



FALL

2022 CATALOG

Landis 
Communities
Cultivating Life, Together

 PATHWAYS
INSTITUTE®
for Lifelong Learning

*Courses, Excursions, & Service Learning Opportunities
for Adults 55+ in Lancaster County.*

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On the Cover

Pathways Institute Instructor, Peggy Gerhard teaching *Introduction to Pickleball* in Spring 2022. After years of playing Pickleball, Peggy used her past experience as an educator to begin teaching others. Peggy shared, “I wanted to share this with people. This is a sport anyone aged 55 and better can do safely, and have fun.” We are excited to offer this course again this Fall.

Welcome & General Information

Welcome from the Pathways Institute for Lifelong Learning® Team

Dear Lifelong Learners,

We are excited to offer you another season of engaging and diverse program at Pathways Institute for Lifelong Learning! For the Fall 2022 term, we are especially interested in highlighting the many advantages of peer learning. The opportunity to connect with others through the power of knowledge and surround oneself with a community of fellow lifelong learners is a wonderful advantage of Pathways Institute membership – one that will continue to flourish this term as we see a continued return to “normal” in-person courses and off-site excursions. So, join us!

We can't wait to welcome you into our community of lifelong learners!

Sincerely,

Anastasia Petrovskaya

and the Pathways Institute Team

Register online at

THEPATHWAYSINSTITUTE.ORG

You can also find the registration form at the back of the catalog.

Pathways Institute for Lifelong Learning Mission & Purpose

The mission of 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 adults 55+, Pathways Institute for Lifelong Learning recognizes the wealth of resources they have to celebrate, discover, and share. Pathways Institute provides opportunities to engage in mental, cultural, and spiritual activities promoting overall wellness.

Representatives from Messiah Lifeways, Messiah University, and the Brethren in Christ Church collaborated to found this innovative program in 2005 as a learning program of Messiah Lifeways in the Capital Region. It has since grown to include a host site in Lancaster County - Landis Communities - in addition to the original Messiah Lifeways location.

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 for educational and enrichment purposes only and is not representative of Pathways Institute for Lifelong Learning or Landis Communities.

LANCASTER COUNTY HOSTED BY:



Landis Communities Mission

Following God's call to creatively serve the diverse needs and interests of older adults by developing opportunities and collaborative relationships.

Registration begins on August 3. The Fall term runs from September 6 - November 29 and includes a combination of in-person courses both on-site and off-site, including excursions. Several courses will be offered virtually.

In-person courses and excursions are dependent on gathering conditions at the time of the course schedule. Those who register for the Fall 2022 term will be promptly notified of the safety guidelines.

Are you new to Pathways Institute?

ENJOY A FREE COURSE ON US!

If you have not participated in Pathways Institute programs before - you can register for one course free of charge*

Use discount code
Trial Fall 2022 at checkout

✂

**\$32 value. Subject to availability. This offer applies to the registration fees only. If a course includes additional fees (for supplies, transportation, etc.), you must pay the additional fees in full.*

Registration & Fees

To register, please fill out the online registration form at ThePathwaysInstitute.org.

Registration Options	Community Member Fee	LC Partner/ Affiliate*
MEMBERSHIP selection of up to 8 courses	\$116	\$89
PAY PER COURSE	\$32 each	\$32 each

**Discounted fees are offered to members of Landis Communities affiliates and partners: Landis Homes Residents, Steeple View Lofts Residents, Friends LifeCare Continuing Care at Home (CCaH) Members, Mountain View Terrace Residents, Welsh Mountain Home Residents, and Lancaster Downtowners.*

We remain committed to stewarding resources wisely, balancing program sustainability with accessibility for participants. As a result, you will note a modest increase in registration fees this term. This increase reflects rising cost of living and inflationary expenses that are being experienced nationwide.

As a member of Pathways Institute, you will receive a 10% discount at the Landis Homes dining venues on course days. Your membership card must be shown to receive the discount. Access to dining facilities will be dependent on safety guidelines at the time of each course. Membership cards are available at the Pathways Institute office upon request.

Refunds

Refunds for All Membership Options

If a refund is requested before the start of the term, the membership fee will be refunded minus a \$10 administrative fee. Partial refunds for membership options are not available.

Refunds for Pay-Per-Course Option

If a course is canceled by Pathways Institute, a full refund will be given.

If a person drops a course at least fourteen days prior to the course start date, a refund of \$22 will be given. If a course is dropped fewer than 14 days before the course start date, no refund will be given.

Refunds for Additional Fees

If a course is canceled by Pathways Institute, a full refund of additional fees - for excursions, experiential opportunities - will be given.

If a person drops a course at least 14 days prior to the course start date, a refund of additional fees will be given. If a course is dropped fewer than 14 days before the course start date, no refund will be given.

CONTACT US

*If you have any questions, please contact
the Pathways Institute office:*

**PATHWAYS INSTITUTE FOR
LIFELONG LEARNING®**

LANDIS COMMUNITIES

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ThePathwaysInstitute.org

Courses-at-a-Glance

FALL 2022

Day of Week	Date	Time	Course Code & Title	In-Person, Virtual, or Off-Site	Page #
T	9/6	9:15 am	LH301. AACA Museum in Hershey	Off-Site	15
F	9/16	9:30 am	LH302. Fulton Theater Backstage Tour	Off-Site	15
M	9/19	10:00 am	LH224. Good News in Troubled Times	In-Person	13
M	9/19	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 1 of 6)	In-Person	8
W	9/21	1:00 pm	LH205. Between the Testaments	In-Person	9
TH	9/22	10:00 am	LH225. Hesitation, Detours, or Second Chances	In-Person	13
F	9/23	8:00 am	LH303. Philadelphia Museum of Art	Off-Site	16
T	9/27	10:30 am	LH221. Redlining: What It Is and What To Do About It	In-Person	12
T	9/27	1:00 pm	LH210. Short Story Course (Session 1 of 3)	In-Person	10
W	9/28	9:00 am	LH304. Amish School Visits	Off-Site	16
W	9/28	2:00 pm	LH211. PA Municipal Governments	In-Person	10
TH	9/29	10:00 am	LH202. Eternal Tourism (Session 1 of 3)	In-Person	8
F	9/30	10:00 am	LH218. To the Summit	In-Person	12
M	10/3	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 2 of 6)	In-Person	8
T	10/4	4:00 pm	LH305. Amish Dinner	Off-Site	16
TH	10/6	10:00 am	LH202. Eternal Tourism (Session 2 of 3)	In-Person	8
TH	10/6	12:30 pm	LH306. Introduction to Pickleball (Session 1 of 4)	Off-Site	16
TH	10/6	2:00 pm	LH212. In Conversation With... (Session 1 of 3)	In-Person	10
M	10/10	1:00 pm	LH101. Virtual: Introduction to Aquaponics	Virtual	7
T	10/11	1:00 pm	LH210. Short Story Course (Session 2 of 3)	In-Person	10
W	10/12	10:30 am	LH226. The Cruellest Scams	In-Person	14
W	10/12	1:30 pm	LH222. Land Use Zoning: What It Is and Isn't	In-Person	13
TH	10/13	10:00 am	LH202. Eternal Tourism (Session 3 of 3)	In-Person	8
TH	10/13	12:30 pm	LH306. Introduction to Pickleball (Session 2 of 4)	Off-Site	16
TH	10/13	2:00 pm	LH212. In Conversation With... (Session 2 of 3)	In-Person	10

