



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

Please *call* (563) 590-6570. You will automatically be connected with the maintenance employee on-call.



The Residences

November 2022

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