



FALL

2018 CATALOG



Landis
Homes

PI PATHWAYS
INSTITUTE.
for Lifelong Learning

Lifelong Learning Courses,
Excursions, & Service Projects
for Adults 55+ in Lancaster County.

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> DIRECTOR'S
WELCOME

DIRECTOR'S WELCOME

Thank you for your interest in the Pathways
Institute for Lifelong Learning®!

The Pathways Institute provides adults age 55
& better with educational & lifelong learning
opportunities in an environment conducive to
discussion and sharing.

We welcome you to enroll in the exciting fall
2018 classes and events, and look forward
to providing you with many new & enriching
learning opportunities!



Susan J. Stauffer, Director

REGISTRATION AND ENROLLMENT
FORMS ARE LOCATED AT THE BACK
OF THE CATALOG

On the Cover:
Joyce Wilder, Pathways Institute Instructor

MISSION/PURPOSE



PATHWAYS INSTITUTE FOR LIFELONG LEARNING MISSION AND PURPOSE

The mission of the Pathways Institute for Lifelong Learning® is to foster with persons 55+ a quest for lifelong learning that enriches the mind and spirit to pursue wisdom, service, and understanding.

Established to meaningfully exercise the talents and abilities of older adults, the Pathways Institute for Lifelong Learning recognizes the wealth of resources they have to celebrate, discover and share. Pathways Institute provides older adults with opportunities to engage in mental, cultural, and spiritual activities promoting their overall wellness. In pursuit of Lifelong Learning, the Institute focuses on three key components:

- Personal Development Path – Promotes continued learning opportunities, personal enhancement, and spiritual growth
- Service Path – Provides venues for seniors to share their knowledge, beliefs, and life experiences with others
- Legacy/Sharing Path – Offers older adults unique opportunities to pass on knowledge and experience to future generations



LANDIS HOMES MISSION

The ministry of Landis Homes is to serve aging adults and their families by honoring and enriching their lives in a community of Christ-like love.

We commit to these values as we honor God in our service to others:

> MISSION/PURPOSE > MEMBERSHIP

JOY: Nurturing an atmosphere which is positive, hopeful and thankful, while delighting in serving others, fulfilling responsibilities and celebrating life.

COMPASSION: Demonstrating Christ-like love and concern in our relationships, serving one another with grace, humility, gentleness and sensitivity in a manner which respects diversity and honors the dignity and worth of everyone.

INTEGRITY: Committing ourselves to be honest, sincere, trustworthy and accountable in relationships, communication and decision-making, with a respect for confidentiality.

STEWARDSHIP: Devoting ourselves to faithful and responsible use of resources entrusted to our care, upholding high standards of performance and quality, striving for excellence and serving beyond expectations.

COMMUNITY: Relating with a spirit which is characterized by cooperation, teamwork, encouragement and mutual respect, valuing each person, affirming gifts and abilities, and seeking improvement through learning, creativity and openness to change.

MEMBERSHIP

Membership in the Pathways Institute for Lifelong Learning is open to all adults age 55 and better residing in Lancaster County and surrounding areas. Members must pay a membership fee ranging from \$75 to \$100 per term. This fee allows members to attend Pathways Institute classes and special cultural events, and to participate in service learning and legacy sharing opportunities.

An alternate registration option is available to persons wishing to register individually for classes at a cost of \$25 per course.

A few special events may require an additional fee; however, these amounts will generally be discounted for Pathways groups. Other miscellaneous costs not included in Pathways Institute membership are books, transportation for field trips, supplies, meals and admission fees.

OTHER PATHWAYS INSTITUTE FOR LIFELONG LEARNING MEMBERSHIP BENEFITS:

- On Pathways class days, Pathways Institute members can receive a discount at the Garden Room or Dogwood Café, or the Owl Hill Bistro for select prepared items such as sandwiches, soups, salads, pizza, and hot entrées (beverages, snacks and other items are not discounted). Pathways members must show their Pathways Institute membership card to receive a discount.
- Coffee and tea at classes
- Information about special events and seminars at Landis Homes and partnering organizations
- Invitations and group discounts to special events

PATHWAYS INSTITUTE FOR LIFELONG LEARNING MEMBERSHIP CARDS

Pathways Institute for Lifelong Learning membership cards will be issued following receipt of your membership application. The Pathways Institute card must be shown to receive the dining discount on class days.

REGISTRATION

FALL 2018 TERM REGISTRATION DATES

- July 24, 2018 – December 5, 2018 - Registration
- September 4, 2018 - First day of classes & events
- December 5, 2018 - Final day of classes & events

Membership and registration forms for the fall 2018 term will be accepted beginning July 24, 2018 through September 4, 2018 (or later until classes are filled).

Membership and registration forms can be mailed or delivered directly to the Pathways Institute for Lifelong Learning at the address designated, Monday through Friday from 8:00 am to 4:00 pm.

> MEMBERSHIP
> REGISTRATION
> PROCEDURES

Please complete all sections and use a separate form for each person.

- An invoice will then be issued to you through the mail stating the amount due and confirming classes in which you are registered.
- Payment is due within two weeks after you receive your invoice and can be made by check, cash, or money order to:

LANDIS HOMES

MAIL TO:

Pathways Institute for Lifelong Learning
Landis Homes
1001 East Oregon Road
Lititz, PA 17543-9206

REGISTER ONLINE

You may also register for courses online. Please refer to the Pathways Institute catalog for complete details on courses and events. To register online and to view and print an electronic version of the Pathways Institute catalog along with all registration forms, please visit the Pathways website:

thepathwaysinstitute.org

- Once registered, an invoice will be issued to you through the mail stating the amount due and confirming classes in which you are enrolled.
- Payment is due within two weeks after you receive your invoice and can be made by check, cash, or money order to:

LANDIS HOMES

- When registering online, please complete the registration process in its entirety. Selections will not be recorded if you do not click the CHECK OUT button. Once you have registered successfully, you will receive an email response promptly after checking out indicating that your registration has been received.

PROCEDURES

ATTENDANCE

Anyone enrolled who must cancel a course, event or trip due to a personal reason is asked to notify the Pathways Institute office as soon as possible. (This is very important because there are waiting lists, and someone else may then attend.)

Also, if during a term a Pathways member wishes to attend a class for which he or she is not registered, please call the Pathways Office to see if space is available. As unique needs and situations arise, they will be considered individually. Please discuss any questions with Pathways Institute staff regarding registration and scheduling.

CANCELLATIONS AND DELAYS

In the event of inclement weather, Pathways Institute members can call the main reception desk of Landis Homes at 717.569.3271, or send an email to:

pathwayinquiry@thepathwaysinstitute.org

to inquire if a course or event will be cancelled or delayed. Residents of Landis Homes can also check the campus TV channel (channel 956) for this information.

Please note that courses and events are also subject to change and/or cancellation for other reasons unrelated to weather. If this occurs, individuals who are enrolled will be informed promptly. If possible, the course or event will be rescheduled. Courses with ten or fewer enrollments may be cancelled at the discretion of the instructor.

CLASSROOM LOCATIONS

For the fall 2018 Pathways Institute term, most courses will be held at Landis Homes in one of the following locations:

- Dogwood Community Room
- Harvest Room
- Calvin G. & Janet C. High Learning & Wellness Center

Please refer to the Landis Homes campus map for locations and parking areas. Information about locations of special off-campus courses, cultural events, and field trips is included in course descriptions.

CONTACT INFORMATION

Announcements of special events, etc. are made by regular mail and email, so please make certain to provide all of your contact information, including your current email address.

COURSE AND EVENT INFORMATION

The Pathways Institute provides a forum for education and lifelong learning through discussion and sharing in an open and objective environment. All opinions are welcome. Information presented in courses or events is provided for educational and enrichment purposes only and is not representative of the Pathways Institute for Lifelong Learning or Landis Homes.

Pathways Institute courses are non-degree courses. No credits are earned, no grades are assigned, and there are no tests or papers. The Pathways Institute for Lifelong Learning operates on a two-term system, offering classes and events during the spring and fall. Courses typically consist of 1-4 sessions.

DINING ACCOMMODATIONS

Pathways Institute members are encouraged to continue discussions from class and become better acquainted over lunch. On Pathways class days, Pathways Institute members can receive a discount at the Garden Room or Dogwood Café, or the Owl Hill Bistro for select prepared items such as sandwiches, soups, salads, pizza, and hot entrées (beverages, snacks and other items are not discounted). Pathways members must show their Pathways Institute membership card to receive a discount.

