

ASPIRE

WELLNESS



Winter/Spring 2023 Catalog: January 16th – May 12th



*“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 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 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


**Lutheran
SeniorLife**

 **VNA** Western
Pennsylvania

Call 724-282-6806

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**

Rehab Services
724-452-3492

**Passavant Campus
Zelienople**

**St. John's Campus
Mars**

Programs by Wellness Dimension

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



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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


Lutheran SeniorLife
Lutheran Service Society
www.lutheranseniorlife.org

ASPIRE Wellness Weekly Schedule: Session I / January 16th – March 10th

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
10:00 – 10:45am / P Aqua Class	7:30 – 8:00am / AR Speed, Agility and Strength Small Group Training
10:00 – 10:45am / AR Strength & Balance	8:45 – 9:15am / AR Speed, Agility and Strength Small Group Training
11:00 – 11:45am / AR SilverSneakers® Classic	9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)
 1:00 – 2:00pm / CAS Busy Hands	
1:00 – 2:30pm / SG What Is The Gospel?	9:30 – 10:00am / P Aqua Arthritis
	10:00am / PC Caregiver Support Network (1st Tuesday monthly)
1:30pm / PC Grief Support Group	 10:00 – 10:45am / AR Tai Chi
1:30 – 2:30pm / AR Persons With Parkinson's Fitness	11:00 – 11:45am / AR Senior Boot Camp
3:00 – 3:45pm / AR Line Dancing	12:30 – 4:30pm / WB Duplicate Bridge Game
 6:00 – 7:00pm / CAS Photography Class	1:15 – 2:00pm / P Aqua Class
	1:30 – 2:30pm / SG Weekly Meditation Time
	

Wednesday



9:30am – 12:00pm / TR
Train Club

10:00 – 10:45am / P
Aqua Class

10:00 – 10:45am / AR
Strength & Balance

10:30 – 12:00pm / CAS
Assemblage Box Art

11:00 – 11:45am / AR
SilverSneakers® Classic

1:00 – 3:00pm / D
Duplicate Bridge Class

1:30 – 2:30pm / AR
Persons With Parkinson's
Fitness

2:00 – 2:45pm / SCC
Common Health
Conditions for Seniors
(1st Wednesday monthly)

Thursday

9:00 – 9:45am / AR
Urban Polling

9:30 – 10:00am / P
Aqua Arthritis



10:00 – 10:45am / AR
Chair Yoga

11:00 – 11:45am / AR
Senior Boot Camp

1:00 – 2:00pm / SCC
All That Jazz: History of
the American Musical

1:15 – 2:00pm / P
Aqua Class



3:00 – 4:00pm / AR
Bunco

Friday



10:00 – 10:45am / P
Aqua Class

10:00 – 10:45am / AR
Strength & Balance



11:00 – 11:45am / AR
SilverSneakers® Classic

1:00pm / Multi-Media Studio
Everyone's A Critic

1:30 – 2:30pm / AR
Parkinson's Disease Support
Group (3rd Friday monthly)



1:30 – 2:30pm / AR
Persons With
Parkinson's
Fitness

6:00pm / CAS
Creative Writing Class
(2nd & 4th Friday monthly)

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

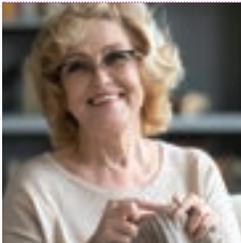
– LINUS PAULING

ASPIRE Wellness Weekly Schedule: Session II / March 20th – May 12th

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

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Monday	Tuesday
10:00 – 10:45am / P Aqua Class	7:30 – 8:00am / AR Speed, Agility and Strength Small Group Training
10:00 – 10:45am / AR Strength & Balance	8:45 – 9:15am / AR Speed, Agility and Strength Small Group Training
11:00 – 11:45am / AR SilverSneakers® Classic	9:00 – 9:45am / AR Lobby Outdoor Walking Group
 1:00 – 2:00pm / CAS Busy Hands	 9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)
1:00 – 2:30pm / SG Introduction to Islam: Dialogical Overview for 21st Century	9:30 – 10:00am / P Aqua Arthritis
 1:30pm / PC Grief Support Group	10:00am / PC Caregiver Support Network (1st Tuesday monthly)
1:30 – 2:30pm / AR Persons With Parkinson's Fitness	10:00 – 10:45am / AR Tai Chi
 3:00 – 3:45pm / AR Line Dancing	11:00 – 11:45am / AR Senior Boot Camp
	12:30 – 4:30pm / WB Duplicate Bridge Game
	1:15 – 2:00pm / P Aqua Class
	1:30 – 2:30pm / SG Weekly Meditation Time 

