

ASPIRE[®]

WELLNESS

Summer/Fall 2026 Catalog

Session III: June 29 - September 4 • Session IV: September 21 - December 4




Lutheran
SeniorLife
Passavant
Community

Celebrating America's History

ASPIRE® Wellness embraces a holistic approach to active aging, focusing on six key dimensions of wellness: **Active, Spiritual, Purposeful, Intellectual, Relational, and Expressive.** By nurturing each of these areas, individuals can enhance their overall well-being and lead more fulfilling lives.

As America celebrates its 250th anniversary this year, we are honored to recognize our nation's rich history and the service of our military heroes. At Passavant Community, we are commemorating this milestone in several meaningful ways. A special display featuring memorabilia from our veterans is located across from the Scholl Conference Center, highlighting the stories and contributions of those who have served our country. In addition, our Train Club has created a patriotic 250th Anniversary exhibit in the Train Room, and we continue to host our monthly Veterans Breakfast to honor and connect with those who have served.

Our cover hero is **Colonel Kenneth Koehler**, a graduate of

the United States Air Force Academy, who has over 35 years of service to our nation. Many residents recognize Ken as he walks the campus with his Doberman, Gideon. Ken is also actively involved in numerous ASPIRE® Wellness programs and groups throughout the community. His commitment to staying engaged, building relationships, and finding purpose in daily life exemplifies the principles of ASPIRE® Wellness and demonstrates the positive impact of active community involvement and service.

We invite you to join Ken, Passavant Community, and ASPIRE® Wellness as we celebrate America's 250th Anniversary and honor the values of service, engagement, and lifelong wellness.



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 10-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 need to complete Class Registration Forms for each 10-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.

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 <i>(ask if your insurance covers this for free)</i>
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

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 38 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® Fitness & Wellness Center, 7:30am – 4:00pm.
 Log-on: LutheranSeniorLife.org/aspirewellness
 Email: aspirewellness@LutheranSeniorLife.org
 Call: ASPIRE® Wellness Director, Brian Damaska, at 724-452-3677

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
St. John Campus
Mars

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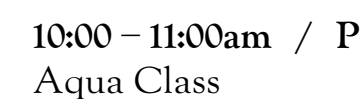
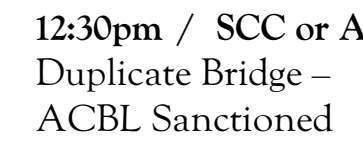
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ASPIRE® Wellness Weekly Schedule: Session III, June 29 – September 4

Location: Aerobics Room ..AR Baron’s InnBI Beatitudes Room BR Seaman Memorial Chapel (2nd Floor) C Creative Arts Studio CAS DenD Game Room GR Luther CourtLC Pool..... P Newhaven Court Community Room.....NHC Prayer Chapel (2nd Floor)PC Scholl Conference Center.....SCC Scheidemantle Gallery..... SG Train Room TR Weight Room....WR Wittenberg Community Room..... WB My Day Out....MDO	Monday	Tuesday	Wednesday	Thursday	Friday
				“Life isn’t about finding yourself. Life is about creating yourself.” – GEORGE BERNARD SHAW	
	10:00 – 11:00am / P Aqua Class	7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training	9:30am – 12:00pm / TR Train Club		10:00 – 11:00am / P Aqua Class
	10:00 – 12:00pm / CAS Impressionist Painting	9:00 – 9:45am / AR Outdoor Walking Group	10:00 – 11:00am / P Aqua Class		10:00 – 10:45am / AR Strength & Balance
	10:00 – 10:45am / AR Strength & Balance	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance		11:00 – 11:45am / AR SilverSneakers® Classic
	11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	11:00am – 12:00pm / SG Learn To Play Ukulele (1st and 3rd Wednesday monthly)		2:30pm / GR Abundant Life Men’s Fellowship (2nd Friday monthly)
	1:00 – 2:00pm / CAS Busy Hands	10:00 – 10:45am / AR Tai Chi	11:00 – 11:45am / AR SilverSneakers® Classic	9:00 – 9:45am / AR Urban Polling	3:00pm / GR Po-Ke-No (3rd Friday monthly)
	1:30pm / PC Grief Support Group	10:00am / MDO Veteran’s Coffee with the Mayor (4th Tuesday monthly)	1:30pm / SCC Dale Krysinski on His Country Guitar (2nd Wednesday monthly)	9:30 – 10:00am / P Aqua Arthritis	6:00pm / SCC Pat Septak
	3:00 – 4:00pm / NHC Busy Hands	11:00 – 11:45am / AR Senior Boot Camp	2:00 – 3:00pm / AR Line Dancing	10:00 – 10:45am / AR Chair Yoga	Saturday 
		12:00pm / WB Duplicate Bridge Game	2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly)	11:00 – 11:45am / AR Senior Boot Camp	
		11:30am Free Mini Lesson	2:00 – 3:30pm / MDO That The World May Know – DVD Series (1st and 3rd Wednesday monthly)	1:00 – 2:00pm / SCC The History Hobo	
Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas! 724-452-3677		4:15pm / CAS Creative Writing Class (every other Tuesday)		6:30 – 8:30pm / MDO Canasta	12:30pm / SCC or AR Duplicate Bridge – ACBL Sanctioned
		5:30pm / BR National Alliance on Mental Illness (2nd Tuesday monthly)			12:00pm Free Mini Lesson
				“Aging is not ‘lost youth’ but a new stage of opportunity and strength.” – BETTY FRIEDAN	

