



# ASPIRE

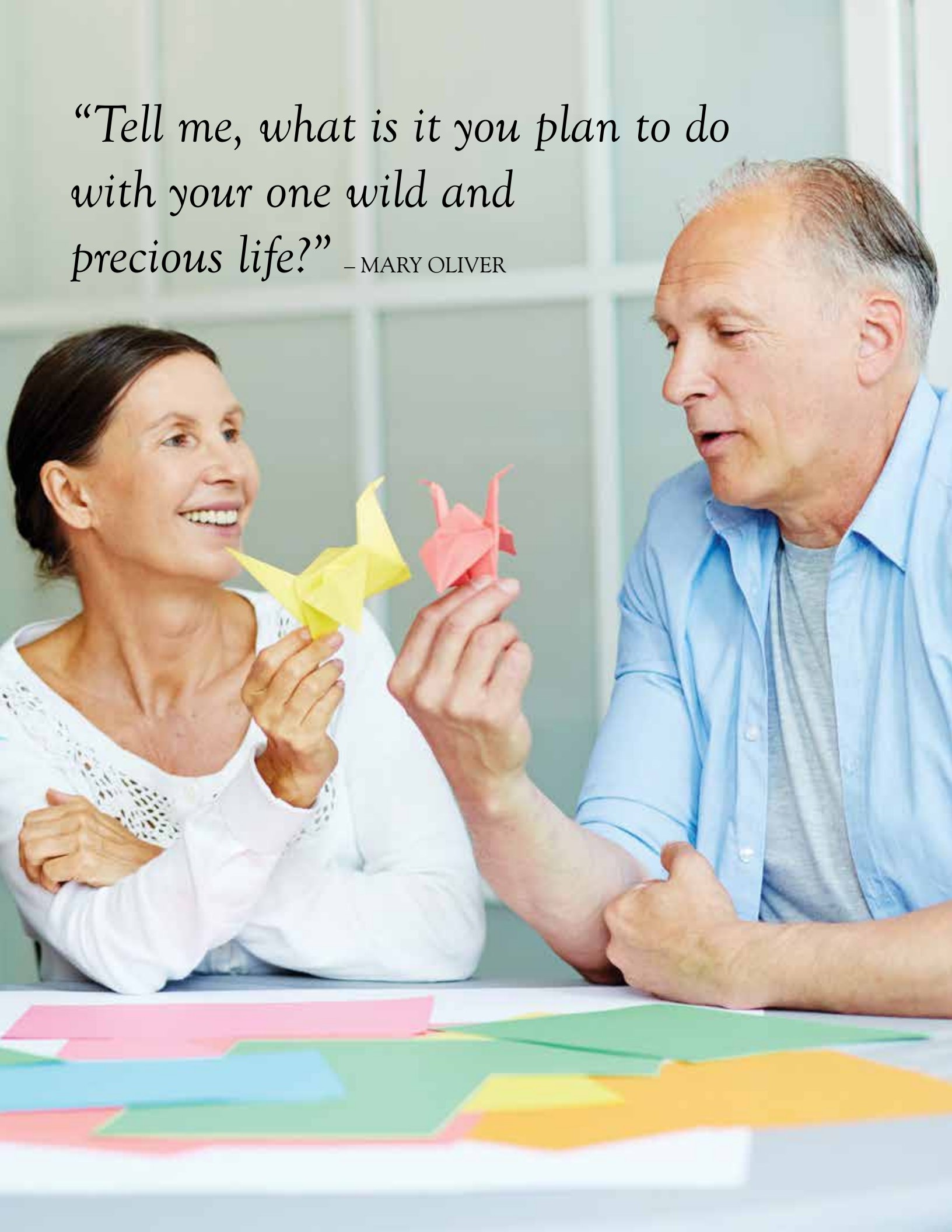
## WELLNESS

*2022 Summer Catalog / May 20th – July 22nd*



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. 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.



## 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.

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
Bi-Annual Wellness Assessment	YES	YES
Bi-Annual Personalized Wellness Plan	YES	YES
Be Well Loyalty Card Eligible	YES	YES
1 Daily Free Drink at the Bistro	YES	YES

## Registration Information

Advance registration is required for all ASPIRE Wellness classes and activities. Participants can register either online at [lutheranseniorlife.org/aspirewellness](https://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](https://lutheranseniorlife.org/aspirewellness)  
Email: [aspirewellness@lutheranseniorlife.org](mailto: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 bi-annual 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



Call 724-282-6806  
Toll-Free 877-862-6659

[lutheranseniorlife.org](http://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.



