

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 2:00 Chair Exercise at the Clubhouse (CH)	4 2:00-2:45 Strength & Stretch with GymGuyz (CH)	5 2:00 Yoga/Stretch Class (CH) 5:30 Happy Hour with Richard & Lawrence (CH Annex)	6 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH)	7 2:00 Happy Hour with "Bryan Foggs" – Dining Room at Gardens Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	8 10:00 Coffee at the Clubhouse (CH)
9 	10 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH) 7:30 Muny Gates Open 8:15 Muny Show: Meet Me in St. Louis *8 Tickets Available* *No Bethesda Transportation for Show*	11 2:00-2:45 Strength & Stretch with GymGuyz (CH)	12 2:00 Yoga/Stretch Class (CH)	13 2:00-2:45 Strength & Stretch with GymGuyz (CH) 3:00 Game Day at the Clubhouse (CH)	14 Clubhouse Annex Reserved 10 AM	15
16	17 2:00 Chair Exercise at the Clubhouse (CH) 7:30 Muny Gates Open 8:15 Muny Show: Something Rotten! *8 Tickets Available* *No Bethesda Transportation for Show*	18 2:00-2:45 Strength & Stretch with GymGuyz (CH) 	19 2:00 Yoga/Stretch Class (CH)	20 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 – Dining Room at Gardens	21 Clubhouse Annex Reserved 10 AM	22
23	24 2:00 Chair Exercise at the Clubhouse (CH)	25 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Men's Club (CH)	26 2:00 Yoga/Stretch Class (CH) LUNCH OUTING TBD	27 2:00-2:45 Strength & Stretch with GymGuyz (CH) 2:30 Shaw Nature Preserve Presentation with The Botanical Gardens (Gardens) 5:30 Resident Happy Hour (CH)	28 Clubhouse Annex Reserved 10 AM	29
30	31 2:00 Chair Exercise at the Clubhouse (CH)	Click here to learn more about The Oaks at Bethesda!				