



ASPIRE[®]

WELLNESS

Summer/Fall 2025 Catalog

Session III:

June 30 – September 5

Session IV:

September 22 –
December 5



 **Lutheran SeniorLife**
Passavant Community

The Passavant Community Train Club

As we age, *Living your Best Life* can take on new meanings. For the Passavant Community Train Club, it's all about pursuing passions and spreading joy. Nestled within the heart of **ASPIRE**® Wellness, the Train Room stands as one of the most beloved attractions, offering a unique blend of creativity, community, and nostalgia.

While the Passavant Community has cherished a train room for decades, its current iteration was born in 2014 after the construction of the Abundant Life Center. An empty room transformed into a vibrant hub of imagination and craftsmanship where visitors can marvel at the HO scale trains that wind their way through a diverse landscape featuring a baseball park, a serene waterfall, bustling stores, a veteran wall memorial, and a newly added circus. Seasonal displays, such as the memorable Alien abduction scene from a few years ago, add a whimsical touch.

Members work together to design and budget for new features, ensuring that the display continually evolves to captivate and delight. The club currently has nine members, including both residents and community participants. One of the most remarkable aspects of the Train Club is its openness to all, regardless of prior experience with model trains. The group consists of individuals from diverse professions, including retired educators, pastors, engineers, printing



service experts, software and computer developers, and truck drivers.

For members in the above photo Paul Payerchin, Bob Taylor (an original member), and Dave Reckless, the Train Club is more than a hobby; it's a way to live their best lives by creating joy for others.

Through their collective passion and dedication, they not only nurture their own interests but also bring happiness to those who visit the Train Room.

ASPIRE® Wellness is philosophy of living your best life at any age while embracing what you love, sharing it with others, and finding joy in collaboration and creativity. The Passavant Community Train Club exemplifies this philosophy, proving that age is just a number when it comes to living passionately and purposefully.

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!

Table of Contents

ASPIRE® Wellness Philosophy.....	2
Information for Participants	4
ASPIRE® Wellness Assessment and Personalized Wellness Plan	6
Program Index.....	8
Weekly Schedule.....	10
Class Descriptions	14
Special Events.....	25
Trips.....	31
Fitness Center.....	38
Passavant Purposeful Opportunities	39
Additional Program Information	40

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

Programs by Wellness Dimension
For specific program availability, see Program Description and Weekly Schedule.

ACTIVE

- Aqua Arthritis.....14
- Aqua Class.....14
- Chair Yoga16
- Line Dancing.....19
- On The Move: Group Exercise For Improved Mobility20
- Outdoor Games.....20
- Outdoor Walking Group20
- Personal Training21
- Senior Boot Camp.....22
- SilverSneakers® Classic22
- Speed, Agility And Strength Small Group Training.....22
- Strength & Balance.....22
- Tai Chi.....23
- Urban Polling.....24
- Fitness Center Challenge25
- Fun Fore All Miniature Golf31

SPIRITUAL

- The Great World Religions – DVD Series.....23
- Abundant Life Men’s Fellowship..25

PURPOSEFUL

- Busy Hands15
- Passavant Community Blood Drive26
- ASPIRE® Wellness Advisory Board.....39
- Club Membership And Committees39
- Volunteering Opportunities39

INTELLECTUAL

- Duplicate Bridge – ACBL Sanctioned17
- Duplicate Bridge Game17
- Eating For Healthy Living Series...18
- French Club18
- Learn To Play Ukulele19
- The History Hobo.....23
- Neuropathy Seminar25
- Seniors For Safe Driving27
- Specialty Outdoors.....27
- Williamsburg, VA: Celebrating Our Nation’s 250th Anniversary ..30
- Bayernof Museum31
- National Aviary, Pittsburgh32
- Old Economy Village.....33
- St. Anthony’s Chapel And Relics.....34
- The Frick Museum: Gilded Not Golden Tour.....35

RELATIONAL

- Bunco14
- Canasta.....15
- Caregiver Support Network.....15
- Grief Support Group18
- National Alliance On Mental Illness (NAMI)20
- Po-Ke-No21
- Dale Krynski On His Country Guitar.....25
- Ghost Railroad Stories25
- Palenque: Colombian Dance Ensemble26