> PROCEDURES

> DIRECTIONS

FIELD TRIPS

Some courses and events include field trips. Pathways Institute members may sign up for transportation through Landis Homes at an additional cost of \$5.00 / \$9.00 / \$15.00 per trip based on the mileage of each trip. Trips of longer distances may require chartered bus transportation, which will necessitate additional fees.

In order to use Landis Homes' transportation for these trips, an *Acknowledgment, Release & Waiver for Bus or Van Trips* is required. All requests for disability accommodation must be made at registration to ensure proper planning.

GIFT CERTIFICATES

Gift certificates for Pathways Institute memberships are available for purchase. Please contact the Pathways Institute Office for additional information. Memberships are a great way to say "thanks" to a friend, or to celebrate a special occasion!

INVITE A FRIEND

Inviting a friend to attend a course is one way members may share the Pathways Institute experience! Please contact the Pathways Institute office if you would like to bring a friend to class.

PARTNERSHIPS

Many special cultural events are offered through partnerships with a variety of organizations in the Lancaster Region.

REFUNDS

Refunds can be given up to the start of the fall term on September 4, 2018. After this date, every attempt will be made to work out other arrangements, such as taking another class, etc.

RELEASE FORMS

The following release forms are required in order to complete your registration:

- Acknowledgment Release & Waiver for Bus or Van Trips
- Photography Release Form
- Emergency Contact Information Form

These forms will be sent to you with your statement. Please complete, sign, date and return these forms with your payment.

2018-2019 PATHWAYS INSTITUTE ADVISORY BOARD MEMBERS

Ms. Evon Bergey,
Vice President, Landis Communities

Reverend Richard Cook, Chair

Mr. Mamo Dula

Dr. Roger A. Godin

Ms. Deborah Laws-Landis

Ms. Rebecca Leatherman

Reverend L. Guy Mehl

Ms. Judy Sargent

Ms. Michele Stipe

Dr. William Whitesell

Dr. John Wolgemuth

Mr. Larry Zook,
President/CEO, Landis Homes

PATHWAYS INSTITUTE PROGRAM MANAGEMENT

Susan J. Stauffer, Director

Sharon K. Blouch, Coordinator

Deborah J. Douthart, Coordinator

Pathways Institute for Lifelong Learning®

Landis Homes

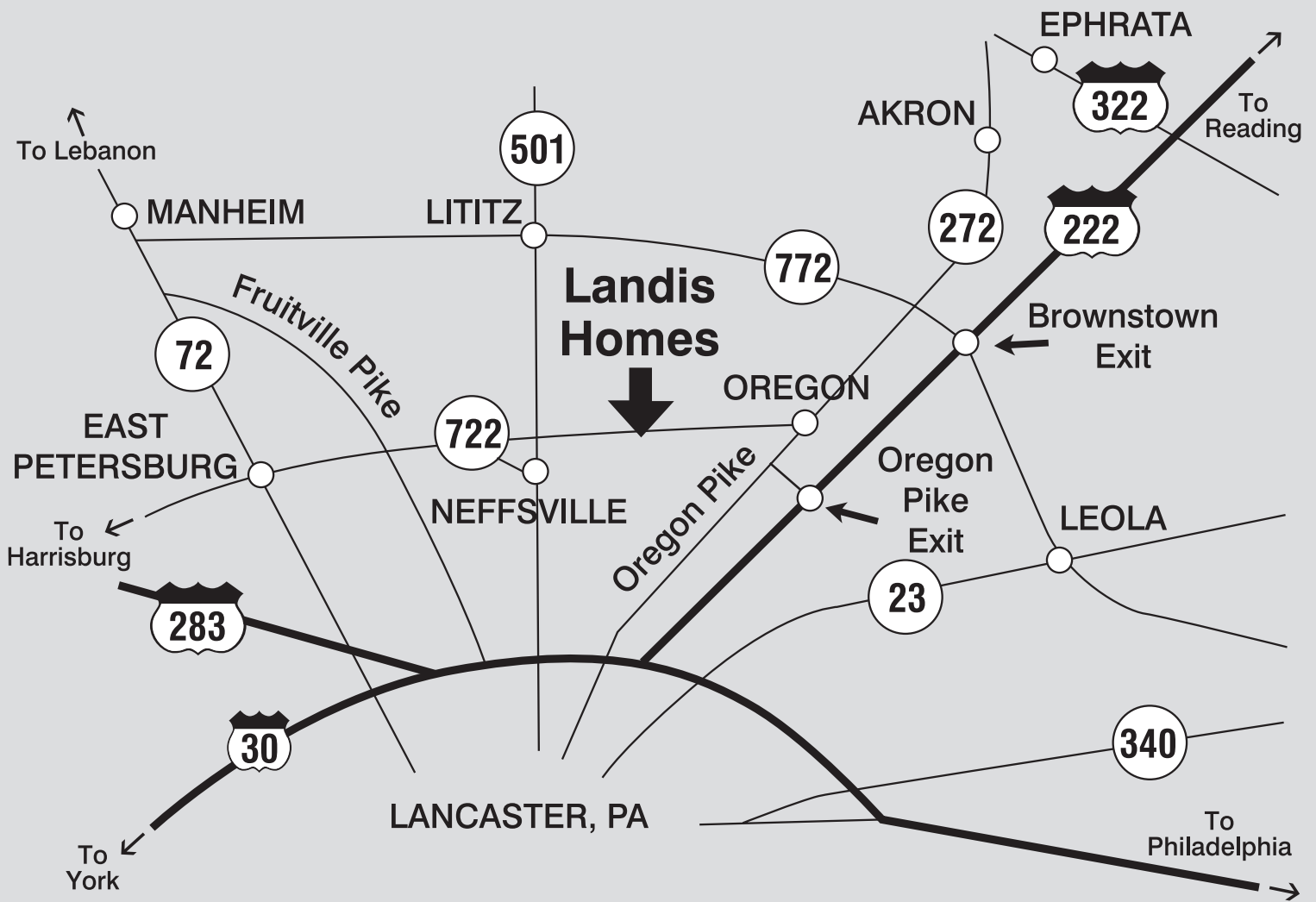
1001 East Oregon Road

Lititz, PA 17543-9206

Phone: 717.381.3577

Email: pathwayinquiry@thepathwaysinstitute.org

Fax: 717.581.3897



DIRECTIONS TO LANDIS HOMES

FROM LANCASTER

Take Route 501 North (Lititz Pike) through Neffsville. At traffic light, turn right onto East Oregon Road (Route 722 East). Continue 2 miles to Landis Homes West entrance on the right or 2.5 miles to the Landis Homes East entrance on the right.

For additional information, please check our website or call 717.569.3271.

1001 East Oregon Road | Lititz, PA 17543

Phone: 717.569.3271 | thepathwaysinstitute.org

LandisHomes.org (click on the Pathways Institute link)

HISTORY & CULTURE

LH01

EXPANDING THE NARRATIVE: STORIES OF WWI CONSCIENTIOUS OBJECTORS IN THEIR OWN WORDS

Instructor: Ms. Anne M. Yoder

Monday, September 17, 2018

10:30 am – 11:30 am

High Learning & Wellness Center, Landis Homes
Enrollment Limit: 60

In Mennonite circles, people often hear only the experiences of Conscientious Objectors (C.O.s) who were from the Historic Peace Churches, and they are usually filtered through the perspective of an historian. By focusing on the personal writings of the C.O.s themselves, a fresh picture of the plethora of men and the complexities of their varying encounters and decisions may be reached. By broadening the scope to include others outside our own tradition, we may gain a deeper understanding of the important legacy of conscience passed down to us from a century ago.

LH02

TOGETHER, THEY FOUNDED THE UNITED STATES OF AMERICA: SIX FOUNDING FATHERS

Instructor: Dr. Robert A. Frick

Mondays, September 17 and 24; October 1;
Friday, October 19; Mondays, October 22 & 29, 2018
1:00 pm – 2:30 pm

High Learning & Wellness Center, Landis Homes
Enrollment Limit: 60

This is a series of presentations as researched by the instructor regarding the life and role played by each of the following six men, considered by historians to be among the Founding Fathers in establishing the United States.

> COURSES & EVENTS BY TOPIC (SEPTEMBER 4 – DECEMBER 5)

The schedule is as follows:

Session 1 – John Jay

Session 2 – Alexander Hamilton

Session 3 – John Adams

Session 4 – Thomas Jefferson

Session 5 – James Madison

Session 6 – James Monroe

Each Founding Father will be described in a PowerPoint presentation.

