



ASPIRE[®]
WELLNESS


Lutheran
SeniorLife
Passavant
Community

Winter/Spring Catalog / January 15th through May 10th, 2024

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



Unleash Your Inner Strength

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

Let's ASPIRE® for more, together!

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ASPIRE® Wellness Philosophy

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

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



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



ACTIVE

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



SPIRITUAL

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



PURPOSEFUL

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



INTELLECTUAL

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



RELATIONAL

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



EXPRESSIVE

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



Benefits of ASPIRE® Wellness Annual Membership		
Benefits	Passavant Residents	Community Members
Fitness Center Membership <i>Community members must purchase a separate Fitness Center Membership</i>	No Cost	50% off (ask if your insurance covers this for free)
Priority Registration for All Sessions and One Day Activities	YES	N/A
Exclusive Resident Only Opportunities	YES	N/A
ASPIRE® Wellness Classes, Events, Lectures	Unlimited	3
Additional ASPIRE® Class Discount	N/A	25%
Invitation to Special Events	YES	YES
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

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 need to complete Class Registration Forms for each 8 week session.

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

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

Registration Information

Advanced 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 at 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

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

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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

“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”

– BETTY FRIEDAN

ASPIRE® Wellness Weekly Schedule: Session I, January 15th – March 8th

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
	7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training		9:00 – 9:45am / AR Urban Polling	10:00 – 11:00am / P Aqua Class
10:00 – 11:00am / P Aqua Class	9:00am / BI Veteran’s Coffee with the Mayor (3rd Tuesday monthly)	9:30am – 12:00pm / TR Train Club	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance
10:00 – 10:45am / AR Strength & Balance	9:30 – 10:00am / P Aqua Arthritis	10:00 – 11:00am / P Aqua Class	10:00 – 10:45am / AR Chair Yoga	10:00 – 10:45am / AR Chair Yoga
11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	10:00 – 10:45am / AR Strength & Balance	11:00 – 11:45am / AR Senior Boot Camp	11:00 – 11:45am / AR SilverSneakers® Classic
1:00 – 2:00pm / SG A Glimpse of Islam “How We Are The Same and How We Are Different	10:00am – 12:00pm / CAS Painting Class	10:30am – 12:00pm / CAS Drawing Class	1:00 – 2:00pm / SCC The History Hobo Speaker Series	1:30 – 2:30pm / AR Parkinson’s Disease Support Group (3rd Friday monthly)
1:00 – 2:00pm / CAS Busy Hands	10:00 – 10:45am / AR Tai Chi	11:00 – 11:45am / AR SilverSneakers® Classic	2:00 – 2:45pm / AR On The Move: Group Exercise For Improved Mobility	1:30 – 2:30pm / AR Persons With Parkinson’s Fitness
1:30pm / PC Grief Support Group	11:00 – 11:45am / AR Senior Boot Camp	1:00 – 3:00pm / D Duplicate Bridge Class		3:00pm / GR Po-Ke-No (3rd Friday monthly)
1:30 – 2:30pm / AR Persons With Parkinson’s Fitness	12:30 – 4:30pm / WB Duplicate Bridge Game	1:30pm / SCC Dale Krysinski on His Country Guitar (1st Wednesday monthly)		
	1:00 – 3:00pm / CAS Painting Class	1:30 – 2:30pm / AR Persons With Parkinson’s Fitness		
3:00 – 4:00pm / AR Line Dancing	2:00 – 2:45pm / AR On The Move: Group Exercise For Improved Mobility	2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly)		
	4:15pm / CAS Creative Writing Class			
	5:30pm / BR National Alliance on Mental Illness (NAMI)			