RELATIONAL

- Passavant Singers Holiday Concert.....26
- Pat Septak.....27
- Residential Volunteer Luncheon...27
- Summer/Fall Concert Series28
- Therapy Piggie Visit.....28
- Veteran’s Breakfast.....29
- Veteran’s Coffee With The Mayor.29
- Veterans Day Tribute Event.....29
- Clearview Mall31
- Home For The Holidays, A Christmas Musical Revue32
- Live Casino32
- Moraine State Park Regatta.....32
- Railroad Trip: Oil Creek and Titusville34
- Rivers Casino.....34
- The Strip District.....36
- Tour And Tasting At Narcisi Winery37

EXPRESSIVE

- Creative Writing Class.....16
- Drawing Class.....16
- Painting Class – Impressionalist....21
- Train Club.....24
- Passavant Community Artists Showcase26
- Welcome To Classical Music.....30
- Pittsburgh Glass Center.....33
- The Mattress Factory.....36
- Westmoreland Museum Of American Art.....37

Lutheran SeniorLife
Lutheran Service Society
Empowering our neighbors to live independent, dignified and secure lives through programs and services.
Meals on Wheels Senior Center
Center at the Mall
Adoption, Foster Care and Permanency Services
www.LutheranSeniorLife.org

ASPIRE® Wellness Weekly Schedule: Session III, June 30 – September 5

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
		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	<div>“Aging is not ‘lost youth’ but a new stage of opportunity and strength.” – BETTY FRIEDAN</div>
	10:00 – 11:00am / P Aqua Class	9:00 – 9:45am / FC Lobby Outdoor Walking Group	9:30 – 11:00am / CAS Drawing Class	9:30 – 10:00am / P Aqua Arthritis	
	10:00 – 12:00pm / CAS Painting Class – Impressionist	9:30 – 10:00am / P Aqua Arthritis	9:30am – 12:00pm / TR Train Club	10:00 – 10:45am / AR Chair Yoga	
	10:00 – 10:45am / AR Strength & Balance	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	10:00 – 11:00am / P Aqua Class	11:00am / SCC Eating For Healthy Living	
	11:00 – 11:45am / AR SilverSneakers® Classic	10:00 – 10:45am / AR Tai Chi	10:00 – 10:45am / AR Strength & Balance	11:00am – 12:00pm / SG French Club (2nd and 4th Thursdays monthly)	
	11:00am – 12:00pm / SG The Great World Religions – DVD Series	10:00am / BI Veteran’s Coffee with the Mayor (3rd Tuesday monthly)	11:00am – 12:00pm / SG Learn To Play Ukulele (1st and 3rd Wednesday monthly)	11:00 – 11:45am / AR Senior Boot Camp	10:00 – 11:00am / P Aqua Class
	1:00 – 2:00pm / CAS Busy Hands	11:00 – 11:45am / AR Senior Boot Camp	11:00 – 11:45am / AR SilverSneakers® Classic	1:00 – 2:00pm / SCC The History Hobo	10:00 – 10:45am / AR Strength & Balance
	1:30pm / PC Grief Support Group	12:00pm / WB Duplicate Bridge Game 11:30am Free Mini Lesson	1:30pm / SCC Dale Krynski on His Country Guitar (1st Wednesday monthly)	2:00 – 2:45pm / AR On The Move: Group Exercise	11:00 – 11:45am / AR SilverSneakers® Classic
	3:00 – 4:00pm / NHC Busy Hands	2:00 – 2:45pm / AR On The Move: Group Exercise	2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly)	6:30 – 8:30pm / MDO Canasta	2:30pm / GR Abundant Life Men’s Fellowship (2nd Friday monthly)
		3:00 – 4:00pm / AR Line Dancing			3:00pm / GR Po-Ke-No (3rd Friday monthly)
<div>Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas! 724-452-3677</div>		4:15pm / CAS Creative Writing Class			6:00pm / SCC Pat Septak
		5:30pm / BR National Alliance on Mental Illness (2nd Tuesday monthly)			Saturday 12:30pm / SCC or AR Duplicate Bridge – ACBL Sanctioned 12:00pm Free Mini Lesson

