












**The Residences' After Hours**  
**Emergency Maintenance:**

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



**The Residences**

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NOTE:</b> ALL yoga classes will be held at Grand Meadows</p> <p>Arth. Aquatics will be @ Hydroworx pool</p>	<p><i>Calendar Subject to Change</i></p>		1	2	3	4
<p>5 "Fall Back" 1 hour! Daylight Savings Ends Club House Reserved 10:00-2:30</p>	<p>6 Chair Yoga 11:00</p>	<p>7 Strength Circuit 9:30</p> <p>Thrive 1:00 </p>	<p>8 Floor Yoga 11:00</p>	<p>9 Strength 9:30</p> <p>Arthritis Aquatics 3:30</p>	<p>10 Men's Coffee 9:30 </p>	<p>11 Club House Reserved 2:00-6:00</p> <p></p>
<p>12</p>	<p>13 Chair Yoga 11:00</p> <p>Club House Reserved 12:30-4:00</p>	<p>14 Strength Circuit 9:30</p> <p>Thrive 1:00</p>	<p>15 Ladies' Coffee 9:30 </p> <p>Floor Yoga 11:00</p> <p>Book Club 1:00 </p>	<p>16 Conference Room Reserved 8:00-5:00</p> <p>Blood Pressures 9:00 </p> <p>Strength 9:30 </p> <p>Arthritis Aquatics 3:30</p>	<p>17 </p> <p>Social Night @ the Club House 4:00</p>	<p>18 Club House Reserved 3:00-7:00</p>
<p>19</p>	<p>20 Chair Yoga 11:00</p>	<p>21 Strength Circuit 9:30</p>	<p>22 Floor Yoga 11:00</p>	<p>23 </p>	<p>24</p>	<p>25 Club House Reserved 4:00-8:00</p>
<p>26</p>	<p>27 Chair Yoga 11:00</p>	<p>28 Strength Circuit 9:30</p>	<p>29 Floor Yoga 11:00</p>	<p>30 Strength 9:30</p> <p>Arthritis Aquatics 3:30</p>		