

# WE@Topton

## Wellness Schedule 2019 Q1 January 1<sup>st</sup> – March 31<sup>st</sup>

Activity	Instructor	Day/Time	Location	Eligibility	Fee
<b>BLAST</b> <i>(Circuit Training)</i>	Crystal Shearer	<b>Mondays</b> 8:30-9:30A	<b>Fitness Center</b>	LHT Residents HUD Residents Silver Sneakers® Members	<b>FREE!</b>
<b>Silver Sneakers® Classic</b>	Crystal Shearer (Certified Silver Sneakers® Instructor and ACSM Exercise Physiologist)	<b>Mondays &amp; Thursdays</b> 10:30-11:15A	<b>Trexler Social Hall</b>	LHT Residents HUD Residents Silver Sneakers® Members	<b>FREE!</b>
<b>Silver Sneakers® Yoga Stretch</b>	Crystal Shearer	<b>Mondays &amp; Thursdays</b> 1:30-2:00P	<b>TC 2<sup>nd</sup> Floor Lounge</b>	LHT Residents HUD Residents Silver Sneakers® Members	<b>FREE!</b>
<b>Silver Sneakers® Cardio Circuit</b>	Crystal Shearer	<b>Thursdays</b> 9:00-10:00A	<b>Trexler Social Hall</b>	LHT Residents Silver Sneakers® HUD Residents	<b>FREE!</b>
<b>Zumba® Gold</b> 	Meredith Tavares	<b>Tuesdays &amp; Fridays</b> 9:00-10:00A	<b>Henry Auditorium</b>	LHT Residents Community (\$) LHT Staff (\$)	<b>FREE</b> to LHT Residents  <b>\$5.00</b> per class
<b>Silver Balance</b>	Crystal Shearer	<b>Tuesdays</b> 9:30-10:00A	<b>BC Library</b>	PC Residents	<b>FREE!</b>



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<b>Personal Training</b>	Crystal Shearer	<b>Call 21553</b> to schedule your next session	<b>Fitness Center, Hallway, Room, etc.</b>	IL Residents PC Residents	<b>FREE!</b>
<b>(D1) Balance with Crystal</b>	Crystal Shearer	<b>Tuesdays</b> 2:00-2:30P	<b>D1 Hallway</b>	D1 Residents	<b>FREE!</b>
<b>Movin' &amp; Groovin'</b> <i>(Line Dancing)</i>	Sue Fogel & Crystal Shearer	<b>Wednesdays</b> 9:30-10:30A	<b>Henry Auditorium</b>	IL Residents HUD Residents <b>Silver Sneakers® Members</b>	<b>FREE!</b>
<b>Winter Line Dancing Social with LC</b> <i>Optional lunch to follow</i>	Sue Fogel, Crystal Shearer, & Doreen Zielinski	<b>Wednesday, February 6<sup>th</sup></b> <i>(Snow Date: February 20<sup>th</sup>)</i> 10:00-11:45A	<b>Henry Auditorium</b>	IL Residents HUD Residents <b>Silver Sneakers® Members</b>	<b>FREE!</b> Call 21553 to RSVP <i>(Lunch not included)</i>
<b>Teaching Kitchen</b> <i>(Topics on the last page)</i>	Sara Krause Thea James (R.D.)	<b>3<sup>rd</sup> Tuesday per month</b> 1:30-2:00P	<b>TC Tavern</b>	IL Residents	<b>FREE!</b> Reserve your spot: 21422
<b>Super Food Bingo</b> <i>(Topics on the last page)</i>	Sara Krause Thea James	<b>1<sup>st</sup> Tuesday per month</b> 2:00-2:30P	<b>TAR</b>	<b>PC Residents</b>	<b>FREE!</b>

**Interested in learning more about Silver Sneakers®  
and other Wellness/Fitness programs on our campus?**

Contact Crystal Shearer, Fitness Coordinator:

610-682-1553

ShearerC@diakon.org



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January 1<sup>st</sup> – March 31<sup>st</sup>



Activity	Instructor	Day/Time	Location	Eligibility	Fee
<b>Faith Talks</b>	Rev. Dr. Colleen Kristula	<b>Monday:</b> Jan. 14th & 28th Feb. 11th & 25th Mar. 4th, 11th, 18th, 25 <sup>th</sup> 12:00-1:30P	TC Tavern	IL Residents	<b>FREE!</b>
<b>Wellness Talks</b> <i>(Topics on the last page)</i>	SpiriTrust, Lutheran Home Care, & Hospice	<b>Last Friday per month:</b> Jan. 25 <sup>th</sup> , Feb. 22 <sup>nd</sup> , & Mar. 29 <sup>th</sup> 1:30-2:30P	TC Tavern	PC Residents IL Residents Community	<b>FREE!</b> Call 21553 to RSVP <i>(Lunch not included)</i>
<b>Bereavement Support</b> <i>(Topics on the last page)</i>	Rev. Dr. Colleen Kristula	<b>3<sup>rd</sup> Tuesday per month:</b> January 15 <sup>th</sup> February 19 <sup>th</sup> March 19 <sup>th</sup> 10-11:00A	Deibert Hall	PC Residents IL Residents Community	<b>FREE!</b>



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## List of Wellness Event Topics for the 1<sup>st</sup> Quarter of 2019

	January	February	March
<i>PC Residents</i> <b>Super Foods Bingo</b>	<b>Beans/ Legumes</b>	<b>Dark Chocolate</b>	<b>Oatmeal/ Whole Grains</b>
<i>IL Residents</i> <b>Teaching Kitchen</b>			
<b>Wellness Talks</b>	<b>Diarrhea/ Constipation</b>	<b>Heart Healthy Habits</b>	<b>Seasonal Allergies</b>
<b>Bereavement Support</b>	<b>New to Grief: <i>Tear</i> Soup</b>	<b>What's it all about? <i>The Tasks of Grieving</i></b>	<b>Meaning Making: <i>Journaling, Living Memorials, Rituals</i></b>



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