



The Residences

MARCH 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
<p><i>Calendar Subject to Change</i></p>	<p>Please Note: *Yoga is held at Grand Meadows *Arthritis Aquatics is held at the Hydroworx</p>			<p>1 10:00 Strength NO Arthritis Aquatics 4:00 Happy Hour  6:30 Thrive at the Bistro</p>	2	3
4	<p>5 11:00 Floor Yoga 1:30 Living Strong</p>	6 10:30 Strength Circuit	7 11:00 Chair Yoga Club House Reserved 12:30-4:00	8 10:00 Strength 3:30 Arthritis Aquatics	9 9:30 Men's Coffee 	10 Club House Reserved 12:00-4:00 Dinner Night Out 5:30 Meet at Morocco
11 Time to Spring Ahead! 	12 11:00 Floor Yoga Club House Reserved 12:00-4:00 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 *Last week of Winter exercise session*	19 11:00 Floor Yoga 1:30 Living Strong	20 10:30 Strength Circuit 1:00 Thrive (Bistro) 	21 9:30 Ladies' Coffee  11:00 Chair Yoga 1:00 Book Club 	22 10:00 Strength 3:30 Arthritis Aquatics 6:00 Trivia Practice!	23	24
25	26	27	28	29 3:30 Arthritis Aquatics	30	31