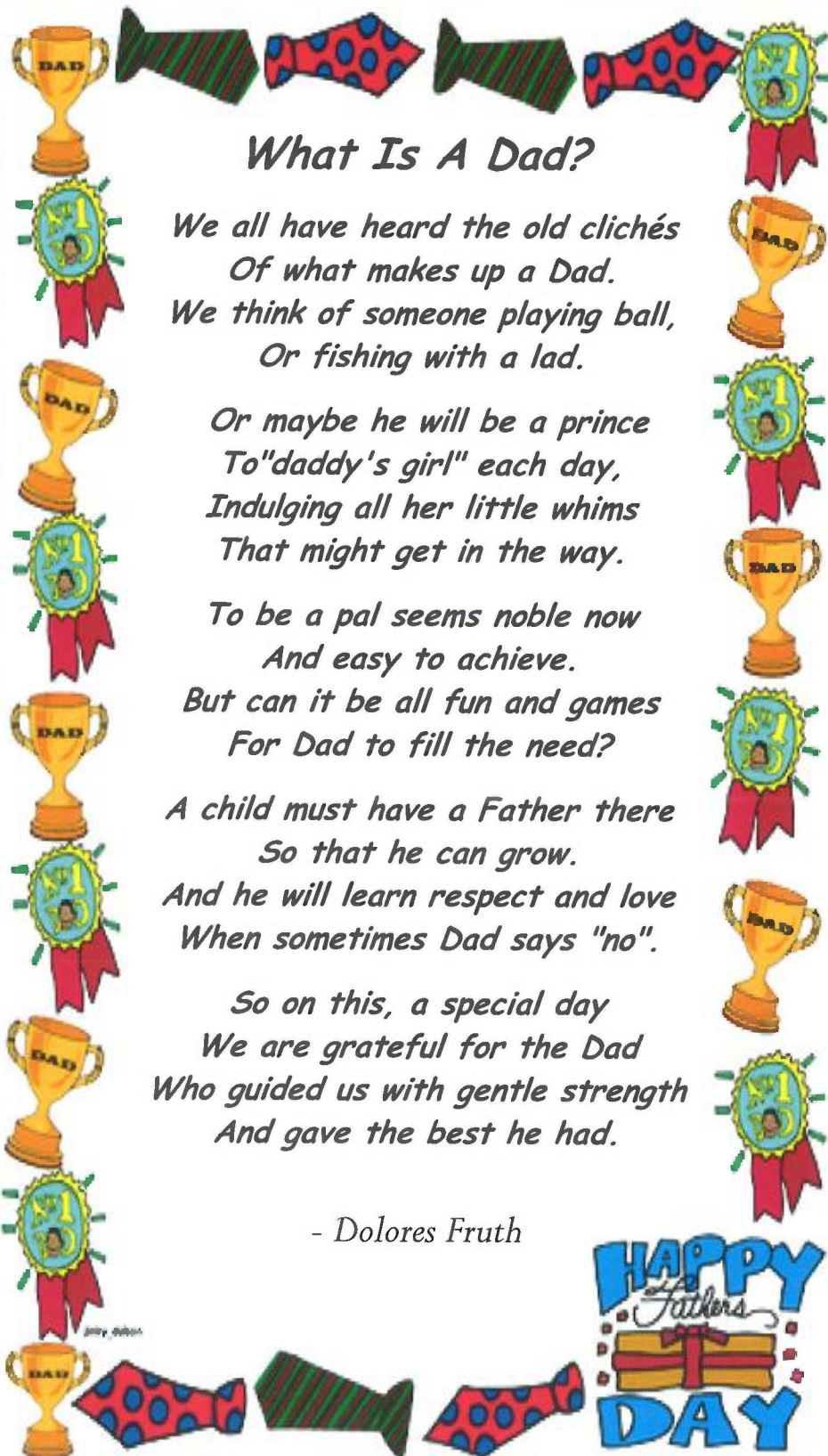


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What Is A Dad?

*We all have heard the old clichés
Of what makes up a Dad.
We think of someone playing ball,
Or fishing with a lad.*

*Or maybe he will be a prince
To "daddy's girl" each day,
Indulging all her little whims
That might get in the way.*

*To be a pal seems noble now
And easy to achieve.
But can it be all fun and games
For Dad to fill the need?*

*A child must have a Father there
So that he can grow.
And he will learn respect and love
When sometimes Dad says "no".*

*So on this, a special day
We are grateful for the Dad
Who guided us with gentle strength
And gave the best he had.*

- Dolores Fruth

Worship Opportunities

Seaman Memorial Chapel (Abundant Life Center, 2nd Floor)

Traditional Liturgical Lutheran Service:
Sunday at 10:30 am

Roman Catholic Communion Services:
Thursday at 10:30 am

Roman Catholic Mass:
1st Thursday of the Month at 10:30 am

Wittenberg Place Activity Room

Worship Service:
Sunday at 10:45 am

Newhaven Court Activity Room

Worship Service:
Sunday at 9:15 am

Roman Catholic Communion Service:
Friday at 11:00 am

Roman Catholic Mass:

Third Tuesday of the Month 11:00 a.m.
(No Friday Service that week)

Luther Court Activity Room

Roman Catholic Communion Service:
Thursday at 9:45 am

Monthly Interdenominational Service:
4th Tuesday at 3:00 pm

Off-Campus Worship

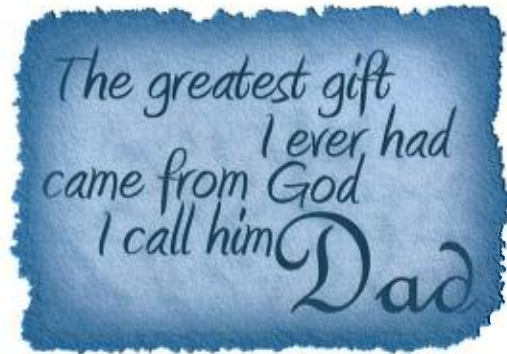
See a representative of the Chaplaincy Office for information about the times of services in the community. The Transportation Department can provide information about arrangements for bus service to the various services.

Seaman Memorial Chapel

The Seaman Memorial Chapel is open 24 hours each day, and is available for private prayer and meditation. Special funeral, memorial, and other services can be scheduled by contacting Pastor Sheehan at Ext. 3594 in the Chaplaincy Office.

Seaman Memorial Evangelical Lutheran Church

We invite all Passavant Community residents to come and worship with us. If you are already a Lutheran, you can join via a *Letter of Transfer* from the Lutheran congregation to which you belong. If you belong to a church of another denomination, or if you have no church affiliation at all, you may join after attending Membership Sessions with the Pastor, followed by participation in a public *Affirmation of Faith*.



Celebrating Fathers

Vicki Kriegisch – Everyone loved my father Frank when he worked here in maintenance etc. He always takes good care of me and I love him dearly!

Lisa Ramos – My Dad had a gentle, loving spirit and the best sense of humor. He always made me feel like a million bucks which strengthened my self confidence. I was definitely a Daddy's Girl!

Mary McGinnis – My father was a machinist/maintenance man his entire life. After WW 1, he had mustered out of the U.S. Navy as a CPO, Chief Machinist Mate. He was very skilled at carpentry and all kinds of machines. I loved watching him work at the bench in our basement, and often as a child boasted, "My Daddy can do Anything!" Perhaps that is why I have such admiration and respect for our Passavant Maintenance crew. Daddy would have fit just right in with them!

Betty Allen – I was my Dad's "Baby Girl" and probably spoiled in many ways as my sister was 7 years older and went through many years of him being deployed overseas and at Pearl Harbor. After retiring from the Navy he became Supervising Examiner for the DMV and also continued to work at the Norfolk Navy Base in the evenings. He had excellent work ethics which I learned from him, and was always there to help anyone who needed help. He was another Dad who "could do anything!" He even built, with others of course, a Sunday School wing on our small church which is still in use today and displays a plaque on the wall honoring him for his service. He really wanted me to be a nurse for some reason (maybe because he was on a hospital ship at Pearl Harbor which miraculously missed the bombs and helped rescue and take care of those who were bombed.) He did not pressure me and was very proud of the teacher I became. I am so thankful God gave me such a devoted father, I love him dearly and still miss him but am assured I will see him in Heaven someday.

Delores Fruth -To My Dad

For most of my life
You filled every need.
You knew when to hold back
Or when you should lead.

You reached out your hand
To guide me each day.
You knew when to let go
So I'd find my way.

God in His wisdom
Gave all that He had.
In His infinite wisdom
He made you my Dad!




Passavant Life & Times

Deadline Dates:

Thurs, June 6
Thurs, June 20
Thurs, July 4
Thurs, July 18

Delivery:

Tues, June 18
Tues, July 2
Tues, July 16
Tues, July 30



**Wittenberg
Blood Pressure
Clinic**
1st and 3rd
Wednesday
of every month
2:00 - 3:00 p.m.
1st Floor Laundry
Room Area.

face
2
face

with Laura

**Residents of
Cottages, Villas,
Manor Homes & ALC
are Invited**

****Friday, June 28****

3:00 pm

Scholl Conference Center
Prior to Wine and Cheese



Residents are invited to take part in open discussion with Laura Roy, our Executive Director at Passavant.

Feel free to share your concerns and suggestions with Laura.

May all you wonderful

Dads enjoy a
Happy Father's Day

Transportation News

Seniors On The GO!



