

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div>September</div><div>2025</div></div><div>Oaks</div></div>						
	<div>Happy Labor Day!</div> <div>No Exercise Today!</div> <div>2:00 Labor Day Bash & Potluck – BYO Drinks (CH)</div> <div>4:00 Anita Duo to Perform (Outside, Weather Permitting) *Inside if too hot or raining*</div>	<div>Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div>	<div>2:00 Yoga/Stretch Class (CH)</div> <div>No Happy Hour Tonight due to Labor Day</div>	<div>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>6:30 – 8:30 PM Game Night at the Clubhouse (CH)</div>	<div>Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM</div>	
	<div>2:00 Chair Exercise at the Clubhouse (CH)</div> <div>5:15 Book Club (CH)</div>	<div>Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>4:00 Dinner Outing at P.F. Changs (5 PM Reservation) *Sign up at the CH*</div>	<div>2:00 Yoga/Stretch Class (CH)</div>	<div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>12:00 Outing to the Science Center: Pompei Exhibit *Sign up at the CH*</div>	<div>Clubhouse Annex Reserved 10 AM</div>	<div>10:00 Coffee at the Clubhouse</div>
	<div>2:00 Chair Exercise at the Clubhouse (CH)</div> <div>3:00 Veteran Photo Shoot for Veteran Wall Updates (CH)</div>	<div>Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>2:30 The Side by Side Ukers (G)</div>	<div>2:00 Yoga/Stretch Class (CH)</div> <div>6:00 Social Hour (CH) 6:30 Happy Hour with The Boyd Kasten Duo (CH) Open Bar & Appetizers</div>	<div>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div>	<div>3:00 Armchair Travels – Sojourn in Sweden (CH)</div> <div>Clubhouse Annex Reserved 10 AM</div>	
	<div>2:00 Chair Exercise at the Clubhouse (CH)</div>	<div>Angela Office Hours 12:30 – 2 PM 10:00 Eckerts for Lunch, Wagon Ride, and Shopping *Sign up at the CH*</div> <div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div>	<div>2:00 Yoga/Stretch Class (CH)</div>	<div>2:00-2:45 Strength & Stretch with GymGuyz (CH)</div>	<div>Clubhouse Annex Reserved 10 AM</div>	
	<div>2:00 Chair Exercise at the Clubhouse (CH)</div>	<div>Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)</div> <div>5:15 Men’s Club (CH)</div>	<div><div>Ciara’s E-Mail: cagrosman@bethesdahealth.org</div><div>Click here to learn more about The Oaks at Bethesda!</div></div>			