



ASPIRE

WELLNESS



*“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. 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: an introductory rate of \$150 for an 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 36 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

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.



Wherever
life takes you,
go with all
your heart.

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

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 Passavant Campus
Rehab Services Zelienople
724-452-3492 St. John's Campus
Mars

Programs by Wellness Dimension

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

ACTIVE

- Aqua Arthritis 14
- Aqua Class 14
- Chair Yoga 15
- Delay the Disease (Parkinson's Disease Exercise) 16
- Personal Training 21
- SilverSneakers® Circuit 22
- SilverSneakers® Classic 22
- Strength & Balance 22
- Tai Chi 23

SPIRITUAL

- If You Want To Walk On Water, You Have To Get Out Of The Boat 19
- Lectio Divina 19
- Mindfulness Meditation 19
- The Holy Land Revealed – DVD Series 23
- When The Time Had Fully Come.... 25
- You Were Made For This Moment ... 25

PURPOSEFUL

- Busy Hands 14
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- ASPIRE Wellness Advisory Board.... 35

INTELLECTUAL

- Duplicate Bridge Class..... 17
- Duplicate Bridge Game 17
- Great Tours: Greece and Turkey, From Athens to Istanbul – Dvd Series..... 18
- How's Your Hearing? With Dr. Sharon Russo 18
- Music as a Mirror of History – DVD Series 20
- The History Hobo Speaker Series 24
- Linda Thompson Presents: Backyard Wonders 26
- Linda ThompsonPresents: The Pantanal: World's Largest Wetland .. 27
- PA Goes to the Polls 28
- Seniors For Safe Driving..... 28
- Butler Institute of American Art..... 30
- Mr. Darby's Antiques and Collectibles 30
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- RandyLand and Legends Eatery 31
- PA Trolley Museum 32

RELATIONAL

- Bunco..... 14
- Caregiver Support Network 15
- Grief Support Group..... 18
- Benny Myers Band..... 26
- Fat Tuesday Pancake Breakfast..... 26

- Gene Teste Music 26
- Joe Collincini, Vocalist 26
- Mardi Gras Celebration with Haberman Magic 27
- N.A. Fiddlers..... 27
- Passavant Singers Spring Concert 27
- Patrick Gangley Music..... 27
- The Procida Twins 28
- Tiffani Eckhart..... 28
- Tony Barge Country Music 29
- Veteran's Coffee With the Mayor 29
- Lincoln Park Performing Arts Presents: Swing..... 30
- Lincoln Park Performing Arts Center Presents Surprise Musical Bonus..... 32
- Lincoln Park Performing Arts Center Presents: Carousel 33
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EXPRESSIVE

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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

Lutheran SeniorLife Lutheran Service Society



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

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

www.lutheranseniorlife.org

ASPIRE Wellness Weekly Schedule / Session I January 17 – March 11

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 Den..... D
 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	 9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)	9:30am – 12:00pm / TR Train Club	9:30 – 10:00am / P Aqua Arthritis	
	10:00 – 10:45am / AR Strength & Balance	 9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / P Aqua Class		10:00 – 10:45am / P Aqua Class
	10:00 – 11:00am / SG Music as a Mirror of History – DVD Series	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	10:00 – 10:45am / AR Strength & Balance	9:30 – 10:15am / AR Chair Yoga	10:00 – 10:45am / AR Strength & Balance
	11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	 10:00 – 11:00am / CAS Quilting Group	11:00 – 11:45am / AR SilverSneakers® Circuit	11:00 – 11:45am / AR SilverSneakers® Classic
	1:00 – 2:00pm / CAS Busy Hands	10:00 – 10:30am / AR Tai Chi	10:00 – 11:30am / WB You Were Made For this Moment (runs March 9th through April 6th)	 1:00 – 2:00pm / SCC The History Hobo Speaker Series	
	1:00 – 2:00pm / SG The Holy Land Revealed – DVD Series	10:00 – 11:00am / BR How's Your Hearing (Last Tuesday monthly)	11:00 – 11:45am / AR SilverSneakers® Classic	1:00 – 2:00pm / GR Duplicate Bridge Class	1:00pm – 3:00pm / CAS Painting Class
	1:30 – 2:30pm / AR Delay the Disease	 11:00 – 11:45am / AR SilverSneakers® Circuit	1:00 – 2:00pm / GR Duplicate Bridge Class	1:15 – 2:00pm / P Aqua Class	
	1:30pm / PC Grief Support Group	12:30 – 1:30pm / WB Duplicate Bridge Game	1:30 – 2:30pm / AR Delay the Disease		1:30 – 2:30pm / AR Delay the Disease
	3:00 – 4:00pm / SG Great Tours: Greece and Turkey – DVD Series	 1:15 – 2:00pm / P Aqua Class			1:30 – 2:30pm / AR Parkinson's Disease Support Group (3rd Friday monthly)