Zelienople - Harmony Farmers Market Bus Run Twice Monthly

On the 2nd and 4th Monday each month
the campus bus picks up at 4:00 p.m. and
returns at 5:30 p.m.

June 10th and June 24th

Monthly Shopping to Cranberry

The monthly trip to Wal-Mart will be on the
2nd Monday of each month. The bus leaves
at 10:00 a.m. with return pick up at 1:15
p.m.

Next trip is Monday, June 10

Call Transportation at Ext. 1608 to reserve
space on the bus. There is **NO COST**.
This trip is limited to Independent Living
Residents. You will be dropped off and
picked up at Walmart. The driver will **NOT**
be staying.



Monthly Saturday Bus Runs 1st Saturday of the Month

July 6, August 3 and September 7

The Saturday bus travels through Zelienople and will drop you off anywhere. Ride the
Saturday bus just for fun to see all the interesting places you can be transported to by just walking
out your door! The bus runs every hour beginning at 9:00 a.m. through 1:00 p.m.



Remember Those Yummy AMISH Donuts?
Now You can get them throughout the summer!

July 6, August 3 and September 7
10:00 a.m. and return by 11:30 p.m.

Plan on a Deener's Farm Market trip to get Amish Donuts the **first Saturday** of
the month. The bus will start to pick up at 10:00 a.m. and return by 11:30 a.m.
Deener's is located on Route 19 between Zelienople and Cranberry. Amish
Donuts are a real treat! You will want to try them at least once! Bet you can't
eat just one!

Put on your outside light and the bus will make campus rounds.





Everyone Has A Story

Wed only through July on Channel 900



Watch Wednesdays as residents and staff tell their special life stories. Stories will alternate between staff and residents through the summer. You may be surprised and interested in learning interesting tidbits about each presenter. You will be hearing it first hand and know it is true. What a neat way to get a glimpse of the real people in your life. Do you have a story to share? Contact Dave Reckless at 452-3433 or Michael Young at 452-1617 for more information.

Program Times

7:00 a.m.

9:30 a.m.

11:00 a.m.

Summer Schedule is Below

6/5/19 Ruth Taylor

6/12/19 Anna Warheit

6/19/19 Bob Eicher

6/26/19 Ryan Edder

7/3/19 Bill Groseclose

7/10/19 Heidi Beeler

7/17/19 Ed McGee

7/24/19 Amber Ramos

7/31/19 Celia Taylor



Eye On Passavant on Channel 900

Thursdays at 6:30 & 8:00 p.m.

June 6 and 13

Join Host Betty Allen & Buddy every Thursday to view replays of "Everyone Has a Story," Hymn Histories and Pastor Sheehan's Devotional that we all miss from time to time due to our busy life.



Volunteer Time Sheets

Please continue to sign in on your time sheet and submit accumulated volunteer hours for the month to the Outreach Office by **June 7**. The primary reasons for tracking volunteer time on a monthly basis are listed below:

- Our Community or off-campus volunteers need to sign in for proof of presence in case of injury for safety and liability reasons.
- Because Passavant Community has a tax exempt and nonprofit status and volunteer hours are a donated service, volunteer hours are reported to the corporate office on a monthly basis. We cannot report without a record of volunteer time.
- Invitations to the annual Volunteer Appreciation Dinner, are generated from the roster of those volunteers who sign in.



From the Kitchen of...

June Morrison



5 Minute Frozen Healthy Fruit Yogurt

4 Cups Frozen Raspberries or any other frozen fruit such as strawberry, blueberry, mango, etc.

½ Cup Plain Greek Yogurt (try Non-Fat Plain Greek Yogurt)

3 Tbs. Honey (Could also try no-sugar sweetener if desired.)

In a blender or food processor, blend the ingredients until smooth. Chill in the freezer up to one month or serve unfrozen.

*Simply
Delicious*

Please send your favorite recipes to share with others in the Passavant Life & Times to Betty Allen or Lisa Ramos by campus mail or Email:

baballen123@gmail.com

Abundant Life Center BEAUTY SHOP HOURS

Sunday	Closed
Monday:	9:00—3:00
Tuesday:	9:00—3:00
Wednesday:	9:00—3:00
Thursday:	9:00—3:00
Friday: (Jen)	1:00—Until Finished
Saturday (Jen)	9:00—1:00



Newhaven Court BEAUTY SHOP HOURS

Sunday	Closed
(Sandy) Monday	9:00—3:00
(Sandy) Tuesday	9:00—3:00
(Sandy) Wednesday	9:00—3:00
(Bonnie) Thursday	9:00—2:00
(Sandy) Friday	9:00—3:00
Saturday	Closed

Call the Beauty Shop at Ext. 1602

Contact the Newhaven Beauty Shop by calling the ALC Receptionist at "0" or (724) 452-5400 and ask for Ext. 5013.



Attention Men!

Famous "Fritz the Barber" will be in the Beauty Shop every Monday just for you. He is looking forward to serving the Marvelous Men of Passavant! See Beauty Shop hours above.



Batteries

Until further notice, we WILL NOT be collecting used batteries at the Reception Desk.

the **father** of a
righteous man
has great **joy**;
he who has a
wise son **delights**
in him.

-Proverbs 23:24 (NIV)
happy fathers day!

Tech Help Available ~ June 10

10:00 a.m. - 11:00 p.m. ~ Business Center

Meet Alex! He volunteers to help you with computer problems the 2nd Monday of each month in the Business Center on Main Street. Alex will be glad to help you with phones, tablets, laptops, email, Facebook or other technology problems you may have.





BRIDGE CLASSES & GAMES AT PASSAVANT

BRIDGE SERIES: BRIDGE I – Basic Bidding -
BRIDGE II - Play of the Hand, - **BRIDGE III** - Defense

BRIDGE Additional Conventions
BRIDGE for Developing

Lutheran SeniorLife Passavant Community in Zelienople sponsors the classes. There is a charge for non-residents of \$60 per semester for each 9 class series or \$7 for individual classes. All classes are **CURRENT AMERICAN STANDARD SYSTEM** according to the ACBL (American Contract Bridge League). All classes are held in June Morrison's home at 192 Burgess Drive in Zelienople. Call June at 724-473-0001 if interested.

ACBL SANCTIONED BRIDGE GAMES

Passavant Community has a Duplicate Sanctioned Bridge Game every Tuesday evening in Scholl. Phil Goulding is the accredited director. The game starts at 6:30 p.m.

All players are welcome – singles included. No reservations needed.

There is a second duplicate game the second Saturday of every month at 1 pm in the Fitness Center. Dennis Pittman is the accredited director.

All players are welcome—singles included. No reservations are needed.

DUPLICATE GAME FOR BEGINNERS

Students and beginners are invited to attend a free, non-sanctioned start-up game in Scholl Conference Center every Tuesday from approx. 4:30 pm until around 6:30pm. This is a game for students who are beginners and anyone who wishes to play using the American Standard System. The game is not sanctioned by the ACBL (American Contract Bridge League). Players may ask for any help at all during the game. There is no charge for the players. The game is monitored by June Morrison. Singles are welcome as partners will be provided. There is no need to make reservation or cancellations.

For more information on any of the above, or any new updates or specifics, please call June Morrison at 724-473-0001. Please save this page for future reference!

SOCIAL BRIDGE

There is a very active community playing social bridge at our Passavant Community in Zelienople. If you would like more information about these groups, please call Ruth Werner at 724-452-3550, Susie Giuliano at 724-452-3406, or Audrey Rauterkus at 724-452-2363.



Fitness Center News

Be sure to stop by the Fitness and Wellness Center or call Ext. 3456 to learn how we can help you stay strong and have endurance to continue all of those spring/summer activities like walking, gardening, garden concerts, and attending grandkids' events.

Fitness Center Jokes

Q: How can you tell you're getting old?
A: You go to an antiques auction and three people bid on you!

Q: Why didn't the toilet paper cross the road?
A: Because it got stuck in a crack!



Fitness & Wellness Center Summer Raffle Now - August 31

Through August 31, when you visit the Fitness Center, place your name on a raffle ticket and put the ticket in a bowl to win a prize. A name will be drawn every 2 weeks. The winner will receive a voucher for a free meal in the Bistro. After the drawing every two weeks, we will start over with an empty bowl and put the previous names into a separate drawing for the Grand Prize, which will be a \$25 gift card. Drawing dates will be:

**June 8 & 22, July 6 & 20, August 3 & 17 &
August 31 *GRAND PRIZE DRAWING***



Tai Chi in the Garden Fridays at 9:15 – 9:45 a.m. Centennial Garden

Join us for introductory Tai Chi. Tai Chi was originally developed for self-defense, but has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. We will be inside in the case of inclement weather.



Outdoor Fitness Fun Fridays 1:00 - 2:00 p.m. Albert Bittcher Family Garden (North side of Abundant Life Center)

Join the Fitness & Wellness Center for a fun and active Friday afternoon. We will play shuffleboard, bocce, horseshoes, corn hole or more. If you do not know how to play these games, this would be a good chance to learn. If it rains, we will have the fun inside the aerobics room. No need to sign up, just come for some fun. We will meet on Fridays through August.