Wednesday



9:30am – 12:00pm / TR
Train Club

10:00 – 10:45am / P
Aqua Class

10:00 – 10:45am / AR
Strength & Balance

11:00 – 11:45am / AR
SilverSneakers® Classic



1:00 – 3:00pm / D
Duplicate Bridge Class

1:30 – 2:30pm / AR
Persons With Parkinson's
Fitness

2:00 – 2:45pm / SCC
Common Health
Conditions for Seniors
(1st Wednesday monthly)

ASPIRE
*to live your
best life.*

Thursday

9:00 – 9:45am / AR
Urban Polling

9:30 – 10:00am / P
Aqua Arthritis



10:00 – 10:45am / AR
Chair Yoga



10:00am / CAS
Design Your Own Mosaic
Artwork

11:00 – 11:45am / AR
Senior Boot Camp



1:00 – 2:00pm / SCC
The History
Hobo
Speaker
Series

1:15 – 2:00pm / P
Aqua Class

Friday



10:00 – 10:45am / P
Aqua Class

10:00 – 10:45am / AR
Strength & Balance



11:00 – 11:45am / AR
SilverSneakers® Classic

1:00pm / Multi-Media Studio
Everyone's A Critic

1:30 – 2:30pm / D
Living Our Faith

1:30 – 2:30pm / AR
Parkinson's Disease Support
Group (3rd Friday monthly)

1:30 – 2:30pm / AR
Persons With Parkinson's
Fitness

6:00pm / CAS
Creative Writing Class
(2nd & 4th Friday monthly)

Class Descriptions / January 16th – May 12th, 2023

The legend indicates the related Wellness Dimension for each program.

ALL THAT JAZZ: HISTORY OF THE AMERICAN MUSICAL

Scholl Conference Center

Session I only

Thursdays @ 1:00 – 2:00pm

Along with jazz, Abstract Expressionism, and Hip-Hop, the American Musical is one of only a handful of original American art forms, the Musical was born from vaudeville and variety shows and was fueled by popular music, the star system and dazzling spectacle through the 1930's. But after World War II, new musical writers and composers, from Rodgers & Hart to Oscar Hammerstein – and later, from Stephen Sondheim to Lin Manuel Miranda – have created ever-evolving new ways of blending music with theater to create magic, leading us through two “Golden Ages” of musical theater. Join Theater professor and musical writer Molly Rice and director/producer Rusty Thelin, founders of the Pittsburgh performance company RealTime, to explore how Musical Theater has evolved from its beginnings through the 20th and 21st centuries. In our series of eight one hour long lectures, we'll celebrate the music, history and magic of this most American of art forms.

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member: \$25 per session



ASSEMBLAGE BOX ART (MIXED MEDIA CLASS)

Creative Arts Studio

Session I only

Wednesday @ 10:30 – 12:00pm

Join artist Marcy Bogdanich as she gives you permission to NOT think outside the box, but instead expertly guides your creative thinking inside the box! Participants will utilize collage, small 3-dimensional objects, figures, beads, feathers, photographs, etc. during the assemblage process to create their own personalized piece of Box Art. With Marcy's guidance and individual instruction, you'll enjoy the process of “not having to be good at art” and talking about the various aspects and meaning of your material and memories as you create your Box Art piece. Materials fee \$20-\$25.

Instructor Background: Marcy is a lifelong artist and retired art educator of 28 years in public and private schools. She holds a B.S. and M.Ed degrees, is National Board Certified, was the PA Art Education Association Outstanding Elementary Art Educator in 2012 and was awarded PAEA Emeritus Outstanding Art Educator in 2017. Box Art has become a favorite focus over the last 6 years.

