

# May

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<b>Stretching @10:30am</b>	<b>Morning Exercise @10:30am</b>
3	4	5	6	7	8	9
<b>Morning Exercise @10:30am</b>	<b>Dance Party @ 10:30 am Fitness Class A/B House @ 2:30pm</b>	<b>Morning Exercise @10:30am</b>	<b>Stretching @ 10:30am Walking Club @ 2:30pm</b>	<b>Dance Party @ 10:30 am Fitness Class C/D House @ 2:30pm</b>	<b>Stretching @10:30am</b>	<b>Morning Exercise @10:30am</b>
10	11	12	13	14	15	16
<b>Morning Exercise @10:30am</b>	<b>Dance Party @ 10:30 am Fitness Class A/B House @ 2:30pm</b>	<b>Morning Exercise @10:30am</b>	<b>Stretching @ 10:30am Walking Club @ 2:30pm</b>	<b>Dance Party @ 10:30 am Fitness Class C/D House @ 2:30pm</b>	<b>Stretching @10:30am</b>	<b>Morning Exercise @10:30am</b>
17	18	19	20	21	22	23
<b>Morning Exercise @10:30am</b>	<b>Dance Party @ 10:30 am Fitness Class A/B House @ 2:30pm</b>	<b>Morning Exercise @10:30am</b>	<b>Stretching @ 10:30am Walking Club @ 2:30pm</b>	<b>Dance Party @ 10:30 am Fitness Class C/D House @ 2:30pm</b>	<b>Stretching @10:30am</b>	<b>Morning Exercise @10:30am</b>
24	25	26	27	28	29	30/31
<b>Morning Exercise @10:30am</b>	<b>Dance Party @ 10:30 am Fitness Class A/B House @ 2:30pm</b>	<b>Morning Exercise @10:30am</b>	<b>Stretching @ 10:30am Walking Club @ 2:30pm</b>	<b>Dance Party @ 10:30 am Fitness Class C/D House @ 2:30pm</b>	<b>Stretching @10:30am</b>	<b>Morning Exercise @10:30am</b>



# Cascade Living Group

*The Difference Between Living and Living Well*