

SundayMondayTuesdayWednesdayThursdayFridaySaturday

Oaks

February2026

Ciara's E-Mail:
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1	2 2:00 Chair Exercise at the Clubhouse (CH)	3 No Office Hours Today! 2:00-2:45 Strength & Stretch with GymGuyz (CH)	4 2:00 Yoga/Stretch Class (CH)	5 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Armchair Travels "Singapore"	6 Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	7
8 5:30 Superbowl Sunday The Seahawks vs. The Patriots	9 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH)	10 Angela Office Hours 12:30 – 2 PM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	11 2:00 Yoga/Stretch Class (CH) 5:00 Social Hour 5:30 Valentine's Happy Hour with "Deb Sharn" (CH)	12 2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Game Day at the Clubhouse All Are Welcome!	13 Clubhouse Annex Reserved 10 AM	14 10:00 Coffee at the Clubhouse (CH)
15	16 2:00 Chair Exercise at the Clubhouse (CH)	17 No Office Hours Today! 2:00-2:45 Strength & Stretch with GymGuyz (CH) 4:15 Dinner Outing to Kobe Japanese Steakhouse Sign up at the CH! *Weather Permitting*	18 2:00 Yoga/Stretch Class (CH)	19 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Night at the Movies (CH) "CODA"	20 Clubhouse Annex Reserved 10 AM	21
22	23 2:00 Chair Exercise at the Clubhouse (CH)	24 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	25 2:00 Yoga/Stretch Class (CH)	26 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	27 Clubhouse Annex Reserved 10 AM	28

Click here to learn more about

The Oaks at Bethesda!

Key: Outing Event at Gardens Activity Special Activity Office Hours Reservations Location: (FC) Fitness Center, (CH) Chapel, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room