

# October

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 11:15: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/	10:30: Chair Exercise w/ Shanie
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30: Chair Exercise w/ Shanie	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel Feathers)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	10:30: Chair Exercise w/ Shanie
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:30: Chair Exercise w/ Shanie	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 11:15: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	10:30: Chair Exercise w/ Shanie
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:30: Chair Exercise w/ Shanie	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel Feathers)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel Feathers)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	10:30: Chair Exercise w/ Shanie
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
10:30: Chair Exercise w/ Shanie	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	9:30: Spring Valley Walk-about 10:30: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 11:15: Exercise w/ Paz (Steel)	9:30: Spring Valley Walk-about 10:30: Chair Exercise w/ Savannah	10:30: Chair Exercise w/ Shanie

# November

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31			27	28	

*The Difference Between Living and Li*



# December

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>11:00: Exercise w/Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Exercise w/ Paz</b>	<b>11:00: Exercise w/ Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Chair Exercise w/ Shanie</b>
7	8	9	10	11	12	13
<b>10:30: Chair Exercise w/ Shanie</b>	<b>11:00: Exercise w/ Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Exercise w/ Paz</b>	<b>11:00: Exercise w/ Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Chair Exercise w/ Shanie</b>
14	15	16	17	18	19	20
<b>10:30: Chair Exercise w/ Shanie</b>	<b>11:00: Exercise w/ Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Exercise w/ Paz</b>	<b>11:00: Exercise w/ Paz</b>	<b>9:30: Spring Valley Walk-a-bout</b>	<b>10:30: Chair Exercise w/ Shanie</b>
21	22	23	24	25	26	27
<b>10:30: Chair Exercise w/ Shanie</b>	<b>11:00: Exercise w/Paz</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Exercise w/ Paz</b>	<b>MERRY CHRISTMAS!!</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Chair Exercise w/ Shanie</b>
28	29	30	31			
<b>10:30: Chair Exercise w/ Shanie</b>	<b>10:30: Exercise w/Savannah</b>	<b>10:00: Exercise w/ Savannah</b>	<b>10:30: Exercise w/ Paz</b>			



# January

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
					<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>10:30: Chair Exercise with Shanie</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:00: Exercise with Savannah</b> <b>9:00: Spring Valley Express (walk a bout)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>	<b>10:30: Chair Exercise with Shanie</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>10:30: Chair Exercise with Shanie</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:00: Exercise with Savannah</b> <b>9:00: Spring Valley Express (walk a bout)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>	<b>10:30: Chair Exercise with Shanie</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>10:30: Chair Exercise with Shanie</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:00: Exercise with Savannah</b> <b>9:00: Spring Valley Express (walk a bout)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>	<b>10:30: Chair Exercise with Shanie</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>10:30: Chair Exercise with Shanie</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>10:00: Exercise with Savannah</b> <b>9:00: Spring Valley Express (walk a bout)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>11:00: Exercise with Paz (Steel Feathers)</b>	<b>9:00: Spring Valley Express (walk a bout)</b> <b>10:30: Exercise with Savannah</b>	<b>10:30: Chair Exercise with Shanie</b>

# February

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	28			

Cascade  
Living Group

*The Difference Between Living and Living*



# March

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

*The Difference Between Living and Living*

The logo for Senior Fitness, featuring the letters "S" and "F" stacked vertically with a feather icon to the right. Below the logo is the text "Senior Fitness" and "For our more delicate clientele".

# April

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Cascade  
Living Group

*The Difference Between Living and Living*



# May

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
						Senior Fitness For our more delicate clientele

Cascade  
Living Group

The Difference Between Living and Living

# June

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Cascade  
Living Group

*The Difference Between Living and Living*



# July

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Senior Fitness For our more delicate clientele			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
<i>The Difference Between Living and Living Well</i>						

# August

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Cascade  
Living Group

*The Difference Between Living and Living*



# September

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Cascade  
Living Group

*The Difference Between Living and Living*



# October

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	4	5	6	7	8	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	<i>The Difference Between Living and Living Well</i>					

# November

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
<i>The Difference Between Living and Living</i>						Senior Fitness For our more delicate clientele

# December

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

*The Difference Between Living and Living*





# Cascade Living Group

*The Difference Between Living and Living Well*