

September

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10:00 am -10:30am Strength Training 3:00 pm- 3:30pm Drum to music	10:00 am -10:30am Strength Training 3:00pm-3:30pm Seated Yoga	10:00 am -10:30am Strength Training	10:00 am -10:30am Strength Training	
6	7	8	9	10	11	12
1:30-2:00pm Exercise with Jen	10am-10:30am Strength Training 11:00 am Cornhole or Bocce	10:00 am -10:30am Strength Training 3:00 pm- 3:30pm Drum to music	10:00 am -10:30am Strength Training 3:00pm-3:30pm Seated Yoga	10:00 am -10:30am Strength Training	10:00 am -10:30am Strength Training	
13	14	15	16	17	18	19
1:30-2:00pm Exercise with Jen	10am-10:30am Strength Training 11:00 am Cornhole or Bocce	10:00 am -10:30am Strength Training 3:00 pm- 3:30pm Drum to music	10:00 am -10:30am Strength Training 3:00pm-3:30pm Seated Yoga	10:00 am -10:30am Strength Training	10:00 am -10:30am Strength Training	
20	21	22	23	24	25	26
1:30-2:00pm Exercise with Jen	10am-10:30am Strength Training 11:00 am Cornhole or Bocce	10:00 am -10:30am Strength Training 3:00 pm- 3:30pm Drum to music	10:00 am -10:30am Strength Training 3:00pm-3:30pm Seated Yoga	10:00 am -10:30am Strength Training	10:00 am -10:30am Strength Training	
27	28	29	30			A logo consisting of a large, bold, black letter 'A' with a white triangle inside it. Below the 'A' is the text "ALL ASSISTED FITNESS AND COGNITIVE SERVICES" in a smaller, black, sans-serif font.
1:30-2:00pm Exercise with Jen	10am-10:30am Strength Training 11:00 am Cornhole or Bocce	10:00 am -10:30am Strength Training 3:00 pm- 3:30pm Drum to music	10:00 am -10:30am Strength Training 3:00pm-3:30pm Seated Yoga			



Cascade Living Group

The Difference Between Living and Living Well