Courses-at-a-Glance

FALL 2022

Day of Week	Date	Time	Course Code & Title	In-Person, Virtual, or Off-Site	Page #
F	10/14	9:30 am	LH203. The Rise of the West (Session 1 of 6)	In-Person	8
M	10/17	10:00 am	LH227. Up-Cycled Sweater Snowman	In-Person	14
M	10/17	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 3 of 6)	In-Person	8
W	10/19	10:00 am	LH213. Unwinding a Tight Knot of Dysfunction	In-Person	11
W	10/19	1:30 pm	LH206/LH102. P.I.s, Spies and Others (Session 1 of 5)	In-Person/ Virtual	9/ 7
TH	10/20	10:00 am	LH214. The Bill of Rights Plus the 14th Amendment	In-Person	11
TH	10/20	12:30 pm	LH306. Introduction to Pickleball (Session 3 of 4)	Off-Site	16
TH	10/20	2:00 pm	LH212. In Conversation With... (Session 3 of 3)	In-Person	10
F	10/21	9:30 am	LH203. The Rise of the West (Session 2 of 6)	In-Person	8
M	10/24	1:00 pm	LH103. Virtual: Roads Leading to Midland Cemetery	Virtual	7
T	10/25	1:00 pm	LH210. Short Story Course (Session 3 of 3)	In-Person	10
W	10/26	10:30 am	LH223. Conservation in Modern Day Farming	In-Person	13
W	10/26	1:30 pm	LH206/LH102. P.I.s, Spies and Others (Session 2 of 5)	In-Person/ Virtual	9/ 7
TH	10/27	12:30 pm	LH306. Introduction to Pickleball (Session 4 of 4)	Off-Site	16
F	10/28	9:30 am	LH203. The Rise of the West (Session 3 of 6)	In-Person	8
F	10/28	1:00 pm	LH215. Beware the Rabbit Hole of Authoritarianism	In-Person	11
M	10/31	9:30 am	LH228. Praise Less, Encourage More	In-Person	14
M	10/31	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 4 of 6)	In-Person	8
W	11/2	11:00 am	LH207. Pacific Island Ecology, Cultures (Session 1 of 3)	In-Person	9
W	11/2	1:30 pm	LH206/LH102. P.I.s, Spies and Others (Session 3 of 5)	In-Person/ Virtual	9/ 7
TH	11/3	9:30 am	LH216. U.S. Strategic Deterrent (Session 1 of 2)	In-Person	11
TH	11/3	1:00 pm	LH216. U.S. Strategic Deterrent (Session 2 of 2)	In-Person	11
F	11/4	9:30 am	LH203. The Rise of the West (Session 4 of 6)	In-Person	8

Courses-at-a-Glance

FALL 2022

Day of Week	Date	Time	Course Code & Title	In-Person, Virtual, or Off-Site	Page #
F	11/4	1:00 pm	LH229. The Greatest Gift of Grandparenting	In-Person	14
W	11/9	11:00 am	LH207. Pacific Island Ecology, Cultures (Session 2 of 3)	In-Person	9
W	11/9	1:30 pm	LH206/LH102. P.I.s, Spies and Others (Session 4 of 5)	In-Person/ Virtual	9/ 7
TH	11/10	10:00 am	LH230. Dolls of Our Childhood	In-Person	14
TH	11/10	2:00 pm	LH208. Americans Eat: Diverse Cuisines and Cultures	In-Person	10
F	11/11	9:30 am	LH203. The Rise of the West (Session 5 of 6)	In-Person	8
F	11/11	1:30 pm	LH219. Old Order Amish/Mennonite Healthcare	In-Person	12
M	11/14	9:30 am	LH204. Substances that Changed the World (Session 1 of 3)	In-Person	9
M	11/14	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 5 of 6)	In-Person	8
T	11/15	1:30 pm	LH209. History of Oratorio (Session 1 of 3)	In-Person	10
W	11/16	11:00 am	LH207. Pacific Island Ecology, Cultures (Session 3 of 3)	In-Person	9
W	11/16	1:30 pm	LH206/LH102. P.I.s, Spies and Others (Session 5 of 5)	In-Person/ Virtual	9/ 7
TH	11/17	9:15 am	LH307. National Christmas Center	Off-Site	17
TH	11/17	1:30 pm	LH220. Genetic Diseases in the Old Order Communities	In-Person	12
F	11/18	9:30 pm	LH203. The Rise of the West (session 6 of 6)	In-Person	8
M	11/21	9:30 am	LH204. Substances that Changed the World (Session 2 of 3)	In-Person	9
M	11/21	1:00 pm	LH201. U.S. Supreme Court: Six Decisions (Session 6 of 6)	In-Person	8
T	11/22	10:00 am	LH217. Through the Looking Glass	In-Person	12
T	11/22	1:30 pm	LH209. History of Oratorio (Session 2 of 3)	In-Person	10
M	11/28	9:30 am	LH204. Substances that Changed the World (Session 3 of 3)	In-Person	9
T	11/29	1:00 pm	LH209. History of Oratorio (Session 3 of 3)	In-Person	10

Virtual Courses

Virtual courses will be offered via Zoom.

Enrollment limit is 100.

You can find more information about setting up and using Zoom on our website:

ThePathwaysInstitute.org/Zoom-Resources

History

LH101

VIRTUAL: INTRODUCTION TO AQUAPONICS

Instructors:

Dr. Rachel Fogle and Mr. Joseph Tetreault

Monday, October 10

1:00 pm - 2:00 pm

Participants will be introduced to aquaponics, a method of food production that combines conventional aquaculture (raising fish) with hydroponics (soil-less growing of plants). The greenhouse at Steelton-Highspire School District will serve as a living laboratory to learn the importance of balancing the needs of both fish and plants.