Passavant Campus  
Zelienople  
St. John's Campus  
Mars

Programs by Wellness Dimension

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Satisfaction of one’s curiosity is one of the greatest sources of happiness in life.

– LINUS PAULING

RELATIONAL

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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](http://www.lutheranseniorlife.org)

## ASPIRE Wellness Weekly Schedule / May 20th – July 22nd, 2022

**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	9:00 – 9:45am / AR Lobby Outdoor Walking Group	9:30am – 12:00pm / TR Train Club	9:00 – 9:45am / AR Urban Polling	
10:00 – 10:45am / AR Strength & Balance	9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)	10:00 – 10:45am / P Aqua Class	9:30 – 10:00am / P Aqua Arthritis	
10:00 – 11:00am / SG Music as a Mirror of History – DVD Series	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance		10:00 – 10:45am / P Aqua Class
11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)		10:00 – 10:45am / AR Chair Yoga	10:00 – 10:45am / AR Strength & Balance
 1:00 – 2:00pm / CAS Busy Hands	10:00 – 10:45am / AR Tai Chi	2:00pm / CAS Creative Writing Class		
 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	10:00am / CAS Design Your Own Mosaic Artwork	11:00 – 11:45am / AR SilverSneakers® Classic
1:30 – 2:30pm / AR Persons With Parkinson's Fitness	11:00 – 11:45am / AR SilverSneakers® Circuit		11:00 – 11:45am / AR SilverSneakers® Circuit	
	12:30 – 4:30pm / WB Duplicate Bridge Game	1:00 – 3:00pm / D Duplicate Bridge Class	 1:00 – 2:00pm / SCC The History Hobo Speaker Series	1:30 – 2:30pm / AR Persons With Parkinson's Fitness
1:30pm / PC Grief Support Group	1:00 – 1:45pm / AR Urban Polling	1:30 – 2:30pm / AR Persons With Parkinson's Fitness	1:15 – 2:00pm / P Aqua Class	1:30 – 2:30pm / AR Parkinson's Disease Support Group (3rd Friday monthly)
	1:15 – 2:00pm / P Aqua Class	6:00pm / SCC Main St. on Main St.		
	1:30 – 2:30pm / SG Practicing Mindfulness – An Intro to Meditation			
	3:00 – 4:00pm / SG Wonders of the National Parks – DVD Series			

Class Descriptions / May 20th – July 22nd, 2022

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 15 participants.**

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



you extra resistance for your exercises. This 45-minute class will focus on building endurance and strengthening your entire body. **Limited to 15 participants.**

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

BUSY HANDS

Creative Arts Studio  
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  
1st 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  
Thursday @ 10:00 – 10:45am

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



CREATIVE WRITING CLASS

Creative Arts Studio  
Wednesdays @ 2:00pm

Engaging and filling series takes advantage of the creative mind in all of us. As our own little writing community, our class will read works of poetry, short fiction, and short non-fiction as well as write in those genres ourselves. This is a space for all of us to share our stories and create a community together! Zoe Anderson facilitates this group. She is a student in the process of getting her Master’s Degree in Creative Writing with a focus in Children’s Literature from Chatham University. She also has a Bachelor’s Degree in English from Westminster College. She loves all things writing and reading. This class will run from June 1st thru July 27th. There will be no class on June 15th.

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE



DESIGN YOUR OWN MOSAIC  
ARTWORK

Creative Art Studio  
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*

“He who laughs most  
learns best.”  
– JOHN CLEESE

DUPLICATE BRIDGE CLASS

The Den  
Wednesday @ 1:00 – 3:00pm

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. Zelienople Bridge Club policy requires COVID 19 vaccinations.

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



DUPLICATE BRIDGE GAME  
Wittenberg Community Room  
Tuesdays @ 12:30 – 4:30pm

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. Zelienople Bridge Club policy requires COVID 19 vaccinations.

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



GRIEF SUPPORT GROUP  
Prayer Chapel  
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  
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*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

MAIN ST. ON MAIN ST.  
Scholl Conference Center  
Wednesday @ 6:00pm



The bustling Zelenople 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.