LH03

AMISH SCHOOL VISITS

Instructor/Host: Reverend Richard Cook

Wednesdays, September 19 and October 3, 2018
8:45 am – 2:00 pm

*See cost and transportation details below.

Enrollment Limit: 26

This tour will include visits to four different local Amish schools, Keene Road School and Millport Road School on September 19, and Colebrook Road School and Limerock School on October 3. At each school, guests will observe teachers and students in classroom lessons. There will be a time of questions and answers, and the children will sing.

Wednesday, September 19

Bus will leave from the High Learning & Wellness Center entrance of Landis Homes at 8:45 am

Arrive at Keene Road School (30 students in grades 1-8) at 8:50 am and depart at 9:45 am

Arrive at Millport Road School (45 students in grades 1-8) at 10:00 am and depart at 11:15 am

The group will stop for lunch at the Lititz Cupboard Restaurant and depart for Landis Homes at 1:00 pm.

Everyone pays for their own lunch, ordering either from the menu or enjoying the \$11.10 buffet.

Wednesday, October 3

Bus will leave from the High Learning & Wellness Center entrance of Landis Homes at 8:45 am

Arrive at Colebrook Road School (30 students in grades 1-8) at 9:15 am and depart at 10:15 am

(This is a brand new Amish School in its second year of operation.)

Arrive at Limerock School (35 students in grades 1-8) at 10:45 am and depart at 11:45 am

The group will stop for lunch at the Lititz Cupboard Restaurant and depart for Landis Homes by 1:15 pm.

Everyone pays for their own lunch, ordering either from the menu or enjoying the \$11.10 buffet.

*The Landis Homes bus will leave from the High Learning & Wellness Center entrance promptly at 8:45 am. Return to Landis Homes will occur by 2:00 pm at the latest. Additional cost to participants includes \$18.00 for bus transportation, payable at time of registration.

LH04

MUSEUM OF THE AMERICAN REVOLUTION TOUR

Instructor/Host: Mr. Ronald C. Sollenberger

Saturday, September 22, 2018

8:00 am – 5:00 pm

Museum of the American Revolution, Philadelphia, PA

*See cost and transportation details below.

Enrollment Limit: 24

From the early stirrings of colonial unrest in the 1760s to the decisive Patriot victory at the siege of Yorktown in 1781, the stories told throughout the Museum of the American Revolution offer a dynamic look at the nation's founding era. Using rich collections of Revolutionary-era weapons, personal items, letters, diaries, and works of art, alongside engaging films, digital interactives, immersive galleries, and recreated historical scenes, the events, people, and ideals of the American Revolution are brought to life.

Participants will enjoy a delicious lunch at the Cross Keys Café, which features a colonial-era inspired menu of salads, sandwiches, entrées, and desserts.

*Elite Coach will leave from the High Learning & Wellness Center promptly at 8:00 am. Return to Landis Homes will occur by 5:00 pm at the latest. Additional costs to participants include \$16.00 museum admission and \$43.65 for Elite Coach transportation, payable at time of registration. All attendees will pay for their own lunch. (Must have 24 persons registering or trip will be cancelled.)

LH05

NATIVE AMERICAN SPIRITUAL BELIEFS

Instructor: Mr. Ronald C. Sollenberger

Friday, October 5, 2018

2:30 pm – 4:00 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This presentation will focus on the spiritual beliefs and customs of the Eastern Woodland Indians of the 17th and 18th centuries. What were their concepts of soul and spirit; how did their spiritual beliefs affect their daily lives? Hear their creation stories, their concept of a "divine being" and the "afterlife." Follow their rites, rituals, and ceremonies and see the influence of these, and learn about some of the native prophets and their teachings.

LH06

THE SCOURGE OF THE CENTURY: THE GREAT SPANISH FLU EPIDEMIC OF 1918

Instructor: Mr. John Maietta

Wednesday, October 10, 2018

9:00 am – 10:00 am

High Learning & Wellness Center,
Landis Homes

Enrollment Limit: 60

One hundred years ago this fall, the worst epidemic in modern history swept the world. The Spanish flu left at least 50 million dead in its wake, including 675,000 Americans – 12 times the number killed in World War I. This program examines the cause of the epidemic, its rapid course, its devastating impact on

society, and the struggle of doctors, scientists, and government officials to contain it. At the end, we ask an intriguing question: why did such a catastrophe fade so quickly from public memory?

LH07

PORTRAITS OF WESTERN PARKS

Instructor: Mr. Bob Wyble

Wednesday, October 17, 2018

9:00 am – 10:15 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This program offers a photographic tour of four western parks: Saguaro National Park, Grand Tetons, Yellowstone and Glacier National Park. The majestic saguaro cactus, symbol of the Southwest, can be found only in the Sonoran Desert of southern Arizona and Mexico. We will see birds in flight, including a barn owl, gray hawk and Harris hawk in a raptor flight program at the Sonoran Desert Museum near Tucson.

The jagged peaks of the Grand Tetons offer spectacular landscape shots, and wildlife may be found in the flats at the base of the Tetons. The famous Moulton Barn, the most photographed barn in the United States, is found in an area called Antelope Flats.

In Yellowstone, Old Faithful now erupts about every 90 minutes. Grand Prismatic Spring, larger than a football field, has crazy vivid colors ranging from deep blue to turquoise, yellow and orange. Large herds of bison grazing in the Lamar Valley is a reminder of what the plains in Western United States looked like prior to the coming of Caucasian peoples from Europe.

In Glacier National Park, landscape views from Swiftcurrent Lake and Lake Josephine are a photographer's dream. Going-To-Sun-Road is one of the most spectacular drives in the United States. We will view big horn sheep grazing at Logan's Pass and a cow moose and her calf feeding in the water at Deer Lake.

It is vital to preserve these national treasures for our grandchildren and generations to come.

LH08

ETERNAL EGYPT: FROM KING TUT TO THE ARAB SPRING

Instructor: Mr. John Maietta

Wednesdays, October 24 and 31, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This two-part program will take you on a fascinating journey through 5,000 years of Egyptian civilization. We'll begin by exploring the glories of ancient Egypt: the temples, tombs, and treasures that still have a powerful hold on our imaginations today. Less well-known is the heritage of early Jewish and Christian life, which we can still see in the narrow lanes of Old Cairo. Finally, we'll highlight the last millennium of Muslim rule in Egypt, which brought new challenges to this timeless land – culminating in the 2011 "Arab Spring" revolt. Part history, part travelogue, this program will offer a new appreciation for the beauty, grandeur, and lasting cultural impact of Eternal Egypt.

LH09

THE FRENCH AND INDIAN WAR: THE BATTLE FOR PITTSBURGH

Instructor: Ms. Mary Manges

Wednesday, November 7, 2018

2:00 pm – 3:30 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This presentation describes the portion of the French and Indian War that involves the fight between the British and French for the forks of the Ohio (Present day Pittsburgh). Topics to be covered include:

1. Description of the environment prior to the war
2. Brief discussion of Washington and Braddock expeditions
3. Focus on the Forbes campaign
4. Legacy of the Battle for Pittsburgh

LH10

GREAT SCOT! GETTING TO KNOW DR. DAVID LIVINGSTONE

Instructor: Dr. Rich Stuebing

Friday, November 9, 2018

10:00 am – 11:30 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Who was David Livingstone anyway – medical doctor, missionary, explorer? Why did he go to Africa, and was he successful? What was his relationship with Africans, missionaries and God? What was his reaction when he saw the mighty Musi-o-tunya (which he named Victoria Falls) for the first time? This presentation will look at this complex and controversial man, especially through quotes from his own writings.

LH11

WORLD GEOGRAPHY AND INTERNATIONAL FLAGS

Instructor: Mr. Paul A. Miller

Wednesday, November 14, 2018

10:00 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This presentation includes a study of the nations and continents using a world map. International changes concerning nations' names, flags, etc. will be reviewed. World flags representing over 300 independent nations and territories will be displayed. This will be an interactive class, and a brief, fun quiz on world geography will be given. Handouts will also be available.

LOCAL HISTORY

LH12

LITITZ, PA – STILL ONE OF AMERICA'S COOLEST SMALL TOWNS!

Instructor: Ms. Deborah J. Douthart

Friday, September 28, 2018

8:30 am – 3:30 pm

Lititz, PA

*See cost and transportation details below.