LH102

VIRTUAL: P.I.s, SPIES AND (OTHER) GUYS: DETECTIVES, SECRET AGENTS AND PULP FICTION CHARACTERS IN BOOKS, FILM, AND TV

Instructor: Dr. Roger Godin

Wednesdays, October 19, 26, November 2, 9, 16

1:30 pm - 3:30 pm

The instructor has had a lifelong love of hard-boiled detective stories, international intrigue and spy thrillers, and the dark-side of life tales that first appeared in pulp fiction magazines and paperback originals. In this course we will enjoy looking at the historical development of all these genres in both fiction and movies made from that fiction. We will also look at a few TV shows that emerged from these types of narratives. We will look at the incredible characters that populated detective and spy series and some interesting off-beat characters that emerged as interesting twists on the original iconic character-types.

This course is also offered in-person under the course code LH206.

LH103

VIRTUAL: ROADS LEADING TO MIDLAND CEMETERY

Instructor: Ms. Barbara Barksdale

Monday, October 24

1:00 pm - 2:00 pm

The historic Midland Cemetery located in Swatara Township, is the resting place for slaves, free-men, United States Colored Troops, Buffalo Soldiers, Tuskegee Airmen, and numerous leaders of the area's African American community. This course will give an overview of those interred at the Cemetery. It will cover periods from the early 1800s to the mid 1900s including the freedom seekers, Civil War soldiers, and much more.

In-Person Courses: On-Site

IMPORTANT: Unless otherwise noted, enrollment limit for courses will be determined by the room capacity/safety guidelines at the time of the courses. All courses take place in the Calvin G. and Janet C. High Foundation Auditorium in the Crossings Building at Landis Homes, 1001 East Oregon Road, Lititz, PA, 17543.

LH201

UNITED STATES SUPREME COURT: SIX DECISIONS THAT CHANGED AMERICA, VOL. II

Instructor: Dr. Robert Frick

Mondays, September 19, October 3, 17, 31, November 14, 21

1:00 pm - 2:00 pm

This apolitical presentation includes the impactful decisions reached by the United States Supreme Court, beginning with *McCulloch v. Maryland* in 1818 and concluding with *Roe v. Wade* in 1973. This course can be taken without having participated in the Volume I presentation from 2019.

LH202

ETERNAL TOURISM: THE SEVEN WONDERS OF THE WORLD

Instructor: Dr. Susanna Bede Caroselli

Thursdays, September 29, October 6 & 13

10:00 am - 11:30 am

From the second century BCE, travelers were eager to visit the greatest marvels of their world. Although only one still exists, we know all the Seven Wonders: the Great Pyramid of Giza, the Hanging Gardens of Babylon, the Temple of Artemis in Ephesus, the Statue of Zeus at Olympia, the Mausoleum at Halicarnassus, the Colossus of Rhodes, and the Lighthouse of Alexandria. Travelers are still drawn to their locations, even if there is nothing there! Come travel back in time to see them in their original form. Who chose the Seven and why? Did they all really exist? What was legend and what was fact? Have they all disappeared except for the Pyramid? (Spoiler alert: they haven't!)

LH203

THE RISE OF THE WEST: HISTORY, CULTURE, AND HERITAGE

Instructor: Mr. John Maietta

Fridays, October 14, 21, 28, November 4, 11, 18

9:30 am - 11:00 am

Enrollment Limit: 35

The idea of Western civilization is a common feature of today's cultural debates. But what exactly is "the West"? How did it develop? What people and events dominated its history? What institutions and beliefs characterized it? And how do its values resonate today? This six-part course addresses those questions, as we explore the rise of the West from its roots in ancient Mesopotamia through the birth of a new Christian Europe after the fall of Rome. During our journey, we'll touch on society, religion, government, technology, the arts, and many other dimensions of human experience. Course participants will also receive a selection of short documents that originated during the various periods we examine. These historical writings will

not only provide added perspective, but also spur in-class discussion on important issues that arose in the early course of Western civilization.

LH204

SUBSTANCES THAT CHANGED THE WORLD

Instructor: Dr. Conrad Stanitski

Mondays, November 14, 21, 28

9:30 am - 10:40 am

The commerce and livelihoods of nations owe much to chemical substances. These substances expanded exploration, created international trade, alleviated suffering, cured debilitating (even deadly) diseases, and significantly extended the length and quality of human lives. Using selected substances as context - from folk remedies to "the Pill," aspirin to antibiotics, salt to steroids, dyes to wonder drugs - this course will illustrate how chemistry has played a major role in shaping the trajectories of history and cultures across the ages.

Religion

LH205

BETWEEN THE TESTAMENTS— WERE THOSE 400 YEARS REALLY “SILENT”?

Instructor: Dr. Rich Stuebing

Wednesday, September 21

1:00 pm - 3:30 pm

The period of history between the end of the Old Testament and the beginning of the New Testament is marked by major changes. These include the rulers in Palestine (from Persians to Romans, plus the Herods), worship (a new temple being built, synagogues), a new feast (Hanukkah), different languages (Hebrew, then Aramaic and Greek), new parties/sects (Pharisees, Sadducees, Zealots, Essenes), and a big problem with the Samaritans. Other questions include what is the Apocrypha, how could Jesus be born around 5 BC, and why was

Alexander the Great so important? Come and find out! The course will investigate these and other topics to gain a better understanding of the political and religious context of the New Testament.

Culture, Art & Music

LH206

P.I.s, SPIES AND (OTHER) GUYS: DETECTIVES, SECRET AGENTS AND PULP FICTION CHARACTERS IN BOOKS, FILM AND TV

Instructor: Dr. Roger Godin

Wednesdays, October 19, 26, November 2, 9, 16

1:30 pm - 3:30 pm

The instructor has had a lifelong love of hard-boiled detective stories, international intrigue and spy thrillers, and the dark-side of life tales that first appeared in pulp fiction magazines and paperback originals. In this course we will enjoy looking at the historical development of all these genres in both fiction and movies made from that fiction. We will also look at a few TV shows that emerged from these types of narratives. We will look at the incredible characters that populated detective and spy series and some interesting off-beat characters that emerged as interesting twists on the original iconic character-types.

This course is also offered virtually under the course code LH102.

LH207

PACIFIC ISLAND ECOLOGY, CULTURES, AND GLOBAL POLITICS

Instructor: Dr. Sherwood Lingenfelter

Wednesdays, November 2, 9, 16

11:00 am - 12:00 noon

This course will provide three lectures on the ecology, cultures, and strategic global importance of islands in the Northern Pacific. The first lecture on ecology ranges from the tiny atolls of Micronesia

to the active volcanic islands of the State of Hawaii, with incredible diversity of land, sea, and coral reef. The second lecture focuses on the island cultures of the U.S. Trust Territory of the Pacific Islands governed by the U.S. from 1946-1980. The third lecture will discuss the strategic importance of these islands for global politics.

