

SPRING



2024 CATALOG



PI PATHWAYS
INSTITUTE[®]
for Lifelong Learning

*Courses, Excursions, and Service Learning Opportunities
for Adults 55+ in the Capital Region.*

 MESSIAH
Lifeways
Life. Embraced.™

CAPITAL REGION

TABLE OF

Contents

1 General Information

8 Spring 2024 Courses

5 Courses-at-a-Glance

25 Service Learning Opportunities



On the Cover

Larry Vittone is a resident at Messiah Village. Larry was the former administrator of the Capital Area Tennis League, a 75-member tennis league. In 2016, he became involved in teaching and playing pickleball. He founded and currently manages a 60-member group called MVP Pickleball, which has both Messiah Village residents and community players. Since the fall of 2021, Larry has also been a Pathways Institute Instructor.

Join him this spring for an introduction to America's fastest-growing sport!

General Information

Dear Lifelong Learners,

According to the saying traditionally attributed to Benjamin Franklin, “Tell me and I forget, teach me and I may remember, involve me and I learn.”

This spring, we are offering learning experiences that involve various senses and consider different types of learners. We invite you to join us in trying out pickleball, sharpening writing skills, digging into your genealogy at a learning lab, drumming to music beats of the 1960s, making jewelry, experimenting with paint, learning the basics of coding, and more!

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

Sincerely,



and the Pathways Institute Team

Pathways Institute Mission and 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.

Recognizing that adults 55+ have much to celebrate, discover, and share, Pathways Institute was established by Messiah Lifeways® to find meaningful use of their talents and abilities and to provide individuals with opportunities to engage in intellectual, cultural, and spiritual activities that promote their wellness.

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 or Messiah Lifeways.

Messiah Lifeways Mission

The mission of Messiah Lifeways is to “responsibly enhance the lives of older adults with Christ-like love.” Messiah Lifeways’ aspiration is to inspire everyone 55 and better to more fully embrace life and not fear growing older, rather to reimagine the journey of aging as a time of purpose, joy, and faith-filled living.



Register online at
THEPATHWAYSINSTITUTE.ORG

Membership

Membership is not required to participate in Pathways Institute courses. However, members will receive various benefits, as outlined below. Membership is \$35 per term for community members and \$20 per term for Messiah Village residents and Susquehanna Conference Brethren in Christ (BIC) members.

The membership is valid for one term. If you purchased membership in the previous term and would like to continue enjoying the membership benefits, you will need to purchase a new membership for this term.

Membership Benefits

- Priority access to courses, see more information on Page 3 under Registration
- 50% discount on most course fees
- No cancelation fee, if dropping a course
- Guest access, allowing you to bring a friend to one, 1-2 session course once a term, free of charge
- Priority access to special events sponsored by Pathways Institute and our partner organizations
- Access to service learning opportunities
- Access to overnight trips offered by Messiah Lifeways
- Access to events at Messiah University
- Use of Messiah University's Murray Library with borrowing privileges at no cost
- An option to sit in on Messiah University courses, subject to availability

Course Fees

Each course has a fee, which is listed in the catalog under each course description. Please note that members enjoy a 50% discount for most of the courses.

| Course Fees | Member | Non-member |
|---------------------------|--------|------------|
| 1-2 Session Course | \$11 | \$22 |
| 3-4 Session Course | \$15 | \$30 |
| 5-6 Session Course | \$18 | \$36 |
| Excursion Fee* | \$15 | \$30 |

* Some courses have additional costs (for supplies, admission, etc.) which are noted in the course description.

In 2024, we are experiencing an increase in transportation fees related to rising cost of living and fuel.

To guarantee your spot in a course, all fees must be prepaid before the start of the course. For excursions and offsite opportunities, the fees must be paid two weeks prior to the day of the event.

You can find information about our Refund Policy and Purchase Protection on the [FAQs page on our website](#).

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*

*This offer only applies to courses with a \$22 course fee under a non-member option. Subject to availability. The discount will be applied automatically upon checkout for all new participants choosing a non-member registration.

Registration

The Spring Term runs from March 11 - May 24.

This term we are introducing priority access to registration for those who wish to purchase membership.

Priority access will be available from January 31 through February 7 for those who purchase Pathways Institute membership. On **February 8, registration will open to non-members and members who did not make final selections during their priority access window.** After February 8, you can continue to register for courses anytime until two business days prior to the course start date. Registration for excursions closes 2 weeks before the start date.

Register online at ThePathwaysInstitute.org. If you need assistance with registration, please contact our office at 717.667.8964 or pathways@messiahlifeways.org.

In addition, we will provide open office hours in the Rutherford Room in the Village Square (past Café 100), at Messiah Village.