ASPIRE® Wellness Weekly Schedule: Session IV, September 22 – December 5

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
		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	<i>“You are never too old to set another goal or to dream a new dream.” – C.S. LEWIS</i>
	10:00 – 11:00am / P Aqua Class	9:30 – 10:00am / P Aqua Arthritis	9:30 – 11:00am / CAS Drawing Class	9:30 – 10:00am / P Aqua Arthritis	
	10:00 – 12:00pm / CAS Painting Class – Impressionist	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	9:30am – 12:00pm / TR Train Club	10:00 – 10:45am / AR Chair Yoga	
	10:00 – 10:45am / AR Strength & Balance	10:00 – 10:45am / AR Tai Chi	10:00 – 11:00am / P Aqua Class	11:00am – 12:00pm / SG French Club (2nd and 4th Thursdays monthly)	
	11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / BI Veteran’s Coffee with the Mayor (3rd Tuesday monthly)	10:00 – 10:45am / AR Strength & Balance	11:00 – 11:45am / AR Senior Boot Camp	
	11:00am – 12:00pm / SG The Great World Religions – DVD Series	11:00 – 11:45am / AR Senior Boot Camp	11:00am – 12:00pm / SG Learn To Play Ukulele (1st and 3rd Wednesday monthly)	1:00 – 2:00pm / SCC The History Hobo	10:00 – 11:00am / P Aqua Class
	1:00 – 2:00pm / CAS Busy Hands	12:00pm / WB Duplicate Bridge Game 11:30am Free Mini Lesson	11:00 – 11:45am / AR SilverSneakers® Classic	2:00 – 2:45pm / AR On The Move: Group Exercise	10:00 – 10:45am / AR Strength & Balance
	1:30pm / PC Grief Support Group	2:00 – 2:45pm / AR On The Move: Group Exercise	1:30pm / SCC Dale Krynski on His Country Guitar (1st Wednesday monthly)	3:00 – 4:30pm / AR Bunco	11:00 – 11:45am / AR SilverSneakers® Classic
	3:00 – 4:00pm / NHC Busy Hands	3:00 – 4:00pm / AR Line Dancing	11:00 – 11:45am / AR SilverSneakers® Classic	6:30 – 8:30pm / MDO Canasta	2:30pm / GR Abundant Life Men’s Fellowship (2nd Friday monthly)
		4:15pm / CAS Creative Writing Class	2:00 – 3:00pm / SG Welcome To Classical Music (3rd Wednesday monthly)		3:00pm / GR Po-Ke-No (3rd Friday monthly)
		5:30pm / BR National Alliance on Mental Illness (NAMI) (2nd Tuesday 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

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

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
Session 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

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.



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

CREATIVE WRITING CLASS

Creative Arts Studio
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 recently 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

DRAWING CLASS

Creative Arts Studio
Wednesday @ 9:30 – 11:00am
Sessions III & IV



Try your hand at house drawing and other fun projects. Join artist Marcy Bogdanich as she expertly guides you in drawing processes

and techniques, demonstrating that anyone can draw and sketch! Marcy is a lifelong artist and retired art educator for 28 years in public and private schools. She holds B.S. and M.Ed. degrees, National Board Certification, was awarded PA art Education Educator in 2012 and PAEA Emeritus Outstanding Art Educator in 2017.

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



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

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

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

EATING FOR HEALTHY LIVING
SERIES *presented by Humana*

Scholl Conference Center
Thursday @ 11:00am / Session III only



Learn essential tips and tricks for healthy living. Join Rosann Cunningham, Medicare Insurance Agent and Certified Nutrition & Fitness Professional, and colleagues as they lead you through a variety of topics over the course of the session.

July 3: Protein: Are you getting enough?

