



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

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



The Residences

April 2024

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