

Summer 2021 Catalog



ASPIRE

WELLNESS




Lutheran
SeniorLife
Passavant
Community

“Tell me, what is it you plan to do
with your one wild and
precious life?” – MARY OLIVER



Unleash Your Inner Strength

At Lutheran SeniorLife Passavant Community, we are dedicated to helping older adults maintain a healthy, active lifestyle. And we know that being healthy is more than just being physically fit. It's pursuing our passions, satisfying our curiosity and staying connected and meaningfully engaged. That's why we created **ASPIRE Wellness**, a multi-dimensional approach to whole-person wellness that will leave you invigorated, inspired, and joyful. Our program offers a team of experienced wellness professionals, best-in-class facilities, and the latest resources to help you continue to age well, while learning new skills and trying things you never thought possible. Our goal is to help you unleash your inner strength to achieve your best life, every day.

Let's ASPIRE for more, together!

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ASPIRE Wellness Philosophy

Today, individuals are living longer—and healthier—lives! Researchers agree that maintaining a healthy lifestyle will continue to reap benefits as we age. Aging well means staying active, but also involves living out your values, exploring meaningful pursuits, staying curious, cultivating new knowledge and skills, and deepening connections with family, friends and community.

At Lutheran SeniorLife, we believe that a long life is a gift that offers opportunities for growth of mind, body and spirit. Our newest initiative at Passavant Community does just that. ASPIRE Wellness offers a holistic approach to healthy living through six universal dimensions that can help you achieve balance and meaning in your life. These dimensions are the foundation of ASPIRE Wellness.



We have integrated programs and activities within each dimension and offer 8-week sessions throughout the year. Each dimension is important. Every program has a purpose. ASPIRE Wellness can help enrich your overall health and wellbeing.



ACTIVE

Staying active is an important aspect of good health, regardless of your starting point and fitness experience. In addition to getting regular exercise, maintaining a healthy body means balancing nutritional practices, getting regular exercise and adequate sleep, and paying attention to body signals.



SPIRITUAL

As a spiritual being, you are encouraged to express and grow in your chosen faith. Spiritual wellness asks you to look within and explore your values and beliefs to discover a source of strength and serenity.



PURPOSEFUL

Purposeful wellness is about meaningful engagement. It involves having a purpose and the opportunity to contribute to the community or society as a whole. It is often a fit between who you are called to be and what you are called to do.



INTELLECTUAL

Intellectual wellness affords opportunities to satisfy your curiosity and to learn and grow across a broad and challenging spectrum of knowledge and skills. It involves your ability to value many experiences, stay stimulated with new ideas, and share your own perspectives throughout your life.



RELATIONAL

Relational wellness encourages social engagement and fun and also inspires the development of deep and meaningful relationships. It involves building close friendships, practicing empathy, and caring for others. It is what ties you to the community.



EXPRESSIVE

Expressive wellness is about understanding that we are imaginative beings who are always in the process of creating something. It involves being connected to yourself and finding ways to express who you are.



Benefits of ASPIRE Wellness Annual Membership		
Benefits	Passavant Residents	Community Members
Fitness Center Membership <i>Community members must purchase a separate Fitness Center Membership</i>	No Cost	50% off (ask if your insurance covers this for free)
Priority Registration for All Sessions and One Day Activities	YES	N/A
Exclusive Resident Only Opportunities	YES	N/A
ASPIRE Wellness Classes, Events, Lectures	Unlimited	3
Additional ASPIRE Class Discount	N/A	25%
Invitation to Special Events	YES	YES
Quarterly Wellness Assessment	YES	YES
Quarterly Personalized Wellness Plan	YES	YES
Be Well Loyalty Card Eligible	YES	YES
1 Daily Free Drink at the Bistro	YES	YES

Information for Participants

ASPIRE Wellness is available to those who live at Passavant Community—our **Residents**—as well as to members of the general public—referred to as **Community Members**.

All Passavant residents receive a FREE ASPIRE Wellness annual membership. If the resident completes a Yearly Membership Registration Form, one yearly wellness assessment and a personalized wellness program, they will receive a yearly membership card, which can be used for a free daily drink at the Bistro. All residents will still need to complete Class Registration Forms.

Community members have two options for participation in ASPIRE Wellness: a \$150 annual membership that offers money-saving discounts or pay-as-you go for individual events or programs.

Any fees for materials, special events, or trips will be listed with the class description and will be collected at the time of registration.

Registration Information

Advance registration is required for all ASPIRE Wellness classes and activities. Participants can register either online at lutheranseniorlife.org/aspirewellness or in person at the Abundant Life Center. See page 24 for more registration details, including information on membership options, waivers, refunds, and cancellations.

Questions?