July 10: Get smart about food labels

July 17: The truth about carbs

July 24: How nutrition changes as you age

July 31: The shakedown on sugar

August 7: Fruits and Vegetables – color yourself healthy

August 14: Healthy eating to control cholesterol

August 21: Tips and Trick to help reduce sodium

August 28: Get the facts on fat

September 4: Foods to boost digestion

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

FRENCH CLUB

Scheidemantle Gallery
2nd & 4th Thursday @ 11:00am – 12:00pm
Sessions III & IV



Remember all the fun days in French Class? Let’s relive them! Always wanted to learn French? Now is your chance! All Francophiles are welcome to learn or relearn some basic French. No tests involved! Each class will cover a general topic or theme. Participants will be given a simple vocabulary list for each class to help with discussion. There will be fun activities each class, such as playing bingo, monopoly and card games in French. Facilitators will be Chris Warner and Sandy Faulkner. **Limited to 12 participants.**

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

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*

“How lucky am I
to have something that
makes saying goodbye
so hard.”

– WINNIE THE POOH

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
Tuesday @ 3:00-4:00 pm / Session 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: \$5 per class



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

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*

ON THE MOVE: GROUP EXERCISE
FOR IMPROVED MOBILITY



Aerobics Room

Tuesday & Thursday @ 2:00 – 2:45pm
Sessions III & IV



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

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 your goals and track your progress.

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

PAINTING CLASS –
IMPRESSIONALIST



Creative Arts Studio

Monday @ 10:00am – 12:00pm
Sessions III & IV



Explore various painting techniques in this dynamic class, guided by an experienced instructor. Dive into color theory

and composition principles, conveying your artistic vision effectively. Engage in constructive critiques, gaining insights from peers. Whether you're a beginner or experienced, 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 Stoyke at 412-260-0340.

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

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 & 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

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 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 GREAT WORLD RELIGIONS –
DVD SERIES

Schiedemantle Gallery

Monday @ 11:00am – 12:00pm

Sessions III & IV

The Great World Religion DVD Series will continue in the fall at it's new time, 11:00am–12:00pm. Join us as we continue to explore several different religions. Follow the *Passavant Life & Times* for updates.

Fees: Resident: *Included*

ASPIRE[®] Member: *Included*

Non-member \$25 per session

THE HISTORY HOBO

Scholl Conference Center

Thursday @ 1:00 – 2:00pm

Sessions III & IV

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



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

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

HOW ARE WE DOING?

*Have you participated in the
ASPIRE® Wellness program?
We would love to hear your feedback!
Contact the ASPIRE® Wellness Director
at 724-452-3677.*

Special Events / June 30 – December 5, 2025



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*

DALE KRYSINSKI ON HIS COUNTRY GUITAR

Scholl Conference Center
1st Wednesday @ 1:30pm
Aug. 6, Sept. 3, Oct. 1, Nov. 5, Dec. 3
Join Dale as he plays and sings your favorite country and gospel classics.



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!



GHOST RAILROAD STORIES

Presnted by Ken J. Serfass
Scholl Conference Center
Wednesday, October 22 @ 1:30pm



Join Ken as he tells scary ghost stories that happened along the railroad!
Fees: *Included for all*

NEUROPATHY SEMINAR

Scholl Conference Center
Wednesday, July 16 @ 1:30pm



Discover effective non-invasive solutions for neuropathy. If you’re experiencing tingling, numbness, burning pain, or weakness in your hands or feet, this session is for you. We’ll discuss how a natural, drug-free approach can address the root causes of neuropathy—like poor circulation, inflammation, and nerve damage. With a limited group size, you’ll have the chance to ask questions and get personal attention. Learn 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. **Registration via Class Registration form is required. Limited to the first 15 participants who register.**

Fees: *Included for all*



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Special Events / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

PALENQUE: COLOMBIAN DANCE ENSEMBLE
Scholl Conference Center
Friday, September 26 @ 3:30 – 4:30pm

Enjoy this dance Ensemble, made up of students from Slippery Rock University, perform some very talented dance routines.

PASSAVANT COMMUNITY ARTISTS SHOWCASE
Scholl Conference Center
Friday, October 17 @ 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
Friday, September 5 @ 11:00am – 4:00pm

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. Thank you for helping us to save lives.

