



ASPIRE[®]

WELLNESS

Lutheran
SeniorLife
Passavant
Community



Fall/Winter 2024 Catalog
Session IV: Aug. 5th – Sept. 27th
Session V: Oct. 7th – Dec. 6th

“The secret to aging well is making and maintaining friendships.

This is as important to me as maintaining physical health and our residents and **ASPIRE[®] Wellness** give plenty of opportunity.”



Meet **BILL SANDERS**

Bill has lived at Passavant Community for 10 years with his wife Ruth. He is a retired Professor of Economics and has “dabbled” in woodworking for 50 years. One of his larger projects was restoring a century-old house in Clarion, PA. He also helps out around campus on various projects, such as fixing garden statues, creating decorations or turning tree trimmings into walking stick handles.

It was very important that he has a place to create and that is one of the great things about living on campus. Bill has built a shop with all of his chisels, planes and other hand tools in the loft of his Villa. He does larger projects with machines at the campus woodshop.

When Bill is not woodworking, you will find him in the Fitness & Wellness Center and walking around Zelenople almost every morning, in which he says is great for physical health and seeing other people. To relax, Bill and Ruth enjoy social programs in Scholl Conference Center, as well as meeting groups of friends for dinner in the Baron’s Inn.

“The secret to aging well is making and maintaining friendships. This is as important to me as maintaining physical health and our residents and **ASPIRE[®] Wellness** give plenty of opportunity.”

Unleash Your Inner Strength

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

Let's ASPIRE® for more, together!

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ASPIRE® Wellness Philosophy

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

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



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



ACTIVE

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



SPIRITUAL

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



PURPOSEFUL

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



INTELLECTUAL

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



RELATIONAL

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



EXPRESSIVE

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



Information for Participants

ASPIRE® Wellness is available to those who live at Passavant Community—our **Residents**—as well as to members of the general public—referred to as **Community Members**.

All Passavant residents receive a FREE ASPIRE® Wellness annual membership. If the resident completes a Yearly Membership Registration Form, one yearly wellness assessment and a personalized wellness program, they will receive a yearly membership card, which can be used for a free daily drink at the Bistro. All residents will need to complete Class Registration Forms for each 8 week session.

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

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

Benefits of ASPIRE® Wellness Annual Membership

Benefits	Passavant Residents	Community Members
Fitness Center Membership <i>Community members must purchase a separate Fitness Center Membership</i>	No Cost	50% off (ask if your insurance covers this for free)
Priority Registration for All Sessions and One Day Activities	YES	N/A
Exclusive Resident Only Opportunities	YES	N/A
ASPIRE® Wellness Classes, Events, Lectures	Unlimited	3
Additional ASPIRE® Class Discount	N/A	25%
Invitation to Special Events	YES	YES
Bi-Annual Wellness Assessment	YES	YES
Bi-Annual Personalized Wellness Plan	YES	YES
Be Well Loyalty Card Eligible	YES	YES
1 Daily Free Drink at the Bistro	YES	YES

Registration Information

Advanced registration is required for all ASPIRE® Wellness classes and activities. Participants can register either online at lutheranseniorelife.org/aspirewellness or in person at the Abundant Life Center. See page 36 for more registration details, including information on membership options, waivers, refunds, and cancellations.

Questions?

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

ASPIRE® Wellness Office

Main Lobby of the Abundant Life Center, Monday through Friday, 8:00am – 4:00pm.

Log-on: lutheranseniorelife.org/aspirewellness

Email: aspirewellness@lutheranseniorelife.org

Call: ASPIRE® Wellness Program Manager, Brian Damaska, at 724-452-3666

ASPIRE® Wellness Incentives

In addition to the benefit of increased whole-person wellness, Passavant residents and community members with annual ASPIRE® Wellness memberships are eligible to earn prizes during each session through their participation in select program activities. Following is a sampling of ways you can qualify to participate:

- Attend a minimum of six out of eight classes per session
 - Complete a Wellness Assessment
 - Refer a friend who signs up for a class or yearly membership
 - Purchase a Personal Training Session
 - Complete a Be Well Bistro Loyalty Card
 - Accomplish a goal from your ASPIRE® Personalized Wellness Plan
 - Enter contests throughout the session
 - Complete a class or special event within each ASPIRE® dimension and earn six entries
-

ASPIRE® Wellness Assessment and Personalized Wellness Plan

Passavant residents and community members with annual ASPIRE® Wellness memberships will have the opportunity to participate in bi-annual Wellness Assessments that evaluate your current health and fitness level, track it over time and set goals to help you improve your whole-person wellness. This multi-step process includes:

- Obtaining a baseline and ongoing measurements of vital health indicators such as blood pressure, height, and weight
- Assessing your functional strength, flexibility, and endurance with a standardized evidence-based Senior Fitness Test
- Completing a multi-dimensional survey to determine your overall wellness
- Developing and sharing with you a Personalized Wellness Plan to set goals to track your progress over time

Wellness assessments for community members without an annual ASPIRE® Wellness membership will cost \$30.