ASPIRE® Wellness Weekly Schedule: Session IV, September 21 – December 4

Location: Aerobics Room ..AR Baron’s InnBI Beatitudes Room BR Seaman Memorial Chapel (2nd Floor) C Creative Arts Studio CAS DenD Game Room GR Luther CourtLC Pool..... P Newhaven Court Community Room.....NHC Prayer Chapel (2nd Floor)PC Scholl Conference Center.....SCC Scheidemantle Gallery..... SG Train Room TR Weight Room.....WR Wittenberg Community Room..... WB My Day Out....MDO						
Monday  10:00 – 11:00am / P Aqua Class 10:00 – 12:00pm / CAS Impressionist Painting 10:00 – 10:45am / AR Strength & Balance 11:00 – 11:45am / AR SilverSneakers® Classic 1:00 – 2:00pm / CAS Busy Hands 1:30pm / PC Grief Support Group 3:00 – 4:00pm / NHC Busy Hands 						
					Tuesday 7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training 9:30 – 10:00am / P Aqua Arthritis 10:00am / PC Caregiver Support Network (1st Tuesday monthly) 10:00 – 10:45am / AR Tai Chi 10:00am / MDO Veteran’s Coffee with the Mayor (4th Tuesday monthly) 11:00 – 11:45am / AR Senior Boot Camp 12:00pm / WB Duplicate Bridge Game 11:30am Free Mini Lesson 4:15pm / CAS Creative Writing Class (every other Tuesday) 5:30pm / BR National Alliance on Mental Illness (2nd Tuesday monthly) “Be yourself, everyone else is already taken.” – OSCAR WILDE	
					Wednesday  9:30am – 12:00pm / TR Train Club 10:00 – 11:00am / P Aqua Class 10:00 – 10:45am / AR Strength & Balance 11:00am – 12:00pm / SG Learn To Play Ukulele (1st and 3rd Wednesday monthly) 11:00 – 11:45am / AR SilverSneakers® Classic 1:30pm / SCC Dale Krynsinski on His Country Guitar (2nd Wednesday monthly) 2:00 – 3:00pm / AR Line Dancing 2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly) 2:00 – 3:30pm / MDO That The World May Know – DVD Series (1st and 3rd Wednesdays 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 Voices Of Experience: Wisdom For The Community 3:00 – 4:00pm / SCC Money Matters 3.0 3:00 – 4:30pm / AR Bunco 6:30 – 8:30pm / MDO Canasta “Now is the time to make good use of time. Today is the day to begin a perfect day.” – SRI CHINMOY	
					Friday “The story ends up being a journey of self-discovery.” – ELIJAH WOOD 10:00 – 11:00am / P Aqua Class 10:00 – 10:45am / AR Strength & Balance 11:00 – 11:45am / AR SilverSneakers® Classic 2:30pm / GR Abundant Life Men’s Fellowship (2nd Friday monthly) 3:00pm / GR Po-Ke-No (3rd Friday monthly) 6:00pm / SCC Pat Septak Saturday 12:30pm / SCC or AR Duplicate Bridge – ACBL Sanctioned 12:00pm Free Mini Lesson	

Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas! 724-452-3677

AQUA ARTHRITIS

Fitness Center Pool

Tuesday & Thursday @ 9:30 – 10:00am
Sessions III & IV

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

Monday, Wednesday, Friday
@ 10:00 – 11:00am / Sessions III & IV

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 one hour 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

Thursday @ 3:00 – 4:30pm
Session IV only

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 10 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

Monday @ 1:00 – 2:00pm
Newhaven Court Community Room
Monday @ 3:00 – 4:00pm
Sessions III & IV



If you like to crochet or knit, join these “Busy Hands” to make hats, scarfs, blankets and other items for charities, the Gift Shop and our Nursing households. Yarn is furnished.

Jan McGee leads this group, and individuals of all skill levels are welcome.

Fees: *Included for all*



CANASTA

My Day Out

Thursday @ 6:30 – 8:30pm
Sessions III & IV

Do you remember playing Canasta in your youth? We’re doing it again. Join us for this exciting card game and fun with your friends. Beginners are welcome. For more information, call Linda Schneider, 724-473-4053 or Bernie Robinson, 724-453-3547.

Fees: *Included for all*



CAREGIVER SUPPORT NETWORK

Prayer Chapel
1st Tuesday @ 10:00am
Sessions III & IV

Are you a loved one caring for a partner at home? Do 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 the feelings you may be experiencing 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



CHAIR YOGA

Fitness Center
Thursday @ 10:00 – 10:45am
Sessions III & IV

Yoga’s focus on mindfulness, breathing, and physical movement brings 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

“Breathe, move,
be present – every day
is a good day for it.”
– HIDDEN MANTRA

CREATIVE WRITING CLASS

Creative Arts Studio
Every Other Tuesday @ 4:15pm
Sessions III & IV

This engaging and fun filled 10-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 graduated from a creative writing master’s program at Chatham University. When she is not in the classroom teaching 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 session



DUPLICATE BRIDGE
– ACBL SANCTIONED

Scholl Conference Center or
Aerobics Room
Saturday @ 12:30pm / Sessions III & IV
Free Mini Lesson @ 12:00pm

Friendly environment, ACBL points awarded. Newcomers welcome! Games directed by David Loeb, ACBL Certified Director and Teacher. Scoring by Bridgemates.

The Common Game. This is an additional resource, using hands from The Common Game to help improve your game. Benefit from the commentary and compare your scores with thousands across the country. Game Commentators include David Loeb. Contact Patty Dotson at pattydots@yahoo.com or call or text 717-372-2610.

Fees: \$8 for all



New to duplicate bridge
or looking for a refresher?
Join us for free mini-lessons
before each session –
everyone’s welcome!

DUPLICATE BRIDGE GAME

Wittenberg Community Room
Tuesday @ 12:00pm / Sessions III & IV
Free Mini Lesson @ 11:30am

This unsanctioned Duplicate Bridge Game is open to all. This game is intended to be enjoyable for all, and non-competitive in spirit, although duplicate scoring is maintained. Hone your skills by playing with partners at different skill levels, discussing bids and conventions and prepare to feel comfortable as you move on to sanctioned games. No charge, but registration is required and game is limited to six tables. Call Rosemary Shirley at 412-330-0136 for information or registration.

Fees: \$2 for all



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

GRIEF SUPPORT GROUP
Prayer Chapel
Monday @ 1:30pm / Sessions III & IV



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*

LEARN TO PLAY UKULELE
Scheidemantle Gallery
1st & 3rd Wednesday @ 11:00am – 12:00pm
Sessions III & IV



Join us as we learn to play the Ukulele in a group setting. We will learn new songs and have lots of fun. Group is led by Suzan Abel and Sandy Faulkner.

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

LINE DANCING
Aerobics Room
Wednesday @ 2:00 – 3:00pm
Sessions III & IV





Line Dancing is an enjoyable way to exercise and have fun with your friends. You will learn some old classics and new favorites from your instructor, Alice Norris.

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

MONEY MATTERS 3.0
Scholl Conference Center
Thursday @ 3:00 – 4:00pm / Session IV only



Explore basic strategies involved in preventing identity theft, online security, titling assets, PA inheritance tax, being prepared in case of death of spouse, and investing. Learn on-line resources for financial information about investing. Taught by Ruth Anne Mears as well as presentations by guest speakers.