Satisfaction of one's curiosity is one of the greatest sources of happiness in life.
 – LINUS PAULING

ASPIRE Wellness Weekly Schedule / Session II March 21 – May 20

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 Den..... D
 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	 9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)		9:30 – 10:00am / P Aqua Arthritis	
	10:00 – 10:45am / AR Strength & Balance				
	11:00 – 11:45am / AR SilverSneakers® Classic	9:30 – 10:00am / P Aqua Arthritis	9:30am – 12:00pm / TR Train Club		10:00 – 10:45am / P Aqua Class
	1:00 – 2:00pm / CAS Busy Hands	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	10:00 – 10:45am / P Aqua Class	9:30 – 10:15am / AR Chair Yoga	10:00 – 10:45am / AR Strength & Balance
	1:00 – 2:00pm / SG The Holy Land Revealed – DVD Series	10:00 – 10:30am / AR Tai Chi	10:00 – 10:45am / AR Strength & Balance		11:00 – 11:45am / AR SilverSneakers® Classic
		10:00 – 11:00am / BR How's Your Hearing (Last Tuesday monthly)	10:00 – 11:00am / CAS Quilting Group		
	1:30 – 2:30pm / AR Delay the Disease	11:00 – 11:45am / AR SilverSneakers® Circuit		10:00am / CAS Design Your Own Mosaic Artwork	1:00pm – 3:00pm / CAS Painting Class
	1:30pm / PC Grief Support Group	11:00am – 12:00pm / PC Lectio Divina	10:00 – 11:30am / WB You Were Made For this Moment (runs March 9th through April 6th)	10:30 – 11:30am / PC When The Time Had Fully Come	1:30 – 2:30pm / AR Delay the Disease
	3:00pm / AR Bunco		11:00 – 11:45am / AR SilverSneakers® Classic	11:00 – 11:45am / AR SilverSneakers® Circuit	1:30 – 2:30pm / D If You Want To Walk On Water You Have To Get Out Of The Boat
		12:30 – 1:30pm / WB Duplicate Bridge Game	1:00 – 2:00pm / GR Duplicate Bridge Class		1:30 – 2:30pm / AR Parkinson's Disease Support Group (3rd Friday monthly)
	1:15 – 2:00pm / P Aqua Class	1:15 – 2:00pm / P Aqua Class	1:30 – 2:30pm / AR Delay the Disease	1:00 – 2:00pm / SCC The History Hobo Speaker Series	
	3:00 – 4:00pm / SG Great Tours: Greece and Turkey – DVD Series	1:30 – 2:30pm / PC Mindfulness Meditation		1:15 – 2:00pm / P Aqua Class	
			<i>I can just let my curiosity wander unleashed.</i> – JAMES C. COLLINS		

Class Descriptions / 2022 JANUARY THROUGH MAY PROGRAM

The legend indicates the related Wellness Dimension for each program.

AQUA ARTHRITIS

Fitness Center Pool

Session I and II

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 15 participants.**

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



BUNCO

Aerobics Room

Session II only, Monday @ 3:00 pm

BUNCO is a dice game that can be played while socializing with others. You change partners after each round so you get to mingle with everyone throughout the game. It is easy to learn and lots of fun. Prizes are awarded for the most wins, losses and BUNCOs. If you are not able to commit to 8 weeks, sign up as an alternate and you will be called when someone is unable to attend. Linda Orr will lead this group.