*Wherever
life takes you,
go with all
your heart.*



Don't go at it alone at home.



We are currently making home health and hospice visits in the safety of your home.

Home Health
Hospice, Palliative and Oncology Care
Private Duty / In-home Labwork
Home Telemonitoring
Personal Emergency Response Systems
Medication Dispensers
Health 2 Home – Local medical
Transportation
VNA Community Resource Center


**Lutheran
SeniorLife**

 **VNA** Western
Pennsylvania

Call 724-282-6806

Toll-Free 877-862-6659

lutheranseniorlife.org

***If you're a senior and want to
do more, don't settle, call us.***

Outpatient Physical, Occupational
and Speech Therapy
Aquatics Therapy (*Passavant Campus only*)
Lymphedema / Low Vision Therapy
Voice and Swallow Therapy
Most insurances accepted.


**Lutheran
SeniorLife**

Rehab Services
724-452-3492

**Passavant Campus
Zelienople**

**St. John's Campus
Mars**

Programs by Wellness Dimension

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



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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

My Day Out *adult day program*



Staying healthy and engaged is important. Our My Day Out adult day program offers companionship, fun and support.



Lutheran SeniorLife
Passavant Community
724-452-5400

ASPIRE® Wellness Weekly Schedule: Session IV, August 5th – September 27th

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 Den..... D
 Game Room GR
 Luther Court LC
 Pool.....P
 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

Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas! Contact the ASPIRE® Wellness Program Manager at 724-452-3666.

Monday	Tuesday
	7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training
10:00 – 11:00am / P Aqua Class	9:00 – 9:45am / AR Lobby Outdoor Walking Group
10:00 – 10:45am / AR Strength & Balance	9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)
10:00 – 12:00pm / CAS Painting Class – Impressionalist	9:30 – 10:00am / P Aqua Arthritis
11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)
1:00 – 2:00pm / CAS Busy Hands	10:00 – 10:45am / AR Tai Chi
1:00 – 2:00pm / SG Religions Of The World – DVD Series	11:00 – 11:45am / AR Senior Boot Camp
1:30pm / PC Grief Support Group	12:30 – 4:30pm / WB Duplicate Bridge Game
1:30 – 2:30pm / AR Persons With Parkinson's Fitness	2:00 – 2:45pm / AR On The Move: Group Exercise
3:00 – 4:00pm / NHC Busy Hands	3:00 – 4:00pm / SCC Money Matters
3:00 – 4:00pm / AR Line Dancing	4:15pm / CAS Creative Writing Class
	5:30pm / BR National Alliance on Mental Illness (NAMI) (2nd Tuesday monthly)

Wednesday



9:30am – 12:00pm / TR
Train Club

10:00 – 11:00am / P
Aqua Class

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

10:30am / CAS
Drawing Class

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

1:30pm / SCC
Dale Krynski
on His Country Guitar
(1st Wednesday monthly)

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

2:00 – 3:00pm / SG
Welcome To
Classical Music
(3rd Wednesday monthly)



Thursday

9:00 – 9:45am / AR
Urban Polling

9:30 – 10:00am / P
Aqua Arthritis

10:00 – 10:45am / AR
Chair Yoga

11:00 – 11:45am / AR
Senior Boot Camp

1:00 – 2:00pm / SCC
Celebrate Aging
ASPIRE® Wellness Series



2:00 – 2:45pm
/ AR
On The Move:
Group Exercise

Friday

10:00 – 11:00am / P
Aqua Class

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

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

3:00pm / GR
Po-Ke-No
(3rd Friday monthly)

Saturday

12:30pm / SCC or AR
Duplicate Bridge –
ACBL Sanctioned

What A Difference The ASPIRE® Wellness Program Can Make

Purposeful: Volunteer work generates appreciation and caring for others. It gives a sense of inner peace when we feel we've helped better other people's lives.

Intellectual: Program activities have broadened my thinking about our community and the broader world. Ideas exchanged during these sessions support social interaction and respect for various points of view.

Overall: Through organized classes, volunteer work, and meeting new people I have grown more than I ever thought possible.