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
Beatitudes Room
2nd Tuesday @ 5:30pm
Sessions III & IV



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*

OUTDOOR GAMES
Outdoor Gardens
On your own



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

Fees: *Included for all*

OUTDOOR WALKING GROUP
Meets in Fitness Center Lobby
Tuesday @ 9:00 – 9:45am / Session III only



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 goals and track your progress.

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

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

IMPRESSIONALIST PAINTING



Creative Arts Studio

Monday @ 10:00am – 12:00pm

Sessions III & IV

Explore various painting techniques while guided by an experienced instructor. Dive into color theory, composition principles, and engage in constructive critiques while learning how to convey your artistic vision effectively. Whether you're a beginner or an experienced artist, this class offers a supportive environment for growth.

Fees: Resident: *Included*

ASPIRE[®] Member: *Included*

Non-member: \$25 per session

PERSONAL TRAINING



Fitness Center

by Appointment / Sessions III & IV

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: Resident: \$120

ASPIRE[®] Member: \$120

Community Fitness Member: \$140

PO-KE-NO



Game Room

3rd Friday @ 3:00pm / Sessions III & IV

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 Phyllis Stoye at 412-260-0340.

Fees: Resident: *Included*

ASPIRE[®] Member: *Included*

Non-member: \$25 per session

SENIOR BOOT CAMP



Aerobics Room

Tuesday & Thursday @ 11:00 – 11:45am

Sessions III & IV



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

SILVERSNEAKERS[®] CLASSIC



Fitness Center

Monday, Wednesday, Friday

@ 11:00 – 11:45am / Sessions III & IV

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

Tuesday @ 7:30 – 8:00am or 8:30 – 9:00am

Sessions III & IV

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

Monday, Wednesday, Friday

@ 10:00 – 10:45am / Sessions III & IV

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.



TAI CHI
Aerobics Room
Tuesday @ 10:00 – 10:45am
Sessions III & IV



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 one’s 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

including Israel, Egypt, Turkey, Greece, and Italy. The video series takes us through many of the places mentioned in both the Old and New Testaments of the Bible. Come and experience the cities where Jesus walked and taught, and gain a fresh perspective on how these cultures influenced His ministry and how He revealed Himself so that the world might know who He is. Classes generally last 45–50 minutes, with additional time for discussion, fellowship, and refreshments. The plan is to continue the series through the next session of ASPIRE® beginning in January 2027. Give yourself the opportunity to experience the world of Israel before Jesus, as well as the places where He lived, taught, and performed many of His miracles.

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

THAT THE WORLD MAY KNOW – DVD SERIES
My Day Out
1st & 3rd Wednesday @ 2:00 – 3:30pm
Sessions III & IV



This series is narrated by historian and teacher Ray Vander Laan and is filmed on location throughout the Middle East,

THE HISTORY HOBO
Scholl Conference Center
Thursday @ 1:00 – 2:00pm / Session III only
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 takes of local history and beyond.

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

TRAIN CLUB
Train Room
Wednesday @ 9:30am – 12:00pm
Sessions III & IV



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
Thursday @ 9:00 – 9:45am
Sessions III & IV



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

VOICES OF EXPERIENCE: WISDOM FOR THE COMMUNITY
Scholl Conference Center
Thursday @ 1:00 – 2:00pm / Session IV only



This is a heartwarming series of interviews where some of our most senior residents share their life stories, lessons and unique perspectives. Over several sessions, residents tell stories from their earlier years, offering a powerful, personal glimpse into history and resilience. These talks often re-ignite old memories in the audience and inspire others to reflect on and share their life stories. Moderator: Patty Hladio.

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

 **ACTIVE**

 **SPIRITUAL**

 **PURPOSEFUL**

 **INTELLECTUAL**

 **RELATIONAL**

 **EXPRESSIVE**

ABUNDANT LIFE MEN'S FELLOWSHIP

Game Room
2nd Friday @ 2:30pm

Our purpose is to cultivate space for men to lean on, provide support, ministry and fellowship for one another. The fellowship serves as Disciples of Christ to the community and volunteers for projects and service for others.

Fees: *Included for all*



turns 250 years old in 2026, and you're invited to the birthday celebration! Discover fascinating stories from our nation's past, including little-known facts, historic turning points, and moments that shaped the country we know today. You may even learn a few surprising things about American history along the way.

Fees: *Included for all*

DALE KRYSINSKI ON HIS COUNTRY GUITAR

Scholl Conference Center
2nd Wednesday @ 1:30pm
July 8, August 12, September 9, October 14, December 9

Join Dale as he sings your favorite country and gospel songs. Sue Krynski and "Sadie the Wonder Dog" will be here as well.

Fees: *Included for all*



AMBRIDGE STEEL BAND

Scholl Conference Center
Wednesday, September 30 @ 1:30pm

The Ambridge Area High School Steel Drum Band, under the direction of Todd Hartman, has received regional and national recognition for its outstanding musical ability, unique style, and infectious energy.

Fees: *Included for all*



AMERICA 250!

With Speaker Gail Griffith

Scholl Conference Center
Wednesday, July 1 @ 1:30pm

A journey through 250 years of revolution, resilience, and reinvention...America



FISHERS OF MEN

Scholl Conference Center
Sunday, December 6 @ 2:00pm

Enjoy an afternoon of fellowship and fun with the Fishers of Men and their Christmas get together. Come and enjoy some snacks and entertainment.

Fees: *Included for all*



FITNESS CENTER CHALLENGE

Fitness Center

Date/Time to be determined

The ASPIRE[®] Wellness Fitness Center offers new challenges throughout the year with opportunities to engage in exciting games and win prizes! Anyone can join and anyone can win! See the fitness center staff for more information and to sign up for fitness center challenges!

Fees: *Included for all*



HISTORY OF THE U.S. MARINE CORPS AT 250 YEARS
with Speaker Ken Serfass

Scholl Conference Center
Thursday, November 12 @ 1:30pm

For 250 years, the United States Marine Corps has served honorably in every climate and place. Founded on November 10, 1775, in Philadelphia, Pennsylvania, the Marines have fought from the shores of Tripoli to the valleys of Afghanistan—always the readiest when the nation is least ready, America's "9-1-1 Force," as we like to say. The history of the U.S. Marine Corps is intertwined with the history of our nation, and all Marines are fiercely proud of that legacy. Ken, a Marine to the core, enjoys sharing that history whenever



he is asked. This presentation will be a history lesson woven together with stories of everyday Americans who accepted the challenge to become one of "The Few. The Proud. The Marines."

