

WE@Topton

Wellness Schedule 2019 Q2 April 1st – June 30st

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

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Personal Training	Crystal Shearer	Availability Varies Weekly, View Monthly Calendar	Anywhere <i>(Specify when scheduling)</i>	IL Residents PC Residents	FREE! Call 21553 to schedule your next session
(D1) Balance with Crystal	Crystal Shearer	Tuesdays 2:00-2:30P	D1 Hallway	D1 Residents	FREE!
Movin' & Groovin' <i>(Line Dancing)</i> *NOTE TEMPORARY TIME CHANGES*	Sue Fogel & Crystal Shearer	Wednesday: from March 6 th until May 22 nd , April 10 th , & June 12 th 9:00-10:00A	Henry Auditorium	IL Residents HUD Residents Silver Sneakers® Members	FREE!
Movin' & Groovin'	Sue Fogel & Crystal Shearer	Wednesdays 9:30-10:30A	Henry Auditorium	IL Residents HUD Residents Silver Sneakers® Members	FREE!
Line Dancing Social with Luther Crest (Luncheon to follow)	Sue Fogel, Doreen Zielinski, & Crystal Shearer	Date to be determined 10:00A-12:00P	Henry Auditorium	IL Residents HUD Residents Silver Sneakers® Members	FREE! Call 21553 for more information <i>Lunch not included</i>
Super Food Bingo <i>(Topics on the last page)</i>	Sara Krause & Thea James <i>Registered Dieticians</i>	Tuesday: May 7th, June 4th 2:00-2:30P	TAR	PC Residents	FREE!

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Move Your Mind <i>(12-Week Series)</i>	Sara Krause & Thea James	Every Wednesday: from March 6 th until May 22 nd 10:00-11:00A	Deibert Hall	IL Residents	FREE! Reserve your spot: 21422
Faith Talks	Rev. Dr. Colleen Kristula	Monday: April 1 st , 8 th , 22 nd May 6 th , 20 th June 3 rd , 17 th 12:00-1:30P	TC Tavern	IL Residents	FREE!
Wellness Talks <i>(Topics on the next page)</i>	SpiriTrust, Lutheran Home Care, & Hospice	Friday: Apr. 26 th May 31 st June 28 th 1:30-2:30P	Trexler Social Hall	PC Residents IL Residents Community	FREE! Call 21553 to RSVP <i>(Lunch not included)</i>
Bereavement Support <i>(Topics on the next page)</i>	Rev. Dr. Colleen Kristula	3rd Tuesday per month: April 16 th May 21 st June 18 th 10-11:00A	Deibert Hall	PC Residents IL Residents Community	FREE!

Wellness Event Topics for the 2nd Quarter of 2019

Month Event	April	May	June
PC Residents Super Foods Bingo	Cancelled	Avocados	Berries
<i>IL Residents: Teaching Kitchen has been postponed until 'Move Your Mind' Series ends</i>			
Wellness Talks	Anxiety	Dealing with Hearing Loss	Dermatitis/Skin
Bereavement Support	Letting Go: What to Do with My Loved One's Possessions	Just Not Getting Over It: Depression and Complicated or Unresolved Grief	New to Grief: Tear Soup



Interested in learning more about Silver Sneakers[®]
and other Wellness programs on our campus?

Contact Crystal Shearer, Fitness Coordinator:
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