Visit: Lutheran SeniorLife Passavant Community
 105 Burgess Drive, Zelienople, PA 16063
 ASPIRE Wellness Office
 Main Lobby of the Abundant Life Center, Monday through Friday, 8:00am – 4:00pm.
 Log-on: lutheranseniorlife.org/aspirewellness
 Email: aspirewellness@lutheranseniorlife.org
 Call: ASPIRE Wellness Program Manager Brian Damaska at 724-452-3666

Programs by Wellness Dimension

For specific program availability, see Program Description and Weekly Schedule.

ASPIRE Wellness Incentives

In addition to the benefit of increased whole-person wellness, Passavant residents and community members with annual ASPIRE Wellness memberships are eligible to earn prizes during each session through their participation in select program activities. Following is a sampling of ways you can qualify to participate:

- Attend a minimum of six out of eight classes per session
- Complete a Wellness Assessment
- Refer a friend who signs up for a class or yearly membership
- Purchase a Personal Training Session
- Complete a Be Well Bistro Loyalty Card
- Accomplish a goal from your ASPIRE Personalized Wellness Plan
- Enter contests throughout the session
- Complete a class or special event within each ASPIRE dimension and earn six entries

ASPIRE Wellness Assessment and Personalized Wellness Plan

Passavant residents and community members with annual ASPIRE Wellness memberships will have the opportunity to participate in quarterly Wellness Assessments that evaluate your current health and fitness level, track it over time and set goals to help you improve your whole-person wellness. This multi-step process includes:

- Obtaining a baseline and ongoing measurements of vital health indicators such as blood pressure, height, and weight
- Assessing your functional strength, flexibility, and endurance with a standardized evidence-based Senior Fitness Test
- Completing a multi-dimensional survey to determine your overall wellness
- Developing and sharing with you a Personalized Wellness Plan to set goals to track your progress over time

Wellness assessments for community members without an annual ASPIRE Wellness membership will cost \$30.

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ASPIRE Wellness Weekly Schedule

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 Game Room GR
 Luther Court LC
 Pool..... P
 Prayer Chapel
 (2nd Floor) PC
 Scholl Conference
 Center SCC
 Scheidemantle
 Gallery SG
 Train Room TR
 Weight Room WR
 Wittenberg
 Community
 Room WB

Are you interested in helping to shape the ASPIRE Wellness program? We would love to hear your ideas! Contact the ASPIRE Wellness Program Manager at 724-452-3666.

	Monday	Tuesday	Wednesday	Thursday	Friday
	10:00 – 10:45am / P Aqua Class	9:30 – 10:00am / P Aqua Arthritis		9:30 – 10:00am / P Aqua Arthritis	
	10:00 – 10:45am / AR Strength & Balance	10:00 – 10:30am / AR Tai Chi	9:30am – 12:00pm / TR Train Club	9:30 – 10:15am / AR Chair Yoga	10:00 – 10:45am / P Aqua Class
	10:30 – 11:30am / C What's So Amazing About Grace?	10:00 – 11:00am / C How's Your Hearing (Last Tuesday Monthly)	10:00 – 10:45am / P Aqua Class		10:00 – 10:45am / AR Strength & Balance
	11:00 – 11:45am / AR SilverSneakers® Classic	10:00 – 11:00am / SCC Wonders of the National Parks – DVD Series	10:00 – 10:45am / AR Strength & Balance		10:00am – 12:00pm / CAS Mixed Media Class
		10:00am – 12:00pm / CAS Painting Class with Judy Shellar	10:00 – 11:00am / CAS Quilting Group	10:00 – 11:00am / C Seeking Wellness Through Bible Study	11:00 – 11:45am / AR SilverSneakers® Classic
		11:00 – 11:45am / AR Cardio Dance	10:30 – 11:30am / WB Wittenberg Bible Study (1 st & 3 rd Wed)	11:00 – 11:45am / AR SilverSneakers® Circuit	1:30 – 2:30pm / AR Delay the Disease
	12:30 – 1:30pm / CAS Busy Hands	1:00 – 2:00pm / SCC W/ELCA (2 nd Tues of the month)	11:00 – 11:45am / AR SilverSneakers® Classic		2:00 – 3:00pm / SG History of Africa – DVD Series
	1:00 – 2:00pm / C Taize'		1:30 – 2:30pm / AR Delay the Disease		3:00 – 4:00pm / WB Mental Aerobics (2 nd & 4 th Fridays)
	1:30 – 2:30pm / AR Delay the Disease	1:00 – 3:00pm / CAS Painting (Oil, Acrylic, Watercolor) with Judy Shellar	1:30 – 2:30pm / C Mindful Meditation		
	2:30 – 3:30pm / LC Daily Discipleship	1:15 – 2:00pm / P Aqua Class	6:00 – 7:00pm / SCC Main St. on Main St.	1:00 – 2:15pm / BI Party Planning 101	
	3:00 – 4:00pm / WB Travel the World (1 st & 3 rd Mondays)	5:30 – 6:30pm / C NAMI Family Support Group	6:30 – 8:30pm / SCC Passavant Movie Night	1:15 – 2:00pm / P Aqua Class	6:30 – 8:30pm / WB Movie Night
					