Fees: *Included for all*

HOW TO SURVIVE THE ZOMBIE APOCALYPSE
with speaker Dr. Mark Miller from the Pittsburgh Botanical Gardens

Scholl Conference Center
Wednesday, August 26 @ 1:30pm

Have you ever wondered if you could survive the zombie apocalypse? In reality there is nearly a zero chance of that happening; however, could you survive something slightly more plausible, such as the loss of all electricity? Join Dr. Mark Miller, Education & Exhibits Director in exploring safe foraging, edible wild plants, fundamentals of homesteading and easy self-care. Common plants you may consider weeds in your backyard are often not only edible but packed with vitamins and minerals, plus delicious if prepared in specific ways. Additional resources will be covered for research at home.

Fees: *Included for all*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

KNEE HEALTH SEMINAR

Scholl Conference Center

Date & Time TBD

Discover effective non-invasive solutions for knee health—join our exclusive small group talk at Passavant Community. With limited group size, you’ll have the chance to ask questions and get personal attention. Discover how holistic care can support real healing and a better quality of life. This seminar is brought to you by Complete Chiropractic Health in Cranberry Twp., PA. Registration is required. Please register with Class Registration form. **Limited to the first 15 participants.**

Fees: *Included for all*

NAVIGATING LIFE’S
MOBILITY CHALLENGES

Scholl Conference Center

Tuesday, August 14 @ 1:00 – 2:00pm

How do you navigate life when faced with mobility challenges that begin to impact your active lifestyle? Whether these changes arise from a medical condition or the natural aging process, the way you respond is within your control. Will you choose to accept, adapt, or ignore these challenges? In this session, you’ll hear the



inspiring story of an individual who has lived with a progressive condition for a lifetime. Additionally, you’ll gain practical strategies and expert guidance to help you confront and adapt to these changes with resilience and confidence. Presented by resident Patty Hladion and Licensed Professional Counselor, Kristie Knights.

Fees: *Included for all*

NORTH ALLEGHENY
FIDDLERS

Scholl Conference Center

Tuesday, September 29 @ 6:30pm

Please note this is an evening performance

Come and hear the North Allegheny Fiddlers, a talented group of young musicians from McKnight Elementary School in the North Allegheny School District, under the direction of Dennis Morton, a string teacher at McKnight Elementary. The group was organized in 2002 for students within the district who are interested in expanding their love and knowledge of music. The students representing the North Allegheny Fiddlers are in grades 6 through 12. These fiddlers participate in a week-long workshop each summer, where tunes are taught and learned in the traditional aural style—that is, by ear and without the use of written



music. Local folk musician Mark Tamsula attends each workshop and introduces the students to a variety of musical traditions, including Scottish, Irish, Old-Time, Scandinavian, Finnish, and Cajun styles..

Fees: *Included for all*

ORTHODOX MONASTERY
OF THE TRANSFIGURATION

Scholl Conference Center

Friday, July 17 @ 1:30pm

Several nuns from the Orthodox Monastery of the Transfiguration will visit. They will tell the history of the local monastery that was founded by a princess of Romania who became a nun at age 59. They will also sing for us, including hymns from their liturgical tradition, which is well over 1,000 years old.

Fees: *Included for all*

PASSAVANT COMMUNITY
ARTISTS SHOWCASE

Scholl Conference Center

Friday October 16 @ 10:00am – 2:00pm

This is a call for all of our wonderfully gifted artists to show off your work at our annual Artists Showcase! Details to follow in the *Passavant Life & Times*

Fees: *Included for all*



PASSAVANT COMMUNITY
BLOOD DRIVE

Scholl Conference Center

Date & Time TBD

Did you know that Pittsburgh area hospitals use on average 600 units of blood per day? The blood that you donate will be used in local Pittsburgh Hospitals to save the lives of your neighbors. You may donate blood if you meet the following requirements:

- At least 16 years old (no upper age limit)
- Minimum of 110 pounds
- Be in good health
- Eat within 2 hours of donation and drink plenty of fluids (non-alcoholic)
- 8 weeks between donations

To sign up and schedule your appointment to donate blood, visit Vitalant.org or contact Carol Flinn at 724-452-3630 or Carol.Flinn@LutheranSeniorLife.org.



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PURPOSEFUL



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Thank You
for helping us to save lives!

Special Events / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

PA EAGLES, HAWKS, OWLS
& WATERFOWL SPECIALTY
OUTDOORS
with speaker Russ Cawthorne
Scholl Conference Center
Wednesday, September 23 @ 1:30pm



Specialty Outdoors mission is to teach about Pennsylvania's great outdoors. Russ will be presenting this informative and interactive program to the audience. There will be displays and maybe a couple prizes given out.

Fees: Included for all

PALENQUE: COLUMBIAN
DANCE ENSEMBLE
Scholl Conference Center
Friday, October 9 @ 3:30pm



Enjoy a performance by this talented dance ensemble, made up of students from Slippery Rock University, as they showcase a variety of dance routines.

Fees: Included for all

PAT SEPTAK WITH
THE ACCORDIAN
Scholl Conference Center
Friday @ 6:00pm



June 26 – A Little Bit of Everything
July 17 – Musical Road Trip Across the USA

August 14 – Musical Trip around the World
September 11 – Annual Oktoberfest Show
October 9 – Viva Italia on the Accordion
November 13 – Great American Songbook
December 11 – An Accordion Christmas

Fees: Included for all

RACHAEL'S SMARTPHONE
CONFIDENCE SERIES
Scholl Conference Center
Tuesday @ 10:30pm



"If your phone feels smarter than you sometimes... these are the meetings for you."
Join Rachael Kirschner, Vice President, Insurance Services of Zelienople, for a practical and engaging 3-part series designed to help you feel more confident using your smartphone in everyday life. Clear, simple, friendly, step by step learning with Rachael. These interactive

sessions are easy to follow and focused on real-life use—bring your phone and your questions.

July Session: Smartphone Basics – Settings, Sound & Everyday Use. Learn how to adjust key settings, manage notifications, improve visibility, and make your phone easier to use day-to-day.

August Session: Connected by Phone – Learn the features that keep you close to the people who matter most. Explore how to send messages, send photos, and watch videos and stay connected using your smartphone.

