



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

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



The Residences

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Happy New Year!</i> 	2	3 4:00 Happy Hour 	4 Club House reserved 1:00-4:00	5
6 Winter Session #1 starts!	7 11:00 Chair Aerobics	8 10:30 Strength Circuit 2:45 Arthritis Aquatics	9 11:00 Chair Yoga 2:00 Living Strong	10 10:00 Strength 2:45 Balance/Core	11 9:30 Men's Coffee  12:15 Stretch It Out!	12 5:30 Dinner Night Out @ Timmerman's
13 Club House reserved 11:00-4:00	14 11:00 Chair Aerobics	15 10:30 Strength Circuit 1:30 Thrive (Bistro) 2:45 Arthritis Aquatics	16 9:30 Ladies' Coffee  11:00 Chair Yoga 2:00 Living Strong	17 9:30 BP Checks  10:00 Strength 2:45 Balance/Core	18 12:15 Stretch It Out! 4:00 Social Night 	19
20	21 11:00 Chair Aerobics 1:00 Book Club	22 10:30 Strength Circuit 1:00 Coloring Group 2:45 Arthritis Aquatics	23 11:00 Chair Yoga 2:00 Living Strong	24 10:00 Strength 2:45 Balance/Core	25 12:15 Stretch It Out!	26
27	28 11:00 Chair Aerobics	29 10:30 Strength Circuit 1:30 Thrive (Bistro) 2:45 Arthritis Aquatics	30 11:00 Chair Yoga 2:00 Living Strong	31 10:00 Strength 2:45 Balance/Core		