

August

2026



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



Cascade Living Group

The Difference Between Living and Living Well