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



BUSY HANDS

Creative Arts Studio

Session I and II, Monday @ 1:00 – 2:00pm



If you like to crochet or knit, join these “busy hands” to make items for Caps for Kids, baby Afghans for Christ Child, and adult lap robes for LIFE Beaver & LIFE Butler. Yarn is furnished. Jan McGee

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

Fees: *Included for all*



CAREGIVER SUPPORT NETWORK

Prayer Chapel

Session I and II, First Tuesday @ 10:00am

Are you a loved one caring for a partner at home that needs you to provide assistance? Do you check-in or provide support to a friend that is dealing with a health challenge? Do you feel that you hold back emotions and talking about your feelings because of your loved one’s circumstance? The Caregiver Support Network was created with YOU as the aim. Our goal is to provide a safe, comfortable, supportive environment for emotions to be shared and guidance, assurance, and sincerity to be established. We desire for your voice to be heard and your journey to be valued. We provide the space and tools necessary for respect of the moment and the feelings that are arising to be shared and explored. Lead and conducted by Passavant’s Social Services Department. No registration necessary.

Fees: *Included for all*



CHAIR YOGA

Fitness Center

Session I and II

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 25 participants.**

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



“As a fourteen year participant, coming to the Fitness Center means moving the body in a staff-lead class, being social before and after class, and continuing the aging process beneficially.”

– Elaine Fugate



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2022 JANUARY THROUGH MAY PROGRAM

The legend indicates the related Wellness Dimension for each program.



DESIGN YOUR OWN MOSAIC ARTWORK

Creative Art Studio

Session II only, Thursdays @ 10:00am

With Mosaic Maw's (aka Barbara Reck) guidance and individual instruction you can unlock your creativity to design and handcraft Mosaic Artwork. Mosaics is best described as a beautiful pattern produced by arranging small colored pieces of hard material such as: ceramic tiles, china pieces, stone, glass, old jewelry and found objects. Small class size ensures a relaxed, fun and no pressure environment for students to explore and develop their individual creativity. Learn the basic elements of mosaics: cutting, gluing, composition, grouting and completion. No previous mosaic experience necessary. There will be a materials fee for this class (TBD) and we encourage you to bring china plates you no longer use, or are chipped/cracked, to help create heirloom pieces. Our first project will be a trivet.



Instructor Background: Barbara Reck has been designing Mosaic Art/Giftware since her retirement, after working 23 years for Lutheran SeniorLife. Barb's mom is a resident here on campus. **Limited to 6 participants.**

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

DELAY THE DISEASE®

Fitness Center

Session I and II, 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



DUPLICATE BRIDGE CLASS

Game Room

Session I and II

Wednesday @ 1:00 – 2:00pm

Duplicate Bridge (Audrey Grant) classes are on Wednesday afternoons in the Game Room. These classes are intended to be educational and enjoyable and are open to all. Nominal fee for instructor and registration is required. Please call Rosemary Shirley at 412-330-0136 or Patty Dotson at 717-372-2610 for information or registration. Zelenople Bridge Club policy requires COVID 19 vaccinations.

Fees: Resident: *TBD*
 ASPIRE Member: *TBD*
 Non-member: *TBD*



DUPLICATE BRIDGE GAME

Wittenberg Community Room

Session I and II

Tuesdays @ 12:30 – 1:30pm

Duplicate Bridge Game open to all residents and non-residents in the Wittenberg Community Room. This game is intended to be enjoyable for all, and non-competitive in spirit, although duplicate scoring is maintained. No charge, but registration is required. Please call Rosemary Shirley at 412-330-0136 or Patty Dotson at 717-372-2610 for information or registration. Zelenople Bridge Club policy requires COVID 19 vaccinations.

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



“Tell me and I forget,
 teach me and I may
 remember, involve me
 and I learn.”

– BENJAMIN FRANKLIN



ACTIVE



SPIRITUAL



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INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2022 JANUARY THROUGH MAY PROGRAM

The legend indicates the related Wellness Dimension for each program.



