

July

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 ALL ASSISTED FITNESS AND COGNITIVE SERVICES			1	2	3	4
			2pm Zumba	9am Fitness Focus 2pm Chair Chi	10:15am Cornhole	10am Wii Games Independent Walking
5	6	7	8	9	10	11
10am Wii Games Independent Walking	2pm Zumba	9am Fitness Focus 2pm Zumba	2pm Zumba	9am Fitness Focus 2pm Chair Chi	10:15am Cornhole	10am Wii Games Independent Walking
12	13	14	15	16	17	18
10am Wii Games Independent Walking	2pm Zumba	9am Fitness Focus 2pm Zumba	2pm Zumba	9am Fitness Focus 2pm Chair Chi	10:15am Cornhole	10am Wii Games Independent Walking
19	20	21	22	23	24	25
10am Wii Games Independent Walking	2pm Zumba	9am Fitness Focus 2pm Zumba	2pm Zumba	9am Fitness Focus 2pm Chair Chi	10:15am Cornhole	10am Wii Games Independent Walking
26	27	28	29	30	31	
10am Wii Games Independent Walking	2pm Zumba	9am Fitness Focus 2pm Zumba	2pm Chair Chi	9am Fitness Focus 2pm Chair Chi	10:15am Cornhole	



Cascade Living Group

The Difference Between Living and Living Well