Enrollment Limit: 26

Voted America's coolest small town in 2013, Lititz continues to live up to its reputation. Join us as we investigate its history and culture. We'll begin our journey with a tour of the Moravian Church. Next we'll visit the Lititz Historical Foundation and the 1792 Mueller House. Participants will then have the rest of the afternoon to dine in one of many delicious restaurants and then explore numerous local shops. Lititz has it all; come see for yourself!

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 8:30 am. Return to Landis Homes will occur by 3:30 pm at the latest. Additional costs to participants include \$7.50 admission fees and \$9.00 for bus transportation, payable at time of registration. All attendees will pay for their own lunch.

LH13

A PENNSYLVANIA TRILOGY

Instructor: Dr. Donald L. Walters

Fridays, October 5, 12, and 19, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This three-session course will cover three fascinating areas as follows:

PART 1. PENNSYLVANIA POTPOURRI

– An overview of the variety of places, city and country, in Pennsylvania. Historical sites and natural wonders from Philadelphia to Erie and from Pike County to Pittsburgh will be included.

PART 2. William Penn's "Greene Country Towne" will include a look at Philadelphia, the old and the new.

PART 3. LANCASTER "300" – A visit to sites from Lancaster's beginnings in the 18th Century. Many places have or will soon celebrate their 300th birthday during the 21st Century.

LH14

PENNSYLVANIA'S FORGOTTEN CANAL ERA

Instructors:

Mr. James Douthart & Ms. Deborah Douthart

Thursday, October 11, 2018 (Classroom Session)

10:00 am – 11:00 am

High Learning & Wellness Center, Landis Homes

Saturday, October 13, 2018 (Field Trip)

9:30 am – 4:30 pm

National Canal Museum, Easton, PA

*See cost and transportation details below.

Enrollment Limit: 27

From 1792 – 1931, hard working men, mostly using hand tools, opened a “water highway” for Pennsylvania. Our state had 1,356 miles of canals, where canal boats, pulled by horses and mules, linked cities, villages, factories and mines. An overview of this forgotten era will be presented prior to a canal boat experience. The National Canal Museum in Easton, PA is nestled in a 520 acre park between the Lehigh Canal and the Lehigh River. Take a journey through time with us back to America’s age of canals at one of our country’s largest canal heritage museums.

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 9:30 am. Return to Landis Homes will occur by 4:30 pm at the latest.

Additional costs to participants include \$9.00 admission to the museum, \$9.00 for boxed lunch and \$15.00 for bus transportation, payable at time of registration.

LH15

PHILADELPHIA TO HOLLIDAYSBURG ON THE PENNSYLVANIA MAIN LINE CANAL AND PUBLIC WORKS

Instructor: Mr. Stephen A. Runkle

Monday, November 5, 2018

1:00 pm – 3:00 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This presentation takes the audience on a trip, circa 1840, from Philadelphia to Hollidaysburg on the Pennsylvania

> COURSES & EVENTS BY TOPIC (SEPTEMBER 4 – DECEMBER 5)

Main Line Canal and Public Works. Our hypothetical journey utilizes first-hand accounts by Charles Dickens and Harriet Beecher Stowe to describe what passenger travel was like on the Pennsylvania Main Line Canal during the early 19th Century. With the permission of the American Canal and Transportation Center, the presentation utilizes the artwork of Philip Hoffmann, as presented in his book entitled “A Picture Journey along the Pennsylvania Main Line Canal.” Historic photographs taken along the Pennsylvania Main Line Canal and within the Susquehanna River Basin, supplement Hoffmann’s artwork. In several cases, current photographs show what historic canal sites look like today.

LH16

12 ANECDOTES ABOUT LANCASTER COUNTY

Instructor: Mr. Jack Brubaker

Wednesday, November 7, 2018

9:00 am – 10:00 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Jack Brubaker, author of “The Scribbler” column for Lancaster Newspapers, will tell twelve brief stories from the 18th to the 21st centuries about well-known, obscure incidents and personalities in Lancaster County’s history. These anecdotes, he hopes, will be both informative and entertaining.

LH17

TROLLEYS OF LANCASTER COUNTY

Instructor: Mr. Herb Fisher

Friday, November 9, 2018

1:00 pm – 2:30 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Through his vintage photos, the presenter will take viewers through Lancaster County by trolley. He will show the route each trolley line has taken and include personal stories he has discovered while “tracking” down precise information about them.

Mr. Fisher has spent the last decade assembling old photos and matching them to present day. His collection has reached 8,500+ photos out of which he has put trolley photos into a very flexible format.

CURRENT TOPICS & DISCUSSIONS

LH18

SUPPORTING VIBRANT COMMUNITIES: FAITH-BASED ORGANIZATIONS INVOLVED IN PUBLIC HEALTH

Instructor: Dr. Rolando L. Santiago

Fridays, September 7 and 14, 2018

10:00 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Participants will learn about the global impact of faith-based organizations (FBOs) that support local communities to meet the public health needs of vulnerable populations. There will be discussion about the history, roles, and research of these FBOs, with special emphasis on stories from an exemplary FBO involved in global public health. Photos and videos will enrich the course.

LH19

3 HURRICANES IN 30 DAYS: ONE YEAR LATER. HOW MENNONITE DISASTER

SERVICE (MDS) IS RESPONDING AND REBUILDING – TRIP

Instructor: Mr. Kevin King

Wednesday, September 12, 2018

9:00 am – 11:45 am

MDS Facility in Lititz, PA

*See cost and transportation details below.

Enrollment Limit: 27

During 2017, Hurricane Harvey hit Texas on August 25, Hurricane Irma hit Florida on September 10, and Hurricane Maria made landfall in Puerto Rico on September 20. This presentation will include stories of how volunteers responded through MDS to respond to three category 4 hurricanes. A tour of the MDS facilities will also be given.

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 9:00 am. Return to Landis Homes will occur by 11:45 am at the latest. Additional costs to participants include \$5.00 for bus transportation, payable at time of registration.

LH20

UNDERSTANDING THE OPIOID EPIDEMIC

Instructor: Dr. Roger Sider

Thursdays, November 1 and 8, 2018

10:00 am – 11:45 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Since the beginning of the 21st century in 2000, deaths from opioids have increased every year until, in 2017, more Americans died from drug overdose than from automobile accidents, from gun violence or from breast cancer. Yet most people do not really understand how this epidemic developed and why it has become so devastating. In this course, participants will learn about the history of opioids, how they work in the brain and why they are so addictive and lethal. In addition, new policies, programs and exciting new treatments that have the potential to bring this epidemic under control will be reviewed.

NATURE & SCIENCE

LH21

COME FLY WITH ME

Instructor: Mr. Lou Thieblemont

Monday, September 10, 2018

9:00 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

AVIATION: A TWO-PART PRESENTATION

PART ONE of this presentation includes a 45-minute lecture followed by Q&A on how a large passenger aircraft works. It reviews how the plane develops lift, how it is controlled, how the various systems work & what the pilot is doing during the various phases of flight.

PART TWO consists of a 45-minute presentation followed by Q&A. It also includes a flight - IN REAL TIME - in a Boeing 757 from Philadelphia, to Harrisburg, PA. Guests will ride inside the cockpit of a modern jet transport and experience everything the pilot does during the flight. All aspects of navigation, weather, traffic and air traffic control are explained using a state-of-the-art computer flight simulator. Every switch and instrument works like the real plane.

"Tales from the cockpit" is a lighthearted look back at some of the funny things that happened to the presenter while flying all over the world for almost 40 years. He will share stories that happened on the plane and some off the plane, all showing what can happen when you least expect it to occur!

LH22

BALD EAGLES AT CONOWINGO DAM

Instructor: Dr. Paul E. Brubaker

Wednesday, December 5, 2018

9:00 am – 2:30 pm

Conowingo Dam, Maryland

*See cost and transportation details below.

Enrollment Limit: 26

This year, in early December, we will be traveling to the Conowingo Dam Visitors Center for a brief facilities stop, then on to the base of the dam breast to look for Bald Eagles and other birds that may be present. At times the eagles number in the hundreds! After observing the birds for one to one and one-half hours, the instructor and group will return to the Visitors Center, then travel to The Union Hotel, located on the other side of the river to have lunch at this historic tavern, built in the 1790s.

Dress warmly as it can be cold along the river, and bring binoculars or a spotting scope if you have one. Those who have optics are encouraged to share as needed.

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 9:00 am. Return to Landis Homes will occur by 2:30 pm at the latest. Additional costs to participants include \$9.00 for bus transportation, payable at time of registration. All attendees will pay for their own lunch.

