



The Residences' After Hours
Emergency Maintenance:

Please *call* (563) 590-6572. You will automatically be connected with the maintenance employee on-call.



The Residences
March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday	2 Thrive 11:00 Core 1:00 Strength 1:30 Happy Hour 4:00 	3 Stretch/Balance 11:00	4
5 Club House Reserved 8:00am-2:00pm	6 Strength 10:45	7 Core 10:15 Strength 10:45	8 Gentlemen's Coffee Klatch 9:30  Ladies' Coffee 9:30	9 Core 1:00 Strength 1:30	10 Stretch/Balance 11:00	11
12 Daylight Savings Time Begins 	13 Strength 10:45 Chaplain 1:00	14 Core 10:15 Strength 10:45	15 Book Club 1:00 	16 Thrive 11:00 Core 1:00 Strength 1:30	17 Blood Pressure Checks 10:30  Stretch/Balance 11:00 	18
19	20 Strength 10:45 Chaplain 1:00 1st day of Spring! 	21 Core 10:15 Strength 10:45	22	23 Core 1:00 Strength 1:30	24 Stretch/Balance 11:00	25
26	27 Strength 10:45 Chaplain 1:00	28 Core 10:15 Strength 10:45	29	30 Core 1:00 Strength 1:30	31 Stretch/Balance 11:00	<i>Subject to Change</i>