

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August 2025</h1>					1 1:30 Water Aerobics at Barclay House *No Transportation Available 2:00 Chair Exercise at the Clubhouse (CH) *LAST FRIDAY CLASS* Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	2
3	4 2:00 Chair Exercise at the Clubhouse (CH)	5 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)	6 2:00 Yoga/Stretch Class (CH) 6:00 Happy Hour (CH)	7 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 6:30 – 8:30 PM Game Night at the Clubhouse (CH)	8 1:30 Water Aerobics at Barclay House *No Transportation Available Clubhouse Annex Reserved 10 AM	9 10:00 Coffee at the Clubhouse
10	11 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH) 8:15 “La Cage Aux Folles” *No Transportation Available* (Many Carpool) Sign up at the Clubhouse *8 Tickets Available*	12 Angela Office Hours 12:30 – 2 PM 1:30 Water Aerobics at Barclay House *No Transportation Available* 2:00-2:45 Strength & Stretch with GymGuyz (CH)	13 4:00 Come get the “Scoop” on the Women’s Board (CH) *Informational Flyer on Back* (Men are welcome to come and get ice cream!) 2:00 Yoga/Stretch Class (CH)	14 2:00-2:45 Strength & Stretch with GymGuyz (CH) 1:00 Hidden Gems of St. Louis Ride Along Tour *Sign up at the Clubhouse*	15 1:30 Water Aerobics at Barclay House *No Transportation Available Clubhouse Annex Reserved 10 AM	16
17 	18 2:00 Chair Exercise at the Clubhouse (CH) 8:15 “Jersey Boys” *No Transportation Available* (Many Carpool) Sign up at the Clubhouse *8 Tickets Available*	19 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)	20 2:00 Yoga/Stretch Class (CH)	21 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:00 Happy Hour (CH) 6:00 Gateway Harmonica Club to Entertain (CH)	22 1:30 Water Aerobics at Barclay House *No Transportation Available Clubhouse Annex Reserved 10 AM	23
24	25 2:00 Chair Exercise at the Clubhouse (CH)	26 Angela Office Hours 12:30 – 2 PM 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	27 2:00 Yoga/Stretch Class (CH) 6:00 Entertainment with Rekha (CH) *Beer, Wine, and Soda*	28 2:00-2:45 Strength & Stretch with GymGuyz (CH) 1:00 St. Louis Library Clark Branch Tour & Genealogy Information 1:30 Tour *Sign Up at the Clubhouse* 5:30 Resident Happy Hour (CH)	29 1:30 Water Aerobics at Barclay House *No Transportation Available Clubhouse Annex Reserved 10 AM	30
31	<div>  <div> Click here to learn more about The Oaks at Bethesda! </div> <div> Ciara’s E-Mail: cagrosman@bethesdahealth.org </div> </div>					