



David Shoffler
 RL Wellness Director
David.shoffler@asbury.org
 (570) 522-6176

Time	Monday, Oct. 3 rd	Tuesday, Oct. 4 th	Wednesday, Oct. 5 th	Thursday, Oct. 6 th	Friday, Oct. 7 th		
ALL DAY	All Day – Fitness Center Zibrio One Finger Challenge iFit Coastal Biking	All Day – Fitness Center Zibrio Two Times Challenge iFit Hometown Biking	All Day – Fitness Center Zibrio Shoe, No Shoe Challenge iFit Mountain Rides	All Day – Fitness Center Zibrio Before & After Challenge iFit Hometown Rides	All Day – Fitness Center Zibrio Morning Challenge iFit - Hometown Rides		
8:00 AM	Stretch, Prepare to Walk! Meditation by <i>Aegis Therapies</i> Creative Arts Room	Stretch & Pumpkin Snacks by <i>Therapy</i> Creative Arts Room	Fall Fighter Seated Balance by <i>Aegis Therapies</i> Creative Arts Room		Zibrio Morning Challenge by <i>Wellness</i> Fitness Center		
9:00 AM	Walk w/Therapy by <i>Therapy</i> RidgeCrest Entrance	Yoga w/Keith by <i>The Miller Center</i> Creative Arts Room	Mini Golf by <i>Activities</i> Marlow Hall 9am-11am	Coffee w/Therapy by <i>Nimra</i> Creative Arts Room	Football Frenzy by <i>Activities & Therapy</i> Marlow Hall	Silver Sneakers w/Dolores by <i>The Miller Center</i> Creative Arts Room	Zibrio Morning Challenge by <i>Wellness</i> Fitness Center
10:00 AM	7-7-7 Strength Video by <i>Spiro100</i> Creative Arts Room	Silver Sneakers w/Dolores by <i>The Miller Center</i> Creative Arts Room	Power Pump by <i>Aegis Therapies</i> Creative Arts Room	Tai Chi by <i>Kit</i> Creative Arts Room	Line Dancing by <i>Kathy Brautigam</i> Marlow Hall		
11:00 AM	Lunchtime Learning <i>Class Choice</i> by <i>IDEAfit</i> Creative Arts Room	Parkinsons Presentation & Exercises w/Olivia by <i>Allison</i> 11:30 AM Creative Arts Room	Nutrition for a Healthy Brain by <i>Dietary</i> Creative Arts Room	Therapy Presentation by <i>Amy</i> Creative Arts Room	Event Closing by <i>Wellness & IDEAfit</i> Creative Arts Room		
11:30 AM	Light Lunch by <i>Residential Living Services</i> Creative Arts Room	Light Lunch by <i>Residential Living Services</i> Creative Arts Room	Light Lunch by <i>Residential Living Services</i> Creative Arts Room	Light Lunch by <i>Residential Living Services and Therapy</i> Creative Arts Room	Light Lunch by <i>Residential Living Services</i> Creative Arts Room		
1:00 PM	Yoga w/Lynn by <i>The Miller Center</i> Creative Arts Room			Freestyle Dance by <i>Kit and Sharon</i> 12:30 PM Creative Arts Room	Yoga w/Lynn by <i>The Miller Center</i> Creative Arts Room		

