

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



# The Residences September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO CLASS 	3 9:30 Standing Strength 10:30 Chair Strength	4 10:30 Stretch/Mobility 2:15 Water Aerobics  4:00-5:30 Tintera Meeting & Social	5 10:30 Strength Circuit 2:15 Arthritis Aquatics  4:00 Happy Hour 	6 10:30 Chair Fitness	7
8 	9 2:15 Water Aerobics	10 9:30 Standing Strength 10:30 Chair Strength	11 10:30 Stretch/Mobility  2:15 Water Aerobics 	12 10:30 Strength Circuit 2:15 Arthritis Aquatics  Club House Reserved 5:00-9:00	13 9:30 Men's Coffee   NO CLASS	14
15	16 NO CLASS	17 9:30 Standing Strength 10:30 Chair Strength	18 9:30 Ladies' Coffee  10:30 Stretch/Mobility  2:15 Water Aerobics	19 10:30 Strength Circuit 2:15 Arthritis Aquatics  Club House Reserved 12:00-9:00	20 10:30 Chair Fitness  4:00 Pergola Party 	21
22 Last Week of the Summer Exercise Session 	23 2:15 Water Aerobics	24 9:30 Standing Strength 10:30 Chair Strength	25 10:30 Stretch/Mobility  2:15 Water Aerobics	26 10:30 Strength Circuit  2:15 Arthritis Aquatics 5:00 Dinner Night Out	27 10:30 Chair Fitness	28
29	30			NISOM's Heartland Harmony will be using the club house every Tuesday evening from 6:30-8:00pm.	<i>Calendar subject to change</i>	<b>Location Change:</b> Book Club will be at 1:00 on September 19th, at Roses & Berries Cafe 