

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2026 September Oaks						
		1 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	2 2:00 Yoga/Stretch Class (CH)	3 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 2:00-2:45 Strength & Stretch with GymGuyz (CH) Tentative Office Hours 12:30P – 3:30P	4 Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	5
6	7 Happy Labor Day! NO EXERCISE TODAY! 2:00 Labor Day Bash & Potluck – BYO Drinks (CH) 4:00 Labor Day Entertainment with the Anita Duo (CH) (Outside, Weather Permitting)	8 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	9 2:00 Yoga/Stretch Class (CH)	10 2:00-2:45 Strength & Stretch with GymGuyz (CH) Tentative Office Hours 12:30P – 3:30P 3:00 Game Day at the Clubhouse (CH)	11 3:00 Armchair Travels – Montreal! (CH) Clubhouse Annex Reserved 10 AM	12 10:00 Coffee at the Clubhouse (CH)
13	14 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH) Last day to RSVP for lunch at Barclay on the 17th! *Limit of 10*	15 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	16 2:00 Yoga/Stretch Class (CH) 5:00 Social Hour (CH Annex) 5:30 Happy Hour with Bryan Foggs (CH Annex)	17 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 12-2P Lunch & Swimming at Barclay! *No transportation* Please RSVP by the 14th at the Clubhouse Tentative Office Hours 12:30P – 3:30P 2:00-2:45 Strength & Stretch with GymGuyz (CH)	18 10:00 AM Lunch Outing to Eckert's! 11:00AM Lunch 12:30 PM Guided History of Eckert's Tour & Wagon Ride \$10.00 for tour + lunch *Sign up at Clubhouse on Redbud Tree Court* Clubhouse Annex Reserved 10 AM	19
20	21 2:00 Chair Exercise at the Clubhouse (CH)	22 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	23 2:00 Yoga/Stretch Class (CH) 12:00 PM Lunch Outing to Schlafly Bottleworks *Sign up in Activity Book*	24 Tentative Office Hours 12:30P – 3:30P 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	25 2:30 Fall Pie Social *Bring your favorite pie recipe to share!* (CH) Clubhouse Annex Reserved 10 AM	26
27	28 2:00 Chair Exercise at the Clubhouse (CH)	29 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Men's Club (CH)	30 2:00 Yoga/Stretch Class (CH) 5:00 Dinner Outing to Maggiano's *Sign up at the Clubhouse)	Click here to learn more about The Oaks at Bethesda!		