






**The Residences' After Hours  
Emergency Maintenance:**

Please *call* (563) 213-4157. You will automatically be connected with the maintenance employee on-call.



The Residences

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>			1 11:00 Chair Yoga	2 10:00 Strength  2:45 Ai Chi 4:00 Happy Hour 	3 <b>11:30 Stretch It Out!</b>  <b>Club House Reserved 5:00-9:00</b>	4
5	6	7 <b>1:30 Thrive (Bistro)</b>	8	9 11:30 Potluck  	10 9:30 Men's Coffee   5:30 Dinner Night Out @ The Bridge	11 <b>Pool Reserved 1:00-3:00</b>
12 Session 2 wellness classes begin!	13  2:00 Water Aerobics	14 10:30 Strength Cir.  <b>1:30 Thrive (Bistro)</b> 2:45 Arthritis Aquatics	15 9:30 Ladies' Coffee  11:00 Floor Yoga 1:00 Book Club  2:00 Aqua Zumba	16 9:30 BP Checks  10:00 Strength  2:45 Ai Chi	17 12:15 Stretch It Out!  4:00 Social Night at the pergola 	18 <b>Club House Reserved 11:00-3:00</b>
19 <b>Club House Reserved 1:00-5:00</b> <b>Pool Reserved 1:00-4:00</b>	20  2:00 Water Aerobics	21 10:30 Strength Circuit  <b>1:30 Thrive (Bistro)</b> 2:45 Arthritis Aquatics	22 <b>Club House &amp; Conf. Room Reserved 8-1</b> 11:00 Floor Yoga 2:00 Aqua Zumba	23 10:00 Strength  2:45 Ai Chi	24 12:15 Stretch It Out!	25
26	27  <b>2:00 Aqua Zumba</b>	28 10:30 Strength Circuit  2:45 Arthritis Aquatics	29  <b>2:00 Water Aerobics</b>	30 10:00 Strength  2:45 Ai Chi	31 12:15 Stretch It Out!	