

Saturday

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