September Session: Managing Your Healthcare with Your Smartphone. Discover how to access health-related apps, review information and better manage your healthcare from your device

Fees: Included for all

SENIORS FOR SAFE DRIVING
Scholl Conference Center



Monday, November 23 @ 9:00am – 1:00pm
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 to Seniors for

Safe Driving on their website or by calling them directly.

Fees: Included for all

SIMPLE LIFE AMISH
with Speaker Susan Hougelman
Scholl Conference Center
Wednesday, August 5 @ 1:00pm



Susan Hougelman is one the world's foremost authorities on the inspirational simplicity of the Amish. As the owner of the Western Pennsylvania Amish Hospitality Company, Susan provides Simple Life Amish Tours. She introduces people from around the world to the Amish way of life. In true Susan fashion, she shares the call of the simple life. "In Amish Country, there are no traffic lights to race through, no phones glued to hands, no rush to the next 'urgent' thing. Here horses know the way home. Neighbors still stop to talk in the driveway. Dinner is made from scratch, not from a box.

And Sunday is a day of rest, not a catch-up day." Susan will also be our guide when we do an Amish Tour on September 23rd.

Fees: Included for all



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PURPOSEFUL



INTELLECTUAL



RELATIONAL



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Special Events / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

SUMMER/FALL CONCERT SERIES, Presented by ASPIRE[®] Wellness

Scholl Conference Center @ 1:30pm, unless noted otherwise

Tuesday, July 7

Tony Barge – Country

Friday, July 10

Jake Nicora – Doo Whop
Former American Idol
Contestant

Sunday, July 12

The Silva’s Family Trio –
Variety

Tuesday, July 14

Duane Davis
Guitar / Singing – Variety

Wednesday, July 22

Dan Shaw – Gospel

Saturday, July 25

Evening Performance
6:00PM

Wes and Nes Duo

Sunday, July 26

Pine Creek Community
Band – Variety

Friday, July 31

Basement Band Duo –
Variety

Monday, August 6

Evening Performance
6:00PM

Gene Testa –
Keyboards / Singing

Tuesday, August 11

Evening Performance
6:00PM

Washboard Tony – Variety

Friday, August 14

Joe Collincini – Variety

Wednesday, August 19

Beth Ackelson – Singer /
Variety

Thursday, August 20

Jake Nicora – Doo Whop
Former American Idol
Contestant

Friday, August 21

Henry Wiens – Organist

Thursday, August 27

Dale Cinski – Variety

Wednesday, September 2

Dan Hogan – Variety

Friday, September 4

Tiffani Echert – Variety

Tuesday, September 8

Tony Barge – Country

Sunday, September 13

The Silva’s Family trio –
Variety

Tuesday, September 15

Duane Davis – Guitar /
Singer

Friday, September 18

Basement Band Duo –
Singers / Guitar

Friday, October 2

Jake Nicora – Doo Whop
Former American Idol
Contestant

Tuesday, October 6

Washboard Tony – Variety

Tuesday, October 13

Joe Collincini – Variety

Monday, October 26

Micah Nagal –
Guitarist / Singer

Tuesday, November 3

Ray Cygrymus –
Ukulele Player / Singer

Friday, November 6

Tiffanie Echert – Variety

Friday, November 13

Henry Wiens – Organist



THE ART OF MONEY:
THE US COINS AND ART OF
AUGUSTINE ST. GAUDENS
with Speaker Carlos Kearns

Scholl Conference Center

Tuesday, July 7

Presentation: 11:00am – 12:00pm

Consultations from 12:30pm – 4:00pm
in the games room, by appointment only



Carlos Kearns has worked in numismatic appraisals and sales since 2010. He has been a coin collector since his days in high school, with a specialty in US and World silver and gold coins. The US coinage of the early twentieth century has been widely acclaimed as the most beautiful ever produce in the US. These extraordinary sculptors included Augustus St. Gaudens, who designed the \$20 gold piece and \$10 gold piece. Please join the discussion and exhibition on how the artistic work of St. Gaudens lead President Theodore Roosevelt to ask him to bring his artistry to our nation’s coins. We will have the chance not only to discuss the artist’s work but to view his coins, as well as the coins of other prominent US designers. Carlos will

be available for private consultations following the presentation. Consultations will be by appointment only.

Fees: Resident: Included

ASPIRE[®] Member: Included

Non-member: \$25 per session

THE SALEM WITCH TRIALS
with speaker Todd DePastino

Scholl Conference Center

Monday, October 5 @ 1:30pm

In time for Halloween, Todd DePastino, Executive Director of the Veterans Breakfast Club, presents a new series on one of the most infamous events in American history: The Salem Witch Trials. It began on a cold January day in 1692 with two young girls telling fortunes in the kitchen of Rev. Samuel Parris. The Girls began barking, twisting, writhing in pain as if in the grip of an evil force. “These Children were bitten and pinched by invisible agents.” Concluded a doctor. A clear case of witchcraft. By the time it was all over, 19 had been hanged, five had died in prison and 200 others had been accused. Come hear the gruesome details and consider whether this was, in fact, a case of “mass hysteria” or something more sinister.

Fees: Included for all



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EXPRESSIVE

Special Events / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

THE SHROUD OF TURIN
with speaker Pastor Dan Owen

Scholl Conference Center

Tuesday, September 29 @ 1:30 – 2:30pm

Come and listen to this amazing presentation by Pastor Dan Owen on the Shroud of Turin, a 14 foot-long, 3.5 foot-wide linen cloth bearing a faint, negative image of a crucified man. It has historically been believed by many to be the burial shroud of Jesus Christ. It is one of the most studied artifacts in history, and is said to show wounds that match biblical accounts of the crucifixion.

Fees: Included for all



by wind and water. A pre-sunrise walk through the majestic Park Avenue canyon reveals skyscraper-like monoliths and sheer canyon walls. Day and nighttime excursions on the Colorado River unveil distinctly different kinds of beauty and a stone-dunes journey aboard a rock-crawling Dune Buggy ATV brings harrowing (!) views from very steep slopes and narrow rock spines.

Best of the Canadian Rockies:
Calgary to Vancouver

This western “north-of-the-border” journey offers a mesmerizing transition from the rolling foothills of Alberta to the peaks of the Canadian Rockies, ending in the coastal landscapes of British Columbia. The adventure begins in Calgary during Stampede Week, then gives way to the stunning scenery of Banff, Lake Louise, and the dramatic Athabasca Glacier. We drive westward through the Icefields Parkway, with vistas of glaciers, waterfalls, and fresh wonders of the Canadian wilderness around every bend. We’ll stop in Jasper, Kamloops, and Whistler Mountain before our final descent into the Fraser Valley for a fitting finish in vibrant Vancouver

Fees: Included for all



TRAVELOGUE SERIES
with Dean Zeigler

Scholl Conference Center

Date & Time TBD

Two more presentations from Dean and Linda Ziegler’s suite of Scenic Byways travel programs are on tap for the fall at Passavant.