Fitness Center News



Food: A Cultural Culinary History Series **Ancient India — Sacred Cows & Ayurveda** **Thursday, June 6 at 1:15 p.m.** **Game Room**

Indian cuisine becomes one of the great culinary traditions that has spread around the world. This lecture will look at the early Indian civilizations of the Indus River Valley in 2500 B.C. and German descendants from the Proto-Indo-Europeans, bringing the languages of the Aryans. We'll move through the beginnings of Hinduism, discuss Brahmanism, Buddhism, and vegetarianism, bringing us to 1200 A.D. The impact of these cultures on Indian cuisine was extensive and involved a number of food prohibitions as well as established the caste system. We'll also take a look at *Ayurvedic* medicine and our predilection toward one *dosha* while striving for balance.



Start the Summer Right With Our Passavant Beach/ Pool Party!

Fitness Center Pool
Tuesday, June 18 at 1:30 p.m.

*Swim suits, volleyball,
basketball, friends,
COLD DRINKS!!!
What else could you ask for?
Join us for a fun time*



Monday, June 17
1:30 to 3:00 p.m.
Sign up at
Fitness Center
in advance.



Monthly Park Hikes **Wednesday, June 26 at 10:00 a.m.** **Moraine State Park, Portersville, PA**

We will take a small group of residents to local parks for walks. You must be able to get into the Community Life Van and we will only take the first 5 residents to sign up. We will leave the campus at 10:00 a.m. and once at the park we will walk, eat lunch and then return. You must bring your own lunch. We will provide a cooler and water. Sign up at the Fitness Center.

Fitness Center News

Eat *Right.* Live *Right.* Feel *Right.*

Weekly Wellness Beginning June 13

Thursdays 12:00 - 12:30 p.m. or 4:15 - 5:00 p.m.

Have you been struggling with your weight or having difficulty getting started on a weight loss plan? Do you wish you had a point of accountability to reach your weight loss goals? Do you suffer from joint pain? Losing some weight will ease your symptoms. Maybe you have some health issues like high blood pressure, diabetes, or heart disease that a little weight loss could improve. Or, perhaps you just want to feel better by shedding a few pounds. If you identify with any of these, **Weekly Wellness** might be for you!

The Fitness & Wellness Center is launching a wellness initiative this summer (June—August), which will provide weekly weigh-in's, tip sheets, information to get you started, recipes, meal plans and strategies to keep you grounded for 10 weeks. There will be a Weekly Focus Tip and incentive. No high pressure, just gentle nudging to guide you in a healthy direction! *Weekly Wellness* is a FREE program that is open to residents and employees.

Starting June 13, *Weekly Wellness* participants are welcome to stop by the Aerobics Room every Thursday during the hours listed above to weigh-in (this can be private, known only to you, if you prefer!), pick up the *Weekly Focus*, submit a ticket for the *Weekly Incentive Drawing/Prize* along with other information or just stop by to chat with staff and other participants.

Weekly Wellness provides sound information, science-based guidance, and support to help you manage your weight and help you reach your health goals. Our registered dietitian, Helenkay, will be available each week to address nutrition concerns and is the point person for this initiative. Periodically, one of the Exercise Physiologists, Brian, Chad & Brook, will be available to offer fitness/exercise strategies. Stop by or call the Fitness Center at Ext. 3456 to sign-up. We hope you will take advantage of this ongoing program!



How Does Your Garden Grow?!

GARDEN WALK/RIDE

Tuesday, July 16, 10:00 a.m.

Join us for a ride through campus as we explore campus gardens / flower beds and hear first-hand from our campus gardeners. We'll stop at gardens along the route and you will have the opportunity to chat with our local gardeners. Depending on how many gardeners sign up, the route may take an hour to an hour and a half. We will depart from the South entrance at 10:00 a.m.

If you would like your garden, flower bed, or raised beds to be on the Garden Walk/Ride, please call the Fitness Center at Ext. 3456 by July 3rd. Whether you have flowers, vegetables or herbs/spices, we're hoping to experience your green thumb trials and tribulations. Maybe you'll share some planting secrets!



*Did you sign up for the
Passavant Drama Troupe?*

It is not too Late!

*First Planning Meeting will be
Tuesday, June 18 at 1:00 p.m.*

Music Room

Please bring or send your ideas.

*We can also try to decide a time and/or a
meeting place that will be convenient for all.*

*If you can't attend please send Betty Allen your ideas
as well as a time more convenient for you.*

"To Be or Not to Be, That is the Question!?"



Please send ideas and information to
Betty Allen through campus mail at: 171 Hankey Ct
or email it to: baballen123@gmail.com

**Michael Young is already interested in having us do radio skits for
Channel 900 once a month.**

Dining Info To Know



Monday—Saturday
4:30—7:30 pm

Sundays/Holidays
11:00 am—2:00 pm



Monday—Friday
10:00 am—7:00 pm

Saturday
10:30 am—4:00 pm



Closed until
further notice.



Need Something for Your Kitchen?

Maybe we can help!

These and other staple grocery items
can be purchased in the Bistro
Monday - Friday 9:30 - 10:30 a.m.
and 1:30 - 3:30 p.m.
with your Dining Dollars!

Quarts of Milk	\$1.73
Half-Gallons of Iced Tea (Reg. & Diet)	\$2.54
Half-Gallons of Orange Juice	\$5.99
Half-Gallons of Lemonade	\$2.84
Loaves of White or Wheat Bread	\$2.60
Butter (1 Pound)	\$4.20
Eggs (Dozen)	\$4.32

Dining At Wittenberg

For all residents who DO NOT live in
Wittenberg, but who would like to dine in
the Wittenberg Dining Room, please call
Ext. 4242 to place a reservation.



Baron's Inn RSVP's

Please remember that Baron's
Inn seating can, at times, be
limited. As always, reserva-
tions are recommended but not required.
Please call Ext. 3590 to place a reservation.

Order Your Groceries Through Dining Services!

Grocery Order Form can be picked up in the Bistro.

Grocery orders, using the order forms that you can pick up in the Bistro, MUST be placed by
Monday at 5:00 p.m. Orders can be picked up the following Thursday between 1:00 and 4:00 p.m.
in the Bistro.

Some items have been trimmed from the grocery order due to dining services ordering schedule.

W/ELCA MEETING



Tuesday, June 11

SCHOLL CONFERENCE CENTER

1:00 PM

Presenter: SISTER MILDRED MCCracken

"Who Is My Neighbor"

Devotions: NANCIE ALLEN

EVERYONE IS WELCOME!



12:00
Noon

Scholl Conference Center
July 9, 2019

W/ELCA Luncheon



"Hymn Sing"

Devotions by Ruth Taylor



W/ELCA Summer Luncheon

Tuesday, July 9 - 12:00 Noon

Scholl Conference Center

You can RSVP by sending this form to:

Nadine Simon, 101 Burgess Drive, Apt. 102, by June 28

Cost is \$8.00 and you can pay by check or cash. Please make checks payable to W/ELCA

Name _____

Independent Living _____ Personal Care _____ Nursing _____ Visitor _____

Everyone is welcome but must make a reservation!



LSL Passavant Memory Support Group

Presented by:

Alzheimer's Association

Wednesday, June 26, 2019 6:30 p.m.

Open Forum Discussion

Lutheran Senior Life, Passavant Campus
My Day Out

105 Burgess Drive
Zelienople, PA 16063

Visit Lutheranseniorlife.org to learn more about caregiver programs and resources.

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Looking Ahead

Interested in the Arts? Here is an Opportunity!

We are blessed by having a Creative Arts Studio where many instructional classes are offered for everyone, beginners and advanced. Most supplies are provided free of charge. If you would be interested in any of the classes listed below, please sign up in the Travel and Events Office or call Mary Ann Frederick at 724-452-5401.

Busy Hands - Crochet or Knit
Painting for beginners or advanced
Passavant Poets Workshop
Passavant Writers
Quilting Class
Mixed Media Art Class

Please remember all are welcome and no experience is necessary

Personal Training

The Fitness Center is now offering Personal Training. If you are looking for a more individualized workout or need a jumpstart to your fitness, then Personal Training is for you. Several different affordable packages and individual sessions are available. For more information or to sign up, please contact the Fitness & Wellness Center at 724-452-3456.

Community Prayer Partners

"Community Prayer Partners" is the new name of the existing prayer ministry here at Passavant. You are invited to participate in one of these conversation/prayer sessions. The facilitator leads a simple discussion on a monthly theme based on a bible verse and a familiar hymn. There is time for sharing of our own experiences, reflection on what is important in life, and silence, to make room for God to speak to our hearts and minds. Prayer is offered for the many needs which surround us, both in our own lives, those of our families, friends, and neighbors, and in this world which God has created.

Schedule for Monthly Community Prayer Partners

2nd Monday - Wittenberg 11:00 a.m.
Facilitator: Mary McGinnis
2nd Tuesday – Newhaven Ct. 1:00 p.m.
Private Dining room
Facilitator: Helen Sutton
3rd Thursday - Luther Court 6:30 p.m.
Facilitator: Betty Ann Foss
3rd Friday - ALC Den 2:00 p.m.
Facilitator: Bill Groseclose
3rd Wednesday - Prayer Chapel 11:00 a.m.
Facilitator – Mary Koepke & Elaine Muirhead
4th Wednesday - Smaroff residence 3 p.m.
Facilitator: Janice Smaroff

All residents are welcome to participate in any of these meetings. Contact facilitators to submit prayer requests.

