



The Residences' After Hours
Emergency Maintenance:

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



The Residences

December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NOTE: ALL yoga classes will be held at Grand Meadows *Arth. Aquatics will be @ Hydroworx pool</p>	<p><i>Calendar Subject to Change</i></p>				1	2 Club House Reserved 11:00-4:00
3	4 Club House Reserved 9:00-11:00 Chair Yoga 11:00	5 Strength Circuit 9:30 Thrive 1:00	6 Floor Yoga 11:00	7 Strength 9:30 Arthritis Aquatics 3:30 Happy Hour 4:00	8 Men's Coffee 9:30 ☕	9
10 Club House Reserved 10:00-2:00	11 Chair Yoga 11:00	12 Strength Circuit 9:30	13 Floor Yoga 11:00 Thrive 1:00 Club House Reserved 5:00-9:00	14 Strength 9:00 Residences' Christmas Brunch 10:30 Arthritis Aquatics 3:30	15	16
17	18 Chair Yoga 11:00	19 Strength Circuit 9:30	20 Ladies' Coffee 9:30 ☕ Floor Yoga 11:00 Book Club 1:00	21 Blood Pressure Checks 9:00 📱 Strength 9:30 Arthritis Aquatics 3:30	22	23 Club House Reserved 11:00-5:00
24 Club House Reserved 11:00-4:00 Club House Reserved 4:00-10:00		26	27	28	29	30
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