Arches and Canyonlands National Parks

First, come with us into the heart of Utah’s red rock country. Our travel reveals stunning vistas, sculpted sandstone arches and spires, and deep canyons carved

UNDERSTANDING 2027 MEDICARE
CHANGES WITH RACHAEL
Clear Guidance from a Local
and Trusted Expert

Scholl Conference Center

Tuesday @ 10:30am

October 13, November 10, December 8

“It’s the Most Wonderful Time of the Year... And I Don’t Mean the Holidays — It’s Medicare Annual Enrollment!” Medicare Annual Enrollment can be stressful and confusing, especially with so many Medicare plans and constant advertisements. In this three part educational series hear from Medicare expert, Rachael Kirschner, Vice President, Insurance Services of Zelenople, break down Medicare changes, explain plan options in simple terms, and help you determine whether your plan is still the best option for you in 2027

Fees: Included for all



VETERAN’S BREAKFAST

Scholl Conference Center

Tuesday, November 10 @ 9:00 – 11:30am

Each year we honor our veterans with a special breakfast to thank them for their selfless service. This event is open to all,



including staff, residents, community volunteers and spouses/widows of veterans.

Fees: Included for all

VETERANS DAY TRIBUTE
EVENT

Scholl Conference Center

Wednesday, November 11 @ 1:30 – 3:00 pm

This annual event honors our Veterans who have served our country so proudly! This year, we will once again feature our tribute slide show. If you would like to be included, please send a photo (digitally is preferred) or bring a photo of your military service to Owen Miller, Media Services Technician, before November 1. Be part of this touching tribute to our great men and women of the military. The Passavant Singers will sing and we will have special guests. Watch your *Passavant Life & Times* for details.

Fees: Included for all



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VETERAN'S COFFEE
WITH THE MAYOR

My Day Out
4th Tuesday @ 10:00am



All Veterans are invited to share social time and comradery with Zelienople Mayor, Thomas Oliverio. This group 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
September 16, October 21, November 18,
December 16



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 Kecskementhy, 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

WESTMORELAND MUSEUM OF
AMERICAN ART

Scholl Conference Center
Friday, July 24 @ 1:00pm



Join a docent from the Westmoreland Museum of American Art for a presentation highlighting the museum's magnificent collection. The Westmoreland's expansive

holdings of American art place a strong emphasis on the artists and artwork of Southwestern Pennsylvania and will be featured in this traveling presentation, both on screen and in person.

Fees: *Included for all*

WHAT WAS SO REVOLUTIONARY
ABOUT THE AMERICAN
REVOLUTION?

Scholl Conference Center
Wednesday, July 15 @ 1:30pm



In honor of the 250th anniversary of our country, join Todd DePastino, Executive Director of the Veterans Breakfast Club, as he tells the story of an obscure shoemaker named George Robert Twelves Hewes, who played a central role in the American Revolution. Hewes' life raises a question

that continues to interest historians today: "What was so revolutionary about the American Revolution?" Come hear how Hewes—and the nation—changed, along with stories involving powdered wigs, walking canes, and tarring and feathering.

Fees: *Included for all*

WREATH FLUFFING DAY

Scholl Conference Center
Tuesday, November 17 @ 9:00am – 2:00pm



Calling all residents! We will need help again this holiday season with the fluffing of the wreaths that go down main street and on some of the

doors. If you can help with this, meet in Scholl Conference Center. Call Cathy Reid at 724-453-5414 to sign up.

How Are We Doing?

*Have you participated in the ASPIRE[®] Wellness program?
If so, we would love to hear your feedback!
Contact the ASPIRE[®] Wellness Director
at 724-452-3677.*



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PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

**5TH ANNUAL ZELIENOPE
BED DERBY AT ZELIENOPE
COMMUNITY PARK**
In Memory of Jason Sarver
Thursday, July 2
Bus Pickup @ 5:30pm



Come and enjoy music, food trucks, a 50/50 raffle and bed races in honor of America's 250th Anniversary. Sponsored by the Zelienople Library. We will have a bus for this and seats will be reserved for us. 6:30pm start. Register by June 22.

Fees: \$9 Bus

ANDY WARHOL MUSEUM
Saturday, August 15
Bus Pickup @ 10:00am



The Andy Warhol Museum will be a global destination for scholarship and learning about Warhol's life, art, and relevance to contemporary culture. With expanded access to the collection and



*As of July 1, the cost of
all trips will increase.*
0-12 miles will be \$9.00
13-25 miles will be \$14.00
26 miles and up will be \$17.00

engaging experiences, the museum will be a sustainable model for inclusivity and a platform for creative expression.
Approximate Time: 4 hours.
Handicap Accessible.

Fees: \$17 Bus / \$20 Admission, paid at the door

BOWERS BLUEBERRIES
Date & Time TBD



We started our blueberry farm in the summer of 2011, planting our first plant in September. We now have 5700 plants including the following ten varieties: Duke, Bluejay, Blueray, Brigitta, Chandler, Nelson, Bonus, Bluecrop, Toro and Draper. All are sweet and have different tastes. Come and pick your fresh blueberries for \$3.00/pound. We do not spray our plants with chemicals and encourage you to enjoy

their great taste while you are picking! We accept cash as well as debit/credit cards with a 2.4% processing fee.
Approximate time: 4 hours.
Not handicap accessible.

Fees: \$14 Bus

**DUQUESNE INCLINE AND
GRANDVIEW OVERLOOK**
Saturday, October 17
Bus Pickup @ 10:00am



The Duquesne Incline, located in Pittsburgh, is a historic funicular that scales Mount Washington. Opened in 1877, it rises 400 feet at a 30 degree angle and offers stunning views of the city skyline and rivers. The upper station features a museum dedicated to Pittsburgh's history, along with a gift shop.



The incline is one of the few remaining in the country and is celebrated for its vintage charm and unique transportation experience. It was listed on the National

Register of Historic Places in 1975. We will stop to get a bite to eat on the way home, residents' choice.
Approximate time: 4 hours.
Not handicap accessible.

