Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	tol		Oaks		300	
	Ciara's E-Mail: cagrosman@bethesdahealth.org	25	Last day to sign up for the 1 flu clinic! 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)	Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	4
5	2:00 Chair Exercise at the Clubhouse (CH)	7 Angela Office Hours 12:30 – 2 PM	2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:30 Caramel Apple Bar with Cider (CH)	10:00 Coffee at the Clubhouse
		2:00-2:45 Strength & Stretch with GymGuyz (CH)	6:00 Social Hour (CH) 6:30 Fall Happy Hour with "Stacy McClenahan (CH)		Clubhouse Annex Reserved 10 AM	
12	2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH) Clubhouse Cardroom Reserved 9 AM – 3:30P	Angela Office Hours 9:30 - 11 AM 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)	Clubhouse Annex Reserved	18
19	20 2:00 Chair Exercise at the Clubhouse (CH)	Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	10A Outing to Pere Marquette & Calhoune County (CH) 11:30A Lunch Reservations *Sign Up at Clubhouse* 2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	Clubhouse Annex Reserved	25
26	2:00 Chair Exercise at the Clubhouse (CH)	Angela Office Hours 12:30 - 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	29 2:00 Yoga/Stretch Class (CH) 6:00 Social Hour (CH) 6:30 Halloween Happy Hour with Deb Sharn (CH)	2:00-2:45 30 Strength & Stretch with GymGuyz (CH) 10:45A Lunch at the Lemp Mansion & Tour 11:30A Lunch Reservation *Please see other side for more information* *Sign Up at Clubhouse*	Clubhouse Annex Reserved	Click here to learn more about The Oaks at Bethesda!