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member: \$25 per session



ACTIVE



SPIRITUAL



PURPOSEFUL



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

AQUA CLASS



Fitness Center Pool

Session I and II

Monday, Wednesday, Friday

@ 10:00 – 10:45am

Tuesday, Thursday @ 1:15 – 2:00pm

Pool classes allow you to do a lot of exercises that you are not able to do on land without

the worry of falling. The water also gives you extra resistance for your exercises. This 45-minute class will focus on building endurance and strengthening your entire body. **Limited to 15 participants.**

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$5 per class

BUNCO



Aerobics Room

Session I only

Thursday @ 3:00 – 4:00 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*

ASPIRE Member: *Included*

Non-member: \$25 per session



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 16th – May 12th, 2023

The legend indicates the related Wellness Dimension for each program.

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*



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 our 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 @ 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*



CAREGIVER SUPPORT NETWORK

Prayer Chapel

Session I and II

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



ACTIVE



SPIRITUAL



PURPOSEFUL

CREATIVE WRITING CLASS



Creative Arts Studio

Session I and II, 2nd & 4th Friday, @ 6:00pm, starting January 27

This engaging and fulfilling 8-week series takes advantage of the creative mind in all of us. Whether you have a lot of writing experience or a little come join us as we make our own little writing community. Our class will learn about the craft of writing and what makes good writing. We will write in all kinds of genres including Fiction, Non-Fiction, Memoir, Historical Fiction, Children's Literature, etc. This is a space for all of us to share our stories, grow our craft, 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 and can't wait to write with you.



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

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. Materials fee for this class is \$25 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



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 16th – May 12th, 2023

The legend indicates the related Wellness Dimension for each program.

DUPLICATE BRIDGE CLASS



The Den

Session I and II

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

Session I and II

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

EVERYONE'S A CRITIC



Multi-Media Studio

Session I and II, Friday @ 1:00pm

This course will explore classic/new movies and discuss the history as well as have the group both recommend and rate movies as a group. Once a movie has been rated the movie will be scheduled and aired on Channel 900 as a recommendation as well as a critic rating from the group. Led by our own Multi Media Coordinator Dave Wagner. **Limited to 10 participants.**

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member: \$25 per session



ACTIVE



SPIRITUAL



PURPOSEFUL

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*

INTRODUCTION TO ISLAM: DIALOGICAL OVERVIEW FOR 21ST CENTURY CHRISTIANS

Scheidemantle Gallery

Session II only, Monday @ 1:00 – 2:30pm

Harold Vogelaar, Visiting Professor of World Religion at Lutheran School of Theology, Chicago, IL, and other top scholars of the Islamic faith share basic beliefs, and practices of Islam, and the historic and current relationship between Christians and Muslims.



Students will gain two important perspectives from this program. First, they will get a solid overview and deeper understanding of the religion of Islam. Secondly, they will gain a new appreciation of the relationship between Christianity and Islam, including possibilities for hope and dialog in the post-September 11 era. The discussions will be led by some of our retired pastors on campus.

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

LINE DANCING

Aerobics Room

Session I and II, Monday 3:00– 3:45pm



Line Dancing is an enjoyable and exciting way to get some exercise and have fun with your friends. You will learn some of the old

classics and new favorites. This is a beginner level class led by instructor Holly Deemer.

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



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 16th – May 12th, 2023

The legend indicates the related Wellness Dimension for each program.



LIVING OUR FAITH



Den

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

This Bible Study is led by Pastor Susie Essex

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member: \$25 per session

OUTDOOR GAMES



Outdoor Gardens

Session II only, 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

Session II only,

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

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*



ACTIVE



SPIRITUAL



PURPOSEFUL

PERSONAL TRAINING

Fitness Center

Session I and II, 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



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

PERSONS WITH PARKINSON'S FITNESS

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



PHOTOGRAPHY CLASS

Creative Arts Studio

Session I only, Monday @ 6:00 – 7:00pm

Join us for a beginner's photography journey Monday evenings beginning January 2nd. This will be an 8 week class with a final



class on Saturday February 18th. Everyone will receive the book "Better Photo Basics" by Jim Miotke. Class will be led by Nicolette Tolomeo Germain from Portersville. She is a hobby photographer who is knowledgeable & passionate about capturing life through a camera lens. We will cover becoming familiar with all the features of your camera, basic composition with a different lesson each week & a surprise or two! **A camera is required. Cost of instructional book will be \$10.00 and will be available the day of class.**

