Club (OC) Light Appetizers	9 Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (OC)	10 2:00 Yoga/Stretch Class (OC)	11 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the OC 2:00-2:45 Strength & Stretch with GymGuyz (OC)	12 11:30 Lunch Outing to Café Provencal (Sign Up at the Old Clubhouse)	13 10:00 Coffee at the Clubhouse (OC)
14	15	16 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC)	17 2:00 Yoga/Stretch Class (OC) 6:00 Social Hour (OC) 6:30 Luau Happy Hour with “Ken Roberts” (OC)	18 2:00-2:45 Strength & Stretch with GymGuyz (OC)	19 3:00 Ice Cream Social at the Old Clubhouse	20
21	22 8:15 PM A Night at the Mundy “Fiddler on the Roof” 5 Tickets Available – Please sign up at the Club House (No Transportation Tonight)	23 Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (OC) 5:15 Men’s Club (OC)	24 2:00 Yoga/Stretch Class (OC)	25 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the OC 2:00-2:45 Strength & Stretch with GymGuyz (OC) 6:30 Night at the Movies (OC)	26 Olympics Opening Ceremony 12:30-4:15P	27
28	29	30 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC) 3:00 Armchair Travels: A Summer in Paris (OC) Clubhouse Reserved 11-1	31 2:00 Yoga/Stretch Class (OC) 			