Class Descriptions / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

AQUA ARTHRITIS

Fitness Center Pool
Tuesday & Thursday @ 9:30 – 10:00am



Aqua Arthritis combines flexibility, range of motion, and balance. Basic resistance movements and water walking may also be incorporated. This 30-minute class is great for those who are new to water exercise or for those looking to relieve joint pain and stiffness. **Limited to 6 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

AQUA CLASS

Fitness Center Pool
Monday, Wednesday, Friday
@ 10:00 – 10:45am
Tuesday, Thursday @ 1:15 – 2:00pm



Pool classes allow you to do a lot of exercises that you are not able to do on land without the worry of falling. The water also gives you extra resistance for your exercises. This 45-minute class will focus on building endurance and strengthening your entire body. **Limited to 6 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

BUSY HANDS

Creative Arts Studio
Monday @ 12:30pm



leads this group. **Limited to 10 participants.**

Fees: *Included for all*

CARDIO DANCE

Fitness Center
Tuesday @ 11:00 – 11:45am



Dances will be taught step-by-step prior to exercising to an entire song. This class is advanced due to requiring cardiovascular fitness and appropriate balance. Variety of music styles chosen for dances. No particular dance skill required. **Limited to 8 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

CHAIR YOGA

Fitness Center
Thursday @ 9:30 – 10:15am



Yoga's focus on mindfulness, breathing, and physical movements bring many health benefits. This class is taught from a seated position and modifications are offered to suit all fitness levels. Breathe, stretch, and relax! **Limited to 15 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

DAILY DISCIPLESHIP

Luther Court
Monday @ 2:30pm



Join Sister Mildred as she leads Biblical studies on various topics. **Limited to 10 participants.**

Fees: *Included*

DELAY THE DISEASE®

Fitness Center
Monday, Wednesday & Friday
@ 1:30 – 2:30pm



Parkinson's disease is a chronic and progressive movement disorder. Physical activity and exercise may improve strength, flexibility, posture, balance, aerobic capacity, coordination, and agility for those with Parkinson's disease. This 1-hour class will

focus on movements proven to help with the symptoms of Parkinson's disease. **Limited to 8 participants.**

Fees: Resident: *Included*
Fitness Member: \$25 per session
Non-member: \$35 per session

Don't go it alone at home.



We are currently making home health and hospice visits in the safety of your home.

Home Health
Hospice, Palliative and Oncology Care
Private Duty / In-home Labwork
Home Telemonitoring
Personal Emergency Response Systems
Medication Dispensers
Health 2 Home – Local medical Transportation
VNA Community Resource Center

Lutheran SeniorLife Call 724-282-6806
VNA Western Pennsylvania Toll-Free 877-862-6659

lutheranseniorlife.org



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

HISTORY OF AFRICA – DVD SERIES AND DISCUSSION GROUP



Scheidemantle Gallery
Friday @ 2:00 – 3:00pm



Join us to take a look at the history of Africa, from the birth of humankind to the dawn of the 20th century. This is a journey through two

hundred thousand years of history, from the origins on the African continent, to the birth of art, writing, and civilization itself, through the millennia in which Africa and Africans shaped not only their own rich civilizations, but also the wider world. Facilitated by Nadine Simon. **Limited to 10 participants.**

Fees: *Included for all*

HOW'S YOUR HEARING



Seaman Memorial Chapel
Last Tuesday @ 10:00 – 11:00am

Dr. Sharon Russo will have an interactive discussion on the importance of good hearing. She will also talk about upkeep of hearing aids and why it is so important to your good ear health. Joan Gill helps facilitate this group. **Limited to 20 participants.**

Fees: *Included for all*

MAIN ST. ON MAIN ST.