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member: \$25 per session



INTELLECTUAL



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Class Descriptions / January 16th – May 12th, 2023

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REHAB TEAM PRESENTS: COMMON HEALTH CONDITIONS FOR SENIORS

Scholl Conference Center

Session I and II

1st Wednesday @ 2:00 – 2:45pm

February 1 – Telehealth

March 1 – Advanced Disease (Hospice)

April 5 – Diabetes

May 3 – Exercise as Medicine

Lutheran SeniorLife Rehab Services provides for all of your rehab needs here at Passavant. Get to know how conditions may affect you and those around you. You will learn more in depth about health issues and how they can be improved upon. Classes will last approximately 45 minutes.

Fees: *Included for all*



SENIOR BOOT CAMP

Aerobics Room

Session I and II, Tuesday, Thursday @

11:00 – 11:45am



Instructor led circuit style exercise class where participants will rotate through two series of 8 – 10 strength stations followed by



a cardiovascular endurance segment that will keep your heart pumping from start to finish!

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: *\$5 per class*



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*



ACTIVE



SPIRITUAL



PURPOSEFUL

SPEED, AGILITY AND STRENGTH SMALL GROUP TRAINING



Aerobics Room

Session I and II, Tuesday @ 7:30 – 8:00am
and 8:45 – 9:15am

Would you like to test your speed, agility, strength, endurance, and mental and physical response to exercise? This class will have a different array of exercises using unique equipment such as battle ropes, speed ladder, and rowing machine. This class will be geared towards people who are at an intermediate to advanced level of fitness that have good balance and joint mobility. **Limited to 6 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



Aerobics Room

Session I and II

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



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THE HISTORY HOBO SPEAKER SERIES

Scholl Conference Center

Session II only

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

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*

URBAN POLING

Aerobics Room

Session I and II

Thursdays @ 9:00 – 9:45am

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

Fees: Resident: *Included*

ASPIRE Member: *Included*

Non-member \$25 per session

WEEKLY MEDITATION TIME

Scheidemantle Gallery

Session I and II

Tuesday @ 1:30 – 2:30pm

Join us weekly with Nadine Simon for a time of mediation, relaxation, and sharing our results.

Fees: Resident:

Included

Fitness Member:

Included

Non-member:

\$25 per session



ACTIVE



SPIRITUAL



PURPOSEFUL



WHAT IS THE GOSPEL?



Scheidemantle Gallery

Session I only, Monday @ 1:00 – 2:30pm

This book is the result of Bishop Kurt Kusserow's own desire to rekindle a passion for the Gospel. In ten chapters and a postscript he invites us into the story of the living Christ by providing a variety of answers to the question posed by the title, *What is the Gospel?* and by sharing what he has found the Gospel means for him in his life and faith. Conversation starters at the end of each chapter are designed to make the book useful for group study as well as personal reading. The group is led by Pastor Ralph Kusserow, a resident at Passavant and the author's father.

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$25 per session

GARDENING MINI-SERIES

Scholl Conference Center @ 3:00pm
March 22nd, 29th; April 5th, 12th

Ask and you shall receive – join us for this new and exciting, participant requested, gardening mini-series.

We will host speakers from the Master Gardener Program in the Butler County Penn State Extension at Passavant Community. They will go over topics that will improve your knowledge and enrich your gardens.

Topics Include:

- Preparing your garden for spring
- Soils, composting and mulching
- Starting vegetable plants
- How flower beds evolve throughout the year
- Home vegetable plants
- Pollinator friendly gardens
- Spotted lantern fly
- Gardening pests



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Special Events / January 16th – May 12th, 2023

The legend indicates the related Wellness Dimension for each program.



Downsizing and Rightsizing



Scholl Conference Center

Wednesday, March 29th @ 1:15 – 2:45pm

Rightsizing, Downsizing, and decluttering can make life easier and safer, even if you're not moving. Whether you're planning to downsize, looking to declutter, or interested in some organizing tips, this course will help make the process smoother and less stressful. As an SRES (Senior Real Estate Specialist), Amy Alexander will cover tips on preparing to downsize, a decluttering checklist, and ideas for staying sane in what can be a challenging and bittersweet time. Amy will be joined by Robyn Sechler who will be discussing the importance of telling your family story and preserving the moments that matter so you can leave a legacy you are proud of. Robyn will help you learn how to work on saving digital photos.