– Harriet Moyer, Passavant Resident

ASPIRE® Wellness Weekly Schedule: Session V, October 7th – December 6th

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 Den..... D
 Game Room GR
 Luther Court LC
 Pool.....P
 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

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Monday	Tuesday
	7:30 – 8:00am / AR Speed, Agility and Strength Small Group Training
10:00 – 11:00am / P Aqua Class	8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training
10:00 – 10:45am / AR Strength & Balance	9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)
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1:30pm / PC Grief Support Group	12:30 – 4:30pm / WB Duplicate Bridge Game
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3:00 – 4:00pm / NHC Busy Hands	4:15pm / CAS Creative Writing Class
3:00 – 4:00pm / AR Line Dancing	 5:30pm / BR National Alliance on Mental Illness (NAMI) (2nd Tuesday monthly)

Wednesday



9:30am – 12:00pm / TR
Train Club

10:00 – 11:00am / P
Aqua Class

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

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

2:00 – 3:00pm / SG
Welcome To
Classical Music
(3rd Wednesday monthly)



Thursday

9:00 – 9:45am / AR
Urban Polling

9:30 – 10:00am / P
Aqua Arthritis

10:00 – 10:45am / AR
Chair Yoga

11:00 – 11:45am / AR
Senior Boot Camp

1:00 – 2:00pm / SCC
The History Hobo

2:00 – 2:45pm / AR
On The Move: Group
Exercise

3:00 – 4:30pm / AR
Bunco

Friday

10:00 – 11:00am / P
Aqua Class

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

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

3:00pm / GR
Po-Ke-No
(3rd Friday monthly)

Saturday

12:30pm / SCC or AR
Duplicate Bridge –
ACBL Sanctioned

How Are We Doing?

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

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

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

Class Descriptions / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.

AQUA ARTHRITIS

Fitness Center Pool

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

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



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

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

BUNCO

Aerobics Room

Thursday @ 3:00 – 4:30pm
Session V 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 8 weeks, sign up as an alternate and you will be called when someone is unable to attend. Linda Orr will lead this group.

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



AQUA CLASS

Fitness Center Pool

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

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.



ACTIVE



SPIRITUAL



PURPOSEFUL

BUSY HANDS

Creative Arts Studio

Monday @ 1:00 – 2:00pm

Newhaven Court Community Room

Monday @ 3:00 – 4:00pm

Sessions IV & V

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*



and conducted by Passavant’s Social Services Department. No registration necessary.

Fees: *Included for all*

CELEBRATE AGING ASPIRE[®] WELLNESS SERIES

Scholl Conference Center

Thursday @ 1:00 – 2:00pm

Session IV only

Living to be 100 years old is an amazing feat! At Passavant Community we have several residents who are 100 years or older, and many more approaching 100! As a continuation of our Celebrate Aging series last year, we are excited to hear the stories of another group of our most senior residents. During the talks with our Centenarians, moderator Patty Hladio and guest hosts will ask questions about their parents and family, childhoods, adulthoods, the neighborhoods where there grew up and lived, what they would share with their younger self, differences in society throughout their lives, what the secret to Active Aging is and much more. Each week we will invite a different guest to share a little bit of history with you. Help us celebrate Active Aging!

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



CAREGIVER SUPPORT NETWORK

Prayer Chapel

1st Tuesday @ 10:00am / Sessions IV & V

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



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.

CHAIR YOGA

Fitness Center

Thursday @ 10:00 – 10:45am

Sessions IV & V

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 IV & V

This engaging and fun filled 8-week series takes advantage of the creative mind in all of us. Whether you have a lot of writing experience or a little, come join us to learn the craft of writing. We will write in all kinds of genres including Fiction, Non-Fiction, Memoir, Historical Fiction, Children's Literature, etc. This is a place for all of us to share our stories, grow our craft, and stretch our imagination! Our instructor is Alaina Coon, who is an educator with a passion for fiction writing. She recently graduated from a creative writing master's program at Chatham



University. When she is not in the classroom teaching her kindergartners or at home writing stories, she loves spending time hiking, reading, and rock climbing. Alaina looks forward to working with others who share the love for writing and storytelling!

Fees: Resident: *Included*

ASPIRE® Member: *Included*

Non-member: \$25 per session

DRAWING CLASS

Creative Arts Studio

Wednesday @ 10:30am – 12:00pm

Session IV only



Join artist Marcy Bogdanich as she expertly guides you in drawing processes and techniques that demonstrate 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 a B.S. and M.Ed. degrees, National Board Certified, PA art Education Educator in 2012, and awarded PAEA Emeritus Outstanding Art Educator in 2017.