Scholl Conference Center
Wednesday @ 6:00pm

The bustling Zeliennople and Harmony area has so much to offer! Our town and the surrounding area have continued to flourish throughout the years and there is something here for everyone. We will learn about both long standing and new businesses in our local area. Each week will feature a different local business. The proprietors will discuss the history behind their establishments and provide a closer look at their products/services and the fascinating story behind them. Some businesses may bring some of their products for purchase. **Limited to 40 participants.**

Fees: Resident: *Included*
ASPIRE Member: *Included*
Non-member: \$25 per session

MENTAL AEROBICS



Wittenberg Community Room
2nd & 4th Friday @ 3:00 – 4:00pm



The phrase “Use it or lose it” applies to your mind as well as your body. We can keep our mind in shape with a little mental exercise. Each session includes a variety of

puzzles, word teasers, trivia, riddles, and logic. See how well tuned your mind is! Cathy Reid leads this witty group. **Wittenberg Residents Only. Limited to 15 participants.**

Fees: *Included for all*

MINDFULNESS MEDITATION



Seaman Memorial Chapel
Wednesday @ 1:30 – 2:30pm

Mindfulness can be defined as a calmer, mental state that is focused on “now” and the ability to accept thoughts and feelings while letting go of negativity and calming your mind and body. Learn the techniques to help with breathing and body awareness. Learning how to “do” things mindfully helps us to relax and really think about the what and the why in our daily lives. The benefits include improvement in mental health and plays a role in management of anxiety, depression, stress, relationships, and sleep, just to mention a few. In this series, you will learn how to use mindfulness to create and maintain a more calming lifestyle. The class is facilitated by Nadine Simon. **Limited to 10 participants.**

Fees: Resident: *Included*
ASPIRE Member: *Included*
Non-member: \$25 per session

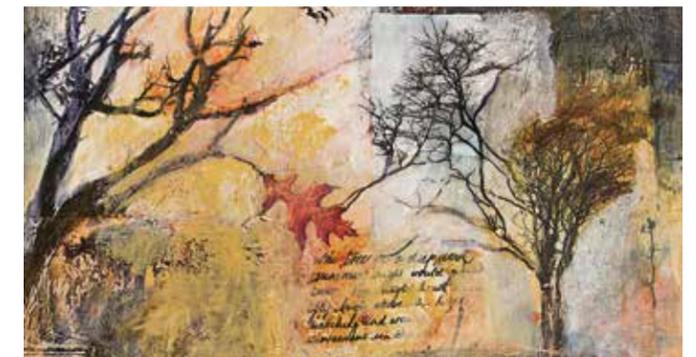
MIXED MEDIA ART CLASS



Creative Arts Studio
Friday @ 10:00am – 12:00pm

Join instructor Joan Strueber for this creative class. **Limited to 6 participants.**

Fees: Resident: *Included*
ASPIRE Member: \$22.50 per session
Non-member: \$30 per session



NAMI FAMILY SUPPORT GROUP



Seaman Memorial Chapel
2nd Tuesday @ 5:30 – 6:30pm

This group supports families and friends of persons with a serious mental illness in a confidential setting. Learn of resources, training, and education available in the community and throughout the state and hear from occasional guest speakers. **Limited to 30 participants.**

There is no fee for this program.



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

PAINTING CLASS

Creative Arts Studio
Tuesday @ 10:00am – 12:00pm

Here's a perfect class for beginners to learn how to paint a beautiful picture with step-by-step instructions provided by instructor Judy Shellar. All supplies are provided. **Limited to 8 participants.**

Fees: Resident: *Included*
ASPIRE Member: \$45 per session
Non-member: \$60 per session



PAINTING CLASS – Oil, Acrylic & Watercolor

Creative Arts Studio
Tuesday @ 1:00 – 3:00pm

This class is designed for advanced students. Each resident will be working on his or her own individual painting with instructor Judy Sheller. **Limited to 8 participants.**

Fees: Resident: *Included*
ASPIRE Member: \$45 per session
Non-member: \$60 per session

PARTY PLANNING 101

Baron's Inn
Thursday @ 1:00 – 2:15pm

Let the Dining Services professionals help you confidently throw the perfect event. We will help you master the details of each step – planning your party, setting a beautiful table, creating a menu for every guest (including the ones with allergies), choosing the perfect wine, and finishing with a spectacular dessert. This class will contain hands-on opportunities, including sampling wine and food. **Limited to 8 participants.**

Fees: Resident: \$12.50 per session
ASPIRE Member: \$18 per session
Non-member: \$25 per session

PASSAVANT MOVIE NIGHT

Scholl Conference Center
Varying Wednesdays @ 6:30pm
Watch Passavant L&T for dates

Join us for a fun Movie Night every other Wednesday on Scholl's big screens. We watch movies suggested by our own residents. Sponsored by the Passavant Resident Association. **Limited to 40 participants.**

Fees: *Included for all*



PERSONAL TRAINING

Fitness Center
by Appointment

If you are looking for a more individualized workout or need a jumpstart to your fitness, then Personal Training is for you. The course provides eight 30-minute sessions, but other packages are available. Please talk to the Fitness Manager for more info.

