



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Clubhouse Reserved 3P – 7P	2:00 Chair Exercise at the Clubhouse (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH) 5:00 Social Hour 5:30 Happy Hour with the Boyd Duo (CH Annex)	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	Kentucky Derby 2 11A First Race 5:57 Post Time of Kentucky Derby (Broadcast on NBC & Peacock)
Happy Mother's Day! 10	11	12	13	14	15	16
	2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH) 	2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Game Day at the Clubhouse (CH)	Clubhouse Annex Reserved 10 AM	10:00 Coffee at the Clubhouse (CH)
17	18	19	20	21	22	23
	2:00 Chair Exercise at the Clubhouse (CH) 	2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	2:00 Yoga/Stretch Class (CH)	9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) 2:00 Steve Haupt to Entertain – DR at Gardens	Clubhouse Annex Reserved 10 AM	
24	25	26	27	28	29	30
	Memorial Day No Transportation Today No Exercise Today	2:00-2:45 Strength & Stretch with GymGuyz (CH)	2:00 Yoga/Stretch Class (CH)	2:00-2:45 Strength & Stretch with GymGuyz (CH) 2:00 Steve Haupt to Entertain – DR at Gardens 5:30 Resident Happy Hour (CH)	Clubhouse Annex Reserved 10 AM	
31	<p>Click here to learn more about The Oaks at Bethesda!</p>					