



**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 2023

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