



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

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



The Residences

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>	1 Club House Reserved 10:30am-12:00pm	2	3	4 4:00 Happy Hour 	5	6
7	8 Pool Closed for Winter	9 1:30 Thrive (Bistro)	10	11 11:30 Potluck 	12 9:30 Men's Coffee 	13
14 Fall session of wellness classes begins!	15 11:00 Chair Yoga	16 10:30 Strength Circuit 1:30 Thrive (Bistro) 2:45 Arthritis Aquatics	17 9:30 Ladies' Coffee  11:00 Floor Yoga 1:00 Book Club  2:00 Living Strong	18 9:30 BP Checks 10:00 Strength 2:45 Balance  4:00 Dinner Night Out @ Breitbach's	19 12:15 Stretch It Out! 4:00 Social Night 	20 Residences' Pancake Breakfast 8:00-12:00
21	22 11:00 Chair Yoga 1:30 Town Hall Meeting	23 10:30 Strength Circuit 2:45 Arthritis Aquatics	24 11:00 Floor Yoga 2:00 Living Strong	25 10:00 Strength 2:45 Balance	26 12:15 Stretch It Out!	27
28	29 11:00 Chair Yoga	30 10:30 Strength Circuit 2:45 Arthritis Aquatics	31 11:00 Floor Yoga 2:00 Living Strong 4:00 Halloween Party 			