



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

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



The Residences November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Stretch It Out! 2:45 Healthy Heart Aerobics	2 10:30 Chair Strength 	3 10:30 Chair Yoga	4 9:30 Strength 10:30 Strength	5 10:30 Chair Fitness	6
7 	8 10:30 Stretch It Out! 2:45 Healthy Heart Aerobics	9 10:30 Chair Strength	10 10:30 Chair Yoga	11 9:30 Strength 10:30 Strength 	12 9:30 Men's Coffee  10:30 Chair Fitness	13
14	15 10:30 Stretch It Out! 2:45 Healthy Heart Aerobics	16 10:30 Chair Strength	17 9:30 Ladies' Coffee  10:30 Chair Yoga	18 9:30 Strength 10:30 Strength 1:00 Book Club 	19 10:30 Chair Fitness	20
21	22 10:30 Stretch It Out! 2:45 Healthy Heart Aerobics	23 10:30 Chair Strength	24 NO CLASS	25 NO CLASS 	26 NO CLASS	27
28	29 10:30 Stretch It Out! 2:45 Healthy Heart Aerobics	30 10:30 Chair Strength				<i>Calendar subject to change</i>