

July

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	(LV) Living Room (TR) Theater Room (L2) 2ND Floor Library (B) Bistro (L) Lobby		10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR) 2:15pm- 1 to 1 Visits	10:00am- Gym Fitness 11:00am- Walk Group (L) 1:15pm- Chair Yoga (TR)	1:30pm- Karaoke (TR)	
5	6	7	8	9	10	11
		10:00am-Fitness Class (LV) 2:00pm- Juice Bar (B)	10:00am- Walk Group meet (L) 1:15pm- Balance & Cardio (TR)	10:00am- Gym Fitness 11:00am- Walk Group (L) 1:15pm- Chair Yoga (TR)		
12	13	14	15	16	17	18
		10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B)	10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR) 2:15PM- 1 to 1 Visits	10:00am- Gym Fitness 1:15pm- Chair Yoga (TR) 2:15pm- 1 to 1 Visits		
19	20	21	22	23	24	25
		10:00am- Fitness Class (LV) 2:00pm- Juice Bar (B)	10:00am- Walk Group meet (L) 1:15pm- Hand Massage (L2) 3:00-pm- 1 to 1 Visits		1:30pm- Karaoke (TR)	
26	27	28	29	30	31	



Cascade Living Group

The Difference Between Living and Living Well