Dear Oaks Residents,

Happy New Year! I hope you all had a wonderful holiday season. I wanted to mention a few things to you.

First, if you hadn't noticed, on January 16th, we are doing a dinner outing. This is something I am very excited to plan for you and hope you will enjoy this new activity!

Second, based on some confusion of which Clubhouse was which, the extra clubhouse will now be called the Clubhouse Annex until we can come up with a creative name! The Clubhouse that we use routinely will be known as the Clubhouse.

Third, I am also inserting an updated questionnaire. I know that I had just put one out, but I would like to know some additional things that you would like to do and places you would like to go! (Not to worry, the Eagles are on for February!)

I look forward to seeing you all this month! Kindly,

Ciara (Life Enrichment)



EVENTS

JAN. 8th

Happy Hour with "Bryan Foggs" Appetizers & Open Bar

6:00 PM—Partake in a resident social hour and enjoy tunes by Bryan beginning at 6:30! Enjoy an open bar and appetizers to bring in the new year!

JAN. 16th Dinner Outing to EdgeWild

4:45 PM Pickup— Introducing to you: Dinner Outings! On our first dinner outing, we will visit EdgeWild, which specializes in inventive American cuisine, with a menu that has something for everyone. Some dishes are tasty traditional favorites while others are reinvented classics. They source many products and ingredients from local and regional purveyors. They were also recently voted #10 "Best Winery Restaurant" in America by Reader's Choice!

JAN. 22nd

Armchair Travels to: Montreux, Switzerland

3:00 PM—Picture snowy winter days, the welcoming warmth of friendly people, festive holiday celebrations, endless shopping opportunities, gorgeous Alpine scenery, and an abundance of delicious food. Where can you find this incredible place, you might ask? The answer is Montreux, Switzerland, also known as the Swiss Riviera! Come enjoy this majestic scenery all from the comfort of your chair!

JAN. 24th

Hot Chocolate Social

3:00 PM—What a better way to cozy up in this cold weather than with some hot chocolate?! Enjoy a build your own chocolate bar and great company!

JAN. 28th Men's Club

5:15 PM—Men's Club is always a fun time with your neighborly fellows!

JAN. 29th Chinese Happy Hour with & Hot Appetizers with an Open Bar!

6:00 PM—Come enjoy a Chinese themed Happy Hour with an open bar!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AULa		Ciara's E-Mail: capetri@bethesdahealth.org			* *
**	2024		Happy New Year! 1	2	3	4
			NO YOGA TODAY!	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	***************************************
5	6	7 Angela Office Hours 9:30 – 11 AM	2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with	10	10:00 Coffee at the Clubhouse (OC)
*		2:00-2:45 Strength & Stretch with GymGuyz (CH)	6:00 Social Hour 6:30 Happy Hour with "Bryan Foggs" (CH)	GymGuyz (CH)	Clubhouse Annex Reserved 11 AM	
12	5:15 Book Club (OC)	Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 6:30 Night at the Movies (CH)	2:00 Yoga/Stretch Class (CH)	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 4:45 Dinner Outing to EdgeWild Restaurant (CH) Please Sign Up at the Clubhouse	Clubhouse Annex Reserved	18
19	20	21	22	23	24	25
		Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH) 3:00 Armchair Travels to Montreux, Switzerland (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (OC)	3:00 Hot Chocolate Social (CH)	
26	27	Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club with light appetizers (CH)	29 2:00 Yoga/Stretch Class (CH) 6:00 Chinese Themed Happy Hour (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	11 AM 31 Clubhouse Annex Reserved 11 AM	