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

MUSIC AS A MIRROR  
OF HISTORY – DVD SERIES  
Scheidmantle Gallery  
Mondays @ 10:00 – 11:00am



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

“Music expresses that  
which cannot be said  
and on which it is  
impossible to be silent.”

– VICTOR HUGO

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: *Included*  
Non-member: \$25 per session

OUTDOOR GAMES  
Outdoor Gardens  
On your own



We offer an outdoor gaming area in the garden by the North Entrance of the Abundant Life Center. See the receptionist to sign out a key for equipment to enjoy the horseshoe pits, bocce court or shuffleboard. Be on the lookout for special events and tournaments.

Fees: *Included for all*

OUTDOOR WALKING  
GROUP  
Meets in Fitness Center Lobby  
Tuesdays @ 9:00 – 9:45am



Walking frequently improves your mental and physical health and is also a great way to stay healthy and active. Join

this noncompetitive walking group to enhance your cardiovascular fitness, spend time with friends, meet like-minded people and enjoy the outdoors! We will help you develop your goals and track your progress.

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

PARKINSON’S DISEASE  
SUPPORT GROUP  
Aerobics Room  
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, 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

“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



PERSONS WITH  
PARKINSON'S FITNESS

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

PRACTICING MINDFULNESS –  
AN INTRO TO MEDITATION

Scheidemantle Gallery  
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. Classes



will be led by Nadine Simeon and will include DVD presentations by Professor Mark W. Muesse. **Limited to 10 participants.**

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



SILVERSNEAKERS® CIRCUIT

Fitness Center  
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

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 25 participants.**

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

*Purposeful: Volunteer work generates appreciation and caring for others. It gives a sense of inner peace when we feel we've helped better other people's lives. Intellectual: Program activities have broadened my thinking about our community and the broader world. Ideas exchanged during these sessions support social interaction and respect for various points of view. Overall: Through organized classes, volunteer work, and meeting new people I have grown more than I ever thought possible.*  
– Harriet Moyer, Passavant Resident

*I am a Bible study leader in the Spiritual dimension. Participate in all of the others. “I appreciate the intentional focus of each of the dimensions. This challenges myself and others who wish to seek a more meaningful and abundant life. Not being left to do MY OWN thing or having to plan MY OWN activities allows me to do so much, much more.” – Paul Payerchin, Passavant Resident*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / May 20th – July 22nd, 2022

The legend indicates the related Wellness Dimension for each program.

STORM HARBOR  
EQUESTRIAN CENTER

Slippery Rock University  
May 31st / June 8th, 15th / July 5th, 13th,  
20th, 27th  
Bus pickups start @ 9:40 am



The Storm Harbor Equestrian Center is a therapeutic riding program on the campus of Slippery Rock

University. We will be offering bus rides to SRU. Included is a 30 minute riding lesson by a PATH Certified instructor. The lessons offer equine assisted activities for persons with cognitive, physical, emotional, and/or social disabilities. However, all may participate. Un-mounted activities such as grooming, equine handling, and equine care may be incorporated. You must sign up and complete the Participant Packet and Medical History Form by May 17. You must sign up for all lessons.

Fees: \$10 Bus / \$20 Lesson



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 25 participants.**

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



TAI CHI

Aerobics Room  
Tuesday @ 10:00 – 10:45am

This class will utilize Lymphatic Stimulation, EFT Tapping (Emotional Freedom Technique), Tai Chi, Qi Gong, and Human



BioEnergetic Field Smoothing. Participants will engage in their Physical, Emotional, Mental, and Spiritual bodies. This method aids in ones progression while practicing longevity and has been specifically linked together allowing for the participant to fully engage with the energetic experience. This class can be performed standing, seated, or lying down. Any movement ability level welcome. Taught by Jeremy Hill.

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

*Since the ASPIRE Wellness program began, Frank and I have been involved with helping Pastor Freda Snyder plan and choose the classes that will be offered under the Spiritual Dimension of Aspire. It is exciting to then get to participate in the classes with our friends. ASPIRE is an opportunity for all residents to enrich their minds and further develop their faith life. Aspire is one of the many blessings of being a resident here at Passavant Community.*

– Grace and Frank Kantz,  
Passavant Residents



THE HOLY LAND REVEALED –  
DVD SERIES

Scheidemantle Gallery  
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. This session begins during the period of Jesus' lifetime and ends with the transformation of Jerusalem.

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / May 20th – July 22nd, 2022

The legend indicates the related Wellness Dimension for each program.

