



**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 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>						1
2 Winter session classes start this week!	3 10:30 Stretch 2:45 Aerobics	4 NO CLASS	5 10:30 Chair Yoga	6 9:30 Strength Circuit 10:30 Strength Circuit	7 10:30 Chair Fitness	8
9	10 10:30 Stretch 2:45 Aerobics	11 10:30 Chair Strength	12 10:30 Chair Yoga	13 9:30 Strength Circuit 10:30 Strength Circuit	14 9:30 Men's Coffee 10:30 Chair Fitness	15
16	17 <i>MLK Jr Day</i> 10:30 Stretch 2:45 Aerobics	18 10:30 Chair Strength	19 9:30 Ladies' Coffee 10:30 Chair Yoga	20 9:30 Strength Circuit 10:30 Strength Circuit	21 10:30 Chair Fitness	22
23 Club House Reserved 12:30-4:30	24 10:30 Stretch 2:45 Aerobics	25 10:30 Chair Strength	26 10:30 Chair Yoga	27 9:30 Strength Circuit 10:30 Strength Circuit 1:00 Book Club	28 10:30 Chair Fitness	29
30	31 10:30 Stretch 2:45 Aerobics					