Wellness Checkups

The Fitness Center is now offering monthly wellness checkups. We will check blood pressure, height, weight, and conduct a different fitness assessment each month. Wellness checkups will be a great way for you to stay accountable and on track with your personal fitness and wellness goals. To register and schedule your first "checkup" stop by the Fitness Center front desk or call the Fitness Center at 724-452-3456.

Sunday Funday! At Wittenberg

Sundays
2:00 p.m.

Wittenberg Activity Room

Join us every Sunday afternoon for a fun time of games. Everyone on campus is welcome. Games are available or you can bring your own. Come and have fun and make new friends! For more information contact Ardith Curtis at 724-452-3474

Open Swim Fitness Center!

Monday - Friday
7:15 - 8:15 a.m.
Monday, Wednesday, & Friday
1:30 - 3:00 p.m.

Have you wanted to use the pool at the Fitness and Wellness Center but lack a buddy to

accompany you? We have a solution to your problem! Some residents have volunteered to be a "buddy" for individuals who want to swim. The open swim times are listed above. If you would like to volunteer to be a "buddy" for a different day and/or time slot, please call the Fitness Center at 724-452-3456.

Men's Coffee Chat Mondays
8:30 a.m.
Wittenberg Activity Room

Come and enjoy the fellowship of your friends and neighbors at the Coffee Chat (for men only)! Breakfast snacks and coffee will be provided. This group is led by Bill Stewart. All men on campus are welcome to attend.

Busy Hands Service Group Mondays
12:30 p.m.
Creative Art Studio

This group of wonderful ladies make items for "Caps for Kids", baby afghans for Christ Child, and adult lap robes for LIFE Beaver & LIFE Butler. If you like to crochet or knit, you are welcome to join these "Busy Hands". We furnish the yarn. This group is led by resident Eileen Bamford. . For more information please call Eileen.

Balance Exercise Class Mondays and Fridays
1:15 p.m.
Newhaven Court

This class will consist of 30 minutes of light stretching and easy exercises. We will also use a small exercise ball to keep your body moving!

Grief Support Group Mondays
1:30 p.m.

Christ the Mediator Prayer Chapel
This is a support group for any who are grieving. If you would like to participate or would like more information, please call Ardith Curtis at 724-452-3474.

Pool Volleyball 1st & 3rd Mondays
1:30 – 2:30 p.m.
Fitness Center Pool

Come together with your peers for some old fashioned pool fun. If mobility or balance is a problem, there is no need to worry because this is a POOL VOLLEYBALL PARTY! We will be playing for fun with a lightweight beach ball!

Wittenberg Dining Meeting 3rd Monday
2:00 p.m.
Wittenberg Activity Room

Each month join Barbara Ferguson, General Manager of Cura, for a food meeting with the Wittenberg residents.

Music Appreciation 3rd Monday
3:00 p.m.
Newhaven Court

Each month Gloria Miller will share videos and CD's of music from different composers, movies or eras. Come and enjoy!

Men's Night Out 1st and 3rd Mondays
5:00 p.m.
Game Room

Join the guys for an evening of food, games and conversation in the Game Room.

Monday Funday Luther Court Mondays
6:30 p.m.
Luther Ct Activity Room

Join us every Monday evening for a fun time of games. Everyone on campus is welcome. Games are available or you can bring your own. Come, have fun and make new friends! For more information contact Edna Epperly at 724-452-1386

Painting Class Tuesdays
10:00 a.m. and 1:00 p.m.
Creative Art Studio

Please join us! Beginners and Advanced painters welcome!

Pickle Ball

Tuesdays and Fridays

3:00 p.m.

Fitness Center

Stop by the Fitness Center to check out this fun sport! Pickle Ball is similar to tennis but it is played at a slower pace and on a smaller court. The racquet is more like a ping pong paddle and the ball is a whiffle ball. Whether you stop by to watch or jump in the game, this is sure to be an afternoon of fun and fitness.

NAMI Family Support Group

2nd Tuesday

5:30 p.m.

Beatitudes Room

Family and Friends meet in a confidential setting for support of one another and to learn about the progress in research and understanding of serious mental illnesses. Please call Sandy Goetze at 724-452-4279 or Joan Gill at 724-453-1090 for information.

Train Club

Wednesdays

9:30 - 11:30 a.m.

If you are a train hobbyist, new hands are always needed and appreciated. For more information contact Bill Fugate at 724-473-8297 or Dave Reckless at 724-452-3433.

Quilting Class

Wednesdays

10:00 a.m.

Creative Art Studio

Instructor, Donna Hauschulz, will share quilting techniques every week. You are invited to join this talented group. All levels of experience are welcome.

Bingo at Wittenberg

Wednesdays

6:30 p.m.

Wittenberg Activity Room

Come and enjoy fun, laughs and some friendly competition. It's a fun evening full of chances to win small prizes. Cost of a card is 50 cents. All campus residents are invited.

Passavant Writers

1st Thursday

1:00 p.m.

Creative Arts Studio

We come together once a month to share our experiences and talents. Some write prose, some poetry, and some both. Our format is a time of personal "catching up" followed by sharing pieces we've brought with us - some of which are new and others we've revived from past writings. We close with a time of directed in-class writing and "suggestions" for the next class. Please feel free to come and join us!

Passavant Poets Workshop

2nd Thursday

1:00 p.m.

Creative Art Studio

In this workshop we value words, people and experiences. Our spirits rise as we read aloud poems by well-known poets. Sometimes we explore children's books; exploring the language, illustrations, and experiences shared in the work. We write about our own experiences, in our own words and then we read our work aloud. You may even write in prose from time to time. We are most interested in sharing our love of language and life. This class is led by Shirley Stevens. Please sign up at Travel and Events Center or Contact Mary Ann Frederick for more information at 724-452-5401.

Origami Class ON HOLD UNTIL JUNE

1:00 p.m.

The Gallery/Music Room

Origami is the Japanese Art of Paper Folding. The goal is to transform a flat square of paper into a finished sculpture through folding techniques. Resident Leo Rauterkus will be teaching and demonstrating the "how to" of Origami. Paper will be provided. The class is limited to 10 students. Please sign up in the Travel & Events Office.

Hymn Sing

Thursdays

2:00 p.m.

Seaman Memorial Chapel

Join resident, Jim Fister, as he leads the group in singing some of your favorite, classic hymns.

PRC Singers Thursdays
3:00 p.m.
Wittenberg Activity Room
Come join us!!! If you have any questions,
please call Cathy Reid at Ext. 3431.

Mixed Media Art Class Fridays
10:00 a.m.
Creative Art Studio
Class will continue to meet with current
students on Friday mornings. Come and meet
Instructor; Joan Strueber on May 24th.

Come & Listen Fridays
3:00 p.m.
Newhaven Court
For the child in all of us who enjoys being read
to or those no longer able to read, join Bev as
she reads short stories each week. For more
information call Chris at Ext. 5014.

Movie Night at Wittenberg Fridays
6:30 p.m.
Wittenberg Activity Room
Enjoy some of your favorite movies and the
company of friends and acquaintances at
Wittenberg's Movie Night. Every Friday a
Movie is picked for your enjoyment. Movie
Night is made possible by Don Walsh who
selects each movie, and shows them in the
Wittenberg Activity Room at 6:30 p.m. All are
welcome to enjoy a "Night at the Movies". For
more information contact Don Walsh at 724-
452-3449.

DVD Series Mon, June 3 & 17
Travel the World 3:00 p.m.
Wittenberg Activity Room
Enjoy America and other countries as we travel
the world with these scenic wonders of
America and afar. Some of the places we will
visit are: Atlantic Vistas, The American West,
and Pacific Frontiers. Travels afar will take us
to China & Tibet, Vancouver and Australia to
name a few. For more information contact
Cathy Reid at 724-452-3431.

Beaver County: Fashion Tues, June 4
Frontier: Exploring our 2:00 p.m.
Past Heritage Scholl Conference Center
Volunteers from Beaver Valley Historic Society
will be modeling reproduction clothes from the
1700's (Eastern Woodlands Indians) to the
early 1900's (Flapper era). Information will be
provided about how the various fashion styles
evolved throughout history as well as the
activities that women participated in. For more
information contact Cathy Reid at 724-452-
3431.

BINGOMANIA Wed, June 5
10:00 a.m.
Scholl Conference Center
This monthly group event is open to all
residents on campus. There is not charge to
play and try your luck!

Ladies Bible Study Wed, June 5 & 19
10:30 a.m.
Wittenberg Activity Room
Ladies come meet with some of your neighbors
for an informal, meaningful, understandable
Bible Study. The Bible is our basis of study.
Our facilitator is Ruth Taylor. Please contact
Cathy Reid for more information at 724-452-
3431.

Gameday Wed, June 5
3:00 p.m.
Wittenberg Activity Room
We will enjoy playing all different types of
games which could include board games, card
games, and more! Join us for an afternoon of
fun! For more information contact Cathy Reid
at 724-452-3431.

WELCA Tues, June 11
1:00 p.m.
Scholl Conference Center
Sister Midred McCracken will be sharing, "Who
is My Neighbor, A Bible Study". Nancie Allen
will be sharing devotions. All our welcome!

Ladies Tea Party Wed, June 12
2:30 p.m.