LH208

AMERICANS EAT: DIVERSE CUISINES AND CULTURES

Instructor: Dr. Beth E. Graybill

Thursday, November 10

2:00 pm - 3:30 pm

What can we learn from looking at the food and food-ways of various American racial-ethnic groups? Through the interdisciplinary field of Food Studies, we will look at cultural, ecological, and economic perspectives of Chinese American food, African American southern cuisine, food from South Asian immigrants to America, and others. Not a recipe class, this course will examine how and what Americans eat as a way to appreciate American cultural diversity through cuisine.

LH209

HISTORY OF ORATORIO FOCUSING ON HANDEL'S MESSIAH

Instructor: Mr. Jay Martin

Tuesdays, November 15, 22, & 29

Sessions 1 & 2:

1:30 pm - 3:00 pm at High Auditorium

Session 3:

1:00 pm - 3:15 pm at West Bethany Chapel
at Landis Homes

The first two sessions of this course will cover the history of oratorio, the history of Handel's Messiah, and performance practice. During Session 3, participants will enjoy a video recording of the Messiah concert performed by the British vocal ensemble, VOCES8.

Literature

LH210

LOUISE BARNETT MEMORIAL SHORT STORY COURSE

Instructors: Dr. Roger Godin,
Dr. Victoria Ehrhardt, and Dr. Amy Moreno

Tuesdays, September 27, October 11, 25

1:00 pm - 2:00 pm

Crossings Meeting Room, 2nd Floor

In memory of Pathways Institute instructor, Dr. Louise Barnett, this course will continue the tradition of short story discussion established by Dr. Barnett. We will select a number of short stories for analysis and discussion, and each of the three instructors will choose a story (or two) for examination. This is a discussion-based course with some introductory remarks about the author and the story.

Contemporary Issues

LH211

PENNSYLVANIA MUNICIPAL GOVERNMENT

Instructor: Mr. Edward Knittel

Wednesday, September 28

2:00 pm - 3:00 pm

There are over 2,500 municipalities in Pennsylvania. This course will help you understand the political impact of the municipal government on your day-to-day activities, the history of Pennsylvania, and future issues confronting residents of the Commonwealth.

LH212

IN CONVERSATION WITH...

Instructor: Dr. Sherwood Lingenfelter

Thursdays, October 6, 13, 20

2:00 pm - 3:00 pm

Sherwood Lingenfelter will interview three individuals who will share their extensive cross-cultural experiences in the Lancaster Area.

October 6:

Jennie Groff - Part Owner, Stroopies, Inc.

October 13:

Bryan Boycan - Senior Development Officer,
Hope International

October 20:

Susan Dicklitch - Professor of Government,
Franklin & Marshall College

LH213**UNWINDING A TIGHT KNOT
OF DYSFUNCTION**

Instructor: Ms. Jean Handley

Wednesday, October 19

10:00 am -11:00 am

Why does it seem that many issues that are important to and would benefit the citizens of Pennsylvania are not addressed in our state legislature? Are our legislators really representing their constituents? Join us as we look at the recent Congressional and State legislative redistricting, the new maps, and why redistricting reform is still needed. We will also explore some things that contribute to making our legislature less effective than it could or should be in meeting the challenges that Pennsylvania and its citizens face now and in the years to come.

LH214**THE BILL OF RIGHTS AND A
BIGGIE – THE 14TH AMENDMENT**

Instructor: Professor Robert Power

Thursday, October 20

10:00 am - 11:00 am

Many of the individual rights found in the Constitution are set out in the Bill of Rights, which were adopted as the first 10 amendments to the Constitution in the early 1790s. A majority of the remaining are from the 14th Amendment, adopted after the Civil War. We will discuss each of these rights, relying on both text and judicial interpretations. We will also identify several major controversies, from abortion to mask mandates.

LH215**BEWARE THE RABBIT HOLE
OF AUTHORITARIANISM: THE
ELECTIONS OF 2022 AND 2024**

Instructor: Dr. Jack Fischel

Friday, October 28

1:00 pm - 2:30 pm

In what may be the most important elections in our history since 1860, this lecture will discuss the stakes involved in an election in which voters will decide the future of American democracy. Will we decide to protect our Constitution and democratic freedoms, or turn towards an authoritarian form of government?

LH216**U.S. STRATEGIC DETERRENT:
HISTORY, CURRENT POLICY, AND
TODAY'S FORCE STRUCTURE**

Instructor: Mr. John Ricca

Thursday, November 3**Session 1:**

9:30 am - 11:30 am

Session 2:

1:00 pm - 3:00 pm

This two-session lecture will discuss the history of weapons of mass destruction (WMD), international agreements, the current status of world-wide proliferation, U.S. decisions post World War II, the current budget and force structure for U.S. strategic forces, and current laws and policies concerning the use of U.S. strategic weapons.

Nature, Science, & Technology

LH217

THROUGH THE LOOKING GLASS – WHAT ARE THE FASTEST GROWING AND MOST RELEVANT TRENDS OF TODAY?

Instructor: Ms. Donna Ellenberg

Tuesday, November 22

10:00 am - 11:30 am

From the what, why, and how of 5G to Web 3.0 to the next big thing to learn about: Blockchain, AR and VR, Machine Learning, Fintech, and Voice Assistance. In addition, come learn about the new social media, initialisms, anagrams, memes, and portmanteaus!

LH218

TO THE SUMMIT

Instructor: The Rev. Kent Kroehler

Friday, September 30

10:00 am - 11:15 am

Trekking to the summit of Africa's tallest mountain (Mt. Kilimanjaro) at age 77 is a multiplex experience. During the COVID pandemic, the presenter made the trek with his grandson, a friend, 9 strangers, and an amazing support team of Tanzanians! He will offer photography, travelogue, education, and spiritual reflection. The presentation will include anecdotes about: pole pole, wonder, daily water, babu simba, community, humility, oxygen, selfie, gratitude, preparation, health checks, and encouragement.

LH219

OLD ORDER AMISH/MENNONITE HEALTHCARE

Instructor: Mr. Herman Bontrager

Friday, November 11

1:30 pm - 3:00 pm

Herman Bontrager, Chair of the National Committee for Amish Religious Freedom, will facilitate a presentation by Allen Hoover, Administrator of the Parochial Medical Center in New Holland, PA on how the Plain communities, Amish and Mennonite, view and practice healthcare. Attention will be given to how their religious faith shapes their views of illness and wellness, their common medical and mental health practices, and utilization of the medical systems, end of life issues, how they employ mutual aid in taking on the cost burden of healthcare rather than relying on insurance, and how they have dealt with COVID-19.