Fees: \$100 for all

QUILTING GROUP

Creative Arts Studio
Wednesday @ 10:00am

Share quilting techniques every week with experienced quilters. Participants will need to bring their own quilts and supplies. **Limited to 10 participants.**

Fees: *Included for all*

SEEKING WELLNESS THROUGH BIBLE STUDY

Seaman Memorial Chapel
Thursday @ 10:00 – 11:00am

During the Bible study, you will have the opportunity to study those parts of scripture that encourage you to grow in your spiritual awareness, to explore and challenge your life values, and to seek out strength and wellness in biblical teaching. Scripture's affirmation



about our bodies: "God created it; Jesus died for it; the Holy Spirit lives within it." So, I better take care of it! Led by Pastor Paul Payerchin. **Limited to 15 participants.**

Fees: Resident: *Included*
ASPIRE Member: *Included*
Non-member: \$25 per session

SILVERSNEAKERS® CIRCUIT

Fitness Center
Thursday @ 11:00 – 11:45am
Wittenberg Community Room
Tuesday @ 3:00 – 4:00pm

Combine fun with fitness to increase your cardiovascular endurance and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises. **Limited to 15 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class



ACTIVE



SPIRITUAL



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INTELLECTUAL



RELATIONAL



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Class Descriptions / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

SILVERSNEAKERS® CLASSIC



Fitness Center

Monday, Wednesday, Friday
@ 11:00 – 11:45am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. **Limited to 15 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class



SPARK THE ARTS



Scholl Conference Center
Will resume in the fall

Many of our residents have amazing gifts of talent. It is through “Spark the Arts” that we ignite that flame again – in the talent that

is part of their life, present or past. We ask them to tell us more about their passions and dreams! This could be music, poetry, painting, woodworking, storytelling, and much more. We will share those talents with all of you.

**We would love to hear your story!
Tell us more about your
passions and dreams so we can
share those talents with you.**

**Limited to 40 participants. Presentations
will be announced at a later date**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

STRENGTH & BALANCE



Fitness Center

Monday, Wednesday, Friday
@ 10:00 – 10:45am

Join us in this beginner class to improve your balance and restore strength to both your upper and lower body. Exercises are performed seated and standing with support. Hand-held weights and elastic tubing with handles are utilized in this class. **Limited to 15 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

TAI CHI



Fitness Center

Tuesday @ 10:00 – 10:30am

These classes are designed to integrate the mind and body through gentle, fluid movements which are performed slowly in circular motions. The classes are taught in the Sun style and designed to be easy, safe, and effective programs for individuals with arthritis. **Limited to 15 participants.**

Fees: Resident: *Included*
Fitness Member: *Included*
Non-member: \$5 per class

TAIZE' WORSHIP



Seaman Memorial Chapel
Monday @ 1:00 – 2:00pm

Taize' was developed in the Taize' community in France. It is a quiet, meditative, contemplative worship service which contains Scripture readings, periods of silence for prayer, and sung chants. People enter in silence and leave in silence. This time of worship enables us to enter into God's presence and listen for God to speak to us as we also speak to God. Led by Pastor Freda Snyder. **Limited to 15 participants.**

Fees: Resident: *Included*
ASPIRE Member: *Included*
Non-member: \$25 per session

**If you're a senior and want to
do more, don't settle, call us.**

Outpatient Physical, Occupational
and Speech Therapy
Aquatics Therapy (*Passavant Campus only*)
Lymphedema / Low Vision Therapy
Voice and Swallow Therapy
Most insurances accepted.


Lutheran SeniorLife
Rehab Services
724-452-3492

Passavant Campus
Zelienople
St. John's Campus
Mars

TRAIN CLUB



Train Room

Wednesday @ 9:30am – 12:00pm

Try a new hobby, revisit an old one, and join our dedicated train hobbyists. The club meets every Wednesday morning and new hands are always needed and appreciated. **Limited space available.**

Fees:
Included
for all



ACTIVE



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Class Descriptions / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

My Day Out adult day program



Staying healthy and engaged is important. Our My Day Out adult day program offers companionship, fun and support.

Lutheran SeniorLife
Passavant Community
724-452-5400

WHAT'S SO AMAZING ABOUT GRACE?



Seaman Memorial Chapel
Monday @ 10:30 – 11:30am

If you want to know how amazing grace really is, take a good look at the broken world it heals. In this 8-session small group DVD curriculum, award-winning author Philip Yancey takes you and your study group for interactive, gut-level encounters with radical, life-changing grace. Includes interviews with Tony Campolo, Patricia Raybon, Ann Spangler, Debbie Morris, Lewis Smedes, and Mel White. Join Passavant Community Resident Pastor Susie Essek as she leads you through this amazing series. **Limited to 12 participants.**

Fees: Resident: *Included*
ASPIRE Member: *Included*
Non-member: \$25 per session