Fees: \$17 Bus / Admission \$5 Round trip



**HOLLYWOOD CASINO AT THE
MEADOWS WASHINGTON PA**
Saturday, October 3
Bus Pickup @ 8:30am



Enjoy a day of gaming and live harness racing at Hollywood Casino, located at the Meadows in Washington, PA. .
Approximate time: 6 hours.
Handicap accessible.

Fees: \$17 Bus / Free Admission

Trips / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

HOME FOR THE HOLIDAYS, A
CHRISTMAS MUSICAL REVUE

Date & Time TBD



The annual holiday show returns at the Rochester Borough Theater Complex. Fans of Christmas Memories won't want to miss *Home for the Holidays a Christmas Musical Revue*. Celebrate the Christmas season with this heartwarming variety show featuring an unbelievably talented cast.

Approximate time: 4 hours.

Fees: \$9 Bus / Cost of ticket to be announced



LIVE CASINO/PITTSBURGH



Saturday, July 11 and November 7
Bus Pickup @ 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.

Handicap Accessible.

Fees: \$17 Bus

LUNCH WITH FRIENDS



Mary's Restaurant, New Castle PA

Tuesday, June 26 / Bus pickup @ 12:00pm

Fees: \$9 Bus

Nico's Italian, Ellwood City PA

Thursday, July 30 / Bus pickup @ 12:00pm

Fees: \$9 Bus

Denny's, Cranberry PA

Monday, August 31 / Bus pickup @ 11:00am

Fees: \$9 Bus

The Waterhole, Harmony PA

Thursday, September 24

Bus pickup @ 12:00pm

Fees: \$9 Bus

3 B's, Zelienople PA

Friday, October 30 / Bus pickup @ 12:00pm

Fees: \$9 Bus

Monte Cello's, Cranberry PA

Thursday, November 19

Bus pickup @ 12:00pm

Fees: \$9 Bus

Primanti Brothers, Cranberry PA

Wednesday, December 30

Bus pickup @ 12:00pm

Fees: \$9 Bus

Enjoy having lunch with your friends. Lunch will be on your own.

Approximate time: 4 hours

Handicap accessible.

PITTSBURGH BOTANICAL
GARDENS



Saturday, August 29

Bus Pickup @ 9:00am

Discover a lush urban oasis at Pittsburgh Botanical Gardens. A walk through the whimsical Garden of the Five Senses is a journey of discovery and fun. Designed for all ages, visitors can engage in nature in unique ways as they explore the sights and sounds of the woodlands. The paved pathway links together zones, each one focusing on a different sense. This garden was designed with key elements to be accessible and friendly to all, including individuals on the autism spectrum. Stroll along the path to view the curated cultivars of native plants which provide year-round beauty for pollinators and humans. This woodland area highlights trees, shrubs and herbaceous plant species native to the Allegheny Plateau, the ecoregion where Pittsburgh Botanic Garden is located.

Enjoy food or drinks at the Canopy Café.

Approximate time: 5 hours.

Handicap accessible.

Fees: \$17 Bus / \$18 Admission, paid at the door

PITTSBURGH CATHEDRAL
OF LEARNING NATIONALITY
ROOMS TOUR



Saturday, November 28

Bus Pickup @ 9:00am

Tour @ 10:00am

Please note the rooms will be decorated for Christmas!

The University of Pittsburgh's renowned Nationality Rooms are gifts from the ethnic communities that helped build Pittsburgh. Thirty-one rooms commemorate the cultural heritages of the communities that supported and planned their construction. The idea for the Nationality Rooms originated in 1926, when ground was broken for the construction of the 42-story Gothic-style Cathedral of Learning. The rooms and their furnishings were designed by international architects, designers, artists, and craftspeople. They are used as classrooms on most weekdays and provide inspiration to the students, faculty, staff, and guests who visit them.

Approximate time: 4 hours.

Some parts are handicap accessible and some are not.

Fees: \$17 Bus / \$10 Admission, cash by November 16



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 29 – December 4, 2026

The legend indicates the related Wellness Dimension for each program.

PYMATUNING STATE PARK
AND SPILLWAY

Saturday, July 18
Bus pickup @ 10:00am



Pymatuning State Park is one of the largest parks in Pennsylvania, offering a variety of recreational activities such as boating, fishing, swimming, and camping. The Park encompasses a 2,500-acre wildlife

refuge, making it a great destination for outdoor enthusiasts. Visiting the Spillway is a unique experience that combines nature, fun, and community interaction, making it a memorable stop for exploring the area. Feeding the fish is a big tourist draw, attracting more than 300,000 visitors annually from all over the country and around the world. On the way home, we will stop at Brown’s Country Kitchen for a bite to eat. Their food, including their pies, are all homemade!

Approximate Time: 4 hours.

Accessibility: The area features a promenade making it easy for visitors to

access the spillway and enjoy the view. There is also a concession stand nearby where you can purchase bread if you forget to bring some.

Fees: \$17 Bus

RANDYLAND

Saturday, August 22
Bus Pickup @ 10:00am



Randyland’s origins can be traced back to Randy Gilson, a former homeless activist who arrived in Pittsburgh’s North Side in 1982. There, he immersed himself in guerrilla gardening, transforming vacant lots into vibrant gardens that added a touch of beauty to the community. In 1995, he took a bold step by purchasing



like mannequins, plastic dinosaurs, and pink flamingos to decorate his home and the surrounding fences with joyful murals, giving birth to an extraordinary place that blended art and community. One of Randyland’s defining features is its eclectic outdoor decor, adorned with an assortment of eye-catching items, including mannequins, plastic dinosaurs, pink flamingos, and more. These whimsical decorations are carefully arranged to create a visually captivating and colorful environment that beckons visitors to explore and discover the unexpected. We will stop on way home for bite to eat, residents’ choice

Approximate time: 4 hours.

Fees: \$17 Bus / Free Admission, donations accepted

a property for just \$10,000 on a credit card. This property would soon evolve into the iconic Randyland. Randy’s creative spirit was evident as he upcycled discarded items



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

– SAINT AUGUSTINE

RIVERS CASINO

Saturday, September 5
Bus Pickup @ 8:30am



Enjoy a day at Rivers Casino in Pittsburgh.
Approximate time: 6 hours.
Handicap Accessible.

