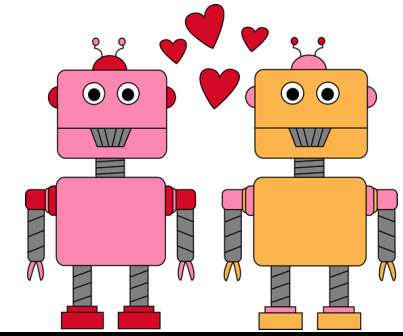






The Residences

# February 2018

**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
	<i>Calendar Subject to Change</i>			1 10:00 Strength <b>NO</b> Arthritis Aquatics 4:00 Happy Hour 	2 	3
4	5 11:00 Floor Yoga 1:30 Living Strong	6 10:30 Strength Circuit	7 11:00 Chair Yoga	8 <b>9:00</b> Strength <b>11:30 Potluck</b>  3:30 Arthritis Aquatics	9 9:30 Men's Coffee 	10 Dinner Night Out! 5:30 Meet at Morocco
11	12 11:00 Floor Yoga 1:30 Living Strong	13 10:30 Strength Circuit	14 11:00 Chair Yoga 	15 9:30 Blood Pressure Checks  10:00 Strength 3:30 Arthritis Aquatics	16  4:00 Social Night at the Club House	17
18	19 11:00 Floor Yoga 1:30 Living Strong 	20 10:30 Strength Circuit 1:00 <b>Thrive</b> (Located at the Bistro~Grand Meadows)	21 9:30 Ladies' Coffee  11:00 Chair Yoga 1:00 Book Club 	22 10:00 Strength 3:30 Arthritis Aquatics	23	24
25	26 11:00 Floor Yoga 1:30 Living Strong	27 10:30 Strength Circuit	28 11:00 Chair Yoga <b>Club House Reserved 8:00am-12:00pm</b>			<b><u>Please Note:</u></b> *Yoga is held at Grand Meadows *Arthritis Aquatics is held at the Hydroworx