

August

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sat 1 & 2	3	4	5	6	7	8
Stretching @ 10:30am Morning exercise @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda A/B house @ 2:30pm	Walking Club @ 10:30am	Chair Zumba @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda C/D house @ 2:30	Walking Club @ 10:30am	Morning Exercise @ 10:30am
9	10	11	12	13	14	15
Stretching @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda A/B house @ 2:30pm	Walking Club @ 10:30am Corn Hole @ 1:30pm	Chair Zumba @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda C/D house @ 2:30	Walking Club @ 10:30am	Morning Exercise @ 10:30am
16	17	18	19	20	21	22
Stretching @ 10:30am	Dance Party @ 10:30am	Walking Club @ 10:30am Corn Hole @ 1:30pm	Chair Zumba @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda C/D house @ 2:30	Walking Club @ 10:30am	Morning Exercise @ 10:30am
23	24	25	26	27	28	29
Stretching @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda A/B house @ 2:30pm	Walking Club @ 10:30am Corn Hole @ 1:30pm	Chair Zumba @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda C/D house @ 2:30	Walking Club @ 10:30am	Morning Exercise @ 10:30am
30	31					
Stretching @ 10:30am	Dance Party @ 10:30am Fitness Class with Linda A/B house @ 2:30pm					A logo consisting of a large, stylized letter 'A' with a smaller 'A' inside it, positioned above the text "ALL ASSISTED FITNESS AND COGNITIVE SERVICES". ALL ASSISTED FITNESS AND COGNITIVE SERVICES



Cascade Living Group

The Difference Between Living and Living Well