

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026						
<b>Oaks</b>						
						
<a href="#">Click here to learn more about The Oaks at Bethesda!</a>						
						
4	2:00 Chair Exercise at the Clubhouse (CH)	5	Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	6	2:00 Yoga/Stretch Class (CH)  6:00 Oaks Happy Hour (CH)	7
11	2:00 Chair Exercise at the Clubhouse (CH)  5:15 Book Club (CH)	12	Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	13	2:00 Yoga/Stretch Class (CH)	14
18	2:00 Chair Exercise at the Clubhouse (CH)	19	No Office Hours Today	20	2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Night at the Movies (CH) “Oppenheimer”	21
25	2:00 Chair Exercise at the Clubhouse (CH)	26	Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)  5:15 Men’s Club (CH)	27	2:00 Yoga/Stretch Class (CH)  5:00 Social Hour 5:30 Happy Hour with “Lawrence & Richard” (CH)	28
1	No Transportation Today!  2:00-2:45 Strength & Stretch with GymGuyz (CH)	2	No Transportation Today!  Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	3		
8		9		10	10:00 Coffee at the Clubhouse (CH)	
14	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH  2:00-2:45 Strength & Stretch with GymGuyz (CH)  4:15 Dinner Outing to EdgeWild Sign up at the CH! *Weather Permitting*	15		16		17
21		22		23		24
29	2:00-2:45 Strength & Stretch with GymGuyz (CH)  5:30 Resident Happy Hour (CH)	30	3:00 Armchair Travels – Alaska!  Clubhouse Annex Reserved 10 AM	31		