

September

2026



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



Cascade Living Group

The Difference Between Living and Living Well