

October

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 ALL ASSISTED FITNESS AND COGNITIVE SERVICES				1	2	3
	(LV) Living Room (TR) Theater Room (L2) 2ND Floor Library (B) Bistro (L) Lobby			10:00am- Gym Fitness 11:00am-1 to 1 visit 1:30pm- Chair Yoga (TR)		
4	5	6	7	8	9	10
		10:00am-Fitness Class (TR) 2:30pm- Juice Bar (B)	10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR)	10:00am- Gym Fitness 11:00am-1 to 1 visit 1:30pm- Chair Yoga (TR)	1:30pm- Karaoke (TR)	
11	12	13	14	15	16	17
		10:00am-Fitness Class (TR) 2:30pm- Juice Bar (B)	10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR)	10:00am- Gym Fitness 11:00am-1 to 1 visit 1:30pm- Chair Yoga (TR)		
18	19	20	21	22	23	24
		10:00am-Fitness Class (TR) 2:30pm- Juice Bar (B)	10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR)			
25	26	27	28	29	30	31
		10:00am-Fit Class (LV)	10:00am-Walk Group meet (L) 1:15pm- Balance & Cardio (TR)	1:15pm- Chair Yoga Qigong (TR)	1:30pm- Karaoke (TR)	



Cascade Living Group

The Difference Between Living and Living Well