

# April

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			8:30 NU Step 9:00 Chair Yoga w/ Irene 11:00 Easy Walking	8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL	8:30 NU Step 9:00 Chair Chi w/ Bernie 11:00 Easy Walking	8:30 NU Step 9:00 Everfit w/ Renay 11:00 Easy Walking
5	6	7	8	9	10	11
8:30 NU Step 11:00 Easy Walking	8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL	8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL	8:30 NU Step 9:30 Chair Yoga w/ Irene 11:00 Easy Walking	8:30 NU Step 9:00 Steel Feathers Strech & Tone with Jeff -AL 9:30 Steel Feathers Strech & Tone with Jeff - IL	8:30 NU Step 9:00 Chair Chi w/ Bernie 11:00 Easy Walking	8:30 NU Step 9:00 Everfit w/ Renay 11:00 Easy Walking
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30		
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# Cascade Living Group

*The Difference Between Living and Living Well*