THE HISTORY HOBO  
SPEAKER SERIES

Scholl Conference Center  
Thursdays @ 1:00 – 2:00pm

Please join “The History Hobo” Steve Cicero as he takes you on 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 local history and beyond.

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



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



URBAN POLLING

Aerobics Room  
Tuesdays @ 1:00 – 1:45pm  
Thursdays @ 9:00 – 9:45am

Using poles for exercises can help improve your posture and balance, engaging 75% of your body’s muscles. They also help to control blood glucose, and improves your balance. Try this new exercise class, taught by one of our trained therapists.

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



WONDERS OF THE NATIONAL  
PARKS – DVD SERIES

Scheidemantle Gallery  
Tuesdays @ 3:00 – 4:00pm

The spectacular sights of the cosmos are now as easy to see as the stars above. Orbit Saturn, search for water and life on Mars and witness an armada of space telescopes uncovering the secrets of the cosmos. Embark on great voyages of discovery and enjoy a view that’s truly out of this world! Facilitated by Tom Vollmer & Ken Crooks.

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



From Two Perspectives...

An example of how ASPIRE Wellness has inspired participants.



*I participated in the Intellectual component of ASPIRE by teaching a Money Matters class to residents. Part of my professional life before retirement was teaching non formal adult education classes. My focus at the end of my career was on financial management and investing. Consequently, I decided to offer a program that covered budgeting, net worth statements, credit, financial scams, basic investing, parents talking with adult children about their finances and end of life decisions, and basic factors in estate planning including property ownership, working with attorneys and financial advisors and letters of last instruction. The residents had a range of knowledge concerning the topics. They seemed to appreciate the credit information on preventing identify theft and scams. It continues to be a rewarding experience because residents report to me the actions they are taking. Some examples, talking with adult children about location of their financial information, setting up fraud alerts and credit freezes, meeting with an elder attorney to set up wills and other legal paperwork, making qualified charitable donations from Individual Retirement Accounts, setting up two factor authorization for online financial accounts, etc. It was very rewarding to share my expertise with the ASPIRE class participants and to hear how they continue to utilize the information from the Aspire class. – Ruth Anne Mears, Passavant Resident*

*In particular, Money Matters was probably my favorite class. Not only did it stimulate me to think through my finances but the practical aspect of learning how to be sure my monies are safe has been most helpful. I learned some cards are used best in certain situations and not others; now I know how to lock or unlock any of my accounts through the app on my phone and use them accordingly. And I called agencies to place a credit freeze on my accounts which prevents anyone from opening credit in my name. No one is draining my bank account–except me!!! I learned how to get my credit score, how to set up multi factor identification for my online banking, making budgets, and the list goes on. Investments were discussed so we learned about building assets, keeping important papers, and considerations for hiring financial planners. – Kathi Peters, Passavant Resident*



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SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

ASPIRE WELLNESS PRESENTS  
ICE CREAM SOCIAL WITH  
3 RIVERS 4 QUARTET  
Centennial Gardens  
Tuesday, June 14 @ 5:30pm



Come and enjoy  
dessert after dinner  
with an ice cream  
treat, then enjoy an  
evening with the 3  
Rivers 4 Barbershop

Quartet. We will be in Scholl Conference  
Center if there is rain.

Fees: *Included for all*

CELEBRATING WOMEN!  
Scholl Conference Center  
Friday, May 6 @ 10:00am



Join your fellow female friends and neighbors  
for this social event. Brunch will be served  
and Deb Wagner will provide entertainment.  
This event highlights the women in our  
community and in  
our lives. Open to all  
women on campus  
and our community  
volunteers. RSVP to  
Brian Damaska, ext.  
3666, by May 1st.



Fees: *Included for all*

ELLWOOD CITY  
CIVIC CHORALE  
Centennial Gardens  
Sunday, June 12 @ 6:30 pm



Enjoyable evening with the Civic Chorale.  
We will be in Scholl Conference Center if  
there is rain.

Fees: *Included for all*

GENE TESTA ON THE  
KEYBOARDS!  
Scholl Conference Center  
Friday, May 13 @ 1:00pm



Gene will be here to perform  
all your favorites. All are  
welcome to enjoy this great  
music hour of entertainment.