RELIGIOUS CULTURES & TOPICS

LH23

ISLAM 101: AN INTRODUCTION TO ISLAMIC FAITH, PRACTICES AND LOCAL COMMUNITY ACTIVITIES

Instructor: Mr. Mukaram Syed

Thursdays, September 6, 13, and 20, 2018

(Classroom Sessions)

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Friday, September 21, 2018 (Optional Field Trip)

12:30 pm – 4:00 pm

*See cost and transportation details below.

Islamic Community Center of Lancaster

Enrollment Limit: 27 (*See note below)

This course titled Islam 101 will offer a review of the facts of Islamic faith, practices and local community activities.

SESSION I will address the history of Muslims, the community center and local community activities.

SESSION II will review the basics including what Muslims believe in, as well as their practices, holy books and other beliefs.

SESSION III will review one or more of the following topics including Abrahamic faith, care for elderly, or the story of Adam or Mary in the Quran, etc.

*There will also be an optional field trip to visit the Islamic Community Center of Lancaster for the first 27 registrants. Guests will have the opportunity to observe the sermon in English and meet with community leaders. (Please note: There is a lengthy flight of stairs to access the center; there is no elevator.)

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 12:30 pm. Return to Landis Homes will occur by 4:00 pm at the latest. Additional costs to participants include \$9.00 for bus transportation, payable at time of registration.

LH24

FINDING OUR SPIRITUAL LUSTER IN LATER LIFE

Instructor: Mr. William Cave

Thursday, October 25, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This course will explore the spiritual dimensions of later life. Attention will be given to what spirituality means during that phase of life and to discerning what spiritual practices do for us, how they help us find our spiritual luster and thus, re-frame the often limiting and negative notions about later life.

LITERATURE

LH25

FOUR MASTERPIECES OF THE TWENTIETH-CENTURY AMERICAN SHORT STORY

Instructor: Dr. Louise Barnett

Tuesdays, September 4, 11, 18, and 25, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

This course will consist of four sessions, each one devoted to one of the following stories: Ernest Hemingway, "The Doctor and the Doctor's Wife," F. Scott Fitzgerald, "Babylon Revisited," William Faulkner, "Barn Burning," and Flannery O'Connor, "The Comforts of Home." These stories cover a spectrum of relationships -- husband and wife, parent and child, and siblings.

LH26

AN INVITATION TO POETRY

Instructor: Ms. Cheryl M. Harmon

Wednesdays, October 10 and 17, 2018

1:00 pm – 2:30 pm

High Learning & Wellness Center,
Landis Homes

Enrollment Limit: 40

Using a DVD from the "Favorite Poem Project" initiated by Poet Laureate of the United States, Robert Pinsky, the presenter will share a selection of five to six poems read by individuals whose poems were selected for the project. The poems are read in the individual's personal environment and include a narration by the speaker about why the poem is meaningful. At least one poem will feature a veteran or someone speaking in memory of a veteran. The presenter has selected a range of multicultural, age and gender readers to appeal to many attendees. Time will be available between each reading for reactions from participants.

MUSIC, MOVIES & FINE ARTS

LH27

FILM LEGENDS: LAURENCE OLIVIER AND VIVIAN LEIGH

Instructor: Mr. Robert J. Bresler

Friday, September 14 and
Wednesday, September 19, 2018

3:00 pm – 4:30 pm

High Learning & Wellness Center, Landis Homes
Enrollment Limit: 60

This course will provide detailed information about the lives and careers of Laurence Olivier and Vivian Leigh, both film legends of Hollywood's Golden Age. The sessions will also include discussion of their careers, as well as clips from a few of their film performances.

LH28

ART OF THE STEAL: ACTUAL HEIST OR CONSPIRACY THEORY

Instructor: Ms. Deborah Douthart

Wednesday, September 26, 2018 (Classroom Session)
10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Thursday, September 27, 2018 (Field Trip)

8:30 am – 4:30 pm

The Barnes Museum, Philadelphia, PA

*See cost and transportation details below.

Enrollment Limit: 27

This presentation will explore the controversial plan to move the Barnes Foundation's \$25 billion collection of modernist and post-impressionist art from its longtime home in Philadelphia suburbs, to a downtown location – against the wishes of its founder. Albert Barnes made his fortune in business and amassed an unprecedented collection of artwork. He chose to display his acquisitions in a

> COURSES & EVENTS BY TOPIC (SEPTEMBER 4 – DECEMBER 5)

distinctly innovative and provocative style, meant to educate the masses about fine art. A viewing of Don Argott's documentary will follow the struggle for control of Barnes' collection.

Part II will include a field trip to Philadelphia where participants can view Barnes' collection first hand and make their own decisions regarding the way this collection has been handled.

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 8:30 am. Return to Landis Homes will occur by 4:30 pm at the latest. Additional costs to participants include \$23.00 admission to the Barnes Museum and \$15.00 for bus transportation, payable at time of registration. All attendees will pay for their own lunch.

LH29

THE MEN BEHIND THE CAMERA: THE GREAT AMERICAN DIRECTORS OF HOLLYWOOD'S GOLDEN AGE

Instructor: Dr. Roger A. Godin

Thursdays, October 11, 18, 25, and November 1, 2018

1:30 pm – 3:30 pm

High Learning & Wellness Center, Landis Homes
Enrollment Limit: 60

The great stars of Hollywood represent the face of the Golden Era of Hollywood. Leading these great stars, standing behind the cameras, the amazing, talented men who directed these wonderful films used their great genius to give us decades of joy, sitting in the dark mesmerized and spellbound by the stories that illuminated our lives.

In this four-session course we will examine the careers, lives and films of eight of the greatest directors in Hollywood history: John Ford, Howard Hawks, Frank Capra, Billy Wilder, William Wyler, Orson Welles, Preston Sturges and John Huston.

GENERAL INTERESTS & HOBBIES

LH30

HERE ZUCCHINI, THERE ZUCCHINI, EVERYWHERE ZUCCHINI!

Instructor: Ms. Linda Rand

Thursday, September 13, 2018

1:00 pm – 3:00 pm

Dogwood Community Room, Landis Homes

Enrollment Limit: 25

Yes indeed, there is plenty of this green fruit (yes, fruit) around this time of year. If you have ever planted a garden or know someone who has a garden, then the most common thought is “what am I going to do with all of this zucchini?” One solution is that you can give them away, and then they become the problem of your neighbors and friends! However, there are many other excellent options.

The zucchini is a member of the summer squash family and is full of many vital nutrients that our bodies need. You will have the opportunity to learn the history of the zucchini and other interesting information about this fruit. There are many different ways to enjoy zucchini other than “zucchini bread.” In fact, the presenter has found over 100 different recipes. Class participants will receive about 12 different recipes and will get to sample a number of them. So, sign up early so you can enjoy some good food as you learn about zucchini!

Additional cost to participants will be \$5.00.

LH31

DINNER WITH THE AMISH

Instructor/Host: Reverend Richard Cook

Tuesday, September 25, 2018

4:45 pm – 7:30 pm

Amish farm in Manheim, PA

*See cost and transportation details below.

Enrollment Limit: 27

Pathways members have enjoyed many Amish dinners at nearby Lititz farms in recent years. This fall, we are trying something new – actually, several new things. First, the group will be going to a new location – an Amish farm in Manheim. And for the first time, Pathways Institute members from both sites (Landis Homes and Messiah Lifeways) will be together at the same time, same place, and same dinner! We think this will be enjoyable and exciting!

Here's the menu to expect:

Roast Beef
Ham Loaf
Buttered Noodles
Corn
Green Beans
Mashed Potatoes & Gravy
Bread/Butter/Peanut Butter Spread
Chow Chow
Pickled Beets
Shoofly Pie and Apple Pie
Ice Cream
Iced Tea/Coffee

*The Landis Homes bus will leave from the High Learning & Wellness Center promptly at 4:45 pm. Return to Landis Homes will occur by 7:30 pm at the latest. Additional costs to participants include \$17.00 for the Amish dinner and \$9.00 for bus transportation, payable at time of registration.

LH32

FROM TRASH TO TREASURES

Instructor: Reverend Richard Cook

Thursday, October 4, 2018

2:00 pm – 3:30 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

In this workshop, the fine art of “Antique Restoration” will be explored. Participants will look at the tools necessary, some of the tricks and techniques required, as well as some of the finished items both large and small. The one thing that is absolutely required and essential for such projects will be discussed. And finally, in addition to questions and answers, the session will consider why restoration is a deeply theological experience.

