

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Click here to learn more about The Oaks at Bethesda!				1 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	2 Clubhouse Reserved 11 AM Clubhouse Annex Reserved 10 AM	3
4	5 2:00 Chair Exercise at the Clubhouse (CH)	6 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	7 2:00 Yoga/Stretch Class (CH) 5:30 A Night Among the Stars Happy Hour (CH Annex) *RSVP by September 30th*	8 2:00-2:45 Strength & Stretch with GymGuyz (CH) Tentative Office Hours 12:30P – 3:30P 3:00 Game Day at the Clubhouse (CH)	9 Clubhouse Annex Reserved 10 AM	10 10:00 Coffee at the Clubhouse (CH)
11	12 2:00 Chair Exercise at the Clubhouse (CH) 5:15 Book Club (CH)	13 Tentative Office Hours 9:30A – 11:30A 9A – 12P Flu Clinic 2:00-2:45 Strength & Stretch with GymGuyz (CH)	14 2:00 Yoga/Stretch Class (CH)	15 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the CH 11:15 Lunch at Mangia Bella's & Historic Washington, MO Tour *12 Person Limit* Sign Up at the Clubhouse 2:00-2:45 Strength & Stretch with GymGuyz (CH)	16 Clubhouse Annex Reserved 10 AM	17
18	19 11:30 Brunch at the Clubhouse Bloody Mary's & Mimosas! (CH Annex) *RSVP at the Clubhouse 2:00 Chair Exercise at the Clubhouse (CH)	20 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH)	21 2:00 Yoga/Stretch Class (CH)	22 Tentative Office Hours 12:30P – 3:30P 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:30 Resident Happy Hour (CH)	23 2:00 Armchair Travels – Czech Republic Clubhouse Annex Reserved 10 AM	24
25	26 2:00 Chair Exercise at the Clubhouse (CH)	27 Tentative Office Hours 9:30A – 11:30A 2:00-2:45 Strength & Stretch with GymGuyz (CH) 5:15 Men's Club (CH)	28 2:00 Yoga/Stretch Class (CH) 5:30 Halloween Happy Hour with Deb Sharn (CH Annex)	29 2:00-2:45 Strength & Stretch with GymGuyz (CH) Tentative Office Hours 12:30P – 3:30P	30 Clubhouse Annex Reserved 10 AM	31