What A Difference The ASPIRE® Wellness Program Can Make

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

ASPIRE® Wellness Weekly Schedule: Session II, March 18th – May 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	Wednesday	Thursday	Friday
	7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training		9:00 – 9:45am / AR Urban Polling	10:00 – 11:00am / P Aqua Class
10:00 – 11:00am / P Aqua Class	9:00 – 9:45am / AR Lobby Outdoor Walking Group	9:30am – 12:00pm / TR Train Club	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance
10:00 – 10:45am / AR Strength & Balance	9:00am / BI Veteran’s Coffee with the Mayor (3rd Tuesday monthly)	10:00 – 11:00am / P Aqua Class	10:00 – 10:45am / AR Chair Yoga	11:00 – 11:45am / AR SilverSneakers® Classic
11:00 – 11:45am / AR SilverSneakers® Classic	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance	11:00 – 11:45am / AR Senior Boot Camp	1:30 – 2:30pm / AR Parkinson’s Disease Support Group (3rd Friday monthly)
1:00 – 2:00pm / CAS Busy Hands	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	11:00 – 11:45am / AR SilverSneakers® Classic	2:00 – 2:45pm / AR On The Move: Group Exercise For Improved Mobility	1:30 – 2:30pm / AR Persons With Parkinson’s Fitness
1:00 – 2:00pm / SG Conventional Conversations With Jews & Exploring Other Faiths	10:00am – 12:00pm / CAS OR 1:00 – 3:00pm / CAS Painting Class	1:00 – 3:00pm / D Duplicate Bridge Class	 3:00 – 4:00pm / AR Bunco	3:00pm / GR Po-Ke-No (3rd Friday monthly)
1:30pm / PC Grief Support Group	10:00 – 10:45am / AR Tai Chi	1:30pm / SCC Dale Krysinski on His Country Guitar (1st Wednesday monthly)	<p><i>“Know that you are the perfect age. Each year is special and precious, for you shall only live it once.”</i></p> <p>– LOUISE HAY</p>	
1:30 – 2:30pm / AR Persons With Parkinson’s Fitness	11:00 – 11:45am / AR Senior Boot Camp	1:30 – 2:30pm / AR Persons With Parkinson’s Fitness		
 3:00 – 4:00pm / AR Line Dancing	12:30 – 4:30pm / WB Duplicate Bridge Game	2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly)		
	2:00 – 2:45pm / AR On The Move: Group Exercise For Improved Mobility			
	4:15pm / CAS Creative Writing Class			
	5:30pm / BR National Alliance Mental Illness			

ASPIRE® to live your best life.

Class Descriptions / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.

A GLIMPSE OF ISLAM “HOW WE ARE THE SAME AND HOW WE ARE DIFFERENT”

Scheidemantle Gallery

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

We will discover basic beliefs, and practices of Islam, and the historic and current relationship between Christians and Muslims. Participants will gain two important perspectives from this program. First, we will get a solid overview and deeper understanding of the religion of Islam. Secondly, we will gain a new appreciation of the relationship between Christianity and Islam, including possibilities for hope and dialog. Most important we will gain a firm understanding of how the Islamic faith is so very different from what we see on the media. Classes will be held in the Music Room. Sessions will be led by Pastor Freda Snyder & Pastor Frank Kantz.

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

AQUA ARTHRITIS

Fitness Center Pool

Session I & 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 & II, Monday, Wednesday, Friday @ 10:00 – 11:00am

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 II only, Thursday @ 3:00 – 4:00pm

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



BUSY HANDS

Creative Arts Studio

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



If you like to crochet or knit, join these “busy hands” to make items for Caps for Kids, baby Afghans for Christ Child, and adult lap robes for LIFE Beaver & LIFE Butler. Yarn is furnished. Jan McGee leads this group. **Limited to 10 participants.**

Fees: *Included for all*



CAREGIVER SUPPORT NETWORK

Prayer Chapel

Session I & II, 1st Tuesday @ 10:00am

Are you a loved one caring for a partner at home who needs you to provide assistance? Do you check-in or provide support to a friend that is dealing with a health challenge? Maybe you hold back emotions and talking about your feelings because of you and your loved one’s circumstance? The Caregiver Support Network was created with YOU in mind. 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*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

We invite you to Unleash Your Creativity

Have you ever wanted to write, draw or both, but didn't know where to start? Or, are you looking to try something new? ASPIRE® Wellness can help! Join our writing or drawing class and unleash your creativity. Classes are offered every session.