Fees: Resident: *Included*

ASPIRE® Member: *Included*

Non-member: \$25 per class



ACTIVE



SPIRITUAL



PURPOSEFUL

DUPLICATE BRIDGE
– ACBL SANCTIONED



Scholl Conference Center or
Aerobics Room

Saturday @ 12:30pm / Sessions IV & V

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 @ 12:30 – 4:30pm

Sessions IV & V

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

GRIEF SUPPORT GROUP



Prayer Chapel

Monday @ 1:30pm / Sessions IV & V

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*



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.

LNE DANCING

Aerobics Room

Monday @ 3:00 – 4:00pm

Sessions IV & V

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

Fees: Resident: *Included*

ASPIRE® Member: *Included*

Non-member: \$5 per class



Part 2 – The second four weeks will cover basic types of investments (stocks, bonds, mutual funds and exchange traded funds) and their risks, how to allocate money between these assets, determining appropriate investments for different families and stages in the life cycle, and understanding research reports (Morningstar Reports).

You can choose part 1, part 2, or both when you register.

Fees: Resident: *Included*

ASPIRE® Member: *Included*

Non-member: \$25 per session

MONEY MATTERS

Scholl Conference Center

Tuesday @ 3:00 – 4:00pm

Sessions IV only



Instructor Ruth Mears will explore basic financial strategies involved in budgeting, credit use, titling assets, basic investing, mutual funds/exchange traded funds, record keeping, estate planning, and working with

financial advisors. **Limited to 20 participants.**

Part 1 – The first four weeks will cover credit/ debit cards, credit reports, and credit freezes and fraud alerts, identity theft, scams, strategies for online security, ways to own property and Pa Inheritance Tax.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Beatitudes Room

2nd Tuesday @ 5:30pm / Sessions IV & V

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*



ACTIVE



SPIRITUAL



PURPOSEFUL

ON THE MOVE: GROUP EXERCISE FOR IMPROVED MOBILITY

Aerobics Room

Tuesday & Thursday @ 2:00 – 2:45pm

Sessions IV & V



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

“You are never too old to set another goal or to dream a new dream.”

– C.S. LEWIS

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 IV 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



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.



PAINTING CLASS – IMPRESSIONALIST



Creative Arts Studio

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

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 IV & V

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

PERSONS WITH PARKINSON'S FITNESS



Fitness Center

Monday & Wednesday @ 1:30 – 2:30pm
Sessions IV & V

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

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$5 per class



ACTIVE



SPIRITUAL



PURPOSEFUL

PO-KE-NO

Game Room

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

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

Fees: Resident: *Included*

ASPIRE[®] Member: *Included*

Non-member: \$25 per session



SENIOR BOOT CAMP

Aerobics Room

Tuesday & Thursday @ 11:00 – 11:45am
Sessions IV & V

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



RELIGIONS OF THE WORLD – DVD SERIES

Scheidemantle Gallery

Monday @ 1:00 – 2:00pm

Sessions IV & V

The Great Courses DVD Series continues with Religions of the World as we discover facts about The Buddha and this ancient religion. Join us each Monday as we learn more about this new topic with Pastor Freda, Pastor Frank and Grace. We hope you will enjoy this new topic which will introduce many new facts for you to think about.

Fees: Resident: *Included*

ASPIRE[®] Member: *Included*

Non-member: \$25 per session



SILVERSNEAKERS[®] CLASSIC

Fitness Center

Monday, Wednesday, Friday

@ 11:00 – 11:45am / Sessions IV & V

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



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Class Descriptions / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.

SPEED, AGILITY AND STRENGTH SMALL GROUP TRAINING



Aerobics Room

Tuesday @ 7:30 – 8:00am & 8:30 – 9:00am
Sessions IV & V

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 IV & V



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 IV & V



This class will utilize Lymphatic Stimulation, EFT Tapping (Emotional Freedom Technique), Tai Chi, Qi Gong, and Human BioEnergetic Field Smoothing. Participants will engage in their physical, emotional, mental, and spiritual bodies. This method aids in ones progression while practicing longevity and has been specifically linked together allowing for the participant to fully engage with the energetic experience. This class can be performed standing, seated, or lying down. Any movement ability level welcome. Taught by Jeremy Hill.

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



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PURPOSEFUL

THE HISTORY HOBO

Scholl Conference Center

Thursday @ 1:00 – 2:00pm

Session V 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 IV & V



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 IV & V



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

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

– BETTY FRIEDAN



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Special Events / August 5th – December 6th, 2024

The legend indicates the related Wellness Dimension for each program.