PASSAVANT SINGERS HOLIDAY CONCERT
Scholl Conference Center
Friday, December 12 @ 1:30pm

Come and see your own Passavant Community residents as they show off their talent during their holiday concert. The PRC Singers are led by director Jean Horensky.

PAT SEPTAK
Scholl Conference Center
Friday @ 6:00pm

July 11
Greatest hits of the 40's 50's & 60's
August 29
Greatest hits of the 70's 80's and beyond
September 19
Oktoberfest on the Accordion
October 10
Festa Italia on the Accordion!
November 14
Pat's All Request Show
December 12
Christmas on the Accordion

RESIDENTIAL VOLUNTEER LUNCHEON
Scholl Conference Center
Friday, July 25 @ 3:00 – 5:00pm



It is time to honor our resident volunteers that give unselfishly providing their services and talents to our community. We will honor our residents with a lunch and music by Gene Testa. Invitations will be sent out and you can RSVP to Roberta Amsler at 452-3466 by June 13.

SENIORS FOR SAFE DRIVING
Scholl Conference Center
Monday, September 22 and December 1



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*

SPECIALTY OUTDOORS with Russ Cawthorne
Scholl Conference Center
Tuesday, September 2 @ 1:30pm

Specialty Outdoors' mission is to teach about Pennsylvania's great outdoors. Russ will be presenting wild turkey, white tail deer and black bear. Russ always has an interactive program with the audience. There will be displays and maybe a few prizes given out.

Special Events / June 30 – December 5, 2025

The legend indicates the related Wellness Dimension for each program.

SUMMER/FALL CONCERT SERIES

Presented by ASPIRE[®] Wellness

Scholl Conference Center @ 1:30pm



Monday, June 30

Michael Sadecky, *The Human Jukebox*

Tuesday, July 1

The Basement Band Duo, *Variety of music*

Friday, July 18

The Silva's, *Top hits, 70's 80's 90's to current*

Wednesday, July 23

Tony Barge, *Country and Western*

Wednesday, July 30

Jack Nicora (Former American Idol Contestant), *Frank Sinatra, Dean Martin, Tony Bennet music*

Tuesday, August 5

Dan Schall, *Gospel Music*

Friday, August 15

Henry Wiens, *Keyboard Music*

Tuesday, August 19

Tiffani Eckert, *Singer / Variety of songs*

Tuesday, August 26

Mark Antonich, *Jazz Guitar*

Wednesday, August 27

Senior Class Act, *Variety of Music*

Saturday, August 30

Dixie Land Band, *Big Band music*

Tuesday, September 16

The Basement Band Duo, *Guitar / Variety of Music*

Friday, September 19

The Silva's, *Top Hits, 70s,80s, 90s to current*

Monday, October 27

The Squirrel Hillbillies, *Variety*

Wednesday, October 29

Gene Testa, *Singer and Keyboard player*

Tuesday, November 25

The Basement Band Duo, *Variety of music*

Friday, November 7

Cathy Zang, *Singer*

THERAPY PIGGIE VISIT

Centennial Gardens

Thursday, August 14 @ 11:00am – 12:00pm



Come and have a good time with Tree Family Party Piggies Entertainment from a piggy in a festive costume, petting, feeding,

and photo opportunities, Trick show, kissing booth, snout art studio and a piglet featuring cute antics and cuddling.

Fees: *Included for all*

VETERAN'S BREAKFAST

Scholl Conference Center

Monday, 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 campus (staff, residents, community volunteers and spouses/widows of veterans).

Fees: *Included for all*

VETERAN'S COFFEE WITH THE MAYOR

Baron's Inn

3rd Tuesday @ 10:00am



All Veterans are invited to share social time and comradery with Zelenople 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*



VETERANS DAY TRIBUTE EVENT

Scholl Conference Center

Tuesday, November 11 @ 1:30 – 3:00pm



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 1st. 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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INTELLECTUAL



RELATIONAL



EXPRESSIVE

Special Events / June 30 – December 5, 2025

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WELCOME TO
CLASSICAL MUSIC

Scheidemantle Gallery

3rd Wednesday @ 2:00 – 3:00pm

September 17, October 15, November 19,
December 17



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

Music is an outburst
of the soul.

