

July

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Meet for Indoor/ Outdoor Walks
5	6	7	8	9	10	11
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Meet for Indoor/ Outdoor Walks
12	13	14	15	16	17	18
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Meet for Indoor/ Outdoor Walks
19	20	21	22	23	24	25
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Meet for Indoor/ Outdoor Walks
26	27	28	29	30	31	
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	Activities Subject to Change All Classes held in the Eagle's Nest



Cascade Living Group

The Difference Between Living and Living Well