Fees: *Included for all*

JOE COLLINCINI



Scholl Conference Center

Wednesday, January 25th, Friday, March 17th, Friday, May 26th, @ 1:00pm

Join Joe and sing along to your favorite tunes.

Fees: *Included for all*

HONORING WOMEN ANNUAL BRUNCH EVENT



Scholl Conference Center

Tuesday, May 9th @ 11:30am

This event showcases all of our wonderfully talented and gifted ladies on campus. Strong women who have persevered through the ages! Come and spend some time with the girls. Vintage Deb will provide a musical program for us at 1:00pm.

RSVP to 724-452- 3534 by May 2nd, 2023

Note: Vintage Deb show will be opened to the entire campus at 1pm.

Fees: *Included for all*

GENE TESTA



Scholl Conference Center

Friday, February 10th @ 1:00pm

Join Gene as he plays a variety of your favorite tunes.

Fees: *Included for all*



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SPIRITUAL



PURPOSEFUL

**“HELP IS HERE”:
LENTEN BIBLE STUDY**

Wittenberg Community Room
Wednesdays @ 9:30 – 11:00am
March 1st, 8th, 15th, 22nd, 29th



“Help Is Here” is a five session Lenten Bible study produced by Max Lucado. Find fresh strength and purpose in the power of the Holy Spirit. Facilitator is Paul

Payerchin. **Limited to 15 participants.**

Fees: *Included for all*

LENTEN MID-WEEK SERVICES

Seaman Memorial Chapel
Wednesdays @ 1:00pm
March 1st, 8th, 21st, 29th



Join us for a time of preparation for the Lenten Season. Imposition of Ashes, confession, and Holy Communion. A time for a message from Pastor Freda – music by the choir and hymns for the congregation. A good start for the Lenten season. Mid-week services each Wednesday featuring “Conversations with the Angels.”

Fees: *Included for all*

MARK ANTONICH

Scholl Conference Center
Friday, March 10th @ 1:00pm



Mark plays jazz guitar and fun will be had by all!

Fees: *Included for all*

**MARSHA GOULDING
AND HER JAZZ BAND**

Scholl Conference Center
Friday, January 13th @ 1:00pm



Fun afternoon with Marsha and her Band!

Fees: *Included for all*

**PASSAVANT SINGERS
SPRING CONCERT**

Scholl Conference Center
Friday, May 12th @ 2:30pm



Come see your own Passavant Community Residents as they show off their talents during this spring concert.

Fees: *Included for all*

PATRICK GANGLEY

Scholl Conference Center
Saturday, March 25th @ 2:00pm



Join Patrick as he sings a variety of your favorite tunes.

Fees: *Included for all*



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RON CARAVAGGIO

Scholl Conference Center
Friday, April 21st @ 1:00pm



Ron will sing and play guitar for you on this fun filled afternoon.

Fees: *Included for all*

SENIORS FOR SAFE DRIVING

Scholl Conference Center
Mondays, January 30th, May 22nd



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.

Fees: \$16

SHROVE TUESDAY PANCAKE BREAKFAST

Scholl Conference Center
Tuesday, February 21st @ 9:00 – 11:00am



Join us for the annual event to celebrate the upcoming Lenten Season. This is a self-serve, event. You can stop in and get some

delicious pancakes from 9am – 11am. Take out available as well. Entertainment with the Red Hot Ramblers at 1:30pm.

Fees: *Included for all*

SPECIALTY OUTDOORS WITH RUSS CAWTHORNE

Scholl Conference Center
Friday, March 24th @ 1:00pm



Specialty Outdoors' mission is to teach about Pennsylvania's great outdoors. In this program you will learn about Pennsylvania's wild turkey, whitetail deer and black bear. Topics include their feeding habits, where they live, how they raise their young and why they are increasing in numbers. There are also several hands-on activities and taxidermy mounts.

Fees: *Included for all*

ST PETERS CHURCH EASTER CANTATA

Scholl Conference Center
Saturday, April 15th @ 1:00-3:00 pm



Refreshments will be served by members of the church and choir.

