

October

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:30 Light & Lively Exercise 11:00 Chair Exercise With Madysen	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise
4	5	6	7	8	9	10
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Balance Class With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Madysen	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise
11	12	13	14	15	16	17
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Balance Class With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Madysen	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise
18	19	20	21	22	23	24
9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Balance Class With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise With Madysen	9:30 Light & Lively Exercise 11:00 Chair Exercise With Crytal	9:30 Light & Lively Exercise 11:00 Chair Exercise
25	26	27	28	29	30	31
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Cascade Living Group

The Difference Between Living and Living Well