

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 ALL ASSISTED FITNESS AND COGNITIVE SERVICES	 Creekside Continuing Care Community <small>The Difference Between Living and Living Well</small>				1	2
					9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Indoor Walks
3	4	5	6	7	8	9
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
10	11	12	13	14	15	16
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
17	18	19	20	21	22	23
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
24	25	26	27	28	29	30/31

9:30 Light & Lively Exercise	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise	9:30 Light & Lively Exercise
11:00 Chair Exercise	11:00 Chair Exercise With Linda	11:00 Chair Exercise With Linda		11:00 Chair Exercise With Linda		11:00 Indoor Walks



Cascade Living Group

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