Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ece.		CI20	25	***************************************	
Qake	1 2:00 Chair Exercise at the Clubhouse (CH)	Angela Office Hours 9:30 – 11 AM 2 10:30 Anita Rosamond's Coffee Concert at The Kirkwood Performing Arts Center - \$20 Tickets *Tickets can be purchased ahead of time* (NO TRANSPORTATION FOR THIS) 2:00-2:45 Strength & Stretch with GymGuyz (OC)	2:00 Yoga/Stretch Class (CH) 6:00 Social Hour 6:30 Happy Hour with "The Anita Duo" (CH)	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Game Day at the Clubhouse All Are Welcome!	Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	6
7	2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (OC)	Angela Office Hours 12:30 - 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (OC) 4:30 Outing to Tilles Park Christmas Lights (OC) *Sign up at Clubhouse* Clubhouse Reserved 11 AM - 1:45 PM	2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	Clubhouse Annex Reserved	10:00 Coffee at the Clubhouse (OC)
Happy Hanukkah! 14	2:00 Chair Exercise at the Clubhouse (CH)	Angela Office Hours 16 9:30 - 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (OC) 5 - 6:30P Holiday Party at the Clubhouse Annex	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	20
21	2:00 Chair Exercise at the Clubhouse (CH)	NO OFFICE HOURS 2:00-2:45 Strength & Stretch with GymGuyz (OC)	NO TRANSPORTATION TODAY 2:00 Yoga/Stretch Class (CH)	MERRY CHRISTMAS! 25 NO TRANSPORTATION TODAY NO EXERCISE TODAY!	NO TRANSPORTATION TODAY Clubhouse Annex Reserved 10 AM	27
28	2:00 Chair Exercise at the Clubhouse (CH)	2:00-2:45 Strength & Stretch with GymGuyz (OC) 5:15 Men's Club (OC)	2:00 Yoga/Stretch Class (CH)	Ciara's E-Mail: cagrosman@bethesdahealth.c	Click here to The Oaks	learn more about at Bethesda!