LH33

BIKING ACROSS AMERICA AS A COUPLE ON A TANDEM BIKE

Instructors: John and Janet Weber

Tuesday, October 9, 2018

9:00 am – 10:30 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

The biking experiences of the presenters on a tandem bike began in 2003, and since then, they have cycled together over 50,000 miles to numerous states, national parks and five international cycling tours. In 2007, they stepped up to the challenge to ride across America from Astoria, Oregon to Portsmouth, New Hampshire as part of a fund-raising project for Lancaster Mennonite School – Kraybill campus. The presentation will include a 15-minute DVD and sharing of their experiences on the trip, and what they learned about themselves and their marriage partnership.

LH34

BEAUTIFUL BEESWAX AND OTHER PRODUCTS FROM THE HIVE!

Instructor: Ms. Joyce Wilder

Friday, October 12, 2018

1:00 pm – 3:00 pm

Dogwood Community Room, Landis Homes

Enrollment Limit: 20

Explore the many various items that can be made with beeswax. Learn to make four rolled beeswax candles. This class will include two tapers and two pillar candles. Make your own set of three beeswax food and container covers. These wax infused wrappers are the perfect natural, reusable replacement for plastic wrap in your kitchen. Enjoy these natural ecological products yourself or give them as beautiful handmade gifts.

Additional cost to participants is \$15.00 for supplies, payable at time of registration.

LH35

POTPOURRI – A LITTLE OF EVERYTHING!

Instructor: Mr. Edgar Stoesz

Monday, October 15, 2018

10:00 am – 11:15 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

POTPOURRI – A LITTLE OF EVERYTHING!

This special session will include:

- Humor
- Old Classics
- Inspiration
- Spiritual Reflection
- Commentary on Our Times
- Peering Into the Future
- Finding Good News in Every Day!

It is a presentation guaranteed to make you feel a little lighter – and maybe even a little wiser!

WELLNESS & PERSONAL DEVELOPMENT

LH36

WHAT'S AHEAD – THOUGHTS ON THE END OF LIFE

Instructor: Dr. George R. Simms

Wednesday, September 5, 2018

10:00 am – 11:30 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Many people say, "I am not afraid of death, but I am afraid of dying." This is understandable, since dying often means pain, dependency, and loneliness. But most of all fear – the fear of the unknown. This presentation will concentrate on the physical, emotional, and spiritual aspects of aging, and how we can best prepare for the next stage of our journey.

LH37

YOU'VE GOT PERSONALITY – PART TWO

Instructor: Professor Al Schaub

Wednesdays, September 5 and 12, 2018

1:00 pm – 2:30 pm

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 40

This program is a continuation of "YOU'VE GOT PERSONALITY – PART ONE" which was offered during the Pathways Institute spring 2018 term.

With personality being defined as the sum total of human psychological traits and attributes, this course will explore, review, and discuss several facets of personality. Included will be an exploration of attributes such as personal power, humor, charisma, personal maturity, leadership, and recognizing potentially manipulative personalities.

When relevant to the topic, a discussion of personality traits as related to our younger years versus our senior years will be discussed. Also, special attention will be given to recognizing and coping with manipulative people.

(A prior knowledge of psychology is not needed to enjoy or benefit from this program, nor is having attended Part One a necessity.)

LH38

MEDICARE 101

Instructor: Mr. Jim Wahlberg

Monday, September 24, 2018

9:00 am - 10:30 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

The purpose of this class is to give an educational overview of Medicare, as well as the insurance options that are available for those eligible for Medicare. The instructor routinely hears people say, "I'm so confused by all of the options available!" The basics of supplemental insurance, Medicare Advantage, and prescription drug plans will be reviewed and discussed.

LH39

SPEAKING HONESTLY, LISTENING WELL

Instructors: Dr. Peter Schreck and Dr. Carol Schreck

Tuesdays, October 16, 23, and 30, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center,

Landis Homes

Enrollment Limit: 30

Have you ever asked yourself, "Where did I learn to speak and listen?"

Chances are you never had a course in that because, unlike the 3 R's, it's often assumed that people just know how to speak and listen. But actually, we did learn in school -- we were "home-schooled." This course will review what we learned "at home." We will also identify some lessons we probably missed, some that we want to update, and still others that may be new. We'll learn and practice new skills that will make us more adept in the relational art of speaking honestly and listening well.

LH40

SUGAR SHAKEDOWN: THE TRUTH BEHIND SUGAR IN THE FOOD INDUSTRY

Instructor: Ms. Hilary McMahon

Thursday, October 18, 2018

10:30 am – 12:00 noon

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 60

Sugar has taken a spotlight in recent years by being accused of sabotaging healthy lifestyles. This seminar will help participants make educated decisions on including sugar in daily diets, and to make the distinction between natural versus added sugars. This presentation will provide a glimpse of how the sugar industry has transformed itself through the years, and its effect on our health.

LH41

LIVING YOUNGER LONGER: INCREASING THE QUALITY OF YOUR LIFE – PART 1

Instructor: Mr. Dick Boyer

Mondays, October 22 and 29 & November 5, 2018

9:00 am – 11:00 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 40

This three-session course will examine the issue of diet and disease. The health and nutritional information provided will help attendees learn what they can do to contribute to their ultimate health and wellness. Participants will learn that most, if not all, degenerative disease can be controlled, prevented, or even reversed if they know that food is their medicine. This course will help people improve their quality of life and live a healthier, more disease-free life.

> COURSES & EVENTS BY TOPIC (SEPTEMBER 4 – DECEMBER 5)

LH42

A BETTER WAY TO CARE FOR PERSONS WITH MEMORY LOSS

Instructor: Dr. J. Kenneth Brubaker

Friday, November 16, 2018

9:00 am – 10:30 am

High Learning & Wellness Center, Landis Homes

Enrollment Limit: 50

Due to our aging population in the USA, there is an associated increase in older adults, especially those 80 years of age and older, who are at high risk for progressive memory loss. Thus, most people living today will likely have a family member or relative/friend that will develop memory loss. Caring for persons with impaired memory can be very challenging and stressful to family members, especially family caregivers. This seminar will enable one to develop effective communication skills and feel comfortable relating to those with memory loss. These skills can provide a higher quality of life for persons with memory loss, and for caregivers who are responsible for the care of someone with cognitive impairment.

Please Note: New courses and special events are sometimes added to the Pathways Institute schedule after catalogs are printed. Updated information about new opportunities will be available at the Pathways Office and will also be posted on the Pathways Institute website: thepathwaysinstitute.org.

INSTRUCTOR BIOGRAPHIES

We wish to thank our volunteer instructors for sharing their time, talent, and expertise through Pathways Institute!

LOUISE BARNETT, Ph.D. is retired from teaching English and American literature at Rutgers University, New Brunswick, NJ, in both the English Department and the Department of American Studies. She has a Ph.D. in this field and has published extensively, both books and articles, on American fiction.

DICK BOYER is a retired educator. He has a B.S. and a M.Ed. in Health and Physical Education and taught 7th and 8th grade health and P.E. in the Manheim Township School District. One of Mr. Boyer's interests is to make a contribution to the health and wellness of others.

ROBERT J. BRESLER, Ph.D. is Professor Emeritus of Public Policy, Penn State University at Harrisburg. He taught for many years in the Penn State American Studies program. Dr. Bresler received his Ph.D. from Princeton University. He has taught at the University of Wisconsin – Green Bay, the University of Delaware, the U.S. Army War College, and Penn State University where he completed a 32-year career in 2001. He then served as Visiting Professor of Government at Franklin and Marshall College from 2001-2009.

Dr. Bresler has lectured and written extensively about the Hollywood Golden Age.

JACK BRUBAKER has written the "Scribbler" column since 1979. Mr. Brubaker is retired as an investigative reporter for Lancaster Newspapers or LNP, but he still writes the column once a week. He has written six books. One of them is a collection of Scribbler columns, titled Remembering Lancaster County.

J. KENNETH BRUBAKER M.D., CMD, has been a practicing geriatrician in the Lancaster community for 30 years. Most of his geriatric career involved caring for residents with moderate to severe cognitive impairment in addition to working closely with family members of those with memory loss.

Presently, Dr. Brubaker serves as a co-medical director for the Masonic Village Hospice Program, serves as the Corporate Medical Director of Masonic Villages of PA and does consulting work for the University of Pittsburgh Medical Center.