ALL ABOUT TATTOOS WITH JOE CLARK



Scholl Conference Center

Thursday, September 12th @ 11:00am

Joe Clark is a local Tattoo artist and owner of Zelianople Tattoo and Piercing Shop, Tattoos by Boney Joe. Joe, and fellow artist, Gavynne Hehman, will be joining us for the afternoon to teach us about the history of tattoos, the meanings behind tattoos and the process of tattooing. Be ready to learn and please bring any questions you may have.

Fees: *Included for all*

ANNUAL ART SHOW



Scholl Conference Center

Friday, October 18th @ 10:00am – 2:00pm



Each year, we take this day to feature the works of our resident artists. This display is open to everyone, whether you paint, draw, craft, carve, design, write, quilt,

crochet...or any other favorite display of creative expression. Watch the *Life and Times* for details of this event.

ANNUAL BREAD SALE FUNDRAISER



ALC Lobby

Friday, November 22nd @ 9:00 – 11:00am

This year, the members of our esteemed Train Club will be hosting this event to raise funds to improve the track and materials for our beautiful train room. We are looking for baked breads for this fundraiser. Look for details in the *Life and Times* in October.

ASPIRE® WELLNESS FAIR



Friday, November 1st

@ 9:00am – 12:00pm

We hope you'll join us for this educational and interactive, public event with vendors, free health screenings, wellness products, and refreshments! This event will highlight the dimensions of ASPIRE® Wellness and provide additional information regarding membership and participation. Hope to see you there!

BUTLER COUNTY DAIRY PROMOTION TEAM



Scholl Conference Center

Friday, August 16th @ 1:00pm

The County Dairy Princess and several Dairy Misses will be speaking about the benefits of dairy and the 23 dairy farms left in Butler County. They will provide ice cream to all.

Fees: *Included for all*



ACTIVE



SPIRITUAL



PURPOSEFUL

CONCERTS

Scholl Conference Center



Tuesday, August 6th @ 1:00pm
The Sounds of Pittsburgh, women's chorale

Friday, August 9th @ 1:00pm
Dale Cinski, Singer

Tuesday, August 13th @ 1:00pm
Tony Barge, country music

Sunday, September 8th @ 1:00pm
Pine Creek Community Band

Monday, September 16th @ 6:30pm
N.A. Fiddlers

Friday, September 27th @ 2:00pm
Slippery Rock Dance Team

Monday, October 7th @ 1:00pm
Mark Antoncih, jazz guitarist

Wednesday, October 23rd @ 1:00pm
Dan Hogan, variety

Friday, November 15th @ 1:00pm
The Silvas Family Band, 60's to current

Friday, November 29th @ 1:00pm
Patty Reveal, piano and singing

Tuesday, December 3rd @ 1:00pm
Christmas sing along with Henry Weins,
piano, organ



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

DALE KRYSINSKI ON HIS COUNTRY GUITAR

Scholl Conference Center



1st Wednesday @ 1:30pm / Aug. 7th,
Sept. 4th, Oct. 2nd, Nov. 6th, Dec. 4th

Join Dale as he plays and sings your favorite
country and gospel classics.

FITNESS CENTER CHALLENGE

Fitness Center



TBD

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!



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FOOD BOURNE ILLNESSES

Scholl Conference Center

Monday, September 2nd @ 1:30pm

We have all heard of food borne illnesses and know that they can cause severe and long lasting effects. This 1-day class will teach you about what food borne illnesses are and how to prevent them. Class will be taught by our GM, Bek Hlavak, and Assistant GM, Jes Headrick.

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member \$5 per class



NORTH CATHOLIC ROBOTICS TEAM

Scholl Conference Center

Date/Time to be determined

Take a trip into the future and join the students of North Catholic High School as they demonstrate their team's robot. They will also provide an informative session about their robotics team, what they do, listen to your stories and much more. Finally, they will give information about internet safety for mobile devices.

Fees: *Included for all*



ICAA ACTIVE AGING WEEK

Monday, September 30th through Friday, October 4th

Active Aging Week is an annual event that was developed by the International Council on Active Aging (ICAA). During this week, ASPIRE® Wellness will provide opportunities for events, activities, seminars, entertainment and more! Each day we will celebrate a different dimension of wellness: Active, Spiritual, Purposeful, Intellectual, Relational, and Expressive.

Join us during this week-long celebration for Active Aging Week!