See pages 18 and 19 for full class descriptions.

Check out what students are saying...



I've never drawn before I moved into Passavant. The instructor is excellent and it's great being in the class. I enjoy learning how to draw and making new friends.

—Sonia Kopchick



I never had a lot of confidence. This class has helped me build that and my imagination. I found that creative writing is a lot of fun.

—Elaine Muirhead

I have become more aware of good writing. Writing challenges my brain.

—Celia Taylor

I enjoyed writing, but have never done creative writing before this. Reading other peoples' work inspires me.

—Nancy Smith

CREATIVE WRITING CLASS

Taught by Alaina Coon

Tuesdays @ 4:15pm

Learn to write in all kinds of genres including Fiction, Non-Fiction, Memoir, Historical Fiction, Children's Literature and more. Share your stories, grow your craft, and stretch your imagination!



ABOVE: Instructor Marcy Bogdanich (left) and Sonia Kopchick.

At the age of 82, a 90 year old friend talked me into taking a class and I discovered I was able to draw! I realized it brought me a sense of joy and accomplishment. I'm still drawing at the age of 86.

—Lorma Hill

DRAWING CLASSES

Taught by Marcy Bogdanich

Wednesdays @ 10:30am

Whether you're a true beginner or have more advanced skills, join artist Marcy Bogdanich as she expertly guides you in drawing processes and techniques that demonstrate that *anyone* can draw!

I've been taking a drawing class for a while now and I have had quite a fun experience with that. Living at Passavant and being involved in activities, especially drawing and painting, has really helped me challenge the aging process.

—Jack Herklotz



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.



CHAIR YOGA

Fitness Center

Session I & 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

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

– Elaine Fugate

COVENANTAL CONVERSATIONS WITH JEWS & EXPLORING OTHER FAITHS

Scheidemantle Gallery

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

We will discover basic beliefs, and practices of Judaism, and discover conversations between Christians and Jews. We will also discover other faiths. Sessions will be led by Pastor Freda Snyder & Pastor Frank Kantz.

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

CREATIVE WRITING CLASS

Creative Arts Studio

Session I & II, Tuesday @ 4:15pm

This engaging and fun filled 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 to learn the craft of writing. We will write in all kinds of genres including Fiction, Non-Fiction, Memoir, Historical Fiction, Children's Literature, etc. This is a place for all of us to share our stories, grow our craft, and stretch



our imagination! Our instructor is Alaina Coon, who is an educator with a passion for fiction writing. She recently graduated from a creative writing master's program at Chatham University. When she is not in the classroom teaching her kindergartners or at home writing stories, she loves spending time hiking, reading, and rock climbing. Alaina looks forward to working with others who share the love for writing and storytelling!

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

DRAWING CLASSES

Creative Arts Studio

Session I only, Wednesday
@ 10:30am – 12:00pm

Whether you're a true beginner or have more advanced skills, join artist Marcy Bogdanich as she expertly guides you in drawing processes and techniques that demonstrate that *anyone* can draw and sketch! Through Still Life, Landscape, and Face & Figure drawing, participants will learn about placement, shading, proportion, distance, space, scale, and other fundamentals of drawing. In the last class everyone will also receive tips on how to select the best matting for your drawings. You'll be amazed at how simple it actually is, and what you can create in just 8 sessions!



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, National Board Certified, PA Art Education

Association Outstanding Elementary Art Educator in 2012, and awarded PAEA Emeritus Outstanding Art Educator in 2017.

Materials needed: 12x18 drawing paper, Sketch books, Soft drawing pencils, Kneaded erasers

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

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.

