

# December

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>Fitness Class with Hailey @ 2:30</b>	<b>Chair Zumba @10:30am Walking Club @3:00pm</b>	<b>Chair Yoga @10:15am</b>	<b>Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Chi @ 10:15am  Walking Club @3:00pm</b>	<b>Chair Chi @ 10:15am  Wii Sports @ 10:30am</b>
7	8	9	10	11	12	13
<b>Walking Club @3:00pm</b>	<b>Sit &amp; Stretch @10:15am  Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Zumba @10:15am  Walking Club @3:00pm</b>	<b>Chair Yoga @10:15am</b>	<b>Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Chi @ 10:15  Walking Club @3:00pm</b>	<b>Chair Chi @ 10:15am  Wii Sports @ 10:30am</b>
14	15	16	17	18	19	20
<b>Walking Club @3:00pm</b>	<b>Sit &amp; Stretch @10:15am  Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Zumba @10:15am  Walking Club @3:00pm</b>	<b>Chair Yoga @10:15am</b>	<b>Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Chi @ 10:15  Walking Club @3:00pm</b>	<b>Walking Club @10:15am Wii Sports @ 10:30am Fitness class with Hailey @ 2:30pm</b>
21	22	23	24	25	26	27
<b>Walking Club @3:00pm</b>	<b>Sit &amp; Stretch @10:15am  Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Zumba @10:15am  Walking Club @3:00pm</b>	<b>Chair Yoga @10:15am</b>	<b>Fitness Class with Hailey @ 2:30pm</b>	<b>Chair Chi @ 10:15  Walking Club @3:00pm</b>	<b>Chair Chi @ 10:15am  Wii Sports @ 10:30am</b>
28	29	30	31			A logo with the letters "SF" in a stylized font, accompanied by a feather icon.
<b>Walking Club @3:00pm</b>	<b>Chair Zumba @ 10:15am  Music &amp; Dance @ 2:30pm</b>	<b>Walking Club @3:00pm</b>	<b>Chair Yoga @10:15am</b>			



# Cascade Living Group

*The Difference Between Living and Living Well*