SENIORS FOR SAFE DRIVING

Scholl Conference Center

Monday, September 9th



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*



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**STAINED GLASS
WITH KIRK WEAVER**

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



Enjoy an afternoon with Kirk Weaver, a stained glass expert and owner of his own stained glass company. He and his team put the Stained Glass windows in Seaman Chapel (Old Building) years ago.

STEPHEN MIHALY

Scholl Conference Center
Tuesday, November 5th @ 1:00pm



Today is Election Day. After you vote, come and listen to Stephen Mihaly talk about his interesting collection of political buttons, ribbons, posters and stories to go with them.

THOMAS WHITE-AUTHOR

Scholl Conference Center
Tuesday, October 29th @ 1:00pm



Get in to the spirit of Halloween with author Thomas White as he talks about his book, Supernatural Lore of Pennsylvania Ghosts, Monsters and Miracles.

VETERAN'S BREAKFAST

Scholl Conference Center
Friday, November 8th @ 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 @ 9:00am



All Veterans are invited to share social time and comradery with Zelenople Mayor, Thomas Oliverio. This groups gets together on a monthly basis. Coffee

and breakfast items are available for purchase in our Bistro. Come and get to know each other and our community members who join this Veterans group to learn and grow! No registration needed.

Fees: *Coffee and refreshments on your own*



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VETERANS DAY TRIBUTE EVENT



Scholl Conference Center
Monday, November 11th @ 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 to 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 *Life and Times* for details.

Fees: *Included for all*

VINTAGE DEB



Scholl Conference Center
Tuesday @ 2:00 – 3:00pm
Sept. 9th, Oct. 8th, Dec. 10th

Vintage Deb is back with all of her classic vintage songs!

Fees: *Included for all*

WELCOME TO CLASSICAL MUSIC



Scheidemantle Gallery
3rd Wednesday @ 2:00 – 3:00pm
Sept. 18th, Oct. 16th, Nov. 20th

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



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Trips

BAYERN OF MUSEUM

Date and time to be announced



This extremely unique 19,000 square foot museum (the former residence of Charles B. Brown, III, The Museums 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 (Residents Choice) Please note this trip is for walkers only. Approximate time: 6 hours.

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

GERMAN CHRISTMAS MARKET IN HARMONY, PA

Saturday, November 9th

Bus pickups @ 1:00pm



Enjoy some of your holiday shopping at this German Christmas market featuring dozens of regional artisans and vendors. Find traditional German holiday items such as quality artwork, handmade crafts, toys, baked goods, German



imports and more. Music, entertainment, home-made German food, wine tasting and horse drawn carriage rides all add to the festive atmosphere.

Approximate time: 4 hours.

Fees: \$7 Bus / \$5 Admission, paid at market

GYMANFA GANU (ASSEMBLY OF SONG)

Sunday, September 1st

Bus pickup @ 12:15pm



This year will be the 92nd Gymanfa Ganu (literally “assembly of song”), the first having met in 1929. It is part of the larger North American Festival of Wales (NAFOW) that begins Thursday, August 29th. At the Gymanfa Ganu, hymn verses are sung in Welsh and/or English. Welsh is a phoenetic language, so a 20-minute review can allow non-speakers to follow along or sing. Spiral-bound hymnals are available for purchase, or we may be able to run some song sheets once the hymns for this year are announced. The “assembly of song” will be held at the First Lutheran Church in Downtown Pittsburgh. Approximate time: 5 hours.

Fees: \$15 Bus / FREE Admission



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HOLLYWOOD CASINO

Saturday, August 10th

Saturday, November 16th

Bus pickup @ 10:00am

Enjoy a day at Hollywood Casino in Austintown. Are you feeling lucky? Approximate time: 4 hours.

Fees: \$15 Bus



HOME FOR THE HOLIDAYS: A CHRISTMAS MUSICAL REVUE

Date and time to be announced

The annual holiday show returns to complete the 2024 Center Theatre Players season. Fans of Christmas memories won't want to miss this heartwarming, variety show. Celebrate the Christmas season and be entertained by an unbelievably talented cast.