DUPLICATE BRIDGE CLASS



The Den

Session I & 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 & II, Tuesday @ 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

Session I & II, Monday @ 1:30pm

Facilitated by one of Passavant's own residents, this group provides an opportunity for you to share your voice over the loss you have experienced. Whether this loss was recent or distant, that of a close friend, family member, 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 you are feeling, and hope for the future. No registration needed.

Fees: *Included for all*

LINE DANCING



Aerobics Room

Session I & II, Monday 3:00 – 4:00pm



Line Dancing is an enjoyable way to exercise and have fun with your friends. You will learn some old classics and new favorites. From 3:00–3:30, Holly Deemer will instruct

a beginner level class. This is for those that have never Line Danced or felt they need to go at a slower pace to catch on to steps. From 3:30–4:00, Holly will instruct an intermediate class. This is for those that already know many of the steps or are able to catch on quickly.

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)



Beatitudes Room

Session I & II, 2nd Tuesday @ 5:30pm

For adult loved ones of people with mental health conditions. NAMI Family Support Groups are free, confidential, and safe groups of families helping other families who live

with mental health challenges. Join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

No Pre-Registration Required.

Fees: *Included for all*

ON THE MOVE: GROUP EXERCISE FOR IMPROVED MOBILITY



Aerobics Room

Session I & II,

Tuesday/Thursday @ 2:00-2:45pm



OTM is a group-based motor learning exercise program designed to improve walking and balance. This 45-minute

class specifically challenges the nervous system with stepping and walking patterns so you can walk faster and farther. Become more confident in your walking with On the Move! **Limited to 15 participants.**

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.

OUTDOOR GAMES



Outdoor Gardens

Session I & II, 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, Tuesday @ 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: \$5 per class

PAINTING CLASS



Creative Arts Studio

Session I & II, Tuesday

@ 10:00am – 12:00pm & 1:00 – 3:00pm

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



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

PARKINSON'S DISEASE SUPPORT GROUP



Aerobics Room

Session I & II, 3rd Friday @ 1:30 – 2:30pm

Join us for 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 kindly loved ones are encouraged to attend as well. **RSVP to Chad Ifft, 724-452-3456.**

Fees: *Included for all*

PERSONAL TRAINING



Fitness Center

Session I & 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

PERSONS WITH PARKINSON'S FITNESS



Fitness Center

Session I & II, Monday, Wednesday & Friday @ 1:30 – 2:30pm

Parkinson's disease is a chronic and progressive movement disorder. Physical activity and exercise may improve strength, flexibility, posture, balance, aerobic capacity, coordination, and agility for those with Parkinson's disease. This 1-hour class will focus on movements proven to help with the symptoms of Parkinson's disease. **Limited to 8 participants.**

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

PO-KE-NO



Game Room

Session I & II, 3rd Friday @ 3:00pm

Come learn a new game and socialize with others. Po-Ke-No is played like Bingo with a poker twist. It is easy to learn and the winner gets a prize. If you have any questions, call Linda Orr at 412-298-1626.

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

SENIOR BOOT CAMP



Aerobics Room

Session I & 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 stretching segment that will keep your heart pumping from start to finish!

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



Class Descriptions / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.



SILVERSNEAKERS® CLASSIC



Fitness Center

Session I & 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

SPEED, AGILITY AND STRENGTH SMALL GROUP TRAINING



Aerobics Room

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

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 and have good balance and joint mobility. **Limited to 6 participants.**

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

STRENGTH & BALANCE



Aerobics Room

Session I & 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, elastic tubing with handles, and a rubber ball are utilized in this class. **Limited to 25 participants.**

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

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

TAI CHI



Aerobics Room

Session I & 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

THE HISTORY HOBO SPEAKER SERIES



Scholl Conference Center

Session I only, Thursday @ 1:00 – 2:00pm

Please join “The History Hobo” Steve Cicero as he takes you on a ride through the rich history of southwestern Pennsylvania and beyond! Each week, this engaging, retired

history teacher will share a different chunk of history. In addition to the Hobo, we are pleased to welcome other talented speakers who 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 & II, Wednesday @ 9:30am – 12:00pm

Try a new hobby, revisit an old one, and join our dedicated train hobbyists. New hands are always needed and appreciated. **Limited space available.**

Fees: *Included for all*

URBAN POLING



Aerobics Room

Session I & II, Thursday @ 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 \$5 per class



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Special Events / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.