– FREDERICK DELIUS

WILLIAMSBURG, VA:
CELEBRATING OUR NATION'S
250TH ANNIVERSARY

Scholl Conference Center

Monday, September 22 @ 1:30 – 3:00pm

In 2026, the United States of America is celebrating its 250th anniversary and Colonial Williamsburg is celebrating its 100th anniversary. Join us for a visual presentation by Bill Sanders and Ruth Mears showing what Colonial Williamsburg has planned and how you can participate from your own home. See the latest projects (New Archaeology Building; archaeology dig at Martha Washington's 1st father-in-law's garden; 1st school for free and enslaved blacks; 1st Baptist Church; and many more). Learn about Colonial Williamsburg's arboretum, gardens, historic trades, rare breeds, people of the past, preservation labs, archeology labs, costume center, and many more exciting and changing activities.

Fees: *Included*
for all



Trips / June 30 – December 5, 2025



BAYERNOF MUSEUM

Tuesday, September 9

Bus Pickup @ 8:30am

This extremely unique, 19,000 square foot museum (the former residence of Charles B. Brown, III, the Museum's founder) houses a world-class collection of music boxes and other antique automatic music machines, as well as many other fascinating items. The building itself provides guests with a most enjoyable experience as they pass from one unbelievable room to another, at times through hidden doors and secret passageways. Almost the entire south side of the Museum is glass, affording fantastic views up and down the Allegheny River. We will stop for a bite to eat on the way home (Resident's Choice).

Approximate time: 6 hours

Handicap accessible for first floor, but not for the upstairs. You can sit and wait for those that go upstairs if you would like.

Fees: \$17 Bus / \$10 Admission, paid at the door

CLEARVIEW MALL

Tuesday, July 29

Bus Pickup @ 10:00am

Enjoy an afternoon shopping at Clearview Mall in Butler with access to Boscov's.

Approximate Time: 4 hours

Handicap accessible

Fees: \$14 Bus

FUN FORE ALL
MINIATURE GOLF

Wednesday, July 9 @ 1:00pm

Bus Pickup @ 12:30pm

Enjoy an afternoon of miniature golf with your friends and neighbors.

Approximate time: 3 hours

Handicap accessible

Fees: \$9 Bus /
Free Admission



As of July 1st, the cost of all trips
will increase, based on distance:

0-12 miles will be \$9.00

13-25 miles will be \$14.00

26 miles and up will be \$17.00



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RELATIONAL



EXPRESSIVE

Trips / June 30 – December 5, 2025

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HOME FOR THE HOLIDAYS, A
CHRISTMAS MUSICAL REVUE

Date and time to be announced



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 / \$15 Admission, checks payable to Center Theater Players

LIVE CASINO

Monday, June 30, October 27

Bus Pickup @ 8:30am



Enjoy a day at Live Casino! You can eat lunch at the casino on your own. Located in the Westmoreland Mall.

Approximate time: 8 hours

Handicap accessible

Fees: \$17 Bus

MORAINES STATE PARK
REGATTA

Saturday, August 2

Bus Pickup @ 10:00am



The Moraine State Park Regatta aims to showcase eco-recreational activities for all ages and promote Moraine State Park. It features water and land recreational opportunities for all ages, nature-themed experiences and vendors from the local community. There will also be a car cruise and a boat display. The event has something for everyone.

Approximate time: 5 hours

Handicap accessible, although some events you have to walk thru grass.

Fees: \$9 Bus / Free Admission

NATIONAL AVIARY,
PITTSBURGH

Thursday, August 14

Bus Pickup @ 8:30am



Enjoy a day at the National Aviary in Pittsburgh. You are welcome to bring your own lunches, or they have a Café for grab and made-to-order items.

