


# May

# 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>ALL ASSISTED FITNESS AND COGNITIVE SERVICES</b>					<b>1</b>	<b>2</b>
					<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Sit &amp; Stretch 10:30 Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Zumba</b>	<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Sit &amp; Stretch 10:30 Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Zumba</b>	<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Sit &amp; Stretch 10:30 Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Zumba</b>	<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30/31</b>
<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Sit &amp; Stretch 10:30 Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Fitness 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:00 Chair Yoga 10:30 Wii Bowling 1:00 Zumba</b>	<b>9:00 Be Balanced 10:30 Wii Bowling</b>	<b>9:00 Be Balanced 10:30 Wii Bowling 1:00 Noodle Ball</b>



# Cascade Living Group

*The Difference Between Living and Living Well*