GREAT TOURS: GREECE AND TURKEY, FROM ATHENS TO ISTANBUL – DVD SERIES

Scheidemantle Gallery

Session I and II, Monday @ 3:00 – 4:00pm

Join Professor John R. Hale as he guides you through the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans, and to the natural wonders surrounding them. The Great Tours: Greece and Turkey, from Athens to Istanbul is a journey unlike any other, giving you the chance to experience important sites such as the Acropolis of Athens, Ephesus, and Sardis through the eyes of a scholar whose depth of insight goes far beyond any ordinary travel narrative. This series will be led by Tom Vollmer and Ken Crooks.

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

GRIEF SUPPORT GROUP

Prayer Chapel

Session I and II, Monday @ 1:30pm

Lead and conducted by one of Passavant's own residents, this group provides an opportunity for you to share your voice over the loss that you have experienced. Whether this loss was recent or distant, was a close friend or a spouse, we want you to have the space and opportunity to heal with support, compassion, and comradery surrounding you. Grief has no defined journey as it is an individualistic endeavor for each person. This group aims to provide the atmosphere necessary for healing, respect and appreciation for the emotions that you are feeling, and hope for the future. No registration needed.

Fees: *Included for all*

HOW'S YOUR HEARING

Beatitudes Room

Session I and II

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.

Fees: *Included for all*

"IF YOU WANT TO WALK ON WATER YOU HAVE GOT TO GET OUT OF THE BOAT"

Den

Session II only, Friday @ 1:30 – 2:30pm

Pastor Susie Esseck will lead a bible study, entitled "If you want to walk on water you have got to get out of the boat" from book by John Ortberg. The text is from Matt. 14:25-32.

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

LECTIO DIVINA

Prayer Chapel

Session II only

Tuesdays @ 11:00am – 12:00pm

Lectio Divina is a way to combine Scripture reading and prayer to deepen your relationship with God. We read Scripture to find a message to apply to our faith life. After readings you can find ways to apply your reflections on the Word of God to deepen your prayer life. Sister Mildred McCracken, Deaconess ELCA, will lead.

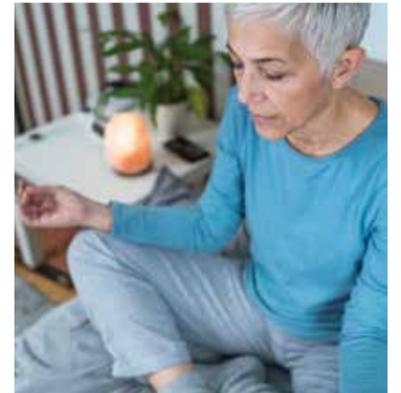
Fees: Resident: *Included*
ASPIRE Member: *Include*
Non-member: \$25 per session

MINDFULNESS MEDITATION

Prayer Chapel

Session II only, Tuesday @ 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 calm 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 that 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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



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Class Descriptions / 2022 JANUARY THROUGH MAY PROGRAM

The legend indicates the related Wellness Dimension for each program.

MUSIC AS A MIRROR OF HISTORY – DVD SERIES

Scheidemantle Gallery
Session I only
Mondays @ 10:00 – 11:00 AM

Uncover the fascinating and surprising connections between famous music and historical events, led by celebrated composer and music historian Professor Robert Greenberg. In Music as a Mirror of History, music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to-and inspired-pivotal points in the history of the world. Join Jim Fister for this exciting series, part of the Great Courses Series of DVDs.

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



“I’ve been connected with the arts program for the 20 years I’ve lived here, including a writing class that has published three works! The art therapy and creative arts are really spiritual. I enjoy the creative classes that have been offered here and I looking forward to more.”

– Mary Koepke



PAINTING CLASS

Creative Arts Studio
Session I and II, Friday @ 1:00 – 3:00pm

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



PARKINSON’S DISEASE SUPPORT GROUP

Aerobics Room
Session I and II
3rd Friday @ 1:30 – 2:30pm

Join us for these educational and supportive discussions. A guest speaker is featured every other month and will be available to discuss various topics concerning living with Parkinson’s disease. Caregivers and other loved ones are encouraged to attend as well. **RSVP to Chad Ifft, 724-452-3456, is kindly requested as space is limited.**

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,

“As a Personal Trainer for several years, I have seen firsthand how much my clients can improve their overall health and well-being through exercise. I have seen impressive increases in strength, such as a resident reaching a goal of performing a 900 pound leg press.”