LH220

GENETIC DISEASES IN THE OLD ORDER COMMUNITIES AND THE CLINIC FOR SPECIAL CHILDREN

Instructor: Mr. Herman Bontrager

Thursday, November 17

1:30 pm - 3:00 pm

Facilitated by Herman Bontrager, Chair of the board, the Medical Director, Dr. Kevin Strauss, and the Laboratory Director, Dr. Erik Puffenberger of the Clinic for Special Children (CSC) in Strasburg, PA will give an overview of genetically transmitted diseases that are prevalent in the Old Order Amish and Mennonite communities but also present in the general population around the world. This course will include information about the care (including gene therapy) and the research conducted at the Clinic to provide lifesaving alternatives for patients who suffer from diseases that are often fatal without treatment. CSC is a not-for-profit service for people who are not insured. CSC collaborates with premier medical, pharmaceutical, and research institutions to find solutions for rare diseases.

LH221

WHAT IS REDLINING, HOW DID I BENEFIT FROM IT, AND WHAT CAN I DO ABOUT IT?

Instructor: Dr. Beth E. Graybill

Tuesday, September 27

10:30 am - 11:45 am

Redlining is a discriminatory housing practice in which minorities are limited to low-income neighborhoods designated as risky investments. The origins of the term come from government homeownership programs of the 1930s-era New Deal designed to stave off a massive wave of foreclosures in the wake of the Depression. As these programs evolved, the government used color-coded maps ranking the loan worthiness of neighborhoods in more than 200 cities and towns across the United States, including in Lancaster city. The instructor will discuss the practice using census data and her own personal experience, and suggest ways to work against this legacy of inequity.

Business, Economics, & Finance

LH222

**LAND USE ZONING:
WHAT IT IS AND ISN'T**Instructor: Mr. Edward Knittel

Wednesday, October 12

1:30 pm - 3:00 pm

Zoning of land is often a contested event. Regulating how one uses their property for residential or commercial purposes may be acceptable or not to neighbors and/or the municipal regulations. Zoning laws are not a recent occurrence but are several hundred years in development and are not limited only to the United States.

LH223

**CONSERVATION IN
MODERN DAY FARMING**Instructor: Mr. Luke Brubaker

Wednesday, October 26

10:30 am - 11:30 am

Luke Brubaker will share his knowledge of agriculture economics based on his personal experience as a founder of Brubaker Farms in Mount Joy, PA. Brubaker Farms is a dairy and poultry farm which is environmentally compliant and economically sustainable. Choosing conservation projects with dual economic and environmental benefits has defined Brubaker Farm's philosophy on land stewardship and growth.

Wellness & Lifestyle

LH224

GOOD NEWS IN TROUBLED TIMESInstructor: Mr. Edgar Stoesz

Monday, September 19

10:00 am - 11:30 am

The evening news overwhelms us with negative stories from around the world - the part of the glass that is half empty. This course is focused on good news - the part of the glass that is half full. We will draw from contemporary news but also observations from the instructor's 90-year sojourn on this planet earth, including some commentary on the crises we are now experiencing. You are guaranteed to leave this course feeling a little lighter, a little happier for having attended. It might even save you a visit to your counselor. A little humor serves as a lubricant.

LH225

**HESITATION, DETOURS,
OR SECOND CHANCES**Instructor: The Rev. William Cave

Thursday, September 22

10:00 am - 12:00 noon

This course will differentiate two ways of charting our lives, linear and cyclic. Linear is neat and predictable with various lifestyle activities being performed on time and in sequence. Cyclic does not require those same activities to move in only one direction, thus allowing for hesitation, detours,

or second chances. Cyclic life plans avoid the rigid correlation between chronological age and the various opportunities of adult life, particularly in the second half of life. Time will be devoted as well to discerning how these different life plans influence our spiritual formation as older adults.

LH226

THE CRUELEST SCAMS

Instructor: Ms. Mary Bach

Wednesday, October 12

10:30 am - 12:00 noon

Many scams take our money, but bereavement scams and funeral fraud are real and tug at our heartstrings when we are most vulnerable. Do you know what to look for to avoid being swindled? Will a scammer prey upon the grief stricken and pretend to be their new loving and sympathetic soulmate? Are you aware of the latest scams and how to protect yourself? Join Mary Bach for this informative session to protect your money.

LH227

UP-CYCLED SWEATER SNOWMEN

Instructors: Ms. Joyce Wilder and Ms. Linda Henkel

Monday, October 17

10:00 am - 12:00 noon

Enrollment Limit: 16

Additional Fee: \$15 (supplies)

Come enjoy a class with friends as you learn to make a delightful 12"-15" Snowman from an up-cycled sweater. Express your creativity as you decorate and dress your Snowman.

LH228

PRAISE LESS, ENCOURAGE MORE!

Instructor: Dr. Robert Tauber

Monday, October 31

9:30 am - 10:30 am

Enrollment Limit: 30

Like apples and oranges, praise is praise and encouragement is encouragement. They are NOT synonyms. This eye-opening presentation offers 21 reasons why one should be cautious in delivering praise. There are no such cautions for delivering encouragement. By the completion of the course, most attendees will commit to stopping, or significantly reducing, their use of praise in favor of delivering encouragement.

LH229

LEAVING A SPIRITUAL LEGACY: THE GREATEST GIFT OF GRANDPARENTING

Instructor: Dr. Shirley Showalter

Friday, November 4

1:00 pm - 2:30 pm

Whether you are a new grandparent or a great-grandparent with a dozen adult grandchildren, you have an opportunity every day to make a difference in the lives of your progeny. This course will consist of stories from the author's life and from those she interviewed for her book, *The Mindful Grandparent*. A legacy is built on relationships and is based on love. It is a gift from God, and you can strengthen that gift by paying attention to the unique needs and talents of each grandchild or great-grandchild. Come prepared to interact – with questions and your own stories and suggestions.

LH230

DOLLS OF OUR CHILDHOOD

Instructor: Ms. Patricia Schlotzhauer

Thursday, November 10

10:00 am - 11:30 am

Dolls of many kinds will be examined in this presentation. From antique dolls to those from 1920s through the 1950s and some even more recently produced, will pique the interest of those persons who only had one or two dolls as a child. You are welcome to bring with you a doll of your childhood and a story to share.

Off-Site Opportunities & Excursions

IMPORTANT: A minimum enrollment is set up at 12 for each excursion. If a minimum number of **12 participants** do not register 14 days before the excursion date, the trip will be canceled and the fees will be refunded in full.

A minimum enrollment of 12 does not apply to the LH306 Introduction to Pickleball which has a minimum enrollment of 4 participants.

Enrollment limits for excursions will be set up per bus capacity/safety guidelines at the time of the excursion, unless otherwise indicated in the course description.

