

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April

2026

Oaks

Ciara's E-Mail:
cagrosman@bethesdahealth.org

				<p>2:00 Yoga/Stretch Class 1 (CH)</p> <p>6:00 Rekha Dravina to Entertain on Piano with Beer and Wine</p> <p>*Light, Cold Appetizers* This will be at the Redbud Tree Court Clubhouse</p>		<p>2</p> <p>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p>		<p>3</p> <p>Good Friday</p> <p>Clubhouse Reserved 11 AM</p> <p>Clubhouse Annex Reserved 10 AM</p>					
<p>Easter Sunday 5</p> 		<p>6</p> <p>2:00 Chair Exercise at the Clubhouse (CH)</p>		<p>7</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p> <p>5:30 Night at the Movies "Wicked"</p>		<p>8</p> <p>2:00 Yoga/Stretch Class (CH)</p> 		<p>9</p> <p>11:15 Lunch Outing to Walnut Grill</p> <p>*Sign Up in Activity Book*</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p>		<p>10</p> <p>Clubhouse Annex Reserved 10 AM</p>		<p>11</p> <p>10:00 Coffee at the Clubhouse (CH)</p>	
<p>12</p>		<p>13</p> <p>2:00 Chair Exercise at the Clubhouse (CH)</p> <p>5:15 Book Club (CH)</p>		<p>14</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p>		<p>15</p> <p>2:00 Yoga/Stretch Class (CH)</p> <p>5:00 Social Hour</p> <p>5:30 Happy Hour with Bryan Foggs (CH Annex)</p>		<p>16</p> <p>9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p>		<p>17</p> <p>Clubhouse Annex Reserved 10 AM</p>		<p>18</p>	
<p>19</p>		<p>20</p> <p>2:00 Chair Exercise at the Clubhouse (CH)</p>		<p>21</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p> <p>3:00 Game Day at the Clubhouse (CH)</p>		<p>22</p> <p>2:00 Yoga/Stretch Class (CH)</p>		<p>23</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p> <p>5:30 Resident Happy Hour (CH)</p>		<p>24</p> <p>2:00 Armchair Travels: Chile (CH)</p> <p>Clubhouse Annex Reserved 10 AM</p> 		<p>25</p>	
<p>26</p>		<p>27</p> <p>2:00 Chair Exercise at the Clubhouse (CH)</p>		<p>28</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p> <p>5:15 Men's Club (CH)</p>		<p>29</p> <p>2:00 Yoga/Stretch Class (CH)</p>		<p>30</p> <p>2:00-2:45 Strength & Stretch with GymGuyz (CH)</p>		<p>Click here to learn more about The Oaks at Bethesda!</p> 			