WOMEN OF THE EVANGELICAL LUTHERAN CHURCH IN AMERICA



Scholl Conference Center
2nd Tuesday @ 1:00pm

W/ELCA (Women of the Evangelical Lutheran Church in America) is a faith-based organization for Christian women of all denominations. The programs are varied

with presenters from our campus and from churches and agencies in the area. The women support our special needs and appeals at Passavant, and ministries here and around the world. Programs are open to everyone, including men. **Limited to 40 participants.**

Fees: *Included for all*



WONDERS OF THE NATIONAL PARKS – DVD SERIES



Scholl Conference Center
Tuesday @ 10:00 – 11:00am

Learn about the Geology of North American parks in this DVD Series. Facilitated by Tom Vollmer & Ken Crooks. **Limited to 40 participants.**

Fees: *Included for all*

WITTENBERG BIBLE STUDY



Wittenberg Community Room
1st & 3rd Wednesday @ 10:30am

Come meet with some of your neighbors for an informal, meaningful, understandable Bible Study for people as we are. Our facilitator is Pastor Paul Payerchin. **Wittenberg Residents Only. Limited to 15 participants.**

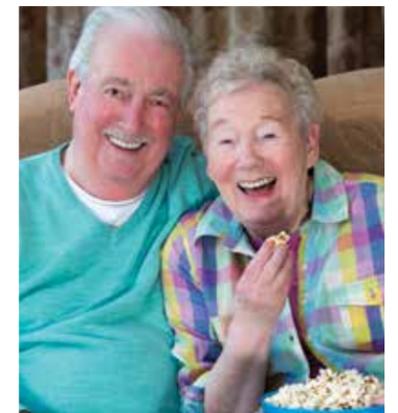
Fees: *Included for all*

WITTENBERG MOVIE NIGHT



Wittenberg Community Room
Friday @ 6:30 – 8:30pm

Enjoy a relaxing evening with your neighbors and friends for movie night! Every Friday a new movie is shown in the Wittenberg Community Room. Movie Night is led by Don Walsh, a Wittenberg Resident. If you have any requests for a certain movie, please contact Don with your suggestions. **Wittenberg Residents Only. Limited to 15 participants.**



Fees: *Included for all*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Special Events / 2021 SUMMER PROGRAM

The legend indicates the related Wellness Dimension for each program.

CENTENNIAL GARDEN CONCERT SERIES



Centennial Gardens –
Rain location Scholl Conference Center
Saturday, May 29 @ 2:30pm, Dixieland Band
 or **Sunday, May 30 @ 2:30pm** if inclement weather
Sunday, June 13 @ 7:00pm, Patrick Ganley
Sunday, July 11 @ 7:00pm, Keys to your Heart
Limited to 40 participants.

There is no fee for this program.

FIRST RESPONDERS MEMORIAL DAY COOKIE DROP-OFF



Friday, May 28 @ 1:00pm



Please drop off 2-3 dozen homemade cookies or fresh fruit to show support for our local Fire, EMS, and Police Departments. Consider including a card or note showing your affection for our First Responders. Please package cookies and/or fruit in disposable, sturdy wrapping. **SHARE YOUR LOVE!**

There is no fee for this program.

GIRLS' NIGHT OUT



Scholl Conference Center/Local establishment
Monthly @ 5:00pm



Join the “girls” for a fun night with each other for great fellowship. A light meal will be served if we stay in. **BYOB!** We travel to local area establishments every other month for this event. Watch your *Life & Times* for this announcement. Toni Baldwin leads this group of ladies on the adventure!

Fees: *Included for all*

MEN'S COFFEE



Wittenberg Community Room
Monday @ 8:30 – 9:30am

What's better than a hot cup of coffee and conversation among friends? Bring your own mug to the Wittenberg community room and the coffee and light breakfast will be provided. Resident Bill Stewart facilitates this group. **Wittenberg Residents Only. Limited to 15 participants.**

Fees: *Included for all*

MEN'S NIGHT OUT



Scholl Conference Center
1st & 3rd Monday @ 5:00pm

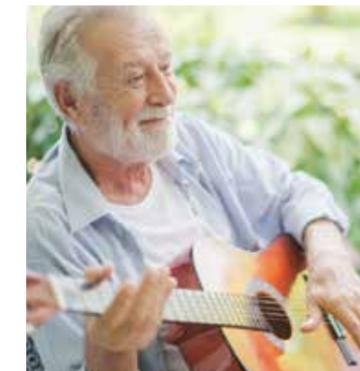
Join the guys for an evening of good food, games, and conversation. Light Dinner is served. Bill Orr leads this group. **Limited to 25 participants.**

Fees: *Included for all*

VIRTUAL PASSAVANT'S GOT TALENT



Channel 900
Wednesday, June 23 @ 1:00pm



Show us your best talent! Make arrangements with the Fitness Center Team by **June 9** to record you performing your talent. We will compile all

performers together for the show. Tune into Channel 900 on Wednesday, June 23 at 1:00pm for the whole show. Viewers will then have until 4:00pm to call x3456 to place their vote for the best performer. Winners will receive a special prize.