Fees: *Included for all*



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PURPOSEFUL

THE ROARING 20'S

Scholl Conference Center
Friday, March 31st @ 1:00pm



Join speaker Deborah Gilbert as she embarks on a journey through one of our most fascinating times in American History.



Fees: *Included for all*

THE CHICKEN CHASERS

Scholl Conference Center
Friday, May 5th @ 1:30pm



The Chicken Chasers play music spanning from Tin Pan Alley ditties to Mexican folk songs, country blues to original songs crafted right in their hometown of Pittsburgh, PA.

Fees: *Included for all*

TIFFANI ECKHART

Scholl Conference Center
Friday, April 14th @ 1:00pm



Join Tiffani as she sings some of your favorite songs.

Fees: *Included for all*

TOM ALLEN

Scholl Conference Center
Friday, February 24th @ 1:00pm



Join Tom as he plays a variety of your favorite tunes.

Fees: *Included for all*

TONY BARGE-COUNTRY ENTERTAINMENT

Scholl Conference Center
Friday, January 20th @ 1:00pm



Have fun with some country entertainment.

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.*



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VINTAGE DEB MUSIC SHOW

Scholl Conference Center

Tuesdays @ 1:00pm

January 10th, Happy New Year theme

February 14th, Valentine's Day theme

March 14th, April 11th

Join Vintage Deb for an hour of music, laughter and old fashioned fun!

Fees: *Included for all*



YOUR PUBLIC SERVANT: JIM RODDEY'S LIFE IN POLITICS

Scholl Conference Center

Monday, January 23rd @ 1:15pm

Please welcome Jim Roddey, Marine Veteran, Chair of the Allegheny County Republicans and Allegheny County's First Chief Executive. During this non-partisan talk, Mr. Roddey will speak about what he has learned about politics in the past 35+ years, including the challenges of today's campaign, candidates and costs. Mr. Roddey will also be available for Q&A's following his talk.

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



WELCOME TO CLASSICAL MUSIC

Scheidmante Gallery

Wednesdays @ 2:00 – 3:00pm

Dates to be announced



Welcome to Classical Music has returned. Join us 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*

“Age is like everything else. To make a success of it, you've got to start young.”

– THEODORE ROOSEVELT



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PURPOSEFUL

Thoughts On Active Aging

from Jack Herklotz

My wife and I have been residents at Passavant Community since May 2020, just as COVID lockdowns hit. Having moved from Chicago, the down-time in activities was a blessing that allowed us to get settled in our new life style, oriented to the area, find new doctors & dentists, places to shop, etc.

So, we were thrilled when ASPIRE Wellness finally filled the gap with opportunities to learn new things. We have been able to get involved with our new community, socialize with and make new friends, exercise, swim, take various classes, such as acrylic painting and line dancing. We have also been able to volunteer as part of our responsibility to be good citizens here. And that doesn't mention the outside speakers and entertainment that frequently appear and trips and special events that are available.

As we age, maintaining general physical function becomes more and more important. A man who really sets an example for me is Augie Liehr, a WWII vet and regular attendee at our 3 times weekly Silver Sneakers Classic class. Nearing 100 years of age, Augie is like the Energizer Bunny ... he just keeps on. If the Lord blesses me to live that long, I hope to still be active in that class.



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CARNEGIE SCIENCE CENTER



Thursday, January 19th

Bus pickup at 10:00am

Whether you're seeking a science adventure, or just looking for things to do in Pittsburgh, Carnegie Science Center is a fun-filled destination guaranteed to ignite the "Wow!" in everyone. Visit Pittsburgh's best attraction and the most-visited museum, with four floors of interactive exhibits. Marvel at astronomy in Buhl Planetarium and learn about the human body in BodyWorks. Watch hair-raising live shows. Watch model trains chug through western Pennsylvania in our Miniature Railroad & Village®! We will stop to eat on way home (Residents Choice). Approximate time: 4 hours.