Fees: \$17 Bus



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 29 – December 4, 2026

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SAINT PIO CHAPEL

Tuesday, July 21

Bus Pickup @ 8:50am

Tour @ 10:00am



The Saint Pio Chapel at Holy Spirit Parish's St. Mary Church, located in New Castle, PA, was officially recognized on Thursday, September 19, 2024 with a special ceremony marked by the

installation of an authentic first-class relic of Saint Pio owned by the Saint Pio Foundation. The chapel is one of a series of six chapels in the United States in partnership with the Saint Pio Foundation which form the sign of the cross, and more specifically, the signs of the wounds of Christ - the Stigmata. We will visit the chapel and have a tour. View the statue, view the docudrama, and visit the gift shop.

Approximate time: 4 hours.

Fees: \$17 Bus / Free Admission

SARRIS CANDIES

Saturday, November 14

Bus Pickup @ 10:00am



We will be visiting Sarris Candies in Canonsburg PA. This is a good time to pick up all of your favorite treats for Christmas.

Approximate time: 4 hours.

Handicap Accessible.

Fees: \$17 Bus / Free Admission

SIMPLE LIFE AMISH TOUR AND MEAL

Wednesday, September 23

Bus Pickup @ 9:00am

Tour starts @ 10:00am



Explore the backroads of Amish Country while learning about Amish culture, shopping at charming local stores, and enjoying a delicious Amish wedding feast at Ryder's Restaurant.

We will meet at Ryder's Restaurant, where you'll be greeted by your Amish tour guide, Susan. Once aboard, Susan will begin sharing her knowledge of Amish culture as you travel through the scenic backroads. Along the way, she will point out important Amish landmarks and share stories from her personal experiences within the community.

Our first stop will be an Amish greenhouse, where guests will enjoy an Amish donut while taking in beautiful fall flowers, pumpkins, and homemade goods created by the Byler family. Next, we will visit an Amish quilts and crafts store, followed by the New Wilmington Cheese House. Our fourth stop is Apple Castle, a local orchard featuring apples, peaches, and seasonal treats.

After our visits, we will enjoy lunch—a traditional Amish wedding feast. The meal includes roast beef, ham, mashed potatoes, gravy, sweet potatoes, hot cinnamon apples, corn, green beans, coleslaw, rolls with butter, and a choice of beverage, all served family-style. Guests will pass around generous bowls filled with each dish for a true communal dining experience.

The tour lasts approximately 2½ hours, with about an hour set aside for lunch.



The total cost, including the tour, meal, taxes, and gratuity, is \$59.00 per person. Please note that advance registration is required by September 14.

Approximate time: 5 hours.

Fees: \$17 Bus / Tour and Meal \$59.00, cash or check by September 14



SORGELS ORCHARDS

Saturday, October 10

Bus Pickup @ 10:00am



Enjoy a fall day at Sorgel's Orchards in Wexford, PA. Sorgel's Orchards offers a wide variety of products and is a great place to browse or shop at your leisure. They feature fresh produce, a bakery, deli, gift baskets, home accents, a garden center, a gift barn, a wine shop, Arsenal Cider, and more.

Approximate time: 3 hours.

Limited handicap accessible.

Fees: \$14 Bus / Free Admission



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 29 – December 4, 2026

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THE SHINDIG CHARITY
MUSIC FESTIVAL
at Zelenople Park

Saturday, August 8
Bus Pickup @ 12:30pm



The Shindig Charity Music Festival brings the community together for a weekend of good vibes and great music from genres including 80's, 90's, classic rock, New Orleans jazz, country and 70's disco.

Enjoy food from a variety of local vendors, beer from local food trucks and wine from neighboring wineries. There will be plenty for the kids to do, plus a car show and a vendor show, too.

Approximate time: 4 hours.

Fees: \$9 Bus / \$23.18 Admission.
Ticket available at the festival or online at their website

THE STRIP DISTRICT
Saturday, September 12
Bus Pickup @ 10:00am



The Strip is a foodie heaven and is as authentic as it is fun. Locals love it for its low prices and tremendous selections.



The one-half square mile shopping district is chock full of ethnic grocers, produce stands, meat and fish markets and sidewalk vendors. Breathe deep, because you won't want to escape the splendid aromas of fresh-roasted coffee or just-baked bread.

Approximate time: 4 hours.
Intended for mostly walkers.

Fees: \$17 Bus / Free Admission

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things."

– NATE BERKUS

TOUR OF HISTORIC
HARMONY
Tuesday, June 30
Bus Pickup @ 2:45pm



Have you ever wondered what life was like, here in Harmony and Zelenople, 250 years ago? We have, too. This year we're going

big for America's 250th Anniversary and transforming History Day, into History Week! Join us in Historic Harmony for a free event bursting with fun, facts, and food! The Town of Historic Harmony will host authors, historical re-enactments, and family friendly programming to show what life was like in our neck of the woods 250 years ago. Join the greats, like George Washington, and march through Harmony Pennsylvania. They are currently planning all of our events so check online as we get closer to June for a full list of activities!

Approximate time: 4 hours.
Mostly walking on your own.

Fees: \$9 Bus / Shopping on your own

"The best things in life are unexpected – because there were no expectations."
– ELI KHAMAROV

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE



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

– RALPH WALDO
EMERSON

Fitness Center

The ASPIRE® Fitness and Wellness 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 qualify for a FREE membership through insurance programs like SilverSneakers, Renew Active, 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 and degreed 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 Life Enrichment/Outreach Coordinator, Cathy Reid, 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 current volunteer opportunities or more information, please contact the Life Enrichment/Outreach Coordinator, Cathy Reid, 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, a brief application is required. 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 Life Enrichment/Outreach Coordinator, Cathy Reid, 724-453-5414, for 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 Life Enrichment/Outreach Coordinator, Cathy Reid, 724-453-5414, for information.

ASPIRE® Wellness Advisory Board.

Are you interested in helping to shape ASPIRE® Wellness? The Advisory Board meets monthly to discuss strategic planning. 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 Director, Brian Damaska at 724-452-3677.

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 10-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® Fitness & Wellness Center 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 Director. 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® Fitness & Wellness Center
Monday through Friday, 7:30am – 4:00pm
Brian Damaska,
ASPIRE® Wellness Director
Email: aspirewellness@LutheranSeniorLife.org
Phone: 724-452-3677

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 Deutsch: Wann du [Deutsch (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)

انجام اب كل رفاوتت قىوغلل ادعاسملا تامدخ ناف، غللا ركذا ثدحتت تنك اذا: عظوحلم (724) 742-2295 (TTY 711) قىوغلل
مقر مقرب لصتا

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

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

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

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