Wittenberg Activity Room

Each month we celebrate a different theme, and enjoy an afternoon of good conversation and fun. Refreshments will be served. Come and enjoy the fun! Please contact Cathy Reid at 724-452-3431

**The Great Works
Of Sacred Music** Wed, June 13
1:00 p.m.

Music Room/Gallery

Join Rev. Frank Kantz and Rev. John Sloat to learn and listen to these great works of music and discussion to follow through 16 lectures. Trace the roots of sacred music from history of chant to opera and modern classics. Topics include: Religious Reformations of the 16th century; sacred styles and secular genres; Historical to modern music such as Handel's "Messiah", Mendelssohn's "Elijah" and Music of Christmas. We will meet on June 20 and 27 and then take a break over the summer.

Mental Aerobics Fri, June 14 & 28
3:00 p.m.

Wittenberg Activity Room

The phrase "Use it or lose it" applies to your mind as well as your body. We can keep our mind in shape with a little mental exercise. Each session includes a variety of puzzles, word teasers, trivia, riddles, and logic. See how well tuned your mind is. Join Cathy Reid and this witty group. Contact Cathy Reid at 24-452-3431 for more information

Wii Bowling Mon, June 17
1:30 p.m.

Scholl Conference Center

Good ole Wii Bowling fun! Please sign up in the Fitness & Wellness Center in advance.

**Wine & Cheese Social
Wittenberg** Wed, June 19
2:30 p.m.

Wittenberg Activity Room

Come and enjoy an afternoon of fellowship with a glass of wine and some yummy snacks. Non-alcoholic beverages are also provided.

Please contact Cathy Reid at 724-452-3431 for more information.

The Harmony Drifter Thurs, June 20
6:00 p.m.

Centennial Garden

The second of our Thursday Night Lights events! Join Duane Davis in the garden as he plays his guitar for your listening pleasure.

Ruth and Bill in Europe Fri, June 21
1:30 p.m.

Scholl Conference Center

Join Ruth Mears and Bill Sanders as they bring Europe to Zelienople. Ruth and Bill recently spent several weeks abroad and will be sharing their photos and stories with us! This program will journey between stunning landscapes of Budapest to the windmill-dotted waterways of Holland along the Danube, Main and Rhine Rivers. See Budapest with the traditional hillside of Buda on one side of the Danube and modern Pest on the other and the nostalgic glow as the city's lights dance on Danube waters. Austria's capital Vienna has as graceful architecture and beautiful cathedrals as well as pastry and coffee. Admire Rhine Valley vistas from a 900-year-old castle. See the Easter Market in Nuremberg, Germany and the Easter decorated St. Stephens' Cathedral in Vienna plus the stunning tulips farmed in Amsterdam.

Cranberry Civic Chorale Mon, June 24
7:30 p.m.

Scholl Conference Center

Join us for an evening of beautiful vocals with Cranberry Civic Chorale.

**Entertainer
Dale Krynski** Tues, June 25
7:00 p.m.

Wittenberg Activity Room

Enjoy an evening of music with entertainer Dale Krynski. All are welcome! For more information contact Cathy Reid at 724-452-3431.

Girls Night Out

Wed, June 26
5:00 p.m.

Scholl Conference Center

Join this social, fun group of ladies from across the Passavant campus! A light dinner will be served as well as your favorite beverages. BYOB. Call Toni Baldwin if you have any questions. Please RSVP to the Travel & Events office at Ext. 3666

Residential Wine & Cheese

Fri, June 28
4:00 p.m.

Scholl Conference Center

Join your friends and neighbors for a social hour.

Upcoming Trips

In order to participate in the trips listed below, be sure to sign up at least one week in advance at the Travel and Events Office.

~ ALL RESIDENTS PLEASE NOTE~

When calling to make reservations or cancellations for trips please call the Information Center at Ext. 3666. If no one is there, please leave a message with your information and the next volunteer who comes in to work will make changes. Please do not call Cathy Reid to sign up for a trip or cancel. The Travel Office is the only place that handles that. If you have questions about a trip then you can call Cathy Reid. Thank-you!

There will be a 72 hour time frame for trip cancellations. If you do not call within 72 hours you will be charged for the trip. We have too many cancellations, and this effects the outcome of the trip going or not. If we don't have enough people, it gets cancelled, and those that signed up already do not get to go. Thank you

Deeners Farm Market Sat, Jun. 1 & Jul. 6
10:00 – 11:00 a.m.

Residential Living

Don't miss out on this trip to Deeners Farm Market! You will find fresh fruit and vegetables along with Homemade Amish Donuts!! We will be doing this bus trip the 1st Saturday of the month through fall.

Randyland

Thurs, June 6
10:00 a.m.

Residential Living

Randyland is an art museum located in Pittsburgh. It is widely regarded as one of America's most colorful public art landmarks. The museum was created by Randy Gilson and is dedicated to his outsider art. Admission is free. Cost of transportation is \$10.00 and will be billed to your monthly account. Shopping and eating are on your own. We will stop on the way home for a bite to eat, which will be resident's choice. Sign up at the Travel & Events Office. For more information contact Cathy Reid at 724-452-3431.

Herb & Garden Fair & Plant Exchange

Sat, June 8
10:00 a.m.

Residential Living

This is located at the big red barn on Mercer Street in Harmony, PA, which is just over the bridge from town. Pot up your extra plants (do it a couple weeks ahead so they look great) and bring them to the exchange, or just come to buy and browse the Specialty and Garden Vendors. There are lots of beautiful plants, flowers, veggies, herbs, etc. to choose from along with the Museum Shop's large selection of unique American Made garden iron! Garden themed Flea Market items will also be available for sale inside the barn. You can donate items by dropping them off Tuesday June 5 to Friday June 8 at the museum office or the museum shop. Lunch will be available at the barn, along with inside seating. "Ask the Experts" with the Butler County Master Gardners will also be available. Cost of transportation is \$4.00 and will be billed to your monthly account. Admission is free. Shopping and eating are on your own. Sign up at the Travel & Events

Office. For more information contact Cathy Reid at 724-452-3431.

Monthly Shopping Trips to Cranberry NOTE CHANGE!

We are now offering a monthly shopping trip to Cranberry Wal-Mart on the second Monday of each month. Leave time is 10:00 a.m. with a pick up time of 1:15 p.m.

- Monday, June 10

Call Transportation at Ext. 1608 to reserve your space on the bus. There is **NO COST** to this bus trip. This trip is limited to residential/independent living residents. You will be dropped off and picked up at Walmart. The driver will **NOT** be staying

Mountaineer Racetrack & Casino

Thurs, June 13

8:30 a.m.

Residential Living

Enjoy a day of fun at Mountaineer Casino. We are eligible for free play as long as we have 10 signed up to go on the trip. Everyone will receive \$15.00 in free play with a Player's Card. If you do not have a Player's Card from Mountaineer you will be able to get one there. Please bring your Driver's I.D. card with you or state issued I.D. If you don't have a driver's license. That is the only way you qualify for free play. Cost of transportation is \$10.00 and will be billed to your monthly account. Playing games and eating are on your own. Handicap Accessible. Sign up at the Travel & Events Office. For more information contact Cathy Reid at 724-452-3431.

Musicians Concert Series

Thurs, June 13

6:00 p.m.

Residential Living

The First concert of the series will be held at Butler Intermediate High School. The Musicians Concert Band is under the direction of Jeff Kroner Conductor/Director, Admission is \$5.00 and is payable at door. Cost of transportation is \$8.00 and will be billed to your monthly account. Also part of the series will

include dates with Big Band artists. Sign up at the Travel & Events Office. For more information contact Cathy Reid at 724-452-3431.

The Kerr Museum & Oakmont Bakery

Tues, June 18

9:30 a.m.

Residential Living

Visitors to the museum are able to tour all the rooms on the home's first and second floors, in addition to the basement and Dr. Kerr's medical office. An accurate depiction of middle-class life between 1890 and 1910, the interior of the home is both beautiful and warm, giving visitors a tangible connection to life over 100 years ago! The Kerr house, commissioned by Dr. Kerr in 1897 stands as a fine example of a late nineteenth-century Queen Anne style home and is listed on the National Register of Historic Places. The Kerr Memorial Museum brings to life the middle-class experience at the dawn of the twentieth century. Cost of admission is \$7.00 on day of trip by cash or check only. For those that cannot climb stairs to the second floor you can sit in chairs on first floor and wait for the others to return. We will also stop at Oakmont Bakery after the tour. Oakmont Bakery was voted the Best Bakery of 2018 and has won many other awards for their exceptional bakery. You can buy delicious baked goods and get a bite to eat there as well. Cost of transportation is \$10.00 and will be billed to your monthly account. Shopping and eating are on your own. For more information contact Cathy Reid at 724-452-3431.

Musicians Concert Series

Fri, June 21

6:00 p.m.

Residential Living

Enjoy an evening with the Gibbons Big Band playing all your favorite 'Swing Music'. This will be held at Butler Intermediate High School. The Musicians Concert Band is under the direction of Jeff Kroner, Conductor/Director. Admission is \$5.00 and is payable at door. Cost of transportation is \$8.00 and will be billed to your monthly account. Sign up at the Travel & Events Office. For more information contact

Cathy Reid at 724-452-3431.

Bayernhof Museum

Tues, June 25

8:45 a.m.

