

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2025 March

Oaks

2	3	Angela Office Hours 4 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 6:00 Happy Hour (CH) (Changed due to Ash Wednesday) Appetizers & Open Bar	Ash Wednesday 5 2:00 Yoga/Stretch Class (CH) 	9:15 Shopping 6 (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 11:00 Eagle Watching and Fast Eddies Trip *Sign Up at Clubhouse*	7 2:00 Line Dance Class with Mona (CH) Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	8 10:00 Coffee at the Clubhouse (OC)
9	5:15 Book Club (CH) 10	Angela Office Hours 11 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) Clubhouse Reserved 11 AM – 1:45 PM	12 2:00 Yoga/Stretch Class (CH) 	13 2:00-2:45 Strength & Stretch with GymGuyz (CH)	14 2:00 Line Dance Class with Mona (CH) Clubhouse Annex Reserved 11 AM	15
16	Happy St. Patrick's Day! 17 	Angela Office Hours 18 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	19 2:00 Yoga/Stretch Class (CH) 6:00 Social Hour (CH) 6:30 Happy Hour with "Rekha Dravina" (CH) Appetizers & Open Bar	9:15 Shopping 20 (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	21 2:00 Line Dance Class with Mona (CH) Clubhouse Annex Reserved 11 AM	22
23	3:00 Armchair Travels: Greece! (CH) 24	Angela Office Hours 25 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH) Clubhouse Reserved 11 AM	26 2:00 Yoga/Stretch Class (CH) 4:30 Dinner Outing to McGurks (Please Sign Up at the CH) *Pick Up at the CH*	27 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	28 2:00 Line Dance Class with Mona (CH) Clubhouse Annex Reserved 11 AM	29 
30	31 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Ciara's E-Mail: capetri@bethesdahealth.org </div>					