WITTENBERG GATHERING



Wittenberg Community Room
2nd Monday @ 3:00pm

Come and let your voices be heard at Wittenberg's monthly residents meeting. This is a chance for you to discuss any ideas or issues that you have, among your fellow friends and neighbors. This group is led by Lorma Hill. **Wittenberg Residents Only. Limited to 15 participants.**

Lutheran SeniorLife Lutheran Service Society



Empowering our neighbors to live independent, dignified and secure lives through programs and services.

Meals on Wheels Senior Center at the Mall
 Adoption, Foster Care and Permanency Services

www.lutheranseniorlife.org



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Fitness Center

The ASPIRE Wellness Fitness Center is open to residents as well as community members. Our professionally trained and certified team specializes in older adult fitness. We can help you reach your fitness goals, regardless if you are just starting out or are looking for a new challenge.

There are never any fees to use the Fitness Center for residents of Passavant Community.

Fees for Community Members

- \$40 per month
- Discounted fee with ASPIRE Wellness membership (see page 5)
- Some members may be eligible for FREE membership if they belong to an insurance reimbursement program, such as SilverSneakers or Silver & Fit

Fitness Center Benefits

- State-of-the-art cardio and strength training equipment
- Warm water pool
- Full-service locker room with showers and lockers
- Specialized group exercise classes included
- Friendly, certified Exercise Specialists who work with you to develop an individualized exercise program just right for YOU!

Phone Number:
724-452-3456

Hours of Operation:

Monday – Friday

7:15am – 5:15pm

Saturday

7:15am – 12:00pm

Sunday Closed

Pool

The pool is available for use in the following ways: the Buddy System, Aqua Classes or Open Swim times. You must bring your own towel and follow all of the Pool Rules, which are posted in the pool and the locker rooms.

The pool does not have lifeguards. For your safety, you must have a buddy with you, who would be available to get help in an emergency. Buddies must stay in the pool area with you, where they can swim or simply sit on the deck and read, complete paper work, or relax. If you are unable to find a swim buddy, please inquire with our team. We have some volunteers available to be a “pool buddy.” You may also want to try one of our Aqua classes or open swim times, in which we provide the buddy.

ASPIRE Wellness Purposeful Opportunities

Volunteerism and other service opportunities are important aspects of Passavant Community and ASPIRE Wellness. These can give you purpose, provide you with opportunities to give back to your community, and contribute to whole-person wellness. We invite you to share your time, talents, and insights by volunteering or by joining one of the many committees that serve the Passavant Community.

Volunteering

Resident Volunteers: If you are a Passavant Community resident, please contact the Community Life Director at 724-452-3534.

Community Volunteers: If you are from the off campus community, there is never a fee to volunteer and you may do so without joining ASPIRE Wellness. All volunteers from off campus need to complete an application, background checks, TB testing and orientation prior to service. To see if volunteering is a good fit for you, please apply. For other current volunteer opportunities or more information, please contact the Community Outreach Coordinator at 724-453-5414.

To find a best fit for meaningful volunteer engagement, we consider the volunteer’s interests, availability, and background, along with Passavant Community’s current needs.

Single Day of Service Opportunities: A Quick Engagement with Volunteering

Passavant Community offers select volunteer options for groups or individuals from off campus who are interested in a one-time act of service. These options are designed for individuals looking for an additional act of service or someone new to volunteering at Passavant. For anyone not presently a volunteer, all that is needed is a brief application. A short orientation would be

provided the same day of the service, along with training on wheelchair safety, if escorting would be involved. Opportunities vary from month to month. Contact the Community Outreach Coordinator at 724-453-5414 for more information.

Clubs/Committees

There are many clubs or committees that meet at Passavant Community. Some are geared towards individual hobbies and some are geared towards service to Passavant Community or our surrounding neighborhoods. Following is a sample of some of our opportunities: Auxiliary (separate membership/fees apply), “Christmas Wrappers,” Garden Club, Holiday & Decorating Committee, and Voting/Ballot Committee. Please contact the Community Life Director at 724-452-3534 for more information.

ASPIRE Wellness Advisory Board

Are you interested in helping to shape ASPIRE Wellness? The Advisory Board meets monthly to discuss strategic planning for ASPIRE Wellness. This group assists in developing cultural and educational partnerships, planning events, entertainment and trips, and helping to develop the fitness program offerings. For more information, please contact the ASPIRE Wellness Program Manager at 724-452-3666.

Additional Program Information

Orientation

Members will receive an orientation to ASPIRE Wellness that will cover the program's philosophy, registration process, and other important information.