> INSTRUCTOR BIOGRAPHIES

PAUL E. BRUBAKER, M.D. has been an amateur naturalist since a child, interested in flora and fauna of the Lancaster County farm on which he grew up. Dr. Brubaker has always been interested in birds. He learned what more serious birding involved while attending birdwatching activities at Camp Swatara while in his early thirties, and since has traveled from Florida to Alaska, from Newfoundland to California in search of birds. His life list for identified North American bird numbers is 622. He has led bird walks with the National Park Service at the Outer Banks of North Carolina, and currently volunteers, leading teaching activities at Governor Dick Park, Lebanon County. Dr. Brubaker is a retired family physician.

WILLIAM CAVE worked in social services at Londonderry Village in Palmyra for many years. During that time, he also served as an adjunct instructor in gerontology at the Lebanon campus of HACC, and as an adjunct lecturer in gerontology at Evangelical Seminary in Myerstown. Mr. Cave retired from Londonderry Village in June 2013 and is now serving part-time as Coordinator of Congregational Care at Palmyra Church of the Brethren.

RICHARD COOK is a graduate of Roberts Wesleyan College, Eastern Baptist Seminary and Princeton Seminary. He pastored at American Baptist churches for 38 years in Pennsylvania, New Jersey, Michigan and Ohio. Reverend Cook retired in 2009 and now works part-time at First Baptist Church in Lancaster, Pennsylvania. He also serves as Chair of the Pathways Institute Advisory Board.

> INSTRUCTOR BIOGRAPHIES

DEBORAH J. DOUTHART recently relocated to the Lancaster area from New England. A retired educator with a Master's Degree in Educational Leadership as well as in American and New England Studies, Ms. Douthart enjoys exploring all the rich and historical background of Pennsylvania. She now works as a Coordinator with the Pathways Institute at Landis Homes and looks forward to sharing her love of lifelong learning with others.

JAMES DOUTHART has acquired an intimate knowledge of bridgeworks, which was gained over a thirty-year career with New Hampshire's Department of Transportation, working with a variety of bridge maintenance crews statewide. When he retired, his lifelong interest in railroads and trains led to a passenger representative position with the Green Mountain Railroad in White River Junction, VT. An avid photographer, Jim records ongoing historical events, forces of nature and all things with moving parts.

HERB FISHER is retired from Lucent Technologies and has taught small & large groups for 50 plus years, mostly within the local church. He has presented the historical trolley program to many organizations.

ROBERT A. FRICK, Ed.D. is retired after 45 years of service to the Lampeter-Strasburg School District. In addition, he served two terms as Superintendent of Record for the Lancaster County Career and Technology Center. A graduate of Millersville University with B.S. and M.S. degrees, Dr. Frick holds a doctorate in educational administration from Temple University. He has served as adjunct professor of educational administration for Temple, Penn State, Millersville, Shippensburg, and Immaculata Universities.

ROGER A. GODIN, Ed.D. taught film & media studies at Franklin & Marshall for over 10 years and has spent 50 years studying film history and analysis. Although Dr. Godin's passion for film is widely inclusive, his first love remains the history of Hollywood, and the artistic and creative development of the American Film industry.

CHERYL M. HARMON is retired from the Commonwealth of Pennsylvania. She has exhibited the following:

A "Lady's Boudoir" at East Shore Library, featuring vintage cosmetics; Lewis and Clark Expedition 200th Anniversary at Susquehanna Township H.S. Library; African-American collection at PA Department of Education; and a Veterans Day exhibit at PA Department of Education.

KEVIN KING attended Eastern Mennonite College, and graduated in 1981 with a degree in International Agriculture Development. He received an MBA in International Economic Development in 1987 from Eastern College. Mr. King is Executive Director of Mennonite Disaster Service (MDS) based in Lititz, Penna. He served for six years as a board member of National Voluntary Organizations Active in Disaster (NVOAD). Mr. King was previously Material Resources Manager at Mennonite Central Committee, and he coordinated the collection and shipping of material aid overseas. He traveled extensively to Africa, Asia, Europe, and Latin America to follow up on many of the disasters.

JOHN MAIETTA is a retired Army officer, lifelong history enthusiast, and long-time member of the Pathways Institute "faculty." In 2014, he received a Master's Degree in Applied History from Shippensburg University, where he subsequently taught introductory courses in the foundations of global culture. Mr. Maietta is currently an adjunct history instructor at York College of Pennsylvania. He is also a popular presenter of cultural and historical programs at libraries, retirement centers, and other community venues in the region.

MARY MANGES is the Director of Education at Fort Ligonier, a French & Indian War historic site and museum. She regularly designs and conducts outreach programming for adult and student groups.

HILARY MCMAHON, RDN, LDN, CHWC. Hilary is a registered dietitian and health coach for Capital BlueCross' health and wellness stores. She loves exploring the world of food and continually learning about the ever-changing world of nutrition. At Capital Blue Ms. McMahon offers one on one nutrition consultations to help individuals reach their lifestyle and wellness goals. She recently became a Certified Health and Wellness Coach and now offers general health coaching sessions in addition to nutrition. She participates actively in creating a healthier community through wellness initiatives, within the walls of the Capital Blue Health and Wellness Store, as well as in the community.

PAUL A. MILLER graduated from Warwick High School in Lititz and attended HACC for a geography class. He is retired from the Warwick School District since 2011 after having served there 37 years. Mr. Miller is now a tour guide with the Lititz Historical Foundation and a lay pastor at Lititz United Methodist Church. He is also Vice President of the Warwick Religious Released Time Program.

LINDA RAND has taken classes and researched the importance of eating healthy foods for the past five years, especially for people age 55 and better. Ms. Rand is currently retired and she enjoys sharing her interests with others through the Pathways Institute and other groups.

STEPHEN A. RUNKLE is a retired Hydraulic Engineer who has spent a lifetime of free time studying area history and its consequences. Over the past nine years he has given more than 25 presentations through Pathways Institute at Messiah Village and Landis Homes, where he has received highly favorable evaluations from his students.

ROLANDO L. SANTIAGO, Ph.D. has for ten years evaluated over 90 community-based systems of care for children and adolescents with serious emotional disturbances and their families funded by U.S. Department of Health and Human Services. Faith communities were involved. He currently consults for Faith-Based Organizations.

AL SCHAUB is an Associate Professor Emeritus of Management Development, Penn State University, a department that served as educational consultants to companies, governments, hospitals, and other organizations throughout the U.S., Canada, and Mexico. He also maintained an active psychological and management consulting practice.

PETER SCHRECK, Ph.D., M.Div. and **CAROL SCHRECK, D.Min.** retired in 2010, having taught and co-taught for 30 years in the doctoral program in Ministry to Marriage and Family at Palmer Theological Seminary. They are licensed Marriage and Family Therapists, and continue to see individuals, couples and families on a part-time basis. They started Kairos Counseling Services in Devon, PA. Both are highly committed to integrating faith with social science theory and clinical practice.

ROGER SIDER, M.D. is a retired physician and psychiatrist whose career encompassed medical school teaching, hospital administration and clinical care. Dr. Sider has taught multiple well-received courses for Pathways Institute over the past 8 years, and was a SAGE Award recipient in 2017.

GEORGE R. SIMMS, M.D. practiced medicine for fifty years both as a family physician and a hospice physician. He is a former Professor of Family & Community Medicine at Penn State University College of Medicine – Hershey Medical Center. Dr. Simms retired from active medical practice in 2015.

RONALD C. SOLLENBERGER was a school counselor and vocational educator for 35 years in both secondary and post-secondary education. He retired and became interested in colonial history and native cultures. Mr. Sollenberger has read and studied much, has taken many classes and seminars, attended many re-enactments, and visited numerous historical sites on the East Coast.

EDGAR STOESZ grew up on a farm in a Russian Mennonite community in Minnesota. His early education was in a one-room school house. He was married for 58 years and together, he and his wife raised four “good kids.” Mr. Stoesz served 35 years with Mennonite Central Committee, visited 70 countries, and wrote several books including Doing Good Better. He also served on numerous boards including Habitat for Humanity International, and as Moderator, Atlantic Coast Conference of Mennonite Church USA. Mr. Stoesz is now retired in Akron where he has lived in the same house for 60 years.

RICH STUEBING, D.Min. spent more than forty years teaching in Zambia, where David Livingstone died in 1873. One of his favorite courses was African Church History, and he did research on Livingstone for a course requirement for his Doctor of Ministry degree from Gordon-Conwell Theological Seminary.

