

# November

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
<b>10:30: Exercise with Shanie</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Shanie</b>
9	10	11	12	13	14	15
<b>10:30: Exercise with Shanie</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Shanie</b>
16	17	18	19	20	21	22
<b>10:30: Exercise with Shanie</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Shanie</b>
23	24	25	26	27	28	29
<b>10:30: Exercise with Shanie</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>10:30: Chair Exercise with Savannah</b>	<b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>11:00: Exercise w/ Paz</b>	<b>10:30: Chair Exercise w/ Savannah</b>	<b>10:30: Exercise with Shanie</b>
30						
The Difference Between Living and Living Well						



# Cascade Living Group

*The Difference Between Living and Living Well*