Residential Living

Chuck Brown wanted a unique house with a great view of Pittsburgh and the surrounding countryside. In 1968 he rented a helicopter and flew up and down the three rivers, looking for a special spot to build his special home. On top of the mountain overlooking Sharpsburg, the Allegheny River, and the Pittsburgh Zoo, he found two parcels of land totaling slightly more than 19 acres. Construction began in 1976 and was completed in 1982. The result was "Bayernhof" Chuck's one of a kind castle in O'Hara Township. 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. He also has a collection of music boxes. Most of them are over 100 years old. This is truly one-of-a-kind adventure! Cost of admission is \$10.00 payable on day of tour Cash Only. Cost of transportation is \$10.00 and will be billed to your monthly account. We will stop on the way home for a bite to eat. (Residents Choice). Sign up at the Travel & Events Office. **Cutoff date is June 11.** For more information contact Cathy Reid at 724-452-3431.

Free Concert & Fireworks by Harmony Parks

Thurs, June 27

8:00 p.m.

Enjoy an evening with River City Brass Band in Harmony's Borough Square. Bring a chair and after the concert enjoy fireworks! This is free. Cost of transportation is \$4.00 and will be billed to your monthly account. For more information contact Cathy Reid at 724-452-3431.

PGH 101

Riverboat Tour

Thurs, July 11

10:00 a.m.

Residential Living

Get onboard Pittsburgh's newest sightseeing tour and explore the regions legacy of innovation. Known as a modern tech and robotics hub, the "Burgh" has been the vanguard of industrial revolution for over 250 years! During this meticulously researched 90-minute tour, you'll discover how Pittsburgh's challenging landscape, it's wealth of natural resources, and the character of its residents and works have shaped neighborhoods and industries-creating the dynamic city it is today! All the while you'll be taking in the beauty of the skyline and riverbanks! Proceeds from PGH 101 help to underwrite students STEM education programs on the riverboat. Cost of the tour is \$17.00. Please make out a check to: **Rivers of Steel** and put in campus mail to Cathy Reid. **We must have checks in by June 28th.** Cost of transportation is \$10.00 and will be billed to your monthly account. Sign up at the Travel & Events Office. Handicap Accessible. Contact Cathy Reid for more information at 724-452-3431.

June 4 - 17, 2019

LOCATION KEY – PLEASE NOTE UPDATED LOCATIONS

ALC – Abundant Life Center φ ALCPC - ALC Personal Care φ B – Bistro φ BI – Baron's Inn φ
 BR - Beatitudes Room φ BC – Business Center φ C-Seaman Chapel φ CAS - Creative Arts
 Studio φ CG-Centennial Garden φ ALCD – ALC Den φ FC –Fitness Center φ GAL – Gallery
 GR – Game Room φ G – Gazebo φ KLC – Kidd Learning Center φ LC - Luther Court φ
 MS – Multi Media Studio φ MDO – My Day Out φ MR – Music Room (Now Gallery) φ NC -
 Newhaven Court φ PC – Prayer Chapel φ RL – Residential Living φ SCC – Scholl Conf. Center
 φ TR – Train Room φ W - Wittenberg Place φ

For additional information please refer to the Community Life Catalog

Tues. June 4

7:00 Devotions with Pastor Kantz- PAL 900
 7:15 Open Swim-FC/Pool
 8:00 Beginning Tai Chi-PAL 900
 8:30 Devotions with Pastor Kantz-PAL 900
 8:45 Speed, Agility & Strength-FC
 9:00 Devotions with Pastor Kantz-PAL 900
 9:30 Aqua Arthritis-FC/Pool
 9:30 Tai Chi/Core-FC
 10:00 Painting Class-CAS
 10:30 Body Basic Exercise-NC
 10:30 North Park Boathouse lunch-NC
 11:00 Senior Boot Camp-FC
 1:00 Painting Class-CAS
 1:15 Aquatics Class-FC/Pool
 1:30 Beginning Tai Chi-PAL 900
 2:00 Fashion Show-SCC
 2:15 Body Basics-Blue Ridge
 3:00 Pickle Ball-FC

Wed. June 5

7:00 Morning Magazine-PAL 900
 7:15 Open Swim-FC
 8:00 Wellness Within-PAL 900
 9:30 Morning Magazine-PAL 900
 9:30 Train Club- TR
 9:30 Wake up Wittenberg - W
 10:00 Quilting Class – CAS
 10:00 BINGOMANIA-SCC
 10:00 Strength & Balance-FC
 10:00 Aqua Class-FC/POOL
 10:30 Stretch Exercise Video-NC
 10:30 Bible Study-W
 11:00 Morning Magazine-PAL 900
 1:00 Great Sacred Music-GAL

1:30 Bible Study with Bev Banyay-NC
 1:30 Open Swim-FC
 1:30 Wellness Within-PAL 900
 2:00 Blood Pressure-W
 3:00 Gameday-W
 6:30 Bingo-W

Thurs. June 6

7:00 Devotions with Pastor Kantz- PAL 900
 8:00 Beginning Tai Chi-PAL 900
 8:30 Devotions with Pastor Kantz- PAL 900
 9:00 Devotions with Pastor Kantz- PAL 900
 9:30 Yoga-FC
 9:30 Aqua Arthritis-FC/Pool
 10:00 Randyland Trip-RL
 10:30 Catholic Communion-C
 10:30 Body Basic Exercise-NC
 11:00 Cardio Circuit-FC
 1:00 Passavant Writers-CAS
 1:15 Culinary History-GR
 1:15 Aqua Class-FC/Pool
 1:30 Parkinson's Class-FC
 1:30 Beginning Tai Chi-PAL 900
 2:00 Hymn Sing-C
 6:30 & 8:30 Eye on Passavant-PAL 900
 7:00 Movie Night-PAL 900

Fri. June 7

7:15 Open Swim-FC
 8:00 Wellness Within-PAL 900
 8:30 Just For You-FC
 9:15 Tai Chi - G
 10:00 Drawing Class-CAS
 10:00 Strength & Balance-FC
 10:00 Aqua Class-FC/POOL

10:00 Monthly Park Hike - FC
 10:30 Gentle Moves Exercise-NC
 11:00 Silver Sneakers® Classic-FC
 11:00 Catholic Communion-NC
 12:00 YAP-GR
 1:00 Oil Painting Class-NC
 1:00 Outdoor Fitness Fun Friday - FC
 1:15 Chair Dance Exercise-NC
 1:30 Open Swim-FC
 1:30 Wellness Within-PAL 900
 3:00 Gametime-W
 3:00 Pickle Ball-FC
 6:30 Movie Night-W

Sat. June 8

8:30 Chair Fitness-PAL 900
 10:00 Herb and Garden Fair Trip-RL
 10:00 Fitness with Chad-PAL 900
 10:00 Weekend Workout - FC
 10:30 Stretch Exercise Video-NC
 2:00 Bingo-NC

Sun. June 9

9:15 Worship Service- NC
 10:30 Worship Service-C/PAL 900
 10:45 Worship Service-W
 1:00 PSO Trip-RL
 2:00 Sunday Funday-W

Mon. June 10

7:00 Monday Magazine- PAL 900
 8:00 Wellness Within-PAL 900
 8:30 Men's Coffee Chat-WP
 9:30 Monday Magazine-PAL 900
 10:00 Tech Help-BC
 10:00 Shopping Bus to Cranberry-RL
 10:30 Face to face with Laura Roy-NC
 11:00 Community Prayer Partners-WP
 11:00 Monday Magazine-PAL 900
 12:30 Busy Hands-CAS
 1:30 Grief Support-PC
 1:30 Wellness Within-PAL 900
 3:00 Music Appreciation w/Gloria-NC
 3:00 Wittenberg Gathering -W
 4:00 Bus to Zelig Farm Market-RL
 6:30 Monday Funday- LC
 7:00 Cranberry Civic Choral-NC

Tues. June 11

7:00 Devotions w/Pastor Kantz- PAL 900
 7:30 Speed, Agility & Strength-FC

8:00 Beginning Tai Chi-PAL 900
 8:30 Devotions Pastor Kantz- PAL 900
 8:45 Speed, Agility & Strength-FC
 9:00 Devotions Pastor Kantz- PAL 900
 9:30 Tai Chi/Core-FC
 9:30 Aqua Arthritis-FC/POOL
 9:30 Devotions Pastor Kantz- PAL 900
 10:00 Painting Class-CAS
 10:30 Balance Exercise-NC
 1:00 Community Prayer Partners-NC
 1:00 WELCA- SCC
 1:00 Painting Class-CAS
 1:15 Aqua Class-FC
 1:30 Beginning Tai Chi-PAL 900
 3:00 Pickle Ball-FC
 5:30 NAMI Family Support Group-BR

Wed. June 12

7:00 Wednesday Magazine-PAL 900
 7:15 Open Swim-FC
 8:00 Wellness Within-PAL 900
 8:00 Gather in the Game Room-ALC
 8:30 Just For You-FC
 9:30 Wednesday Magazine-PAL 900
 9:30 Train Club-TR
 9:30 Wake Up Wittenberg-WP
 10:00 BINGOMANIA-SCC
 10:00 Strength & Balance-FC
 10:00 Aqua Class-FC/POOL
 10:00 Quilting Class-CAS
 10:30 Gentle Moves Exercise-NC
 11:00 Wednesday Magazine-PAL 900
 11:00 Silver Sneakers® Classic-FC
 1:00 Sacred Music-GAL
 1:30 Bible Study-NC
 1:30 Open Swim-FC
 1:30 Body Basics-Shenandoah
 1:30 Wellness Within-PAL 900
 2:30 Tea Party-W
 5:00 Girls Night Out-SCC
 6:30 Bingo-W