Registration

ASPIRE Wellness will offer both 8-week sessions and single day lectures and classes. Advance registration is required, and priority is given to Passavant community residents. Some classes will have limited availability, and enrollment will be determined on a first come/first serve basis.

- Passavant resident registration will begin 3 weeks prior to session start date.
- Community member registration will begin 2 weeks prior to session start date.
- Non-member registration will begin 1 week prior to session start date.

All registrations will be date-stamped to determine the order of placement in each class. You will receive a written confirmation of your registration when you register or via mail prior to start of classes.

Registration forms are available at the reception desk of the Abundant Life Center, the ASPIRE Wellness Office or online at lutheranseniorlife.org/aspirewellness.

Waitlist

If you would like to register for a class that is full, you will be put on a waitlist and contacted if a spot opens up to see if you

are still interested. We will not process any payment until you are officially registered for the class.

Cancellations

Class minimums and maximums will be set for each class by the instructor and the ASPIRE Wellness Program Manager. If the class minimum is not met, the class may be cancelled and refunds will be issued if necessary.

If a single class needs to be cancelled for any reason due to the instructor or facility, we will do our best to notify you by phone as soon as we can. Every effort will be made to make up the missed class.

Refunds for Fee-based Classes

You will have 2 business days before the class starts to cancel your registration to receive a full refund. No refunds will be given if cancellation occurs closer than 2 business days to class start.

- No supply or material fee refunds will be given.
- Yearly membership fees are non-refundable.

Program Feedback

To ensure we are serving you to the best of our abilities and meeting your needs, you will be asked to complete an evaluation at the conclusion of each session. Please take your time and complete thoroughly so we can evaluate our program and revise accordingly.

ASPIRE Wellness Contact Information

Lutheran SeniorLife Passavant Community
105 Burgess Drive, Zelienople, PA 16063

ASPIRE Wellness Office
Main Lobby of the Abundant Life Center,
Monday through Friday, 8:00am – 4:00pm

Brian Damaska,
ASPIRE Wellness Program Manager/
Fitness Manager
Email: aspirewellness@lutheranseniorlife.org
Phone: 724-452-3666

Passavant Community
General Information / Reception Desk
Phone: 724-452-5400

Assisted Living and Personal Care

Lutheran SeniorLife offers the same level of care for both. Receive the help needed from compassionate, trained caregivers with daily activities, such as; Bathing / Dressing / Cooking.

Openings at both St. John Community in Mars or Passavant Community in Zelienople.

Call today!


Lutheran SeniorLife
St. John Community
724-687-3372


Lutheran SeniorLife
Passavant Community
724-452-3583

Excellent discounts now available.

Residential Living For Seniors

Safe, Affordable and Friendly Places to Live

Tours Available



Passavant Community

- Apartments, cottages or villas, located in the heart of Zelienople

724-452-3583

Passavant.sales@lutheranseniorlife.org



The Commons at Stonebrook Village

- Studios, one and two-bedroom apartments, located in McCandless Township

412-630-2200

Commons.sales@lutheranseniorlife.org



Overbrook Pointe

- One and two-bedroom apartments, part of the St. John Community in Mars, Pa.

724-687-3372

Overbrook.sales@lutheranseniorlife.org




Lutheran SeniorLife

www.lutheranseniorlife.org



Lutheran
SeniorLife
Passavant
Community



724-452-5400
www.lutheranseniorlife.org
105 Burgess Drive • Zelienople, PA 16063



Lutheran SeniorLife complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Lutheran SeniorLife does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak or understand English, language assistance services, free of charge, are available to you. Call (724) 742-2295 (TTY Relay Services 711)

Español: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (724) 742-2295 (TTY 711)

Italiano: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (724) 742-2295 (TTY 711)

Deutsch: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: (724) 742-2295 (TTY 711)

le français: ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (724) 742-2295 (TTY 711)

Pennsilfaanisch Deitsch: Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call (724) 742-2295 (TTY 711)

汉语/漢語: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (724) 742-2295 (TTY 711)

Русский язык: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (724) 742-2295 (TTY 711)

język polskih: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (724) 742-2295 (TTY 711)

한국어/조선말: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (724) 742-2295 (TTY 711)

tiếng Việt: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (724) 742-2295 (TTY 711)

اناجملاب كل رفاوتت ةىوغلل ةدعاسملا تامدخ نإف، ةغلل ركذا تدرحت تنك اذا: ةظوحلم (724) 742-2295 (TTY 711) مقر مقرب لصتا

Ελληνικά: ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε (724) 742-2295 (TTY 711)

українська мова: УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером (724) 742-2295 (TTY 711)

Nederlands: AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel (724) 742-2295 (TTY 711)

हिन्दी: ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। (724) 742-2295 पर कॉल करें। (TTY 711)