November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2:00 Chair Exercise at the Clubhouse (Annex)	3 2:00-2:45 Strength & Stretch with GymGuyz (Annex)	4 2:00 Yoga/Stretch Class (Annex) 5:00 Social Hour (Annex) 5:30 Happy Hour with Ken Roberts & Veteran Pinning (Annex)	5 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the Annex 2:00-2:45 Strength & Stretch with GymGuyz (Annex)	6 RSVP Due for Friendsgiving! RSVP at the Clubhouse Annex on Liggett Clubhouse Annex Reserved 10 AM	7
8	9 2:00 Chair Exercise at the Clubhouse (Annex) 5:15 Book Club (Annex)	10 2:00-2:45 Strength & Stretch with GymGuyz (Annex) 5:30 Friendsgiving! *Please RSVP at the Annex along with what dish you will be bringing by November 6th*	11 2:00 Yoga/Stretch Class (Annex)	12 2:00-2:45 Strength & Stretch with GymGuyz (Annex)	13 Clubhouse Annex Reserved 10 AM	14 10:00 Coffee at the Clubhouse (Annex)
15	16 2:00 Chair Exercise at the Clubhouse (Annex)	17 2:00-2:45 Strength & Stretch with GymGuyz (Annex)	18 2:00 Yoga/Stretch Class (Annex)	19 9:15 Shopping (Please call Gardens to Sign Up) Pickup at the Annex 11A Washington, MO Lunch and Tour Makeup 2:00-2:45 Strength & Stretch with GymGuyz (Annex)	20 2:00 Armchair Travels Aviation Around the World Clubhouse Annex Reserved 10 AM	21
22	23 2:00 Chair Exercise at the Clubhouse (Annex)	24 2:00-2:45 Strength & Stretch with GymGuyz (Annex) 5:15 Men's Club (CH)	25 2:00 Yoga/Stretch Class (Annex)	26 Happy Thanksgiving! NO EXERCISE TODAY!	27 Clubhouse Annex Reserved 10 AM	28
29	30 2:00 Chair Exercise at the Clubhouse (Annex)	Click here to learn more about The Oaks at Bethesda!				

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Key: Outing Event at Gardens Activity Special Activity Office Hours Reservations Location: (CH) Clubhouse on Redbud Tree Ct (Annex) Clubhouse on Liggett