Fees: *Included for all*

JOE COLLINCINI SINGS  
THE SUMMER TIME SONGS  
WITH A PATRIOTIC FLAIR!  
Centennial Gardens  
Friday, May 27 @ 1:00pm



Join Joe and sing along to the Patriotic  
favorites and some summer time classics.  
Music will be in Scholl Conference Center if  
there is inclement weather.

Fees: *Included for all*

JUNE BRIDE EVENT  
Scholl Conference Center  
Friday, June 10 @ 11:00am – 2:00pm



This year, we  
celebrate our brides  
(and grooms) with  
our reception hall and  
wedding traditions.  
Come and sample  
the famous Western  
Pennsylvania Cookie

Table, have a piece of wedding cake and view  
our awesome display of wedding gowns and  
formal attire. Photos will be displayed of our  
staff and residents on their wedding day. If  
you want to be included, please submit your  
photo to Jody Gulish, Multimedia Coordinator  
by May 31st. We will create a slide show  
presentation. Also, there will be a table  
display of wedding albums if anyone wants  
to provide one (everything must be signed in  
and picked up immediately after event.) If you  
have anything to display (dress, hat, photo,  
etc...) please let Jody Gulish know by May  
31st. This is an open house style event. Come  
anytime during our reception hours. Any  
couples wishing to renew vows, will have this  
wonderful opportunity.

Fees: *Included for all*

MAGICIAN CLINTON  
MCMASTER  
Scholl Conference Center  
Tuesday June 7 @ 1:00pm



Come and enjoy the magic of Clinton  
McMaster as he amazes you with his magic!

Fees: *Included for all*



SENIORS FOR SAFE DRIVING  
Scholl Conference Center  
Mondays, July 11 and November 14



You must pre-register for this course online at  
[www.seniorsforsafedriving.com](http://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.

Fees: \$16



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EXPRESSIVE

Special Events / May 20th – July 22nd, 2022

The legend indicates the related Wellness Dimension for each program.

SUMMER CONCERT SERIES

Centennial Gardens/Scholl rain  
@ 6:00pm

May 26: *The Benny Myers Band*, Variety Music

June 19: *Keys to Your Heart*.  
We will be featuring Eric Wang along with Dean Altstaetter from Ohio who is a Jazz Pianist and Boogie Woogie extraordinaire!

July 15: *Gene Testa*, Variety Music

July 19: *Dan Schall*, Gospel Music  
We will be enjoying the summer months with special concerts in our beautiful garden area. In case of inclement weather we will be in Scholl Conference Center.

Fees: *Included for all*

TANYA SATTISON AND VIOLIN STUDENTS

Scholl Conference Center  
Saturday, May 21 @ 2:00pm



Join us for the opportunity to watch these amazing young students perform their Violin recital for your enjoyment.

Fees: *Included for all*



VETERAN'S COFFEE WITH THE MAYOR

Baron's Inn  
3rd Tuesday @ 9:00am

All 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.*



WELCOME TO CLASSICAL MUSIC

Scheidemantle Gallery  
Wednesday, May 18 and June 15  
@ 2:00 – 3:00pm

Welcome to Classical Music has returned. This class will continue to explore classical music and its impact on other musical genres and art forms. This class is taught by Christie Kecskementy who is the principal second violinist in the Butler County Symphony Orchestra.

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



Trips / May 20th – July 22nd, 2022

AN EVENING WITH JAMES PATTERSON

Thursday, June 16 @ 7:00pm

Distinguished author, James Patterson will be in Harmony for this exciting opportunity. \$35.00 cost includes book signing. Details to be announced soon for instructions on purchasing tickets.

Fees: \$10 Bus / \$35 Tickets



CARNEGIE MUSEUM OF NATURAL HISTORY

Thursday, June 2  
Bus pickups start at 10:00am

One of the four Carnegie Museums of Pittsburgh, it is among the top natural history museums in the country. It maintains, preserves, and interprets an extraordinary collection of artifacts, objects, and scientific specimens used to broaden understanding of evolution, conservation, and biodiversity. Carnegie Museum of Natural History generates new scientific knowledge, advances



science literacy, and inspires visitors of all ages to become passionate about science, nature and world cultures.