The start time for excursions is the time when the bus will be leaving from the Crossings Main Entrance at Landis Homes. The end time is the approximate time when the group is expected to return back to Landis Homes.

LH301

AMERICA'S TRANSPORTATION EXPERIENCE: AACA MUSEUM IN HERSHEY

Tuesday, September 6

9:15 am - 2:30 pm

AACA Museum, Hershey

Additional Fee: \$39 (transportation and admission)

The AACA Museum at Hershey ranks among the top automotive museums in the world and has

been recognized by the Smithsonian as an Affiliate Museum. The Museum is home to the Cammack Tucker Collection, the world's most extensive collection of Tucker Automobiles and memorabilia. The Museum also houses the Museum of Bus Transportation Collection.

After the visit to the Museum, the group will stop for lunch at Hershey's Chocolate World. **Lunch is on your own.**

The tour includes about 2 hours of walking and standing.

The venue is ADA accessible.

LH302

FULTON THEATER BACKSTAGE TOUR

Friday, September 16

9:30 am - 12:00 noon

Fulton Theater, Lancaster, PA

Enrollment Limit: 24

Additional Fee: \$18 (transportation and admission)

Join us as we visit the Fulton Theater in historic downtown Lancaster for a backstage tour of this National Historic Landmark. The Fulton Opera House is the oldest working theater in the U.S. The Fulton Theater Company is a complete production facility employing full-time carpenters, electricians, scenic artists, painters, composers, and lighting and sound technicians.

The tour includes about 1.5 hours of walking and standing.

The venue is ADA accessible.

LH303

PHILADELPHIA MUSEUM OF ART

Friday, September 23

8:00 am - 5:00 pm

Philadelphia, PA

Additional Fee: \$76 (transportation and admission)

You will enjoy a one-hour guided tour of the Museum highlights and then you will have an ample opportunity to explore on your own this renowned museum of art, which also has a world-class selection of Impressionist art.

You can buy lunch at the cafe in the museum. **Lunch is on your own.**

Total amount of walking and standing will be approximately 3 - 4 hours.

The venue is ADA accessible.

LH304

AMISH SCHOOL VISITS

Instructor: The Rev. Richard Cook

Wednesday, September 28

9:00 am - 1:30 pm

Lititz, PA

Additional Fee: \$20 (transportation and admission)

The tour will include visits to two Amish schools in Lititz. At each school, the participants will observe teachers and students in the classroom lessons. There will be opportunity for questions and answers, and the children will sing.

Each school visit will include about one hour of walking and standing.

After the visits the group will stop for lunch at the Lititz Family Cupboard Restaurant. **Lunch is on your own.**

The opportunity is not ADA accessible.

LH305

AMISH DINNER

Instructor: The Rev. Richard Cook

Tuesday, October 4

4:00 pm - 7:30 pm

Manheim, PA

Additional Fee: \$38 (transport and dinner)

We invite you to enjoy a traditional Amish dinner at King Family Farm in Manheim. The meal will be served family style and will include Beef Pot Roast, Ham Loaf, Mashed Potatoes, Buttered Noodles, Chow Chow, delicious pies, and beverages. There will be time for Q&A about Amish life and culture.

The venue is ADA accessible.

LH306

INTRODUCTION TO PICKLEBALL

Instructor: Mrs. Margaret (Peggy) Gerhard

Thursdays October 6, 13, 20, 27

12:30 pm - 2:00 pm

Universal Athletic Club

Enrollment Limit: 8

**Additional Fee: \$40*

This course will teach you the basics of the game, safely designed for older adults. Actual games, using a doubles format, will be played. You will be coached while playing on the court. A tennis type shoe is required. Balls and paddles will be provided.

Pickleball requires less running mobility than tennis. Please consult your physician before registering for this program.

Transportation is not provided.

*Additional Fee of \$40 is to be paid directly to Universal Athletic Club. If you are eligible for SilverSneakers® your fee may be waived.

LH307

NATIONAL CHRISTMAS CENTER

Thursday, November 17

9:15 am - 12:30 pm

Elizabethtown, PA

Enrollment Limit: 15

Additional Fee: \$45 (transportation and admission)

We invite you to visit a world-class exhibit that tells the story of Christmas throughout the centuries. From St. Nicholas and St. Francis, with now over 1,250 nativities from around the world, to Tudor Towne, and amazing storefronts representing the town of Columbia, PA, all bring awe and wonder to the little boy and little girl in each of us.

The tour includes about two hours of walking and standing.

The venue is ADA accessible.

Service Learning Opportunities

Service learning opportunities don't count toward your total number of selected courses. For more information on the opportunities below, please contact the Pathways Institute office.

LH401

VOLUNTEER WITH CWS TO WELCOME NEW NEIGHBORS

Join Church World Service (CWS) in creating a safe place for our new refugee neighbors to call home. CWS welcomes refugees from around the world through connecting new neighbors to housing, jobs, ESL classes, legal support, and other services. CWS Volunteers can get involved in supporting new neighbors in a variety of ways, such as ESL tutoring, transportation support, friendship, neighborhood orientation, providing welcome meals, and more. Volunteers go through an extensive background check process to protect our clients' safety.

If you are interested in walking alongside new neighbors as they settle in Lancaster, please email Chloe Corkery at ccorkery@cwsglobal.org to learn more.

LH402

VOLUNTEER WITH PATHWAYS INSTITUTE

Pathways Institute for Lifelong Learning relies upon the expertise, knowledge, and skill of volunteers for many facets of the program. We offer a variety of volunteer opportunities that provide personal enrichment and help enhance the quality of life for program participants. There are various ways to get involved - serve as a class host, lead groups on excursions, help at events, provide office support, and more.

Instructor Biographies

Ms. Mary Bach is a nationally recognized, independent Consumer Advocate who, as a volunteer, chairs the AARP Consumer Issues Task Force. She has appeared on numerous local and national television programs and has been interviewed on radio talk shows and for magazines and newspapers internationally. She is currently seen on the FraudWatch segments monthly on GoodDayPA on ABC27, Harrisburg. Her YouTube videos are titled “Outsmarting the Scammers with Mary Bach.”

Ms. Barbara Barksdale is known as a local historian, writer, genealogist, presenter, and caretaker. She serves as Chair of the Pennsylvania Hallowed Grounds Project where her experience of caring for the cemetery can be shared with cemeteries around the state and country.

Mr. Herman Bontrager grew up in a Beachy Amish home in Indiana. He received a B.A. in Sociology and Bible from Eastern Mennonite College and an M.A. in Sociology from the University of Florida. He was CEO of Goodville Mutual for nearly 26 years and worked for Mennonite Central Committee (MCC) for about 14 years. As director of the National Committee for Amish Religious Freedom, spokesperson for the Nickel Mines Amish community, and as current chair of the Clinic for Special Children, he maintains close ties with the Plain community.

