

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Barclay House October

2024



Ciara's E-Mail:
capetri@bethesdahealth.org



<p>1</p> <p>Yoga Class 9:00 Bank 10:00</p>	<p>2</p> <p>Exercise Class 8:30 & 9:10 Happy Hour 4:00</p>	<p>3</p> <p>Yoga 9:00 Birthday Luncheon 12:30</p> <p>Ciara Office Hours 12P – 4:30P</p>	<p>4</p> <p>Balance Barre 9:00 Book Club 10:30</p> <p>Outing to Eckert's 10:45 Departure Time Please Sign Up at Front Desk Ciara Office Hours 2:30P – 4:30P</p>	<p>5</p> <p>Rummikub 2:00 Dinner 4:30 – 6:30</p>		
<p>6</p> <p>Sunday Brunch 11:00 – 1:30</p>	<p>7</p> <p>Exercise Class 8:30 & 9:10 Non-Denominational Bible Study 10:30-11:30 Art Class 1:30</p>	<p>8</p> <p>Yoga Class 9:00 Bank 10:00 Healthy Hearing 10:30 "Warring 40's" Night with Entertainment by "Elizabeth LaKamp" 6:30 PM in the Lobby</p> <p>Ciara Office Hours 5P – 7P</p>	<p>9</p> <p>Exercise Class 8:30 & 9:10 Happy Hour 4:00</p>	<p>10</p> <p>Yoga 9:00 50's Drive In Movie "Grease" 2 PM in the Multipurpose Room</p> <p>Ciara Office Hours 8:30A – 5:00P</p>	<p>11</p> <p>Balance Barre 9:00 Bookmobile 9:00-9:45</p>	<p>12</p> <p>Rummikub 2:00 Dinner 4:30 – 6:30</p>
<p>13</p> <p>Sunday Brunch 11:00 – 1:30</p>	<p>14</p> <p>Exercise Class 8:30 & 9:10 Non-Denominational Bible Study 10:30-11:30 Art Class 1:30</p>	<p>15</p> <p>Yoga Class 9:00 Bank 10:00</p>	<p>16</p> <p>Exercise Class 8:30 & 9:10 Happy Hour 4:00</p>	<p>17</p> <p>Yoga 9:00 Mass 11:30 50's Drive In Movie "Grease" 2 PM in the Multipurpose Room</p> <p>Ciara Office Hours 8:30A – 5:00P</p>	<p>18</p> <p>Balance Barre 9:00</p>	<p>19</p> <p>Rummikub 2:00 Dinner 4:30 – 6:30</p>
<p>20</p> <p>Sunday Brunch 11:00 – 1:30</p>	<p>21</p> <p>Exercise Class 8:30 & 9:10 Non-Denominational Bible Study 10:30-11:30 Art Class 1:30</p>	<p>22</p> <p>Yoga Class 9:00 Bank 10:00</p>	<p>23</p> <p>Exercise Class 8:30 & 9:10 Special Happy Hour 3:30 PM</p> <p>Formal Happy Hour "Casino Royale" 4:30 PM Seating (Invitation to Come) Ciara Office Hours 8:30A – 7P</p>	<p>24</p> <p>Yoga 9:00 Mass 11:30</p>	<p>25</p> <p>Balance Barre 9:00 Bookmobile 9:00-9:45</p>	<p>26</p> <p>Rummikub 2:00 Dinner 4:30 – 6:30</p>
<p>27</p> <p>Sunday Brunch 11:00 – 1:30</p>	<p>28</p> <p>Exercise Class 8:30 & 9:10 Non-Denominational Bible Study 10:30-11:30 Art Class 1:30</p>	<p>29</p> <p>Yoga Class 9:00 Bank 10:00</p>	<p>30</p> <p>Exercise Class 8:30 & 9:10 RAB Meeting 3:00</p>	<p>31</p> <p>Yoga 9:00 Halloween Happy Hour 3:30 PM Costume Contest 4 PM</p> <p>Ciara Office Hours 8:30A – 5:00P</p>		