Fees: \$10 Bus /  
\$14.95 Admission, paid at museum

DEENER'S FARM MARKET

Friday, July 20  
Bus pickups start at 10:00am

Deener's is a family owned greenhouse and farm market open May 1-October 31. In May, they sell flower and vegetable plants. In June, there are local strawberries. Sweet corn begins around July 4 along with other fresh summer fruit and vegetables arriving daily. August brings home grown tomatoes, peppers and sweet onions in addition to Pennsylvania peaches. Local apples, cider and concord grapes start coming in around Labor Day. Fall mums, pumpkins, gourds, straw and cornstalks are available for all of your fall decorating needs.

Fees: \$10 Bus / Admission is free



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Trips / May 20th – July 22nd, 2022

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ELLWOOD CITY ARTS  
AND CRAFT FESTIVAL

Saturday, July 2

Bus pickups start at 1:00pm

Enjoy an afternoon of Crafts, Arts, Vendors, musical performances. Delicious food and vendors galore!

Fees: \$10 Bus / Admission is free



HARTWOOD ACRES  
MANSION TOUR

TBD in July

Hartwood Mansion is one of the most visited tourist attractions in Pittsburgh PA. The 31-room mansion was built in 1929, in the classic Tudor style of the Elizabethan era. The mansion is situated in the midst of a 629-acre park. It is a popular venue for concerts, theater and weddings. The mansion was originally the home of John and Mary Lawrence. Mary was the daughter of Senator William Flinn, owner of the city's largest construction firm. She sold the mansion to the Allegheny County Parks Department in 1969. The design conforms to the exquisite architectural style of the 19<sup>th</sup> century. A fine collection of the original English and American antiques is housed in the house. Details to be announced in June.

Fees: \$10 Bus / \$13 Admission (over 62)



HEINZ HISTORY CENTER

Tuesday, June 7

Bus pickups start at 10:00am

If you're a history buff, you will love the Heinz History Center. The John Heinz History Center and museum system presents compelling stories from American history with a Western Pennsylvania connection in an interactive environment. The History Center is located in Pittsburgh's historic Strip District. There are many exhibits to see and explore including the Sports Museum, Mister Rogers Neighborhood and many more. You will buy your ticket when you arrive at the History Center.

Fees: \$10 Bus /  
\$15 Admission,  
paid at museum



LINCOLN PARK PERFORMING  
ARTS PRESENTS: CAROUSEL

Saturday, June 18

Bus pickups @ 12:45pm

Voted the best musical of the 20th century by Time Magazine, Rodgers and Hammerstein's Caroussel 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

Fees: \$10 Bus / \$18 Tickets (check made out to Lincoln Park Performing Arts Center by May 28th)



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Trips / May 20th – July 22nd, 2022

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MARIDON MUSEUM

Wednesday, July 13

Bus pickups start at 10:15am



A substantial collection of 20th Century Asian art is hidden, improbably, in a tiny western PA town on a very inconspicuous residential street. Mary Phillips (who married Big Oil heir, Don Phillips)

lived in an unpretentious Butler home and never traveled farther than Atlantic City, NJ. But Phillips had a pert, intellectual mind and a penchant for collecting Asian art. The Phillips had no children, and knowing that, after her death, her survivors wouldn't care about the jade, porcelain, and woodcarvings that she had amassed over the years, Mary built a museum (naming it after Mary and Don) in 2004 to house it all. She hired New York City based Asian art expert, Edith Frankel, to design and curate her collection, and was happy to visit her meaningful art in its new home until her death at age 88 in 2009. The Asian art collection at the Maridon is fascinating on many levels – the most elemental being its stunning beauty and fine craftsmanship. But you'll learn a lot about Asian history and the importance of these



figures as well, in the most unlikely of places. It's a knockout museum worth a drive from anywhere. We will have a tour guide at the museum. We will stop on the way home for a bite to eat.

Fees: \$10 Bus / \$3 Admission, paid at museum

MERRICK ART GALLERY

Saturday, June 25

Bus pickups start at 10:00am

Founded in 1880 by Edward Dempster Merrick, a New Brighton industrialist, who had a boyhood dream of becoming an artist. The Gallery collection includes oils of 19<sup>th</sup> Century by respected artists of the day. Most prominent is the collection of "Hudson River School" paintings featuring the works of Durand, Moran, and Casilear just to name a few. Other collections include many contemporary paintings as well as mineral and rock collections from around the world, we will stop and get a bite to eat on the way home.



Fees: \$10 Bus / Admission is free;  
Donations accepted



MUSICIANS CONCERT BAND

June 9 & 23 and July 7 & 21

Bus pickups start at 6:00pm

Musicians Concert Band will be held again this summer at Butler Intermediate High School. Admission is payable at the concert. Concerts start at 7:00.

