Sunday	Monday	Tuesday	Wednesday	Thursday	
					here to The Oak
			<u>Ciara's E-Mail:</u> agrosman@bethesdahealth.org	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	Club Clubhou
4	5 Shred It Event Shred Bins Arrive Today! (Located in the CH) 3:00 Armchair Travels – The Great Lakes (CH)	6 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class 7 (CH) 6:00 Social Hour (CH) 6:30 Happy Hour with "Deb Sharn" (CH)	8 2:00-2:45 Strength & Stretch with GymGuyz (CH)	Clubhou
Happy Mother's Day! 11	12	Angela Office Hours 13 12:30-2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 4:30 Dinner Outing to "Uncle Julios" (Limit of 16) *Please Sign Up in the Clubhouse*	14 2:00 Yoga/Stretch Class (CH)	15 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	Shred It Clubhou
18	19 3:00 Mimosas on the Patio All are Welcome! 5:15 Book Club (CH)	20 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	21 2:00 Yoga/Stretch Class (CH)	22 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	2:00 Lin Clubhou
25	Happy Memorial Day! 26	12:30-2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH) 2:00 Phyllis and Judy to Entertain (G)	2:00-2:45 29 Strength & Stretch with GymGuyz (CH) 11:00A Lunch Outing to Mama's on the Hill and Missouri Baking Company Trip	2:00 Lin
	vity Special Activity Reservations Lo	5:15 Men's Club (CH) Clubhouse Reserved 11 AM	6:00 Happy Hour at the Clubhouse (CH)	(Limit of 12) CASH ONLY *Sign Up in the Clubhouse*	Clubhou

Key: Outing Activity at Gardens Activity Special Activity Reservations Location: (CH) Clubhouse, (A) Annex, (G) Gardens



