










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

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



The Residences September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>						1 Club House Reserved 6:00-9:00pm
2 Pool Reserved 3:00-5:00pm	3 	4 10:30 Strength Circuit 2:45 Arthritis Aquatics	5 11:00 Floor Yoga 2:00 Aqua Zumba	6 10:00 Strength 2:45 Ai Chi 4:00 Happy Hour 	7 12:15 Stretch It Out!	8 Club House Reserved 10:00-2:00 Club House Reserved 3:00-5:00
9	10 2:00 Water Aerobics	11 10:30 Strength Circuit 2:45 Arthritis Aquatics	12 11:00 Floor Yoga 2:00 Aqua Zumba	13 10:00 Strength 2:45 Ai Chi	14 9:30 Men's Coffee 12:15 Stretch It Out!	15 5:30 Dinner Night Out @ Country Heights Supper Club
16	17 2:00 Water Aerobics	18 10:30 Strength Circuit 2:45 Arthritis Aquatics	19 9:30 Ladies' Coffee  11:00 Floor Yoga 1:00 Book Club  2:00 Aqua Zumba	20 9:30 BP Checks  10:00 Strength 2:45 Ai Chi	21 12:15 Stretch It Out! 4:00 Social Night 	22 
23	24 2:00 Water Aerobics	25 10:00 Strength 2:45 Arthritis Aquatics	26 Club House Reserved 8:30-11:00am 11:00 Floor Yoga 2:00 Aqua Zumba	27 10:30 Strength Circuit 2:45 Ai Chi	28 12:15 Stretch It Out!	29 Final Pool Weekend
30 Final Pool Weekend						