

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Oaks

# February 2026

Ciara's E-Mail:  
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1	2:00 Chair Exercise at the Clubhouse (CH)	2	No Office Hours Today! 2:00-2:45 Strength & Stretch with GymGuyz (CH)	3	2:00 Yoga/Stretch Class (CH)	4	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"	5	Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	6		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	10:00 Coffee at the Clubhouse (CH)	14
15	2:00 Chair Exercise at the Clubhouse (CH)	16	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*	17	2:00 Yoga/Stretch Class (CH)	18	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"	19	Clubhouse Annex Reserved 10 AM	20		21
22	2:00 Chair Exercise at the Clubhouse (CH)	23	Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	24	2:00 Yoga/Stretch Class (CH)	25	2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	26	Clubhouse Annex Reserved 10 AM	27		28

[Click here to learn more about](#)

[The Oaks at Bethesda!](#)