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

– SAINT AUGUSTINE

DALE KRYSINSKI ON HIS COUNTRY GUITAR



Scholl Conference Center
1st Wednesday @ 1:30pm

Join Dale as he sings your favorite country and gospel songs. First Wednesday monthly.

Sue Krynski and “Sadie the Wonder Dog” will be here as well.

Fees: *Included for all*

PRC SINGERS SPRING CONCERT



Scholl Conference Center
Friday, April 19th @ 1:30pm

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

Fees: *Included for all*

SENIORS FOR SAFE DRIVING



Scholl Conference Center
Dates TBD

You must pre-register for this course online at www.seniorsforsafedriving.com or by calling 1-800-559-4880. Registration and payments have to be made out to Seniors for Safe Driving on their website or by calling them directly.



Fees: \$16

SHROVE TUESDAY PANCAKE BREAKFAST



Scholl Conference Center
Tuesday, February 13th @ 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 9:00am to 11:00am. 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, February 2nd @ 1:00pm

Specialty Outdoors mission is to teach about Pennsylvania’s great outdoors. In this program you will learn about Pennsylvania’s deer and small predators. There are also several hands-on activities and taxidermy mounts.

Fees: *Included for all*

SPRING FLING DANCE WITH THE BEAVER BOP CATS
Presented by The Residents Association and ASPIRE® Wellness



Scholl Conference Center
Tuesday, April 30th @ 6:30pm



Come and enjoy an evening of dancing to big band music with the Beaver Bop Cats. BYOB and refreshments will be served.

You don’t want to miss this! So put it on your calendar to remind yourself. This Spring Fling is a partnership with the Residents Association and ASPIRE® Wellness.

Fees: *Included for all*

SOUNDS OF PITTSBURGH CHORUS



Scholl Conference Center
Date to be announced

The Sounds of Pittsburgh Chorus is an award-winning women’s a cappella chorus from the Greater Pittsburgh area. They have represented our four-state region on International Contest stages from Philadelphia to Los Angeles, and were International competitors in Las Vegas and New Orleans. The group includes members from Pennsylvania, Ohio and West Virginia. As a Chapter of Sweet Adeline’s International, they are committed to advancing the musical art form of a cappella four-part harmony. Their repertoire includes contemporary a cappella, barbershop, traditional choral, Broadway, county, humorous parodies and more!

Fees: *Included for all*

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

– PLATO



ACTIVE



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Special Events / January 15th – May 10th, 2024

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THE WEAVERS OF HARMONY



Scholl Conference Center

Tuesday, March 26th @ 1:00pm

The Weavers of Harmony are a dedicated group of volunteers who work to promote Harmonist history and heritage by preserving artisanal & heritage crafts. They will be presenting a demonstration of weaving and spinning.

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 Zelenople 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

3rd Wednesday @ 2:00 – 3:00pm

Jan 17th, Feb 21st, Mar 20th, Apr 17th



Learn about the fascinating times and lives of some of the world's greatest classical composers and

hear selections of their music played by Christie Kecskementy, the principal second violinist in the Butler County Symphony Orchestra. Her lively teaching and skilled playing will make you want to keep coming BACH!

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

“Music is an outburst of the soul.”