Fees: \$10 Bus / \$5 Admission, paid at the door

DAFFIN'S CHOCOLATE & DONNA'S DINER



Thursday, March 23rd

Bus pickup at 10:00am

Featured at our retail store is our "Chocolate Kingdom" which consists of Tommy the Turtle weighing in at 400 pounds. Elsie the Elephant and many other artistic chocolate items. We have a wonderful selection of our chocolates, specialty items and hard candy available at our retail store. Also featured is one of the largest Hallmark Departments in the area and a lovely Gift Department. We will stop after our visit to the store to eat lunch at Donna's Diner. Approximate time: 4 hours.

Fees: \$10 Bus / Lunch is on your own

DOUBLE DECKER BUS SIGHTSEEING TOUR OF PITTSBURGH



Time, day and admission to be announced

Take a tour of Pittsburgh's top attractions from the top of an open-air, double-decker bus during this sightseeing tour. Pass by over two dozen sights, from bustling, bar-filled South Side and the trendy Strip District to the Andy Warhol Museum and the National Aviary. Listen to live commentary on the history of the city along the way. Choose from open-air, upper-level views or a climate-



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controlled lower level. Wheelchair accessible. This experience requires good weather. If it's canceled due to poor weather or the minimum isn't met, you'll be offered a different date or a full refund. This experience requires a minimum number of travelers. We will stop on way home for a bite to eat (Residents Choice).

FRICK MUSEUM



Time and day to be announced

The home of the Henry Clay Frick family from 1882–1905, this meticulously restored 23-room



mansion reveals the lifestyle of a prominent, wealthy family who lived in Pittsburgh at the height of the city's

cultural and economic importance. Today, Clayton is the last remaining home of its kind in Pittsburgh, standing as a testament to another era and offering unique insights into our city's past. Guided tours of Clayton explore this pivotal time in our nation's history through the experiences of the Frick family and other 19th-century Pittsburghers, examining what it was like to live in this city at the dawn of modern America. Photography

is not permitted in Clayton. Approximate time: 6 hours.

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

HARMONY MUSEUM



Tuesday, January 31st

Bus Pickup at 12:15pm

Enter the Sophia doorway of the 1809 Harmony Museum to learn about the town's unique history and heritage that led to National Historic Landmark District designation. From its beginning in 1804 as a religious refuge, Harmony attracted international attention for its residents' communal living, mysticism and work ethic. George Washington visited a half-century earlier and was greeted with gunfire near a village he called Murderingtown. Take a tour and hear the Harmony stories of Native Americans who blazed the first area trails, the shot that narrowly missed Washington and marked the start of the French and Indian War, German immigrants who settled here and organized as the Harmony Society to prepare for Christ's return, and Mennonites who added their custom and large families to the community. We will stop at the Harmony Inn to eat and is on your own. Approximate Time: 3 hours.

Fees: \$10 Bus / \$6 Admission, paid at the door



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*Join us for some fun,
friendship and adventure.*

HEINZ HISTORY CENTER



Friday, January 27th

Bus pickup at 10:00am

As Pittsburgh's "people museum," the History Center preserves and interprets the history of Western Pennsylvanians through six floors of interactive exhibitions that feature iconic artifacts like the TV set from "Mister Rogers' Neighborhood" and the world's oldest jeep. The Western Pennsylvania Sports Museum is located on the second and third floors of the History Center. We will stop on way home for a bite to eat (Residents Choice). Approximate Time: 5 hours.

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

KRAYNAKS AND DONNA'S DINER



Monday, February 20th

Bus pickup at 10:00am

Come and enjoy the first awakening of spring in a make-believe worlds of blooming trees and a magical array of characters to charm and amaze young and old alike. Easter Bunny Lane is a 300-foot indoor avenue of beautiful, brightly colored trees bursting with blossoms and a cast of life-like animated characters inviting you to join them in welcoming spring. Donna's Diner serves up good old-fashioned 50's comfort food in a retro, stainless steel dining car. Voted "best of the best" burgers; famous for hand-dipped shakes, blue plate specials, salads and vegetarian options. Approximate time: 6 hours.

Fees: \$10 Bus / Free Admission, lunch is on your own

LET'S DO LUNCH SERIES



Wednesdays

Bus pickup at 12:30pm

February 1st: Nico Luciano's – Italian

February 8th: Log Cabin Inn – American

February 15: Cracker Barrel – American

February 22nd: Pagley's – Italian

Fees: \$10 Bus / Lunch is on your own



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LINCOLN PARK PERFORMING ARTS CENTER LINE UP



PUFFS

Saturday, February 11th
Bus pickup at 6:15pm



There once was a boy wizard who went to a certain Wizard School and conquered evil.

