


January

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Chair Chi @ 1:30pm	Sit & stretch @ 10:15am	Chair Zumba @10:15am
4	5	6	7	8	9	10
Sit & Stretch @ 10:30am	Chair Chi @ 10:15am Fitness class with Linda @ 2:30pm	Chair Zumba @ 10:15am Ball Toss @1:30pm	Chair Chi @ 10:15am	Fitness Class with Linda @ 2:30pm	Sit & stretch @ 10:15am	Chair Zumba @10:15am
11	12	13	14	15	16	17
Sit & Stretch @ 10:30am	Chair Chi @ 10:15am Fitness class with Linda @ 2:30pm	6 Chair Zumba @ 10:15am Ball Toss @1:30pm	Chair Chi @ 10:15am	Fitness Class with Linda @ 2:30pm	Sit & stretch @ 10:15am	Chair Zumba @10:15am
18	19	20	21	22	23	24
Sit & Stretch @ 10:30am	Chair Chi @ 10:15am Fitness class with Linda @ 2:30pm	6 Chair Zumba @ 10:15am Ball Toss @1:30pm	Chair Chi @ 10:15am	Fitness Class with Linda @ 2:30pm	Sit & stretch @ 10:15am	Chair Zumba @10:15am
25	26	27	28	29	30	31
Sit & Stretch @ 10:30am	Chair Chi @ 10:15am Fitness class with Linda @ 2:30pm	6 Chair Zumba @ 10:15am Ball Toss @1:30pm	Chair Chi @ 10:15am	Fitness Class with Linda @ 2:30pm	Sit & stretch @ 10:15am	Chair Zumba @10:15am



Cascade Living Group

The Difference Between Living and Living Well