– Chad Ifft



then Personal Training is for you. The course provides eight 30-minute sessions, but other packages are available. Please call the Fitness Center at 724-452-3456 and talk to the Fitness Manager for more information.

Fees: \$100 for all

“Continuous effort – not strength or intelligence – is the key to unlocking our potential.”

– LIANE CORDES

QUILTING GROUP

Creative Arts Studio
Session I and II, Wednesday @ 10:00am



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

Fees: *Included for all*



ACTIVE



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PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2022 JANUARY THROUGH MAY PROGRAM

The legend indicates the related Wellness Dimension for each program.



SILVERSNEAKERS® CIRCUIT



Fitness Center

Session I and II

Tuesday, Thursday @ 11:00 – 11:45am

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 25 participants.**

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

“Volunteering in the Fitness Center and saying hello to everyone makes my day.”
 – Ed Sherman

SILVERSNEAKERS® CLASSIC



Fitness Center

Session I and II, 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 25 participants.**

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

STRENGTH & BALANCE



Fitness Center

Session I and II, 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 25 participants.**

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

TAI CHI



Fitness Center

Session I and II

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 25 participants.**

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

“Youth is the gift of nature, but age is a work of art.”
 – STANISLAW JERZY LEC



THE HOLY LAND REVEALED – DVD SERIES



Scheidemantle Gallery

Session I and II

Mondays @ 1:00 – 2:00pm

Led by Pastor Freda Snyder or Pastor Frank Kantz. As the birthplace of Judaism and Christianity, the Holy Land (the area around modern-day Israel) is one of the most important regions in the world. With a rich history stretching back over 3,000 years, this area is a sacred land for three major faiths and the setting for defining events in religious history.

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



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“It’s surprising to me how many new books come to the library. The last five Life & Times (catalog) advertised two pages of new books each! There is a great variety of books, lots of fiction but also historical and many more.”

– Bill Kolling

THE HISTORY HOBO SPEAKER SERIES

Scholl Conference Center
Session I and II,
Thursdays @ 1:00 – 2:00pm



Please join “The History Hobo” Steve Cicero as he takes you through a hobo ride through history. Each week will be a different chunk of history. In addition

to the Hobo, we are pleased to welcome several other talented speakers who will spin fascinating tales of Butler County and the region around us. Each week will be more exciting than the last.

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

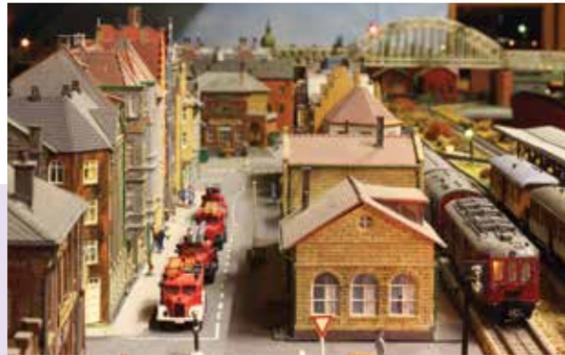
TRAIN CLUB

Train Room
Session I and II
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*



“I like the ability to use your creativity to develop different aspects of scenery, such as the hot air balloons and the carnival scene. We just recently completed a drive-in movie theatre and I’m developing a forest with trees that are made from real plants. I really enjoy it and it is social as well.

– Dave Reckless in reference to his time in the Train Club

“Replace judgment with curiosity.”

– LYNN NOTTAGE

“WHEN THE TIME HAD FULLY COME!”

Prayer Chapel
Session II only
Thursdays @ 10:30–11:30am



Have you ever wondered what was happening in Jesus’ hometown in the four centuries of history that separates the Old and New Testaments? Come and find out during an ASPIRE discussion group entitled – “When the Time had Fully Come!” looks at the Intertestamental Period (the four centuries between the Old and New Testaments), which is often described as the “Quiet Time”. You will discover that these four hundred years were anything but quiet. The developments in this period helped shape the mission and ministry of Jesus and the early church. Pastor Frank Kantz will lead the group discussions.