MUKARAM SYED is a chemical engineer by profession. He is one of the founding members and a Trustee on the board of the Islamic Community Center of Lancaster. He is very involved with community outreach, inter-faith activities, teaches several Islamic courses, and is principal of the Sunday Islamic School. Mr. Syed actively holds several educational seminars at various local schools and colleges, covering topics of Islamic faith and practices.

> INSTRUCTOR BIOGRAPHIES

LOU THIEBLEMONT is a retired commercial airline pilot with over 40 years of flying experience, and he is the former Mayor of Camp Hill, PA. Mr. Thieblemont was a flight instructor during his time with the airlines. He has instructed several other highly popular Pathways courses.

DONALD L. WALTERS, Ph.D. is Professor Emeritus, Temple University. He has had the opportunity to study and visit many places important to the history and development of Pennsylvania. Most of his professional career was spent in Pennsylvania where he has resided for 49 years.

JIM WAHLBERG has been in the health & life insurance industry for over ten years, and one primary focus has been helping individuals eligible for Medicare to understand their options better. He operates as a broker, and licenses with many of the top insurance companies, which allows him to help each person find a plan for their unique situation.

JOHN and JANET WEBER are graduates of Eastern Mennonite University. Mr. Weber had a 36 year career in education as a high school teacher and elementary school principal. Mrs. Weber had a career in nonprofit administration both with MCC and Akron Mennonite Church. Both are retired and have many years of cycling experience in various conditions and situations. They have shared their cycling experiences with approximately 1,100 people, including schools and their congregation at Akron Mennonite Church.

JOYCE WILDER has been a Beekeeper for nine years. She is a member of the PA Backyard Beekeepers and the York County Beekeeper's Association. Ms. Wilder has given numerous lectures to area garden clubs and organizations. She is a retired educator who worked for the PA Department of Education in Harrisburg doing teacher training and evaluation in the field of special education.

BOB WYBLE retired after 34 years of service as an educator in public schools. He taught biology at McCaskey High School and Penn Manor High School, and served as Assistant Principal at Warwick High School for 15 years. Mr. Wyble received a Bachelor's degree from Millersville University and a Master's degree from Northern Arizona University in Flagstaff, Arizona. While teaching at McCaskey and Penn Manor High Schools, he led student groups on hikes to the bottom of the Grand Canyon in Arizona. He is an amateur photographer who has given many fascinating Pathways programs.

ANNE M. YODER has been an archivist for 25 years. She has worked with many conscientious objectors (C.O.) collections from WWI and later at the Swarthmore College Peace Collection. She administers a database of information about WWI C.O.s, and a website of over 700 letters, diaries, and other material written by and about them. Ms. Yoder has given presentations to both religious and secular audiences.

FALL 2018 REGISTRATION FORM

PATHWAYS INSTITUTE FOR LIFELONG LEARNING®

PLEASE COMPLETE ALL SECTIONS AND PRINT ALL INFORMATION (ONE FORM PER PERSON)

PLEASE SELECT ONE OF THE FOLLOWING REGISTRATION OPTIONS:

Please refer to MEMBERSHIP on page 2 for details concerning registration options.

☐

MEMBERSHIP OPTION

☐

PER COURSE OPTION

NAME: Dr. Mr. Mrs. Ms. (Circle one)

Last Name

First Name (preferred)

MI

ADDRESS:

Street

Apartment/Cottage #

City

State

Zip Code

PLEASE SELECT ONE:

☐

Community Member

☐

Landis Homes Resident

☐

Steeple View Resident

☐

Instructor

PHONE: _____

EMAIL ADDRESS: _____

REGISTRATION DATA:

- > Membership Fee Covers Enrollment in **Eight** Courses (Plus Other Benefits Listed in Catalog).
- > Membership Fee and Per Course Fees **do not** cover Special Events, Service Projects, Transportation, Books, Supplies, or Meals.
- > **Please do not submit payment with registration.** A statement will be issued indicating amount owed along with confirmation of courses and events in which you are enrolled. Payment is due within two weeks of receiving statement. Make checks payable to: **Landis Homes**
- > **Prioritize** your selections by listing them in order of importance in the section on the reverse side. Priority is given first to your preferences and secondly to the date your registration form is received.
- > Every attempt will be made to enroll an individual in their first **8** preferred courses for Membership option (special events not included). Requests for additional courses will be considered on a space available basis, so it is important to list **all** courses you are interested in attending in priority order.
- > Please make sure to check the boxes on the reverse side if you wish to attend the special events. Capacity for these events is limited, so please sign up early!
- > Service Projects are **not** to be counted in your course selections. Please use the check boxes to select them.
- > Please refer to the Fee Schedule for a list of all fees associated with the fall 2018 term.

SEE REVERSE SIDE TO REGISTER FOR COURSES, EVENTS & PROJECTS >



COURSE/PROJECT/EVENT REGISTRATION

PLEASE COMPLETE ALL SECTIONS AND PRINT ALL INFORMATION (ONE FORM PER PERSON)

PRIORITY SELECTIONS

PRIORITY	COURSE #	COURSE/EVENT TITLE
First Choice		
Second Choice		
Third Choice		
Fourth Choice		
Fifth Choice		
Sixth Choice		
Seventh Choice		
Eighth Choice		

ALTERNATE SELECTIONS

ALTERNATE	COURSE #	COURSE/EVENT TITLE
First Choice		
Second Choice		
Third Choice		

PRESENTATIONS / SERVICE PROJECTS / SPECIAL EVENTS: (Do not count in course selections)

☐

PLEASE INDICATE IF YOU ARE:

☐

NEW TO PATHWAYS

☐

A RETURNING MEMBER

PLEASE TELL US HOW YOU FIRST LEARNED ABOUT PATHWAYS INSTITUTE FOR LIFELONG LEARNING:

☐

As a Resident of Landis Homes

Mailing _____

☐

Friend

Magazine _____

☐

Radio

Newspaper _____

☐

Television

Other _____

OPTIONAL

PLEASE INDICATE YOUR AGE RANGE (CIRCLE ONE) 55 – 59 60 – 69 70 – 79 80 – 89 OVER 90

PLEASE INDICATE YOUR GENDER (CIRCLE ONE) MALE FEMALE



> FALL 2018 FEE SCHEDULE

FALL 2018 FEE SCHEDULE

- Please **do not** submit payment with registration.
- A statement will be issued indicating amount owed along with confirmation of courses and events in which you are enrolled.
- Payment is due within two weeks after you receive your invoice and can be made by check, cash, or money order to:

LANDIS HOMES

REGISTRATION TYPE	FEE
Community Member	\$100.00
Landis Homes Resident	\$75.00
Per Course (Unless designated otherwise)	\$25.00 each

ADDITIONAL COURSE FEES

COURSE	ADMISSION	TRANSPORT	INSTRUCTOR/ SUPPLIES
3 Hurricanes in 30 Days: One Year Later		*\$5.00	
Here Zucchini, There Zucchini, Everywhere Zucchini!			*\$5.00
Amish School House Visits		*\$18.00	
Islam 101: Islamic Community Center of Lancaster		*\$9.00	
Museum of the American Revolution	*\$16.00	*\$43.65	
Dinner with the Amish	*\$17.00	*\$9.00	
Art of the Steal: Actual Heist or Conspiracy Theory	*\$23.00	*\$15.00	
Lititz, PA – Still One of America's Coolest Small Towns!	*\$7.50	*\$9.00	
Beautiful Bees Wax and Other Products From the Hive!			*\$15.00
Pennsylvania's Forgotten Canal Era	*\$9.00	*\$15.00	*\$9.00 (Boxed Lunch)
Bald Eagles at Conowingo Dam		*\$9.00	

*Payable at registration

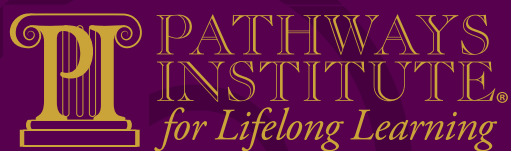
**Payable at time of event/first class session.

(Special Events and Service Projects are not to be counted in your course selections.)



1001 East Oregon Road
Lititz, PA 17543-9206

Capital Region | Lancaster County



FALL 2018 CATALOG

ENROLL TODAY!

717.381.3577

email: pathwayinquiry@thepathwaysinstitute.org | web: thepathwaysinstitute.org

Lifelong Learning Courses, Excursions, & Service Projects for Adults 55+ in Lancaster County.