Thurs. June 13

7:00 Devotions with Pastor Kantz- PAL 900
 8:00 Beginning Tai Chi-PAL 900
 8:30 Devotions with Pastor Kantz- PAL 900
 8:30 Mountaineer Trip-RL
 9:00 Devotions with Pastor Kantz- PAL 900
 9:30 Yoga-FC
 9:30 Aqua Arthritis-FC/Pool
 9:45 Catholic Communion-LC

10:30 Catholic Communion-C
 10:30 Body Basic Exercise-NC
 11:00 Silver Sneakers® Circuit-FC
 11:30 Men's Lunch-NC
 12:00 Weekly Wellness-FC
 1:00 Passavant Poets-CAS
 1:15 Aqua Class-FC
 1:30 Parkinson's Class-FC
 1:30 Beginning Tai Chi-PAL 900
 2:00 Hymn Sing-C
 4:15 Weekly Wellness-FC
 6:00 Musicians Concert Series Trip-RI
 6:30 & 8:30 Eye on Passavant-PAL 900

Fri. June 14

7:15 Open Swim-FC
 8:00 Wellness Within-PAL 900
 8:30 Just For You-FC
 9:15 Tai Chi – G
 10:00 Mixed Media Class-CAS
 10:00 Strength & Balance-FC
 10:00 Aqua Class-FC/POOL
 10:30 Gentle Moves Exercise-NC
 11:00 Catholic Communion-NC
 11:00 Silver Sneakers® Classic-FC
 1:00 Our Night Sky-MR
 1:00 Outdoor Fitness Fun Friday - FC
 1:15 Chair Dance Exercise-NC
 1:30 Open Swim-FC
 1:30 Wellness Within-PAL 900
 1:30 Body Basics-Shenandoah
 3:00 Come & Listen-NC
 3:00 Mental Aerobics-W
 3:00 Pickle Ball-FC
 6:30 Movie Night-W

Sat. June 15

8:30 Chair Fitness-PAL 900
 10:00 Fitness with Chad-PAL 900
 10:00 Weekend Workout - FC
 10:30 Stretch Exercise Video-NC
 1:00 Bridge Game-FC
 2:00 Bingo-NC

Sun. June 16

9:15 Worship Service- NC
 10:30 Worship Service-C/PAL 900
 10:45 Worship Service-W
 2:00 Sunday Funday-W

Mon. June 17

7:00-Monday Magazine- PAL 900
 7:15 Open Swim-FC
 8:00 Wellness Within-PAL 900
 8:30 Just For You-FC
 8:30 Men's Coffee Chat-W
 10:00 Strength & Balance-FC
 10:00 Aqua Class-FC
 10:30 New Book Discussion-PC
 10:30 Gentle Moves Exercise-NC
 11:00 Monday Magazine-PAL 900
 11:00 Silver Sneakers® Classic-FC
 12:30 Busy Hands-CAS
 1:15 Balance Exercise Class-NC
 1:30 Wii Bowling – SCC
 1:30 Pool Volleyball-FC
 1:30 Wellness Within-PAL 900
 1:30 Grief Support- PC
 2:00 Dining Meeting-W
 2:00 Music on the Porch-NC
 3:00 Travel Series -W
 5:00 Men's Night Out-GR
 6:30 Monday Funday- LC



June 3 - 8

Specialty Sandwiches

Ham & Cheese w/ Bacon Jam \$4.55

Meatball Hoagie \$4.55

Lunch Special

Monday \$4.55

PRC Bowl

Tuesday \$4.55

Steak Fajitas

Wednesday \$4.55

Chicken Fried Rice w/ Egg Roll

Thursday \$4.55

Western Burger

Friday \$5.55

Fisherman's Platter

Lunch specials will be served until sold out

GRAB N GO

Greek Veggie Wrap

Buffalo Chicken Wrap

Chicken Caesar Salad

\$ 3.50

SOUP OF THE DAY

Mon. - Mulligatawny Soup

Cup \$1.10 Bowl \$1.55

Tues. - Manhattan Clam Chowder

Cup \$1.10 Bowl \$1.55

Wed. - Black Bean Soup

Cup \$1.10 Bowl \$1.55

Thurs. - Cream of Asparagus Soup

Cup \$1.10 Bowl \$1.55

Fri. - Tomato Soup

Cup \$1.10 Bowl \$1.55

Sat. - Beef Barley Soup

Cup \$1.10 Bowl \$1.55

Ask our staff about the Cook's Choice soup of the day

Pizza by the Slice

Cheese \$1.60

Pepperoni \$1.60

Mon. - Wed. \$2.00

BBQ Chicken Flatbread

Thurs. - Sat. \$2.00

Meat Lovers

Tax not included in prices



June 10 - 15

Specialty Sandwiches

Turkey Rachel	\$4.55
Pulled Pork w/ Peach BBQ Sauce	\$4.55

Lunch Special

Monday	\$4.55
<i>Sloppy Joes w/ Tots</i>	
Tuesday	\$4.55
<i>Taco Salad</i>	
Wednesday	\$4.55
<i>Gyro</i>	
Thursday	\$4.55
<i>Hawaiian Burger</i>	
Friday	\$4.55
<i>Tuna Melt w/ side</i>	

Lunch specials will be served until sold out

GRAB N GO

Chicken Bacon Ranch Wrap

Ham & Swiss Wrap

Summer Berry Salad

\$ 3.50

SOUP OF THE DAY

Mon. - Italian Wedding Soup

Cup \$1.10 Bowl \$1.55

Tues. - Tuscan White Bean & Tomato Soup

Cup \$1.10 Bowl \$1.55

Wed. - Italian Egg Drop Soup

Cup \$1.10 Bowl \$1.55

Thurs. - Lentil Soup

Cup \$1.10 Bowl \$1.55

Fri. - Potato Soup

Cup \$1.10 Bowl \$1.55

Sat. - Corn Chowder Soup

Cup \$1.10 Bowl \$1.55

Ask our staff about the Cook's Choice soup of the day

Pizza by the Slice

Cheese \$1.60

Pepperoni \$1.60

Mon. - Wed. \$2.00

Buffalo Chicken Pizza

Thurs. - Sat. \$2.00

Veggie

Tax not included in prices



Bistro Dinner Menu

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Boneless Breaded Porkchop Mashed Potatoes w/ Gravy Broccoli & Cauliflower	Grilled Chicken Parmesan Penne Pasta w/ Marinara Lemon Green Beans	Pineapple Baked Ham Mashed Potatoes w/ Gravy Lima Beans	Caribbean BBQ Porloin Garlic Mashed Potatoes Green Beans	Baked Cod Baked Potato Marinated Veggie Salad
10	11	12	13	14
Bourbon Quarter Chicken Roasted Red Potatoes Grilled Asparagus	BBQ Beef Brisket O'Brien Potatoes Honey Glazed Carrots	Oven Fried Chicken Corn & Cheddar Casserole Brussels Sprouts	Turkey Divan Baked Potato Wax Beans w/ Pimento	White Fish Polonaise Sour Cream & Chive Potatoes Green & Yellow Squash
17	18	19	20	21
Chicken Florentine Soup Grilled Chicken Salad Dinner Roll	Breaded Pork Chop Mashed Red Skin Potatoes Carrots	Grilled Chicken Breast Mashed Potatoes Broccoli Normandy	Meat Lasagna Side Salad Dinner Roll	Sweet Country Pork Sausage Corn on the Cob Lyonnaise Potatoes
24	25	26	27	28
Honey Mustard Chicken Harvard Beets Parslied New Potatoes	Corned Beef & Cabbage Green Beans Roasted Red Potatoes	Fried Fish Cauliflower Coleslaw	Roast Beef Baked Potato Peas & Pearl Onions	Spring Vegetable Alfredo Wax Beans

*Week of
June 3, 2019*



MON - SAT: 4:30 - 7:30 & SUN: 11 - 2 • FOR RESERVATIONS CALL EXTENSION 3590

APPETIZERS

Bruschetta w/Balsamic Reduction 3.50

French baguette, sliced & topped w/diced tomato, red onion, garlic, fresh parsley, & balsamic reduction.

Shrimp Cocktail 5.50

This classic appetizer is served w/4 shrimp, homemade cocktail sauce, & lemon.

SOUPS

Soup du Jour 1.00

Italian Wedding Soup 1.00

SALADS

Broccoli Salad 3.00

Chopped broccoli, red, onion, dried cranberries, bacon bits served w/dressing.

Strawberry Pecan Salad 2.50

Strawberries, pecans, Romaine lettuce, blueberries, goat cheese, onions, & Mandarin oranges in a sweet dressing.

House Salad 2.50

Chopped iceberg, tomatoes, cucumber, & shredded carrots served w/your choice of dressing.

ENTRÉES

All entrees are served with your choice of beverage, a cup of soup or a salad, choice of two accompaniments and dessert.

Craved Pork Tenderloin 10.50

Pork tenderloin cooked w/ olive oil, garlic, & black pepper.

Beef Stroganoff 12.50

Beef tips cooked w/mushrooms, onions, & sour cream, served over egg noodles.