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



“YOU WERE MADE FOR THIS MOMENT”

Wittenberg Community Room
March 9th – April 6th
Wednesday @ 10:00–11:30am



A Bible study for Lent starting March 9th for five sessions till April 6th. This Bible study will go off the following book: “You Were Made for This Moment: Courage for Today and Hope for Tomorrow” by Max Lucado. Led by Paul Payerchin.

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

“Within the first year of moving here, I joined Pastor Suzie’s bible study class and I really enjoyed it. I loved being a part of that.”

– Charlene Reckless



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Special Events / 2022 JANUARY THROUGH MAY PROGRAM

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BENNY MYERS BAND

Scholl Conference Center
Friday, March 4th @ 1:00 pm – 2:00 pm
Join us for a fun filled afternoon of music.
No registration needed.

Fees: *Included for all*



“FAT TUESDAY PANCAKE BREAKFAST”

Scholl Conference Center
Tuesday, March 1st @ 9:00 am – 12:00 pm

Come and join your friends and neighbors for a hearty pancake breakfast to kick off Lent. This event is open to all staff, residents, Fitness Center members and volunteers.
No registration needed.



Fees: *Included for all*



GENE TESTE MUSIC

Scholl Conference Center
Tuesday,
February 8th @ 1:00 pm – 2:00 pm

Gene Testa plays and sings some of your favorite classics. No registration needed.

Fees: *Included for all*



JOE COLLINCINI, VOCALIST

Scholl Conference Center
Monday,
February 21st @ 1:00 pm – 2:00 pm

Joe is back to sing your favorites. This month's songs will include old favorites as well as some Valentine's month fun! No registration needed.

Fees: *Included for all*



JOE COLLINCINI, VOCALIST

Centennial Gardens
Scholl Conference Center if rain
Friday, May 27th @ 1:00pm – 2:00 pm

Joe is here to start off our summer celebration with patriotic classics and some real time rock and roll. No registration needed.

Fees: *Included for all*



LINDA THOMPSON PRESENTS: BACKYARD WONDERS

Scholl Conference Center
Friday, March 11th @ 1:00 pm – 2:00 pm

Within 50 miles of Passavant there is a host of animals, plants, birds, and exciting vistas to enjoy and celebrate. No registration needed.

Fees: *Included for all*



LINDA THOMPSON PRESENTS: THE PANTANAL: WORLD'S LARGEST WETLAND

Scholl Conference Center
Friday, May 20th at 1:00 pm – 2:00 pm

If you love adventure, travel with us to the world's largest wetland, The Pantanal. You'll marvel at the impressive jaguars, their rivals, the alligator-like caiman, and wonderful profusion of exotic birds. No registration needed.

Fees: *Included for all*



MARDI GRAS CELEBRATION WITH HABERMAN MAGIC

Scholl Conference Center
Tuesday, March 1st @ 1:30 pm – 2:30 pm



Fees: *Included for all*

Steve's show includes clean comedy, audience participation, amazing illusions and sleight of hand and mind blowing mentalism. No registration needed.



N.A. FIDDLERS

Scholl Conference Center
Monday,
February 7th @ 6:00 pm – 7:00 pm

Join us for a fun Fiddle music. This sure will be a fun filled evening. No registration needed.

Fees: *Included for all*



PASSAVANT SINGERS SPRING CONCERT

Scholl Conference Center
Friday, May 6th @ 2:00 pm – 3:00 pm

The Passavant Singers showcase their amazing talents during their spring concert. No registration needed.

Fees: *Included for all*



PATRICK GANGLEY MUSIC

Scholl Conference Center
Monday, April 4th @ 1:00 pm

Join us for a fun filled afternoon of music. No registration needed.

