



The Residences

OCTOBER 2017

The Residences' After Hours
Emergency Maintenance:

Please **call** (563) 213-4157. You will automatically be connected with the maintenance employee on-call.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Thrive 1:00	4	5 Happy Hour 4:00	6	7
8 Club House Reserved 12:00-4:00	9	10	11	12 Potluck 11:30 	13 Men's Coffee 9:30	14 Residences' Breakfast 8:00-12:00 Parade of Homes Grand Meadows 12:00-5:00
15 Parade of Homes Grand Meadows 12:00	16 Fall classes start! Chair Yoga 11:00	17 Strength Circuit 9:30 Thrive 1:00	18 Ladies' Coffee 9:30 Floor Yoga 11:00 Book Club 1:00	19 Strength 9:30 Arthritis Aquatics 3:30	20 Blood Pressure Checks 10:30-11:00 Pergola Night 4:00	21 Parade of Homes Grand Meadows 12:00-5:00
22 Parade of Homes Grand Meadows 12:00-5:00	23 Chair Yoga 11:00 Residences' Quarterly Meeting 1:30	24 Strength Circuit 9:30 Thrive 1:00	25 Club House Reserved 9:00-11:00am Floor Yoga 11:00	26 Strength 9:30 Arthritis Aquatics 3:30	27	28 Club House Reserved 12:00-3:00
29	30 Chair Yoga 11:00	31 Strength Circuit 9:30 Halloween Happy Hour 4:00		NOTE: ALL yoga classes will be held at Grand Meadows Arth. Aquatics will be @ Hydroworx pool	<i>Calendar Subject to Change</i>	