

April

Activities Subject to Change

2026 All led in the Eagle's Nest



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30 Light & Lively Exercise 11:00 Balance Class With Crystal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crvstal	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
5	6	7	8	9	10	11
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
12	13	14	15	16	17	18
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
19	20	21	22	23	24	25
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class With Crystal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
26	27	28	29	30		
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	9:30 Light & Lively Exercise 11:00 Balance Class With Crystal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Linda	All classes are held in the Eagle's Nest on the 2nd Floor	<p>Creekside Continuing Care Community <small>The Difference Between Living and Living Well</small></p>



Cascade Living Group

The Difference Between Living and Living Well