Mr. Luke Brubaker is the founder of Brubaker Farms and is an outspoken advocate for Pennsylvania agriculture. He served as a member and past chairman of the Pennsylvania State Milk Marketing Board for 21 years and is an active member of the Lancaster County and Pennsylvania Farm Bureaus. He was recently elected to the Board of Directors of the Pennsylvania Farm Bureau State Board.

Dr. Susanna Bede Caroselli is an art historian who has been a curator, editor, and professor at the Frick Collection (NYC), Detroit Institute of Arts, LA County Museum of Art, and Yale and Messiah Universities. She is the author of books and articles on medieval and Renaissance art and architecture and a frequent speaker on art and religion. Dr. Caroselli serves on the Advisory Board of Pathways Institute in the Capital Region.

The Rev. William Cave graduated from Elizabethtown College and Bethany Theological Seminary. He served for many years as Director of Social Services at the former Lebanon Valley Brethren Home in Palmyra, now Londonderry Village. He is now serving part-time as Pastor of Congregational Care at Palmyra Church of the Brethren.

The Rev. 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 PA, NJ, MI, and OH. The Reverend Cook retired in 2009. He is Chair of the Advisory Board and a member of the Curriculum Committee of Pathways Institute in Lancaster County.

Dr. Victoria Ehrhardt is a lifelong educator, focused on literature and expository writing. She is the author of the writing text *Anthem Critical Thinking and Writing Skills*. She works with the College Board and Educational Testing Service on AP and SAT test development. Working her way into retirement, she was most recently an adjunct professor of English at Elizabethtown College.

Ms. Donna Ellenberg retired as Vice President from a major financial institution after 33 years. She is a CFP Board Emeritus® member. Over her career she has presented seminars to many local companies including RCA, Armstrong, Sperry New Holland, Howmet, GPU, and many others. Always a student of trends, she brings her interest in some of the secular trends that are taking place today.... and what's ahead.

Dr. Jack Fischel was professor of History for 38 years at Millersville University and 16 years at Messiah University where he taught sections of the Holocaust. As an author/editor of nine books and hundreds of articles on various topics on European, Israeli, and Holocaust-related topics, Professor Fischel has received a number of awards for his teaching.

Dr. Rachel Fogle is an Associate Professor of Biological Sciences and the Lead of Aquaponic/Hydroponic Initiatives at Harrisburg University of Science and Technology, with a focus on providing participants authentic experiential learning opportunities.

Dr. Robert Frick received an M.S. from Millersville University of PA, an Ed.D. from Temple University, and served 45 years in the Lampeter-Strasburg School District – three years as a teacher and 42 years as an administrator. The District's first Assistant Superintendent, he spent his last 15 years as Superintendent of Schools. Since retiring, he has been drawn into the world of living American history.

Ms. Margaret (Peggy) Gerhard has been playing pickleball for 10 years. She is a retired educator and librarian and has teaching experience in this sport. She enjoys sports and sharing her knowledge with others.

Dr. Roger Godin retired from Franklin & Marshall College (F&M) in 2016 after more than 30 years of service. He taught film and media studies courses at the College for over 15 years. He was also an Assistant Dean of the College at F&M. Although Roger's passion for film is widely inclusive, his first love remains the history of Hollywood and the artistic development of the American Film industry. Dr. Godin serves on the Advisory Board and Curriculum Committee of Pathways Institute in Lancaster County.

Dr. Beth E. Graybill coordinates Pathways Institute at Landis Communities. She holds a Ph.D. in American Studies from the University of Maryland and has taught at Franklin and Marshall College, at Dickinson College, and at Millersville University, where she led courses in religion, sociology, and Food Studies. Beth lived by choice in the diverse, southeast section of Lancaster city for 25+ years and enjoys the multi-cultural cuisines of city restaurants.

Ms. Jean Handley is a lifelong resident of Pennsylvania. She received a B.A. from Gettysburg College and M.Ed. from Kutztown University. She is a retired airline Captain. She became involved with Fair Districts PA in February of 2017 and has been the Dauphin County Coordinator since April of 2017. Fair Districts PA is a nonpartisan, all volunteer, statewide coalition of individuals and organizations advocating for a transparent, impartial, accountable redistricting process and an end to gerrymandering in Pennsylvania.

Ms. Linda Henkel is a lifetime crafter. She has made many different crafts, sold at local craft shows, and donated to nonprofit groups.

Mr. Edward Knittel spent 42 years serving Pennsylvania municipal governments. He is an instructor on land use issues: Zoning, Subdivisions and Land Development, Zoning Administration, and Community Development. In addition, he has been an Adjunct Faculty member at Millersville University. Ed holds an A.A.S. degree from Alfred State College, a B.S. and M.S. from Indiana University of Pennsylvania in Political Science/Economics and Public Affairs.

The Rev. Kent Kroehler is a retired United Methodist clergyperson. In working years and retired years, he and his wife Joy have been privileged to travel widely. His most recent trip was to summit the tallest mountain in Africa, Mt. Kilimanjaro, in August 2021.

Dr. Sherwood Lingenfelter is Provost Emeritus at Fuller Theological Seminary. His social anthropological field work took him to the Yap Islands, Micronesia, Purus River-Upper Amazon, Brazil, and Cameroon highlands. Dr. Sherwood is the former Professor of Anthropology at SUNY, BIOLA, and FULLER; International Consultant for Wycliffe/SIL International.

Mr. 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. He later taught introductory courses in world history at Shippensburg and York College of Pennsylvania. Out in the community, he is a popular presenter of cultural and historical programs at libraries, retirement centers, and other adult learning venues across the region. John serves on the Advisory Board of Pathways Institute in the Capital Region.

Mr. Jay Martin earned a B.A. in Music and in History from Bluffton University, and an M.F.A. in music from Penn State. He’s always been involved in the arts and has served on the boards of several arts organizations while living in State College. He worked in middle management, retiring from the Philadelphia Museum of Art as Conservation Administrator in 2007.

Dr. Amy Moreno was educated at Hamilton College (B.A.) and the University of Delaware, earning an M.A. and a Ph.D. in English and American Literature. She taught English at University of Delaware, at University of Caen (France), and at Franklin & Marshall College (F&M) from 2004-2008, and then worked in student affairs at F&M until 2017. She now splits her time as a research consultant on a global gay/trans/intersex rights project housed at F&M and as a freelance editor.

Professor Robert Power holds degrees from Brown University and Northwestern University School of Law. He taught Constitutional Law for 33 years and has written extensively on constitutional rights. He retired from Widener Commonwealth Law School, where he served as a Distinguished Professor, the Young Professor of Constitutional Law, and as a dean. Before teaching, he was a trial attorney in government and private law practice.

