



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

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

The Residences

May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>	<i>Yoga is held at the Grand Meadows' exercise room</i>		1	2 4:00 Happy Hour 5:30 Conference Room Reserved	3	4 Pond Clean Up! 9:00 Reserved 11:00-4:00
5 Spring Session Starts Reserved 10:00-2:00 Reserved 4:00-8:00	6 11:00 Power Yoga	7 10:30 Strength Battle 2:45 Fall Prevention	8 10:30 Core Control Reserved 12:00-2:00 2:00 Zumba Gold 2:30 Sale prep	9 Rummage Sale 10:00-4:00 10:00 Strength 2:45 Tai Chi	10 Rummage Sale 8:00-12:00 9:30 Men's Coffee 11:45 Stretch it Out!	11
12 Reserved 12:00-4:00 Mother's Day	13 11:00 Power Yoga	14 10:30 Strength Battle 2:45 Fall Prevention	15 9:30 Ladies' Coffee 10:30 Core Control 2:00 Zumba Gold	16 9:30 Blood Pressure Checks 10:00 Strength 2:45 Tai Chi	17 11:45 Stretch it Out! 5:30 Dinner Night Out @ Catfish Charlie's	18
19 Reserved 1:00-5:00	20 11:00 Power Yoga 1:00 Book Club	21 10:30 Strength Battle 2:45 Fall Prevention	22 10:30 Core Control Reserved 12:00-2:00 2:00 Zumba Gold	23 10:00 Strength 2:45 Tai Chi	24 11:45 Stretch It Out! 4:00 Pergola Night	25
26 Last week of Spring Session	27 Memorial Day	28 10:30 Strength Battle 2:45 Fall Prevention	29 10:30 Core Control 2:00 Zumba Gold	30 10:00 Strength 2:45 Tai Chi	31 11:45 Stretch It Out!	