Fees: \$10 Bus / \$5 Admission



NATIONALITY ROOMS  
AT PITT UNIVERSITY

TBD in July

The Nationality Rooms represent and celebrate the culture of the diverse communities of Pittsburgh. The Rooms are a community space where you're invited to experience your heritage in a space that's timeless and austere, yet dynamic and alive. The rooms are also in use as University classrooms, giving the students the opportunity to learn in a unique setting that gives them a hands on experience with these rich heritages. They were designed to represent and celebrate the cultures of various



ethnic groups that settled in Allegheny County. The thirty-one Nationality Rooms are located on the first floors of the Cathedral of Learning. This trip will be announced with details at a later date because you can only book with advance reservations closer to the date you choice. Details to be announced in June.

Fees: \$10 Bus / \$10 Admission

NAUTICAL NATURE  
BOAT CRUISE

TBD in June

Take a ride on Nautical Nature, a 37-passenger enclosed pontoon boat and Moraine State Park's premier attraction. Enjoy learning about the area's natural history and osprey reintroduction while appreciating the unique scenery and wildlife on an exciting trip around Lake Arthur. Details of this trip will be announced sometime in June.



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Trips / May 20th – July 22nd, 2022

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Join us and enjoy fun, friendship and adventure.

PGH 101 RIVERBOAT TOUR



Friday, July 22  
Bus pickup at 8:15am

Get onboard Pittsburgh’s newest sightseeing tour and explore the regions legacy of innovation. Known as a modern tech and robotics hub, the Burgh has been the vanguard of industrial revolution for over 250 years! During this meticulously researched 90 minute tour, you’ll discover how Pittsburgh’s challenging landscape, it’s wealth of natural resources, and the character of its residents and workers have shaped neighborhoods and industries – creating the dynamic city it is today! All the while you’ll be taking the beauty of the skyline and riverbanks!

Fees: \$10 Bus / \$18 Tickets (check made out to Rivers of Steel by July 8th)

PYMATUNING STATE PARK SPILLWAY



Tuesday, June 28  
Bus pickups start at 10:00am

At The Pymatuning Spillway you can feed thousands of ugly carp fish as much bread as you want. Oh, and don’t forget to feed some hungry ducks too! Before you come to the Spillway, you should stop by the store or bread shack along the highway to purchase some discounted bread. There is always time to sit and enjoy a cool drink and a snack from our concession stand. Bring a lunch with you and we will stop at a picnic area to eat.

Fees: \$10 Bus / Admission is free

STRIP DISTRICT



Thursday, June 16  
Bus pickups start at 10:00am

Enjoy a day at one of Pittsburgh’s most unique and most visited neighborhood. There’s nothing like The Strip with its ethnic grocers, street side grills, sidewalk merchants and independent shops. Once the home of wholesalers working out of massive brick warehouses, today the Strip is still functional but also fun and quirky. Truly a blend of old and new.

Fees: \$10 Bus / Admission is free



THREE RIVERS ARTS FESTIVAL



Saturday, June 11  
Bus pickups start at 10:00am

The signature components of the Dollar Bank Three Rivers Arts Festival include:

- Ten unique Dollar Bank Mainstage music headliners
- Artist Market featuring hundreds of artistic shops and sellers
- Pittsburgh Cultural Trust visual arts galleries (707 Penn, 820 Liberty, SPACE and Wood Street Galleries)
- Spectacle public art
- Local and regional artists, vendors, and groups

Fees: \$10 Bus / Admission is free



WHAT’S NEXT?

Are you interested in helping to shape the ASPIRE Wellness program? We would love to hear your ideas!

Have you participated in the ASPIRE Wellndess program? We would love to hear your feedback!

Contact the ASPIRE Wellness Program Manager at 724-452-3666.



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*“Live well,  
learn plenty,  
laugh often,  
love much.”*

– RALPH WALDO  
EMERSON

## 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!

### 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.

**Phone Number:**  
724-452-3456

**Hours of Operation:**  
**Monday – Friday**  
7:30am – 4:00pm  
**Saturday** Closed  
**Sunday** Closed

## 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](http://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](mailto: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](mailto: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](mailto: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](mailto:Overbrook.sales@lutheranseniorlife.org)



**Lutheran  
SeniorLife**

[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)

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