– FREDERICK DELIUS



WINTER/SPRING CONCERT SERIES

presented by ASPIRE® Wellness



Scholl Conference Center

@ 1:00pm

Tuesday, January 9th

George Castleberry, Harmonica Player

Friday, January 12th

Mark Antonich, Jazz Guitar

Tuesday, February 6th

Henry Wiens, Valentine's Day Music

Friday, February 16th

Patricia Reavel, Piano/Vocal hits, spanning 4 decades

Friday, March 8th

Duane Davis, Variety Music

Tuesday, March 12th

Rick Bruening, Folk Musician singer/songwriter

Monday, April 1st

Gene Testa, Variety Music

Tuesday, April 9th

Ron C., Variety Music

Fees: *Included for all*

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® Wellness program? We would love to hear your feedback!

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



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Trips / January 15th – May 10th, 2024

The legend indicates the related Wellness Dimension for each program.

ALLEGHENY CEMETERY



Tuesday, April 30th
Bus pickup @ 9:45am

Self-guided tour with map will be available. Many famous and prominent people buried there. You will have 11:00am till 2:00pm to explore the cemetery. We will stop on the way home to grab a bite to eat (Residents Choice). Approximate time: 5 hours.

Fees: \$15 Bus

CARNEGIE SCIENCE CENTER



Thursday, January 11th
Bus pickup @ 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 and Village. We will stop to eat on the way home (Resident's Choice). Approximate time: 4 hours.

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

COSTCO



Monday, January 22nd
Bus pickup @ 10:00am

Do you have a membership for Costco? If not, you can sign up for one for \$60 at the store. Stock up on all your favorites. Approximate time: 4 hours.

Fees: \$12 Bus

**FOOTLOOSE THE MUSICAL,
LINCOLN PARK PERFORMING
ARTS CENTER**



Saturday, April 27th
Bus pickup @ 6:15pm



"Lose your Blues-Everybody cut Footloose!" Based on the famous 1984 film. *Footloose The Musical* boasts hits such as "Let's Hear it for the Boy," "Almost Paradise," "Holding out for a Hero," and titular song "Footloose." 25 years since its Broadway debut, this rocking musical continues to dance into audiences hearts, and celebrates the wisdom of listening to young people while guiding them with a warm heart and open mind. Approximate time: 4 hours.

Fees: \$10 Bus / \$18 Admission. Checks made payable to Lincoln Park Performing Arts Center by April 12th

**FUN FORE ALL:
MINIATURE GOLF OUTING**



Date and Time to be announced

Our flagship attraction, we offer two beautifully landscaped miniature golf courses that have a number of scenic waterfalls. The holes are challenging yet easy enough for younger players. If you get a hole-in-one on the 18th hole you get a prize.

Fees: \$12 Bus

HEINZ HISTORY CENTER



Tuesday, January 16th
Bus pickup @ 10:00am

As Pittsburgh's "people museum," The History Center preserves and interprets the history of Western Pennsylvania 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 the way home for a bite to eat. (Residents Choice). Approximate Time: 5 hours.

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

**HOLLYWOOD CASINO
MAHONING VALLEY**



Tuesday, April 2nd
Bus pickup @ 8:30am

Enjoy a day at Hollywood Casino. Is today your lucky day? Approximate time: 8 hours.



Fees: \$15 Bus / Admission is free, playing games and eating is on your own

KRAYNAK'S & DONNA'S DINER



Friday, February 23rd
Bus pickup @ 10:00am

Come and enjoy the first awakening of spring in a make-believe world of blooming trees and 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: \$15 Bus / Admission is free



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Trips / January 15th – May 10th, 2024

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LIVE CASINO

Tuesday, May 6th

Bus pickup @ 8:00am

Enjoy a day at Live Casino which is connected to the Westmorland Mall in Greensburg, PA. You can take a break from the casino and do some shopping. If you are a fan of the food network, Guy Fieri has a restaurant in the casino. Approximate time: 8 Hours

Fees: \$15 Bus



NORTH ALLEGHENY HIGH SCHOOL MUSICAL

Thursday, February 27th

Bus pickup @ 3:15pm

Name of production to be announced.



Join us for some fun, friendship and adventure.

