


Wellness Schedule 2018 Q4 October 1st – December 31st

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

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(IL) Balance with Crystal	Crystal Shearer	Wednesdays: Oct. 3rd, 31st Nov. 7th, 21st Dec. 5th, 19th 3:00-3:30P	TC 2nd Floor Lounge	IL Residents	FREE!
(D1) Balance with Crystal	Crystal Shearer	Tuesday 2:00-2:30P	D1 Hallway	D1 Residents	FREE!
Movin' & Groovin' <i>(Line Dancing)</i>	Sue Fogel & Crystal Shearer	Wednesday 9:30-10:30A	Henry Auditorium	IL Residents HUD Residents Silver Sneakers® Members	FREE!
Silver Balance	Crystal Shearer	Tuesday 9:30-10A	BC Library	PC Residents	FREE!
Faith Talks	Rev. Dr. Colleen Kristula	Mondays: Oct. 8 th , 22 nd Nov. 5 th , 19 th Dec. 3 rd , 17 th , 31 st 12:00-1:30P	TC Tavern	IL Residents	FREE!
Teaching Kitchen <i>Oct: Apples</i> <i>Nov: Pumpkin</i> <i>Dec: Sweet Pot.</i>	Sara Krause & Thea James	Wednesdays: Oct. 17th, Nov. 21st, Dec. 19th 1:30-2:00P	TC Tavern	IL Residents	FREE! Reserve your spot: 21422
Nutrition Bingo <i>Oct: Apples</i> <i>Nov: Pumpkin</i> <i>Dec: Sweet Pot.</i>	Sara Krause & Thea James	1st Tuesday per month 2:00-2:30P	TAR	PC Residents	FREE!



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Wellness Talks: <i>Depression</i>	Spiritrust Lutheran Home Care and Hospice	Friday Oct. 26th 1:30P	Trexler Social Hall	IL & PC Residents Community	FREE!
Wellness Talks: <i>Shingles</i>	Spiritrust Lutheran Home Care and Hospice	Friday Nov. 30th 1:30P	Trexler Social Hall	IL & PC Residents Community	FREE!
Wellness Talks: <i>Osteoporosis/ Fractures</i>	Spiritrust Lutheran Home Care and Hospice	Friday Dec. 28th 1:30P	Trexler Social Hall	IL & PC Residents Community	FREE!
Bereavement Support: <i>Just Not Getting Over It: Depression and Complicated or Unresolved Grief</i>	Rev. Dr. Colleen Kristula	Tuesday Oct. 16th 10:30-11:30A	Deibert Hall	IL & PC Residents Community	FREE! Call 610-682-1334 to Register
Bereavement Support: <i>Coping with the Holidays</i>	Rev. Dr. Colleen Kristula	Tuesday Nov. 20th 10:30-11:30A	Deibert Hall	IL & PC Residents Community	FREE! Call 610-682-1334 to Register
Bereavement Support: <i>Blue Christmas Worship Service</i>	Rev. Dr. Colleen Kristula	Tuesday Dec. 18th 7:00P	Deibert Hall	IL & PC Residents Community	FREE! Call 610-682-1334 to Register