



The Residences

# July 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<br>2:00 Water Aerobics<br><br>Club House Reserved<br>6:30-9:30pm  | 3<br>10:30 Strength Circuit<br><br>2:45 Arthritis Aquatics                                 | 4<br>   | 5<br>10:00 Strength<br><br>2:45 Ai Chi<br>4:00 Happy Hour  | 6<br>12:15 Stretch It Out!  | 7<br>Club House Reserved<br>2:00-8:00<br>Pool Reserved<br>2:00-5:00 |
| 8<br>Club House Reserved<br>9:00-1:00  | 9<br>2:00 Water Aerobics  | 10<br>10:30 Strength Circuit<br><br><b>1:30 Thrive (Bistro)</b><br>2:45 Arthritis Aquatics | 11<br>11:00 Chair Yoga<br><br>2:00 Aqua Zumba   | 12<br>10:00 Strength<br><br>2:45 Ai Chi   | 13<br>9:30 Men's Coffee <br><b>NO</b> Stretch It Out<br>Dinner Night Out<br>5:30 Timmerman's | 14  |
| 15 Club House & Pool<br>Reserved 1:00-4:00 for<br>Residences' Ice Cream<br>Social! | 16<br>2:00 Water Aerobics   | 17<br>10:30 Strength Circuit<br><br>2:45 Arthritis Aquatics                                | 18<br>9:30 Ladies' Coffee <br>11:00 Chair Yoga<br>1:00 Book Club <br>2:00 Aqua Zumba | 19<br>9:30 BP Checks <br>10:00 Strength<br>2:45 Ai Chi     | 20<br>12:15 Stretch It Out!<br><br>4:00 Social Night <br>at the Pergola                    | 21<br>Club House Reserved<br>12:00-4:00                             |
| 22   | 23<br><b>1:30 Town Hall Meeting</b><br><br><b>NO</b> Water Aerobics | 24<br>10:30 Strength Circuit<br><br>2:45 Arthritis Aquatics                                | 25<br>11:00 Chair Yoga<br><br>2:00 Aqua Zumba   | 26<br>Conference Room<br>Reserved 4:30-5:30   | 27  | 28  |
| 29   | 30<br>2:00 Water Aerobics   | 31<br>10:30 Strength Circuit<br><br>2:45 Arthritis Aquatics                                |   |   |   | <i>Calendar<br/>Subject to<br/>Change</i>                           |