Fees: \$12 Bus / \$15 Admission. Checks made payable to Center Theatre Players (cutoff date for checks will be announced)



LONG RUN WINERY

Saturday, October 26th

Bus pickup @ 11:00am

In 2017, after years of making wine for ourselves, we started the process of making it for others. We purchased our 13 acres, planted a small vineyard, and embarked on the larger wine making journey. Our name comes from Bill's running adventures including the Boston Marathon in 2016. A small tributary north of us is also called Long Run, so the name seemed fitting. The names of our wines feature running terms in salute to the theme. Over the years, we have enjoyed making and enjoying our wines with friends and family, and now we are excited to share them with you. Come and enjoy the wine and the view. Our tasting room is open for sampling. You may also enjoy sampling as a "training run" of four, one-ounce pours of any of our wines while taking in the view outside. We offer a variety of dry and sweet wines as well as some specialty items. All wines purchased on site



are to go. Sampling is available for \$3.00 and you are given a flight of wine. Sit and enjoy the beautiful scenery and



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PURPOSEFUL

hopefully the color of the leaves change. The owner will give you a tour of how the wine is made and, if the day is nice, he will have a fire going. Approximate time: 4 hours.

Fees: \$12 Bus / FREE Admission. Wine tasting for \$3

NAUTICAL NATURE BOAT CRUISE



Thursday, October 10th
Bus pickup @ 9:45am

Take a ride on Nautical Nature, a 37 passenger enclosed pontoon boat. Moraine State Park's premier attraction. Enjoy learning about the area's natural history and osprey reintroduction while appreciating the unique scenery and wildlife on an exciting trip around Lake Arthur. Approximate time: 4 hours

Fees: \$12 Bus / \$19 Admission. Checks made payable to MPF by October 3rd

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

– SAINT AUGUSTINE



NEMACOLIN CASTLE



Saturday, September 14th
Bus pickups @ 8:50am



When the last Bowman, Leila, left the house to the county, she wanted it to become a museum. Her wish would come true! Nemacolin Castle

was first ran by the daughters of the American Revolution. Now it is ran by the Brownsville Historical Society! It was listed on the National Register of Historic Places in 1975. It is located in the Brownsville Northside Historic District. Nemacolin Castle is the 3rd largest castle in the United States. We will stop at Fiddlers Diner for a bite to eat. Approximate time: 5 hours.

Fees: \$15 Bus / \$15 Admission, payable at museum (cash or credit card)



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OIL CREEK RAILWAY HISTORICAL SOCIETY

Friday, October 18th
Bus pickup @ 7:50am



Enjoy a relaxing 3 hour round-trip tour 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 from groundhogs to bald eagles. There may also be duck, deer, blue heron and the occasional black bear. You can visit the museum gift shop and concession stand. Please dress according to weather condition. The COAC cars do not have air conditioning. There is VERY limited heat on the train. We will stop on the way home for a bite to eat (Resident's Choice). Approximate time: 7 hours.

Fees: \$15 Bus / \$18 Admission. Please make checks payable to OC&T Railroad by September 12th

PNC BASEBALL STADIUM TOUR

Thursday, September 19th
Bus pickup @ 8:30am



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

Fees: \$15 Bus / \$15 Admission paid on day of trip at box office



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SHAKESPEARE'S CASTLE & RESTAURANT

All You Can Eat Pasta Bar
Thursday, August 29th
Bus pickup @ 5:00pm



Shakespeare's Restaurant & Pub at Olde Stonewall Golf Club is a one of a kind, medieval style dining venue where every customer is "treated like royalty." The restaurant features an American style cuisine with

a casual medieval theme. Diners can enjoy their fare in the air conditioned interior or, weather permitting, on the patio overlooking the 18th green of the world class golf course. Approximate time: 4 hours.

Fees: \$12 Bus / \$14.50 All you can eat pasta bar (Price does not include beverage, tax or gratuity)

*The only trip
you will regret is the
one you didn't take.*

TEMPLE OF THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Tuesday, August 20th
Bus pickup @ 10:00am



The NEW Pittsburgh, Pennsylvania Temple located in Cranberry, PA is a single-story temple of approximately 32,000 square feet with a center spire. The Pittsburgh, Pennsylvania Temple will serve thousands of members in Western Pennsylvania, Northeast Ohio, and Northern West Virginia who currently participate in temple worship at the Columbus, Ohio Temple and Washington, D.C. Temple.

You will enjoy a short video when you arrive and then a self-guided tour of this beautiful peaceful and sacred temple. There will be persons stationed inside if you tend to lose your way that will help you.

Approximate time: 4 hours.

Fees: \$7 Bus / FREE Tour of Temple



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

– RALPH WALDO
EMERSON

Fitness Center

The ASPIRE® Wellness Fitness Center is open to residents as well as community members. Our professionally trained and certified team specializes in older adult fitness. We can help you reach your fitness goals, regardless if you are just starting out or are looking for a new challenge.

There are never any fees to use the Fitness Center for residents of Passavant Community.