PNC BASEBALL STADIUM TOUR

Date to be announced in April

Come and enjoy a behind the scenes tour of PNC Park. Tour highlights may include Field/Warning Track, Bullpens, Pop's Plaza, Pittsburgh Baseball Club, Level Luxury Suites, Press Box and Tour Theater. Tour is 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 therefor only accepts credit or debit cards. We will stop on the way home for a bite to eat (Residents Choice). Approximate time: 4 hours



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

RIVERSIDE HIGH SCHOOL MUSICAL

Name of production, date and time to be announced.



SENECA VALLEY ALL SCHOOL MUSICAL

Name of production, date and time to be announced.



THE JOHNSTON HOUSE – AFTERNOON TEA PARTY

Date and time to be announced in May

Since 1994, guests have been enjoying Tea at The Johnston House. You will be greeted and escorted to your table. Their professional staff will be there to assist you with choosing the perfect flavor of tea from our tea menu. Your Afternoon Tea food will be presented and served on a three tiered silver server. Their staff offers exceptional service to make sure you have a wonderful and memorable experience.

Fees: \$12 Bus / Total Cost per person \$43.74 which includes tax and gratuity. Note this is subject to change by May if cost of food keeps rising but for now that is the price.



THE LITTLE PRINCE, LINCOLN PARK PERFORMING ARTS CENTER

Saturday, February 10th

Bus pickup @ 6:15pm



On his great journey through the galaxy the Little Prince talks to everyone he meets including a garden of roses, a snake, and a fox who wishes to be tamed. From each he gains a unique insight which he shares with the Aviator, a visitor to his



colorful world. In this adaptation of Antoine de Saint-Exupery's beloved book, the Little Prince, The Aviator, and the audience share in a new understanding of how to laugh, cry and love again. Approximate time: 4 hours.

Fees: \$10 Bus / \$18 Admission. Checks made payable to Lincoln Park Performing Arts Center by January 31st

THE WORLD GOES ROUND, LINCOLN PARK PERFORMING ARTS CENTER

Saturday, March 16th

Bus pickups @ 12:45pm



“Life is a Cabaret Old Chum- Come to the Cabaret!” You'll leave the theatre swinging

and swaying as we get a glimpse into the world of distinguished and celebrated writing team Kander and Ebb. The World Goes Round is a stunning musical and dance revue of the songbook from the multi Tony Award winning team with hits from Chicago, Cabaret, and more. Approximate time: 4 hours.

Fees: \$10 Bus / \$18 Admission. Checks made payable to Lincoln Park Performing Arts Center by March 1st



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EXPRESSIVE



*“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, Jody Gulish at 724-453-5414.

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 Life Director, Jody Gulish 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 Life Director, Jody Gulish 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, Jody Gulish at 724-453-5414 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, Brian Damaska at 724-452-3666.

Additional Program Information

Orientation

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

Registration

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

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

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

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

Waitlist

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

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

Cancellations

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

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

Refunds for Fee-based Classes

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

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

Program Feedback

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

ASPIRE® Wellness Contact Information

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

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

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

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

Assisted Living and Personal Care

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

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

Call today!


**Lutheran
SeniorLife**
St. John
Community
724-687-3372


**Lutheran
SeniorLife**
Passavant
Community
724-452-3583

Excellent discounts now available.

Residential Living For Seniors

Safe, Affordable and Friendly Places to Live

Tours Available



Passavant Community

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

724-452-3583

Passavant.sales@lutheranseniorlife.org



The Commons at Stonebrook Village

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

412-630-2200

Commons.sales@lutheranseniorlife.org



Overbrook Pointe

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

724-687-3372

Overbrook.sales@lutheranseniorlife.org




**Lutheran
SeniorLife**

www.lutheranseniorlife.org



Lutheran
SeniorLife
Passavant
Community

724-452-5400

www.LutheranSeniorLife.org

105 Burgess Drive • Zelienople, PA 16063



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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