









The Residences

June 2023

The Residences' After Hours
Emergency Maintenance:

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Calendar subject to change				1 9:30 Summer Class Sign-up 4:00 Happy Hour 	2	3
4	5	6 6:30-8:00 NISOM	7	8	9 9:30 Men's Coffee 	10
11 Summer session begins this week!	12 2:00 Water Aerobics	13 9:30 Standing Strength 10:30 Chair Strength 2:30 Arthritis Aquatics 6:30-8:00 NISOM	14 <i>Flag Day</i>  10:30 Stretch/Mobility 2:30 Water Aerobics	15 10:30 Strength Circuit	16 10:30 Chair Fitness 4:00 Pergola Party 	17
18 	19 <i>Juneteenth</i> 2:00 Water Aerobics	20 9:30 Standing Strength 10:30 Chair Strength 2:30 Arthritis Aquatics 6:30-8:00 NISOM	21 NO CLASSES 9:30 Ladies' Coffee   <i>Summer Solstice</i>	22 NO CLASS 1:00 Book Club  5:00 Dinner Out location TBD	23 NO CLASS	24
25	26 NO CLASS	27 NO CLASSES 6:30-8:00 NISOM	28 NO CLASSES	29 NO CLASS	30 NO CLASS	