

# April

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
5	6	7	8	9	10	11
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 10:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
12	13	14	15	16	17	18
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 10:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
19	20	21	22	23	24	25
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 10:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Drumming	9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball
26	27	28	29	30		
9:00 Be Balanced 10:30 Wii Bowling	9:00 Be Balanced 10:00 Sit & Stretch 10:30 Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling	9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Drumming		



# Cascade Living Group

*The Difference Between Living and Living Well*