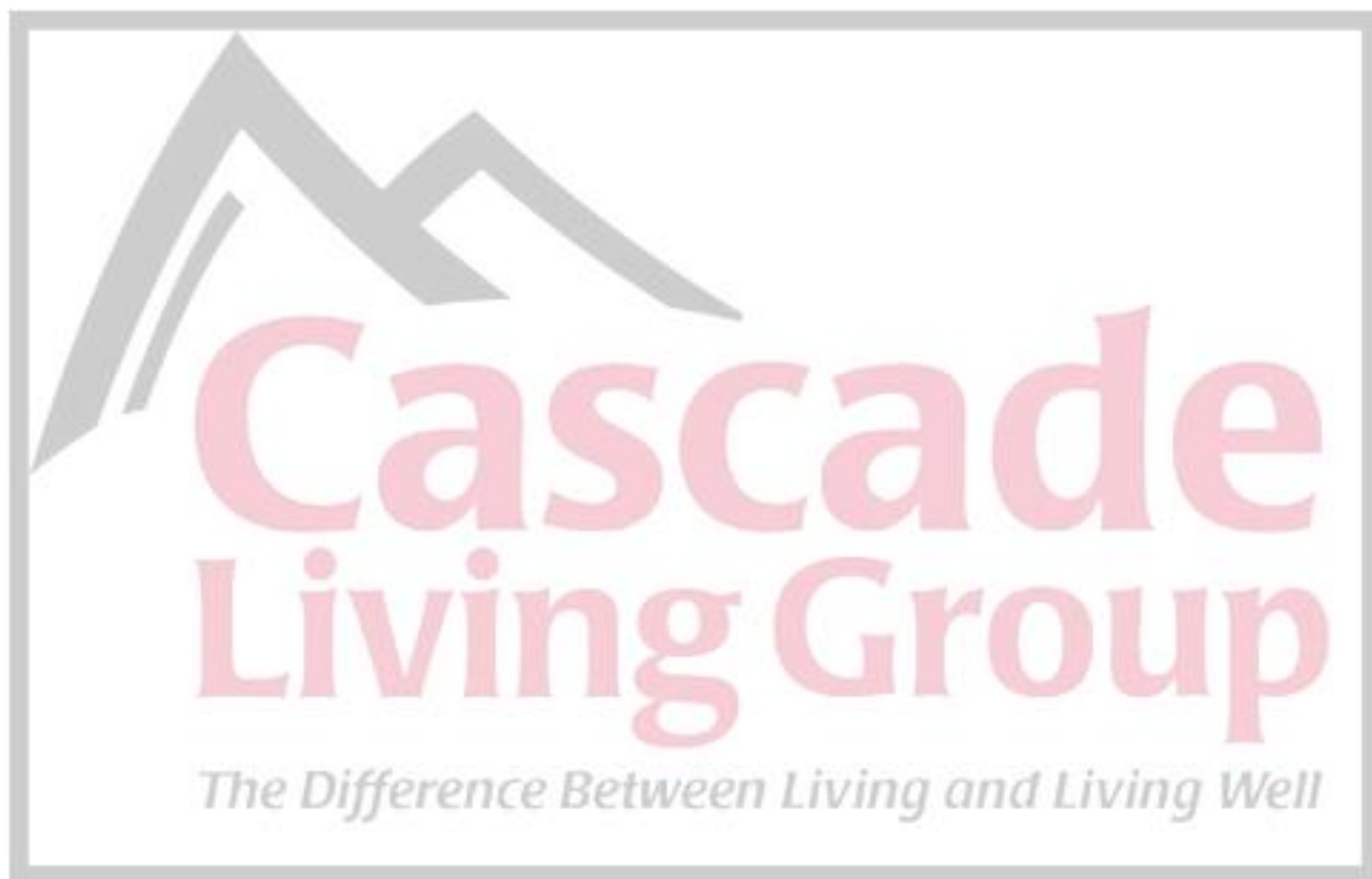


# March

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00am- Light & Lively (AR)	<b>2</b> 9:00am- Light & Lively (AR) 3:30pm-Music & Movement (LV)	<b>3</b> 9:00am- Light & Lively (AR) 10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B) 3:30pm- Music & Movement (LV)	<b>4</b> 9:00am- Light & Lively (AR) 10:00am-Balance Class (TR) 1:00pm- Hand Massages (L2)	<b>5</b> 9:00am-Light & Lively (AR) 10:00am-Gym Visits 11:00am- 1on1 Visits 1:00pm Chair Yoga (TR) 3:30pm-Music & Movement (LV)	<b>6</b> 9:00am- Light & Lively (AR)	<b>7</b> 9:00am- Light & Lively (AR)
<b>8</b> 9:00am- Light & Lively (AR)	<b>9</b> 9:00am- Light & Lively (AR) 3:30pm-Music & Movement (LV)	<b>10</b> 9:00am- Light & Lively (AR) 10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B) 3:30pm- Music & Movement (LV)	<b>11</b> 9:00am- Light & Lively (AR) 10:00am-Balance Class (TR) 1:00pm- Heart Health Exercises (TR)	<b>12</b> 9:00am-Light & Lively (AR) 10:00am-Gym Visits 11:00am- 1on1 Visits 1:00pm Chair Yoga (TR) 3:30pm-Music & Movement (LV)	<b>13</b> 1:30pm to 3:00pm Karaoke (TR)	<b>14</b> 9:00am- Light & Lively (AR)
<b>15</b> 9:00am- Light & Lively (AR)	<b>16</b> 9:00am- Light & Lively (AR) 3:30pm-Music & Movement (LV)	<b>17</b> 9:00am- Light & Lively (AR) 10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B) 3:30pm- Music & Movement (LV)	<b>18</b> 9:00am- Light & Lively (AR) 10:00am-Balance Class (TR) 1:00pm- Hand Massages (L2)	<b>19</b> 9:00am-Light & Lively (AR) 10:00am-12:00pm Health Fair 10:30am-11:30am EverFit Talk (TR) 3:30pm-Music & Movement (LV)	<b>20</b> 9:00am- Light & Lively (AR)	<b>21</b> 9:00am- Light & Lively (AR)
<b>22</b> 9:00am- Light & Lively (AR)	<b>23</b> 9:00am- Light & Lively (AR) 3:30pm-Music & Movement (LV)	<b>24</b> 9:00am- Light & Lively (AR) 10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B) 3:30pm- Music & Movement (LV)	<b>25</b> 9:00am- Light & Lively (AR) 10:00am-Balance Class (TR) 1:00pm- Heart Health Exercises (TR)	<b>26</b> 9:00am-Light & Lively (AR) 10:00am-Gym Visits 11:00am- 1on1 Visits 1:00pm Chair Yoga (TR) 3:30pm-Music & Movement (LV)	<b>27</b> 1:30pm to 3:00pm Karaoke (TR)	<b>28</b> 9:00am- Light & Lively (AR)
<b>29</b> 9:00am- Light & Lively (AR)	<b>30</b> 9:00am- Light & Lively (AR) 3:30pm-Music & Movement (LV)	<b>31</b> 9:00am- Light & Lively (AR) 3:30pm- Music & Movement (LV)				



# Cascade Living Group

*The Difference Between Living and Living Well*