

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> <div>July</div> <div>2025</div> </div> <div> <div>Oaks</div> <div> <div>Ciara's E-Mail:</div> <div>cagrosman@bethesdahealth.org</div> </div> </div> </div>						
		Angela Office Hours 9:30 – 11 AM 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (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) 6:30-8:30P Game Night at the Clubhouse	 2:00 Line Dance Class with Mona (CH) Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	
		1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH) 6:00 Social Hour (CH) 6:30 Happy Hour with "Bryan Foggs" (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	9:45 AM Tour of the Fabulous Fox Theater *Sign Up at Clubhouse* 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00 Line Dance Class with Mona (CH) Clubhouse Annex Reserved 10 AM	10:00 Coffee at the Clubhouse
		Angela Office Hours 9:30 – 11 AM 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH)	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 11AM Lunch Outing to The Sawmill BBQ Pub & Grill *Sign up at Clubhouse* 2:00-2:45 Strength & Stretch with GymGuyz (CH)	1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00 Line Dance Class with Morgan (CH) Clubhouse Annex Reserved 10 AM	
		Angela Office Hours 12:30-2 PM 12:00 Fairmount Park Outing *Sign Up at Clubhouse* 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00 Line Dance Class with Morgan (CH) Clubhouse Annex Reserved 10 AM	
		Angela Office Hours 9:30 – 11 AM 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH) Clubhouse Reserved 11 AM	2:00 Yoga/Stretch Class (CH) 6:00 Happy Hour (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Armchair Travels – New Zealand (CH)	Click here to learn more about The Oaks at Bethesda!	