March 2026

Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2:00 Chair Exercise at the Clubhouse (CH)	3 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	4 2:00 Yoga/Stretch Class (CH) 5:00 Social Hour (CH) 5:30 Happy Hour with "Stacy McClenahan" (CH)	5 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	6 Clubhouse Reserved 11 AM Clubhouse Annex Reserved 11 AM	7
8	9 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH)	10 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH)	11 2:00 Yoga/Stretch Class (CH)	12 2:00-2:45 Strength & Stretch with GymGuyz (CH)	13 Clubhouse Reserved 11 AM	14 10:00 Coffee at the Clubhouse (CH)
15	16 2:00 Chair Exercise at the Clubhouse (CH)	Happy St. Patrick's Day! 17 NO OFFICE HOURS TODAY 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class 18 (CH) 5:00 Social Hour (CH) 5:30 Happy Hour with "Ken Roberts" (CH)	9:15 Shopping (Please call Gardens to Sign 19 Up) Pickup at the CH 11:15A Lunch Outing to Helen Fitzgerald's *Sign Up in Activity Book* 2:00-2:45 Strength & Stretch with GymGuyz (CH) Clubhouse Cardroom Reserved 9 AM – 3PM	20 Clubhouse Reserved 11 AM	21
22	23 2:00 Chair Exercise at the Clubhouse (CH)	Angela Office Hours 24 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Night at the Movies (CH) "CODA"	25 2:00 Yoga/Stretch Class (CH)	Happy Opening Day! 26 2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:15 Cards Home Opener Starts 5:30 Resident Happy Hour (CH)	27 2:00 Travelog to London: Then and Now (CH) Clubhouse Reserved 11 AM	28
29	30 2:00 Chair Exercise at the Clubhouse (CH)	31 Angela Office Hours 9:30 – 11 AM 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	Click here to learn more about The Oaks at Bethesda!		Ciara's E-Mail: cagrosman@bethesdahealth.org	

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