Fees for Community Members

- \$40 per month
- Discounted fee with ASPIRE® Wellness membership (see page 5)
- Some members may be eligible for FREE membership if they belong to an insurance reimbursement program, such as SilverSneakers or Silver & Fit

Fitness Center Benefits

- State-of-the-art cardio and strength training equipment
- Warm water pool
- Full-service locker room with showers and lockers
- Specialized group exercise classes included
- Friendly, certified Exercise Specialists who work with you to develop an individualized exercise program just right for YOU!

Phone Number:

724-452-3456

Hours of Operation:

Monday – Friday

7:30am – 4:00pm

Saturday Closed

Sunday Closed

Pool

The pool is available for use in the following ways: the Buddy System, Aqua Classes or Open Swim times. You must bring your own towel and follow all of the Pool Rules, which are posted in the pool and the locker rooms.

The pool does not have lifeguards. For your safety, you must have a buddy with you, who would be available to get help in an emergency. Buddies must stay in the pool area with you, where they can swim or simply sit on the deck and read, complete paper work, or relax. If you are unable to find a swim buddy, please inquire with our team. We have some volunteers available to be a “pool buddy.” You may also want to try one of our Aqua classes or open swim times, in which we provide the buddy.

ASPIRE® Wellness Purposeful Opportunities

Volunteerism and other service opportunities are important aspects of Passavant Community and ASPIRE® Wellness. These can give you purpose, provide you with opportunities to give back to your community, and contribute to whole-person wellness. We invite you to share your time, talents, and insights by volunteering or by joining one of the many committees that serve the Passavant Community.

Volunteering

Resident Volunteers: If you are a Passavant Community resident, please contact the Community Life Director, Jody Gulish at 724-453-5414.

Community Volunteers: If you are from the off campus community, there is never a fee to volunteer and you may do so without joining ASPIRE® Wellness. All volunteers from off campus need to complete an application, background checks, TB testing and orientation prior to service. To see if volunteering is a good fit for you, please apply. For other current volunteer opportunities or more information, please contact the Community Life Director, Jody Gulish at 724-453-5414.

To find a best fit for meaningful volunteer engagement, we consider the volunteer's interests, availability, and background, along with Passavant Community's current needs.

Single Day of Service Opportunities: A Quick Engagement with Volunteering

Passavant Community offers select volunteer options for groups or individuals from off campus who are interested in a one-time act of service. These options are designed for individuals looking for an additional act of service or someone new to volunteering at Passavant. For anyone not presently a volunteer, all that is needed is a brief application. A short orientation would be

provided the same day of the service, along with training on wheelchair safety, if escorting would be involved. Opportunities vary from month to month. Contact the Community Life Director, Jody Gulish at 724-453-5414 for more information.

Clubs/Committees

There are many clubs or committees that meet at Passavant Community. Some are geared towards individual hobbies and some are geared towards service to Passavant Community or our surrounding neighborhoods. Following is a sample of some of our opportunities: Auxiliary (separate membership/fees apply), "Christmas Wrappers," Garden Club, Holiday & Decorating Committee, and Voting/Ballot Committee. Please contact the Community Life Director, Jody Gulish at 724-453-5414 for more information.

ASPIRE® Wellness Advisory Board

Are you interested in helping to shape ASPIRE® Wellness? The Advisory Board meets monthly to discuss strategic planning for ASPIRE® Wellness. This group assists in developing cultural and educational partnerships, planning events, entertainment and trips, and helping to develop the fitness program offerings. For more information, please contact the ASPIRE® Wellness Program Manager, Brian Damaska at 724-452-3666.

Additional Program Information

Orientation

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

Registration

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

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

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

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

Waitlist

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

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

Cancellations

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

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

Refunds for Fee-based Classes

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

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

Program Feedback

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

ASPIRE® Wellness Contact Information

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

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

Brian Damaska,

ASPIRE® Wellness Program Manager/
Fitness Manager

Email: aspirewellness@lutheranseniorlife.org

Phone: 724-452-3666

Passavant Community

General Information / Reception Desk

Phone: 724-452-5400

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Passavant.sales@lutheranseniorlife.org



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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
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www.lutheranseniorlife.org



Lutheran SeniorLife

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

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

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

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

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

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

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

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

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

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

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

ان اجمل اب كل رف او تت عى و غللا ددع اس مل ا تامدخ ن اف ، ع غللا ركذا ت دحت تنك اذا : عظوح لم (724) 742-2295 (TTY 711) عى برب ع ل صتا

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

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

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

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