Mr. John Ricca served for 22 years in the U.S. Army as a field artilleryman and a nuclear weapons specialist. Subsequently, he worked an additional 32 years as a civilian technical analyst supporting the Departments of Defense and Homeland Security. John has a master’s degree and his technical specialties are nuclear physics and health physics.

Ms. Patricia Schlotzhauer, a graduate of Temple University Dental Hygiene program, worked for over 50 years in her profession and is now retired. She has been a doll collector since the 1980s, collecting dolls of all kinds from antique to more modern dolls. Pat claims that her large collection has grown because she rarely sees “a doll she doesn’t like.” Pat was one of four founders of the Lancaster Red Rose Doll Club, begun in 1995 and continuing today.

Dr. Shirley H. Showalter grew up in Lititz, PA, but left for college in 1966 and did not return permanently until 2021. In the meantime, she became a high school English teacher, college professor, college president, and foundation executive. She has written a memoir, *Blush: A Mennonite Girl Meets the Glittering World*, and co-written *The Mindful Grandparent: The Art of Loving Our Children’s Children*. She lives in Moravian Manor.

Dr. Conrad Stanitski, Ph.D. in chemistry, received the ACS George C. Pimentel Award in Chemical Education, the CMA Catalyst Award, a national award for Excellence in Chemistry Teaching, and the Gustav Ohaus-National Science Teachers Association Award for Creative Innovations in College Science Teaching. In 2005, he retired as Distinguished Emeritus Professor from the University of Central Arkansas and is currently a Visiting Scholar at Franklin & Marshall College.

Mr. Edgar Stoesz, born to a Mennonite family in MN, briefly worked on the farm following high school. After marriage, they enlisted in alternate service with Mennonite Central Committee, leading to a 35-year career in various administrative roles, with extensive international travel. He has written books and articles and chaired numerous boards. They have four grown children, seven grandchildren, and three great-grands.

Dr. Rich Stuebing has degrees in engineering and theology and taught in Zambia for 40+ years. He continues to teach Bible topics in retirement and also evaluates accreditation reports for theological institutions in Africa. He relaxes by playing regular tennis doubles and enjoys solving Wordle and Nerdle. He has taught Pathways Institute courses, mainly about Africa, since 2013.

Dr. Robert T. Tauber is Professor Emeritus at The Pennsylvania State University. He is the author of more than 20 books related to human relationships, including the highly reviewed book, *Projecting Enthusiasm: The KEY to Dynamic Presentations by Professionals*, and the book, *Praise Less, Encourage More*, that is the basis for his course.

Mr. Joseph Tetreault, M.S. is the Controlled Environment Agriculture Research Scientist at Harrisburg University of Science and Technology who supervises original research and manages the daily aspects of greenhouse management to maintain overall system health.

Ms. Joyce Wilder has enjoyed a lifetime of sharing her creative talents with kids and adults alike. Many of her crafts are donated to local nonprofits for their benefit. As a retired teacher, she is able to make a successful crafter of anyone. Joyce serves on the Curriculum Committee of Pathways Institute in the Capital Region.

FALL 2022

Registration Form



Please note that paper registration forms will be processed only after the registration start date. You will have a better chance to enroll in the courses of your choice if you register online at ThePathwaysInstitute.org.

Please complete all sections and print all information (one form per person).

First Name:

Last Name:

Mailing Address:

Street

City State Zip Code

Email Address:

Home Phone:

Mobile Phone:

Age Range:

☐ 55-59 ☐ 60-69 ☐ 70-79

☐ 80-89 ☐ over 90

Gender:

☐ Male ☐ Female

Emergency Contact Name:

If attending with your spouse, please list somebody else other than your spouse as an emergency contact

Relationship:

Emergency Phone:

Select One Registration Option:

✓	Fee (\$)	Options
<input type="checkbox"/>	\$32	Pay Per Course
<input type="checkbox"/>	\$116	Membership* options:
<input type="checkbox"/>	\$89	Community Member
<input type="checkbox"/>	\$89	Landis Homes Resident
<input type="checkbox"/>	\$89	Lancaster Downtowners
<input type="checkbox"/>	\$89	Steeple View Lofts Resident
<input type="checkbox"/>	\$89	Friends LifeCare (CCaH)
<input type="checkbox"/>	\$89	Mountain View Terrace Resident
<input type="checkbox"/>		Instructor

*Under Membership you can select up to 8 courses



Course Selections

Course Code	Course Title

Please select the Service Learning Opportunities* you are interested in:

☐ Volunteer with CWS to Welcome New Neighbors ☐ Volunteer with Pathways Institute

Please note that the Service Learning Opportunities **do not count towards your total number of selected courses.*

Are you new to Pathways Institute?

Please tell us how you first learned about the program:

☐ Friend ☐ Newspaper ☐ Email ☐ Pathways Institute Website ☐ Facebook ☐ Online Advertisement

Other: _____

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First & Last Name (Print): _____

Signature: _____ Date: _____

Please sign and return this form to the Pathways Institute office

An invoice will be mailed to you. Please make a check payable to Landis HCBS and send it to the Pathways Institute office.



Opportunities from Partner Organizations

SILVER SADDLES AT GREYSTONE MANOR THERAPEUTIC RIDING CENTER (GMTRC)

Tuesdays, October 4, 11, 18, 25

10:00 am - 12:00 noon

Enrollment Limit: 10

*Fee: \$200**

*Please reach out to GMTRC if financial assistance is required.

Registration Deadline: September 13 or when enrollment is full.

Silver Saddles is a 4-week program designed to allow participants to experience the incredible bond between humans and horses. The group caters specifically to individuals 55+ looking to enhance physical, intellectual, and personal growth, as well as facilitate positive community connections. Participants can expect to learn and experience the basics of horse behavior, care, and handling all while developing a positive relationship with their horse and fellow group members. The group is led by GMTRC's PATH certified instructors who will aid in pairing each individual with one of our well-trained horses and guide the group through progressive activities and experiences each week. This group does require a moderate level of exercise including standing for periods of time and walking on uneven surfaces. There are also opportunities for advanced courses. Please contact GMTRC directly for more information at Greystonemanortrc.com, email: program.director.gmtrc@gmail.com, phone: 717.615.9222.






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The background of the lower half of the page is a photograph of three people playing pickleball. A woman in the foreground is wearing a light blue button-down shirt over a black t-shirt and is holding a yellow pickleball. To her left, another woman is partially visible, wearing a light blue long-sleeved shirt. To her right, a man in a red t-shirt is holding a pickleball paddle. The background is a solid orange color.

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