







The Residences

May 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 10:30 Strength Circuit	2 11:00 Floor Yoga 1:30 Living Strong	3 10:00 Strength NO Arthritis Aquatics 4:00 Happy Hour 	4	5
6	7 11:00 Chair Yoga 2:00 Stretch it Out!	8 10:30 Strength Circuit	9 11:00 Floor Yoga 1:30 Living Strong	10 10:00 Strength 3:30 Arthritis Aquatics	11 9:30 Men's Coffee  Dinner Night Out! 5:30 Meet @ Moracco	12
13 	14 11:00 Chair Yoga 2:00 Stretch it Out!	15 10:30 Strength Circuit Club House Reserved 4:00-8:00	16 9:30 Ladies' Coffee  11:00 Floor Yoga 1:00 Book Club  1:30 Living Strong	17 9:30 Blood Pressures 10:00 Strength  3:30 Arthritis Aquatics	18  4:00 Social Night at the Pergola!	19
20 Last week of Spring classes!	21 11:00 Chair Yoga 2:00 Stretch it Out!	22 10:30 Strength Circuit	23 11:00 Floor Yoga 1:30 Living Strong	24 10:00 Strength 3:30 Arthritis Aquatics	25	26
27	28 	29	30	31	Please Note: *Yoga classes are held at Grand Meadows *Arthritis Aquatics is held at the Hydroworx	