

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|---|
| <div>April 2025</div> <div>Oaks</div> | | | | | | |
| | | <div>Angela Office Hours 9:30 – 11 AM</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>1</div> | <div>2:00 Yoga/Stretch Class (CH)</div> <div>2</div> | <div>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>3</div> | <div>2:00 Line Dance Class with Mona (CH)</div> <div>Clubhouse Reserved 11 AM</div> <div>Clubhouse Annex Reserved 10 AM</div> <div>4</div> | <div></div> <div>5</div> |
| <div>6</div> | <div>9:30 AM Outing to the St. Louis Aquarium & Wheel</div> <div>12:30 Lunch at Train Shed</div> <div>7</div> | <div>NO OFFICE HOURS TODAY</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>8</div> | <div>2:00 Yoga/Stretch Class (CH)</div> <div>9</div> | <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>10</div> | <div>2:00 Line Dance Class with Mona (CH)</div> <div>Clubhouse Annex Reserved 10 AM</div> <div>11</div> | <div>10:00 Coffee at the Clubhouse (OC)</div> <div>12</div> |
| <div>Happy Easter!</div> <div>13</div> | <div>5:15 Book Club (CH)</div> <div>14</div> | <div>Angela Office Hours 9:30 – 11 AM</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>15</div> | <div>2:00 Yoga/Stretch Class (CH)</div> <div>6:00 Social Hour (CH)</div> <div>6:30 Happy Hour with “The Boyd Duo” (CH)</div> <div>Appetizers & Open Bar</div> <div>16</div> | <div>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>17</div> | <div>2:00 Line Dance Class with Mona (CH)</div> <div>Clubhouse Annex Reserved 10 AM</div> <div>18</div> | <div>19</div> |
| <div>20</div> | <div>3:00 Armchair Travels: The Nile in Egypt (CH)</div> <div>21</div> | <div>Angela Office Hours 12:30-2 PM</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>4:15 Dinner Outing to Stony River Steakhouse</div> <div>*Sign up at Clubhouse*</div> <div>22</div> | <div>2:00 Yoga/Stretch Class (CH)</div> <div>6:30 SLU Piano Ensemble to Perform (G)</div> <div>23</div> | <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>24</div> | <div>2:00 Line Dance Class with Mona (CH)</div> <div>*LAST CLASS*</div> <div>Clubhouse Annex Reserved 10 AM</div> <div>25</div> | <div>26</div> |
| <div>27</div> | <div>2 – 3:30 Ice Cream Social & Emergency Contact Updates</div> <div>*See back of calendar for more information*</div> <div>28</div> | <div>Angela Office Hours 9:30 – 11 AM</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>5:15 Men’s Club (CH)</div> <div>Clubhouse Reserved 11 AM</div> <div>29</div> | <div>2:00 Yoga/Stretch Class (CH)</div> <div>2:00 Phyllis MacLaren & Phyllis Foster to Perform (G)</div> <div>6:00 Social Hour (CH)</div> <div>6:30 Happy Hour with “The Boyd Duo” (CH)</div> <div>Appetizers & Open Bar</div> <div>30</div> | <div>Click here to learn more about The Oaks at Bethesda!</div> <div>Ciara’s E-Mail: capetri@bethesdahealth.org</div> | | |