

September

2026



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



ALL ASSISTED
FITNESS AND COGNITIVE SERVICES



Cascade Living Group

The Difference Between Living and Living Well