


WE@Topton

Wellness Schedule 2020, Q1

January 1st – March 31st

Activity	Instructor	Day/Time	Location	Eligibility	Fee
BLAST <i>(Circuit Training)</i>	Crystal Shearer	Mondays 8:30-9:30A	Fitness Center	LHT Residents HUD Residents SilverSneakers® Members	FREE!
Silver Sneakers® Classic	Crystal Shearer <small>(Certified Silver Sneakers® Instructor and ACSM Exercise Physiologist)</small>	Mondays & Thursdays 10:30-11:15A	Trexler Social Hall	LHT Residents HUD Residents SilverSneakers® Members	FREE!
Silver Sneakers® Yoga Stretch	Crystal Shearer	Mondays & Thursdays 1:30-2:00P	TC 2nd Floor Lounge	LHT Residents HUD Residents SilverSneakers® Members	FREE!
Silver Sneakers® Cardio Circuit	Crystal Shearer	Thursdays 9:00-10:00A	Trexler Social Hall	LHT Residents HUD Residents SilverSneakers® Members	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
Walk this Way...	Crystal Shearer	Tuesdays 10:00-10:25A	Meet in BC Library	PC Residents	FREE!

Activity	Instructor	Day/Time	Location	Eligibility	Fee
Personal Training	Crystal Shearer	Availability Varies Weekly, View Monthly Calendar	Anywhere <i>(Specify when scheduling)</i>	LHT Residents HUD Residents SilverSneakers® Members	FREE! Call 21553 to schedule your next session
[15 min.] Movement Support Session	Crystal Shearer	Fridays 7:30-9:00A	Fitness Center	IL Residents	FREE!
(D1) Balance with Crystal	Crystal Shearer	Wednesdays 11:00-11:30A	D1 Hallway	D1 Residents	FREE!
Movin' & Groovin' <i>(Line Dancing)</i> <i>*see modification of time below</i>	Sue Fogel & Crystal Shearer	Wednesdays 9:30-10:30A	Henry Auditorium	IL Residents HUD Residents SilverSneakers® Members	FREE!
Movin' & Groovin' <i>(Line Dancing)</i>	Sue Fogel & Crystal Shearer	*Time Change Wednesday, Feb. 12th 9:00-10:00A	Henry Auditorium	IL Residents HUD Residents SilverSneakers® Members	FREE!
Super Food Bingo <i>(Topics on the next page)</i>	Thea James <i>(Registered Dietitian)</i>	1st Tuesday per Month 2:00-2:30P	TAR	PC Residents	FREE!

WE@Topton

Activity	Instructor	Day/Time	Location	Eligibility	Fee
Teaching Kitchen	Thea James	3rd Tuesday per Month	TC Tavern	IL Residents	FREE! <i>Limited Seating</i> Reserve your seat today! Call 21422
Bereavement Support Series	Rev. Dr. Colleen Kristula	Every Tuesday Jan. 7th – Feb. 11th 10:00-11:00A	TAR	PC Residents	FREE!
Wellness Talks <i>(Topics on the next page)</i>	SpiriTrust, Lutheran Home Care, & Hospice	Last Friday per Month: 1:30-2:30P	TC Tavern	IL Residents PC Residents HUD Residents Community	FREE!

Topics of Wellness Events

Event Month	January	February	March
PC Residents: Super Foods Bingo	Citrus	Beets	Whole Grains
IL Residents: Teaching Kitchen			
Wellness Talks	Fall Prevention	TBD	TBD

**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