

# September

# 2026



| Sunday                                               | Monday                                               | Tuesday                                              | Wednesday                                           | Thursday                                             | Friday                                               | Saturday                                                                       |
|------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------|
|                                                      |                                                      | 1                                                    | 2                                                   | 3                                                    | 4                                                    | 5                                                                              |
| All classes are held in the Eagle's Nest             |                                                      | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Balance Class | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Meet for Indoor Walks                    |
| 6                                                    | 7                                                    | 8                                                    | 9                                                   | 10                                                   | 11                                                   | 12                                                                             |
| 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Balance Class | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Meet for Indoor Walks                    |
| 13                                                   | 14                                                   | 15                                                   | 16                                                  | 17                                                   | 18                                                   | 19                                                                             |
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| 20                                                   | 21                                                   | 22                                                   | 23                                                  | 24                                                   | 25                                                   | 26                                                                             |
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| 27                                                   | 28                                                   | 29                                                   | 30                                                  |                                                      |                                                      | The logo for SF, featuring the letters "SF" in a stylized font with a feather. |
| 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Balance Class | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise | 9:30 Light & Lively Exercise<br>11:00 Chair Exercise |                                                                                |



# Cascade Living Group

*The Difference Between Living and Living Well*