Fees: *Included for all*



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Special Events / 2022 JANUARY THROUGH MAY PROGRAM

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Photo Credit: Sharon Drake for the Tribune Review

PENNSYLVANIA GOES TO THE POLLS



Scholl Conference Center
Friday, March 18th @ 1:00 pm

Steve Mihaly, local Presidential historian and who is making a return visit to Passavant Community, has been a collector of presidential memorabilia for over 50 years. He holds one of the largest privately held collections of such material in the country. He and his collection have been featured in numerous publications and magazines across the country, as well as multiple appearances on radio and TV.

His latest presentation, "Pennsylvania Goes To The Polls" visually depicts original presidential artifacts and original photographs, mainly from our area of Western Pennsylvania, with most having never been seen previously by the general public. No Registration needed.

Fees: *Included for all*

PROCIDA TWINS



Scholl Conference Center
Friday, March 25th @ 1:00 pm

Join us for a fun filled afternoon of music. No registration needed.

Fees: *Included for all*

SENIORS FOR SAFE DRIVING



Scholl Conference Center
Monday, March 14th, Monday, July 11th,
Monday, November 14th

You must pre-register for this course online at www.seniorsforsafedriving.com or by calling 1-800-559-4880. Registration and payments have to made to Seniors for Safe Driving on their website or by calling them directly. No registration needed.

Fees: \$16

TIFFANI ECKHART



Scholl Conference Center
Friday, April 8th @ 1:00 pm

Join Tiffani, who is vocalist, keyboard player and songwriter, for some good times. No registration needed.

Fees: *Included for all*



TONY BARGE COUNTRY MUSIC



Scholl Conference Center
Friday, January 21st @ 1:00 pm – 2:00 pm



Country music at its finest. Join us for a fun afternoon. No registration needed.

Fees: *Included for all*

VETERAN'S COFFEE WITH THE MAYOR



Baron's Inn
3rd Tuesday at 9am

All campus Veterans are invited to share social time and comradery with Zelienople Mayor Thomas Oliverio. This groups gets together on a monthly basis, Coffee and breakfast items are available for purchase in our Bistro. Come and get to know each other and our community members who join this Veterans group to learn and grow! No Registration Needed.

Fees: *Coffee and Refreshments on your own.*



VINTAGE DEB



Scholl Conference Center
Tuesday, March 8th @ 1:00pm
Tuesday, April 12th @ 1:00pm
Tuesday, May 3rd @ 1:00pm

Deb Wagner is back to entertain and engage the audience. Join her for a fun tilled journey through music and expression. No registration needed.

Fees: *Included for all*



Sometimes...just spending quality time with good friends is all you need.



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Trips / 2022 JANUARY THROUGH MAY PROGRAM

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BUTLER INSTITUTE OF AMERICAN ART

Tuesday, March 8th

Bus pickups start @ 11:00 am

Art at the Butler is unique among museums. It exists to collect and preserve works of art in all media that has been create by citizens of this country. From the crowning pieces of its permanent collection to the temporary exhibits, a walk through the Butler is as walk through American history.

Bus Fees: \$10

Museum Fees: Admission is free but they do take donations.

LINCOLN PARK PERFORMING ARTS PRESENTS: SWING

Saturday, March 12th

Bus pickups start @ 12:15 pm

Swing a musical dance spectacular Two thirds rhythm and one third soul... swing is more than a type of music-it is a state of mind! Featuring spectacular dancing, a live

swing band on stage, and chart-topping hits, Swing! Explores and celebrates the musical movement that swept the nation.



Bus Fees: \$10

Ticket Fees:

\$18 (check

made out to Lincoln Park Performing Arts Center by February 19)

MR. DARBY'S ANTIQUES AND COLLECTIBLES

Friday, March 25th

Bus pickups start @ 10:00 am

Enjoy a day of treasure hunting at this very unique and interesting Antique Emporium Lots of good stuff! Cost of transportation is \$10.00 and will be billed to your monthly account.

Shopping and eating are on your own.

Bus Fees:

\$10



BAYERNHOF MUSEUM

Tuesday, April 26th

Bus pickup starts @ 12:30 pm

This extremely unique 19,000 square foot museum houses a world-class collection of music boxes and other antique automatic music machines and well as many fascinating items. The building itself provides guests with a most enjoyable experience as they pass from one unbelievable room to another, at times hidden doors and secret passageways. Almost the entire south side of the Museum is glass, affording fantastic views up and down the Allegheny Rivers. Enjoy a truly one-of-a-kind adventure.

