

February

2026



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

The Difference Between Living and Living Well





Cascade Living Group

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