Approximate time: 5 hours

Handicap accessible



Schedule of Events:

10:00 – 10:45am: “Birds and Conservation” a private program with a visit from an Animal Ambassador

11:00 – 11:30am: Immersive Bird Show

11:30am – 12:00pm: Lunch in a Reserved Space

12:00pm: Explore the Aviary

Fees: \$17 Bus / \$23.75 Admission, checks payable to National Aviary by July 31

OLD ECONOMY VILLAGE

Friday, September 12

Bus Pickup @ 9:00am



Old Economy Village features 17 historic buildings surrounded by gardens, located 18 miles northwest of Pittsburgh, along the Ohio River in Ambridge. This National Historic Landmark tells the story of the Harmony Society, one of the oldest and most successful religious communal groups of the 19th century. Founded by German Lutheran separatists under the leadership of George Rapp (1757–1847), the Society aimed to create a utopian community while awaiting the Messiah's second coming. Explore this unique community through a self-guided tour. Next to the gift shop there will be a room called Feast Hall where you can watch an orientation video

if you would like. This type of tour is called a Zone Tour, allowing you to pick two Exhibit Galleries that you are interested in. We will stop on the way home for a bite to eat (Residents Choice).

Approximate time: 4 hours

Handicap accessible, except for the wine cellar, which is accessed via steps.

Fees: \$17 Bus / \$9 Admission, payable at the Gift Shop

PITTSBURGH GLASS CENTER

Thursday, August 7

Bus Pickup @ 11:00am



Pittsburgh Glass Center is located in Pittsburgh's East End neighborhood of Friendship/Garfield.



Come and explore our contemporary glass exhibition and studios, browse in our gift shop, and meet our artists. This will be a self-guided tour. We will stop on our way home for a bite to eat (resident's choice).

Approximate time: 4 hours

Handicap accessible

Fees: \$17 Bus / Free Admission, \$5 donation suggested



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SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 30 – December 5, 2025

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RAILROAD TRIP: OIL CREEK
AND TITUSVILLE

Wednesday, October 15
Bus Pickup @ 7:50am



Enjoy a relaxing 3 hour round-trip through beautiful Oil Creek State Park to view nature’s colorful display. The train travels at about 12 mph so there’s plenty of time to view the valley and

snap great pictures. The Oil Creek Valley is world-famous for its past and the people that lived it. We take you back more than 150 years into the heart of Oil County in vintage cars built by Pullman in 1930. See a variety of wildlife including groundhogs, bald eagles, ducks, deer, blue heron and the occasional black bear. You can visit the museum, gift ship and concession stand. Please dress according to weather conditions as the COAC cars do not have air conditioning. There is VERY limited heat on the train. We will stop on the way home to get a bite to eat (Resident’s Choice).

Approximate time: 7 hours

Fees: \$17 Bus / \$18 Admission, checks payable to OC&T Railroad by September 17

RIVERS CASINO

Monday, July 14, September 29,
November 17
Bus Pickup @ 8:30am



Enjoy a day at Rives Casino in Pittsburgh.
Approximate time: 6 hours
Handicap accessible

Fees: \$17 Bus / Free Admission

ST. ANTHONY’S CHAPEL
AND RELICS

Tuesday, October 7
Bus Pickup @ 10:15am



St. Anthony’s Chapel, located in the Troy Hill area of Pittsburgh, houses the largest collection of religious relics in the world outside the Vatican. The chapel contains over 5,000 Christian relics, including a piece from the Crown of Thorns and a tooth of St. Anthony of Padua. We will stop on the way home for a bite to eat (Residents Choice).

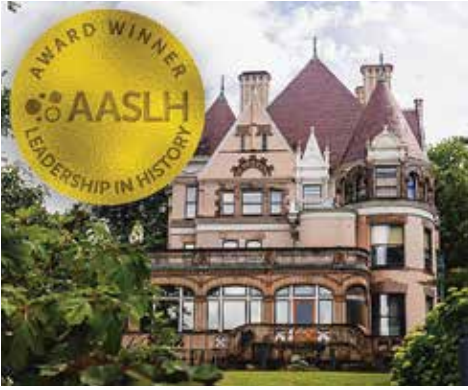


Approximate time: 4 hours

Fees: \$17 Bus / \$10 donation, payable at the museum

THE FRICK MUSEUM:
GILDED NOT GOLDEN TOUR

Tuesday, October 21
Bus Pickup @ 8:45am



This newly reinterpreted tour of Clayton won a 2024 Leadership in History Award from the American Association for State and

Local History. Look beneath the “gilded” surface of the late 19th century to reveal the era’s more complicated truths. Discover Pittsburgh’s influence as an industrial powerhouse through a shared dialogue about the ongoing legacies of the Gilded Age. The Clayton is the only remaining, fully preserved, Gilded Age mansion in Pittsburgh. Join your guide and other visitors for a conversational experience that shares the stories of the Frick family and other Pittsburghers, and considers how the legacy of the Gilded Age continues to affect us today.

