

October

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 ALL ASSISTED FITNESS AND COGNITIVE SERVICES				1	2	3
				9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
4	5	6	7	8	9	10
9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
11	12	13	14	15	16	17
9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
18	19	20	21	22	23	24
9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)
25	26	27	28	29	30	31
9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Zumba (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)	9:15 Ever-Fit (DW)



Cascade Living Group

The Difference Between Living and Living Well