



The Residences

April 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
1 	2	3	4	5 NO Arthritis Aquatics 4:00 Happy Hour  6:30 Thrive (Bistro)	6	7
8 Spring exercise session begins this week! Club House Reserved 6:30-9:00pm (tentative)	9 11:00 Chair Yoga Club House Reserved 12:00-4:00 2:00 Stretch it Out!	10 10:30 Strength Circuit	11 11:00 Floor Yoga 1:30 Living Strong	12 9:00 Strength 11:30 Potluck 3:30 Arthritis Aquatics	13 9:30 Men's Coffee  7:00 Trivia Night  at the Meadows	14 Dinner Night Out 5:30 meet at Timmerman's (?)
15	16 11:00 Chair Yoga 2:00 Stretch it Out!	17 10:30 Strength Circuit Club House Reserved 11:00-2:00 1:00 Thrive (Bistro)	18 9:30 Ladies' Coffee  11:00 Floor Yoga 1:00 Book Club  1:30 Living Strong	19 8:00 Sale Prep  9:30 Blood Pressures 10:00 Strength 3:30 Arthritis Aquatics	20 Rummage Sale! 7:00 am-4:00pm	21
22 Happy Earth Day! 	23 11:00 Chair Yoga 1:30 Town Hall Meeting NO Stretch	24 10:30 Strength Circuit	25 11:00 Floor Yoga 1:30 Living Strong	26 10:00 Strength 3:30 Arthritis Aquatics	27  4:00 Social Night at the Pergola!	28
29	30 11:00 Chair Yoga 2:00 Stretch it Out!				Please Note: *Yoga classes are held at Grand Meadows *Arthritis Aquatics is held at the Hydroworx	<i>Calendar Subject to Change</i>