Parmesan Encrusted Chicken 11.50

Chicken breast hand breaded w/parmesan, fresh herbs, salt & pepper.

Chef's Catch of the Week 11.00

Shrimp cooked in the style of your choosing. Choose from fried, scampi, or steamed.

Cod w/ Lemon Butter Sauce 11.00

Broiled cod topped w/a lemon butter sauce.

***Filet Mignon** 13.00

6 oz. filet grilled to your liking. Can come topped w/a rich garlic butter.

^Seasoned Crab Cakes 13.25

Lightly sautéed fresh crab cakes served w/a homemade remoulade sauce.

^Petite portion available

** Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illness.*

*Week of
June 3, 2019*



MON - SAT: 4:30 - 7:30 & SUN: 11 - 2 • FOR RESERVATIONS CALL EXTENSION 3590

ACCOMPANIMENTS

*Please let your server know if you have specific
preparation or service requests*

Steamed Vegetable Medley

Potato Croquette

Harvard Beets

Steamed Baby Carrots

Homemade Applesauce

Coleslaw

Corn on the Cob

Choice of Potato

Choose from a regular baked potato w/
butter & sour cream OR a baked sweet
potato w/honey cinnamon butter.

BEVERAGES

Coffee 1.25

Regular or Decaf

Hot Tea 1.25

Variety of flavors available

Iced Tea 1.00

Sweetened or unsweetened

Assorted Juices 1.25

Orange, cranberry, apple, etc..

DESSERTS

Dessert du Jour 1.75

Ask your server about our daily dessert offerings

Assorted Ice Cream 1.50

Ask your server about available ice cream flavors

**** Add a scoop of ice cream to any dessert for
\$1.00****

*Lutheran SeniorLife Passavant Community observes a "no-tip"
policy.*

Meals can be prepared gluten free upon request

****If you have special dietary requirements be sure to notify
your server before ordering****

Week of
June 10, 2019



MON - SAT: 4:30 - 7:30 & SUN: 11 - 2 • FOR RESERVATIONS CALL EXTENSION 3590

APPETIZERS

Egg Rolls w/Sweet Thai Chili 3.50

Egg rolls served w/a homemade sweet Thai chili sauce.

Shrimp Cocktail 5.50

This classic appetizer is served w/4 shrimp, homemade cocktail sauce, & lemon.

SOUPS

Soup du Jour 1.00

Broccoli Cheddar Soup 1.00

SALADS

Fresh Fruit & Cottage Cheese 3.00

A mix of fresh melon, pineapple & grapes served w/a scoop of cottage cheese.

Cobb Salad 2.50

Chopped iceberg, avocado, tomato, bacon, egg, & bleu cheese crumbles w/your choice of dressing.

House Salad 2.50

Chopped iceberg, tomatoes, cucumber, & shredded carrots served w/your choice of dressing.

ENTRÉES

All entrees are served with your choice of beverage, a cup of soup or a salad, choice of two accompaniments and dessert.

Skirt Steak 12.50

Skirt steak, cooked to your liking, served w/peppers, onions, & mushrooms.

Stir Fry Chicken or Pork 11.00

Chicken or pork w/rice & a mixture of fresh vegetables sautéed together in a ginger soy sauce.

BBQ Baby Back Ribs 11.50

Pork ribs cooked covered & sautéed in a tangy BBQ sauce.

Chef's Catch of the Week 11.00

Flounder cooked in the style of your choosing. Choose from stuffed, citrus poached, & founder almondine.

***Filet Mignon** 13.00

6 oz. filet grilled to your liking. Can come topped w/a rich garlic butter.

^Seasoned Crab Cakes 13.25

Lightly sautéed fresh crab cakes served w/a homemade remoulade sauce.

Vegetable Stuffed Mushrooms 10.50

Portobello mushrooms stuff w/a blend of fresh vegetables.

^ Petite portion available

** Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illness.*

*Week of
June 10, 2019*



MON - SAT: 4:30 - 7:30 & SUN: 11 - 2 • FOR RESERVATIONS CALL EXTENSION 3590

ACCOMPANIMENTS

*Please let your server know if you have specific
preparation or service requests*

Green Beans

Grilled Asparagus

Steamed Baby Carrots

Homemade Apple Sauce

Vegetable Risotto

Coleslaw

Potatoes Au Gratin

Choice of Potato

Choose from a regular baked potato w/butter & sour
cream OR a baked sweet potato w/honey cinnamon
butter.

BEVERAGES

Coffee 1.25

Regular or Decaf

Hot Tea 1.25

Variety of flavors available

Iced Tea 1.00

Sweetened or unsweetened

Assorted Juices 1.25

Orange, cranberry, apple, etc..

DESSERTS

Dessert du Jour 1.75

Ask your server about our daily dessert offerings

Assorted Ice Cream 1.50

Ask your server about available ice cream flavors

**** Add a scoop of ice cream to any dessert for
\$1.00****

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****If you have special dietary requirements be sure to notify
your server before ordering****

Wittenburg Menu – June 2 – June 8

Sunday, week 5– Lunch

Maryland Crab Chowder

Shepard's Pie
Corn

Chicken Breast with apple
Chef's Choice Vegetable

Monday, week 1– Dinner

Mulligatawny
Cal 97 Sodium 182

Boneless Breaded Pork Chop
Mashed potatoes
Broccoli and Cauliflower
Cal 416 Sodium 798

Lemon Dill Salmon
Cooks Choice Vegetable
Cal 252 Sodium 127

Tuesday, week 1– Dinner

Manhattan Clam Chowder
Cal 76 Sodium 169

Grilled Chicken Parmesan
Penne with Marinara
Lemon Green beans
Cal 415 Sodium 782

Quiche Lorraine
Cooks Choice Vegetable
Cal 538 Sodium 471

Wednesday, week 1– Dinner

Black Bean
Cal 133 Sodium 434

Roast Turkey with gravy
Bread Stuffing
Baby Lima beans
Cal 482 Sodium 1043

Pineapple Baked Ham
Cooks Choice Vegetable
Mashed Potatoes
Cal 236 Sodium 765

Thursday, week 1 – Dinner

Cream of Asparagus
Cal 76 Sodium 73

Beef Tips in Red Wine Sauce
Garlic Mashed Potatoes
Green beans
Cal 716 Sodium 547

Caribbean BBQ Pork Loin
Cooks Choice Vegetable
Cal 214 Sodium 326

Friday, week 1–Dinner

Summer Tomato Soup
Cal 284 Sodium 452

Vegetable Lasagna
Marinated Vegetable Salad
Cal 520 Sodium 860

Baked Stuffed Cod
Cooks Choice Vegetable
Baked Potato
Cal 345 Sodium 254

Saturday, week 1– Dinner

Beef Barley
Cal 91 Sodium 210

Herbed Baked Chicken
Parslied New Potatoes
Steamed Peas
Cal 644 Sodium 190

Fried Shrimp
Cooks Choice Vegetable
Cal 123 Sodium 314

Wittenburg Menu – June 9 – June 15

Sunday, week 1– Lunch

Minestrone <i>Cal 67 Sodium 121</i>	Boneless Breaded Pork Chop Sweet Potato Broccoli <i>Cal 530 Sodium 313</i>	Sausage Stuffed Mushroom Cooks Choice Vegetable <i>Cal 460 Sodium 804</i>
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Monday, week 2– Dinner

Italian Wedding <i>Cal 159 Sodium 435</i>	Bourbon Chicken Quarter Roasted Redskin Potatoes Grilled Asparagus <i>Cal 647 Sodium 1485</i>	Baked Crab Cake Cooks Choice Vegetable <i>Cal 293 Sodium 611</i>
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Tuesday, week 2– Dinner

Tuscan White bean and Tomato <i>Cal 86 Sodium 512</i>	BBQ Beef Brisket O'Brien Potatoes Honey Glazed Carrots <i>Cal 435 Sodium 1009</i>	Grilled Hot Dogs Cook's Choice Vegetable <i>Cal 294 Sodium 770</i>
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Wednesday, week 2– Dinner

Italian Egg Drop Soup <i>Cal 215 Sodium 508</i>	Oven Fried Chicken Corn Cheddar Casserole Brussels Sprouts <i>Cal 660 Sodium 792</i>	Ravioli with Vodka Sauce Cooks Choice Vegetable <i>Cal 398 Sodium 388</i>
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Thursday, week 2– Dinner

Lentil Soup <i>Cal 87 Sodium 665</i>	Turkey Divan Baked Potato Wax beans with Pimento <i>Cal 385 Sodium 532</i>	Chinese Pepper Steak Cooks Choice Vegetable <i>Cal 255 Sodium 232</i>
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Friday, week 2– Dinner

Cream of Potato <i>Cal 102 Sodium 124</i>	Chili Corn Muffin Roasted Cauliflower <i>Cal 468 Sodium 594</i>	White Fish Polonaise Cooks Choice Vegetable Sour Cream and Chive Potato <i>Cal 287 Sodium 428</i>
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Saturday, week 2– Dinner

Corn Chowder <i>Cal 126 Sodium 183</i>	Grilled Chicken Breast with Mango Salsa Baked Sweet Potato Italian Romano Vegetables <i>Cal 429 Sodium 275</i>	Three Cheese Lasagna Cooks Choice Vegetable Garlic Bread <i>Cal 769 Sodium 816</i>
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Menus are subject to change. Please refer to the Daily Menu on PRC TV.