This, however, is not his story. This is the story of the Puffs... who just happened to be there too. This hilarious 2015 play gives audiences a new look at a familiar adventure from the perspective of three potential heroes. A tale for anyone who has never been destined to save the world! No stop for eating. Approximate Time: 4 hours.

Fees: \$10 Bus / \$18 Admission, by January 30th

SHOUT

Saturday, March 18th
Bus pickup at 12:45pm

Kick your heels up and Shout!" With its irresistible blend of hip-swiveling hits, eye-popping fashion, and outrageous dance moves, this musical review will transport



you to the iconic culture of England in the 1960s. No stop for eating.

Approximate time: 4 hours.

Fees: \$10 Bus / \$18 Admission, by March 6th

AN AMERICAN IN PARIS

Saturday, April 29th
Bus Pickup at 6:15pm

Inspired by the Academy-Award winning 1951 film starring Gene Kelly, this classic golden age musical will sweep you off your feet! The streets of Paris are teeming with romance and possibility as an American GI has a chance encounter with a beautiful French girl. With a score by the indelible George Gershwin, stunning choreography, and a set that will transport you to the streets of Paris –

“Who could ask for anything more?”

No stop for eating.

Approximate time: 4 hours.



Fees: \$10 Bus / \$18 Admission, by April 17th



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LIVE CASINO IN PITTSBURGH, PA

Monday, March 13th
Thursday, April 13th
Bus pickup at 8:30am



Enjoy a day at the all new Live Casino! You can eat lunch at the casino on your own. Approximate time: 8 hours.

Fees: \$10 Bus

MERRICK ART GALLERY

Tuesday, January 10th
Bus pickup at 10:00am



The Merrick Art Gallery promotes and showcases the work of unique artists. Our work involves showcasing new and emerging artists alongside classic, well-established pieces. By providing a space in which to display their latest works, artists appreciate our role in sharing their creative aspirations with a wider audience. After our visit we will stop for lunch at the Grand Valley Inn. Approximate time: 5 hours

Fees: \$10 Bus / Free Admission, lunch is on your own

NORTH ALLEGHENY HIGH SCHOOL MUSICAL

February



More information will be made available when tickets go on sale.

MARY POPPINS – SENECA VALLEY ALL SCHOOL MUSICAL

March 2nd to 5th



More information will be made available when tickets go on sale

PNC PARK TOURS

Date and time to be announced



Come and enjoy a behind the scenes tour of PNC Park Daily. Tour highlights may include Field/Warning Track, Bullpens, Pop's Plaza, Pittsburgh Baseball Club Level, Luxury Suites, Press Box and Tour Theater. Tour last approximately 90 minutes in length, rain or shine. This is a walking tour (approximately 1.5 miles) so we suggest wearing comfortable footwear. PNC Park is now cashless and therefore only accepts credit or debit cards. We will stop on the way home for bite to eat (Residents Choice). Approximate time: 4 hours.



Fees: \$10 Bus / \$10 Admission, paid at the door



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RIVERSIDE MUSICAL

March 30th to April 2nd

More information will be made available when tickets go on sale.



TRADER JACKS

Saturday, April 1st

Bus pickup at 10:00am

This massive flea market is in Bridgeville PA and is one of the largest in the region. They have just about everything! It is essentially one big parking lot where people can come sell their wares. There is also one rather large building serving up concessions and housing a few more dedicated vendors with larger objects, such as furniture and antiques that need to be out of the elements. On any given weekend you'll find well over 100 people setting up shop and selling things. It is a hodgepodge of everything! Approximate time: 4 hours.

Fees: \$10 Bus / Lunch is on your own at Trader Jacks



*“Good times
and crazy friends
make the best
memories.”*

– SAINT AUGUSTINE

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



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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!

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)

ان اجمل اب كل رف او تت عى وغللا عدع اس مل ا تامدخ ن اف ،ة غللا ركذا ت دحت تنك اذا :فظوح لم (724) 742-2295 (TTY 711) مقرب ل صتا

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

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

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

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