Bus Fees: \$10

Museum Fees: \$10

(cash only and paid at Museum)



A world-class collection of music items, displayed in a remarkable house complete with hidden doors, secret passageways and amazing views.

RANDYLAND AND LEGENDS EATERY

Tuesday, May 3rd

Bus pickups start @ 12:00 pm



Randyland is the home of artist Randy Gilson. Located in the Mexican War Streets district of Pittsburgh's Northside the, Randyland

courtyard is open most every day. Visitors are welcome to come and explore the public art displays in and around the property. Using paints, plants, animals, yard sale finds and discarded construction materials, creator Randy Gilson has transformed his home and surrounding buildings into a colorful Pittsburgh Landmark.

Experience a legendary meal and Chef Dan Bartow's personal guarantee at Legends Eatery. This is a casual family oriented restaurant with continental Italian specialties. Randyland admission is free. Cost of dinner is on your own.



Bus Fees: \$10



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Trips / 2022 JANUARY THROUGH MAY PROGRAM

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PA TROLLY MUSEUM

Friday, May 13

Bus pickups start @ 10:00 am

Enjoy a beautiful day at the Pennsylvania Trolley Museum. Your admission includes Scenic Trolley Ride Guided Tour Exhibits and Orientation film Trolley Simulator, Museum store, and picnic area. Experience a bygone era on the 4 mile scenic round trip ride aboard one of the museums restored streetcars. Enjoy the clang of the bell and the clatter of heavy steel wheels over the rails as you feel the power of the electric motors move the car along the track. Along the way you'll stop at the Trolley Display Building for a guided exploration of the development of streetcars through the Trolley Era. See cars from West Virginia, Ohio and more. You will finish your tour where you started at the Visitor Education Center. Where there are exhibits including the trolley simulator.

Special Note for your visit: Be advised the tour and the ride require walking, as well as

step climbing in order to board the historic cars. For maximum comfort during your visit please wear substantial shoes. The steps on and off of these cars can be tall. For assistance in climbing aboard please feel free to ask your motorman/guide for portable steps and assistance. They also have a car that been modified to accommodate wheel chairs, as well as separate wheel chair lift.

Bus Fees: \$10

Museum Fees: \$11 (paid at the museum)



LINCOLN PARK PERFORMING ARTS CENTER PRESENTS: SURPRISE MUSICAL BONUS

Saturday, April 30th

Bus pickups start @ 12:15 pm

This will be a surprise musical bonus that will be announced before the performance.

Bus Fees: \$10

Ticket Fees: \$18 (check made out to Lincoln Park Performing Arts Center by April 9)



LINCOLN PARK PERFORMING ARTS PRESENTS: CAROUSEL

Saturday, June 18th

Bus pickups @ 12:15 pm

Voted the best musical of the 20th century by Time Magazine, Rodgers and Hammerstein's Carousel is a giant in musical theatre. This haunting love story about a tragic anti-hero and the wife and child he leaves behind features some of the most powerful music ever written for the stage. Declared to be his favorite by Richard Rodgers, this magical and majestic classic embodies both the gray areas of life and the Golden Age of Broadway

Bus Fees: \$10

Ticket Fees: \$18 (check made out to Lincoln Park Performing Arts Center by May 28th)

HERITAGE WINE CELLARS

Friday, April 22nd

Bus pickups start @ 12:00 pm

Enjoy an afternoon of Wine Tasting in the historic quaint town of Saxonburg PA. They have over 50 different variety of wines to sample. Tables to sit at and enjoy your wine. Shopping and eating are on your own.

Bus Fees: \$10



Drinking good wine in good company is one of life's most civilized pleasures."

– MICHAEL BROADBENT



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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
7:30am – 4:00pm
Saturday Closed
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 رفاوئت ةىوغلل ةدعاسمل تامدخ نإف، ةغلل ركذا تدرحت تنك اذا: ةظوحلم (724) 742-2295 (TTY 711) ةىببرعلا 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)

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