

July

2026



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



Cascade Living Group

The Difference Between Living and Living Well