Content advisory: 1892 was a tumultuous year for the Frick family and the Pittsburgh steel industry. For this reason, tours of

Clayton deal with potentially challenging subject matter, including discussions of violence, grief, and child loss.

Approximate time: 4 hours
Handicap accessible. Please note that motorized scooters exceeding 30” wide cannot navigate the doorways of Clayton.

Fees: \$17 Bus / \$20 Admission, checks payable to Passavant Community by October 3



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

– SAINT AUGUSTINE



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SPIRITUAL



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INTELLECTUAL



RELATIONAL



EXPRESSIVE

Trips / June 30 – December 5, 2025

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THE MATTRESS FACTORY

Thursday, July 24

Bus Pickup @ 11:00am



The Mattress Factory is a leading Contemporary Art Museum and International Residency. The Mattress Factory has pioneered the development of

alternative art forms through site-specific installations, video and performance art. Their commitment to supporting artists vision and creative growth is at the heart of the Mattress Factory. They were founded in 1977 by the tenacious sculptor, designer, and visionary Barbara Luderowski, as a “for artists by artists” community. Barbara emphasized the need to provide artists with resources, space, and time to experiment and take risks. They define quality through the process of making, not just the product. We value and actively invest in the creative journey. Artists live in residence at Mattress Factory for weeks or months while they create something completely new. This approach promotes experimentation, creative growth and spontaneity.

We will stop on the way home for a bite to eat (resident’s choice).

Approximate time: 4 hours

Handicap accessible

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

THE STRIP DISTRICT

Thursday, July 17

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. Bordering Downtown, this neighborhood is pure Pittsburgh.

Approximate time: 4 hours

Intended for mostly walkers

Fees: \$17 Bus / Free Admission



TOUR AND TASTING AT NARCISI WINERY

Saturday, September 27

Bus Pickup @ 9:45am



Gather your friends and enjoy a group tour of the winery and a private six-sample wine tasting. You will begin with a visit to the vineyards and then move to the

wine production area where we explain how we crush, press, ferment, filter, and bottle the whole wine making process from start to finish. Immediately following the tour, we offer a private tasting in our beautiful “Library” space located above our tasting room. The tasting explores six of our most dynamic wines, the grapes, the overall characteristics, and the aromatics of the wine. During the tasting we explain how to swirl, smell and sip. You get the full tasting experience.

Approximate time: 4 hours

Handicap accessible

Fees: \$14 Bus / \$25 Admission, checks payable to Narcisi Winery by September 5 (Narcisi logo glass included)

WESTMORELAND MUSEUM OF AMERICAN ART

Friday, August 22

Bus Pickup @ 9:00am



The Westmoreland recognizes the importance of the role cultural institutions have in the formation of collective memory. As part

of that work, we acknowledge that the Westmoreland Museum of American Art is situated upon the traditional lands of the Adena, Hopewell, Monongahela, Osage, Delaware, Shawnee, Seneca and Seneca-Cayuga peoples. We honor all of the indigenous nations, past and present, with great gratitude. As a Museum, we use the power of art to explore and reveal the treasures of many lived experiences that comprise the complexity of both American history and society.

We will stop on the way home for a bite to eat (Residents Choice).

Approximate time: 5 hours

Handicap accessible

Fees: \$17 Bus / Free Admission



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*“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 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 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.

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724-687-3372



Lutheran SeniorLife
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724-452-3583

Excellent discounts now available.

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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 [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 اكل رفاوتت قىوغلل ادعاسملا تامدخ ناف، غللا ركذا ثدحتت تنك اذا: عظوحلم (724) 742-2295 (TTY 711) قىوغلل اكل رفاوتت

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)