Open Office Hours

Wednesday, January 31
9:00 am-12:00 noon, 1:00-3:00 pm

Thursday, February 1 | 9:00-11:00 am

Friday, February 2 | 1:00-3:00 pm

Mondays, February 5 & 12 | 9:00-11:00 am

Tuesdays, February 6, 13, 20, 27 & March 5
9:00-11:00 am

Thursday, February 8 & 15 | 1:00-3:00 pm

Important Information about Excursions

1. Fees must be paid two weeks prior to the day of the excursion.
2. The start time for excursions is the time when the bus will leave from the main entrance to the Village Square building at Messiah Village. The end time is the approximate time when the group is expected to return back to Messiah Village.
3. Please contact the Pathways Institute office if you use medical equipment and/or need any accommodations for your mobility needs before registering for an excursion(s).





CONTACT US

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

PATHWAYS INSTITUTE FOR LIFELONG LEARNING®

100 Mt. Allen Drive
Mechanicsburg, PA 17055

717.667.8964

pathways@messiahlifeways.org

ThePathwaysInstitute.org

 FOLLOW US ON FACEBOOK

Courses-at-a-Glance

SPRING 2024

| Day of Week | Date | Start Time | End Time | Course Code & Title | Instructor |
|-------------|------|------------|------------|----------------------------------------------------------------------------------------------------------------|--------------------------|
| M | 3/11 | 10:30 am | 12:00 noon | ML101 Introduction to Pickleball (Session 1 of 5) | Larry Vittone |
| M | 3/11 | 1:00 pm | 3:00 pm | ML102 First Ladies: A Focus on Margaret Taylor, Julia Grant, and Mamie Eisenhower | Carol Nechemias |
| T | 3/12 | 10:00 am | 11:30 am | ML103 Hospice and Palliative Care 101 | Glen Dunbar |
| W | 3/13 | 6:00 pm | 7:30 pm | ML104 Beautiful Mess Workshop | Aletheia Schmidt Mellott |
| TH | 3/14 | 10:00 am | 11:30 pm | ML105 Jewelry Making | Helen King |
| F | 3/15 | 10:00 am | 11:30 am | ML106 Solving the Medical Crisis Across the Globe | Domingo T Alvear |
| M | 3/18 | 10:30 am | 12:00 noon | ML101 Introduction to Pickleball (Session 2 of 5) | Larry Vittone |
| M | 3/18 | 1:00 pm | 3:00 pm | ML107 A Grand Tour of the Solar System | Bob Naeye |
| T | 3/19 | 10:00 am | 11:30 am | ML108 What Fragrance is That? | Cheryl Harmon |
| W | 3/20 | 1:00 pm | 2:30 pm | ML109 Surprised by God in Medical Missions and Malaria Research in Zambia (Session 1 of 2) | John Spurrier |
| TH | 3/21 | 1:00 pm | 2:30 pm | ML110 Songs Without Words | Craig Jurgensen |
| F | 3/22 | 10:00 am | 11:30 am | ML111 A Man Behind a Chocolate Bar: Life of Milton Hershey | Craig Porterfield |
| M | 3/25 | 10:30 am | 12:00 noon | ML101 Introduction to Pickleball (Session 3 of 5) | Larry Vittone |
| M | 3/25 | 1:00 pm | 2:00 pm | ML112 Meet the Maestro! A Conversation with Stuart Malina, Music Director of the Harrisburg Symphony Orchestra | Stuart Malina |
| T | 3/26 | 10:00 am | 12:00 noon | ML113 Who Stole my Cells? | Marti Derr |
| W | 3/27 | 1:00 pm | 2:30 pm | ML109 Surprised by God in Medical Missions and Malaria Research in Zambia (Session 2 of 2) | Phil Thuma |
| M | 4/1 | 10:30 am | 12:00 noon | ML101 Introduction to Pickleball (Session 4 of 5) | Larry Vittone |
| T | 4/2 | 10:00 am | 12:00 noon | ML114 Why Don't I Understand My [Grand]Kids? The Rise and Fall of the Modern World | John Yeatts |
| T | 4/2 | 1:00 pm | 2:00 pm | ML115 Fun with Drums (Session 1 of 2) | Chris Smith |
| TH | 4/4 | 10:00 am | 11:30 am | ML116 Get Government Help for your Cause | Mark Reisinger |

Courses-at-a-Glance

SPRING 2024

| Day of Week | Date | Start Time | End Time | Course Code & Title | Instructor |
|-------------|------|------------|------------|----------------------------------------------------------------------------------|--------------------|
| F | 4/5 | 10:00 am | 11:00 am | ML117 Learn About Computer Coding Using LEGO® Bricks (Session 1 of 2) | Amanda Hunt |
| M | 4/8 | 10:30 am | 12:00 noon | ML101 Introduction to Pickleball (Session 5 of 5) | Larry Vittone |
| M | 4/8 | 1:00 pm | 3:00 pm | ML118 When Ethical Values Conflict | Marti Derr |
| T | 4/9 | 10:00 am | 11:15 am | ML119 History of the Bicycle | John Luetzelschwab |
| T | 4/9 | 1:00 pm | 2:00 pm | ML115 Fun with Drums (Session 2 of 2) | Chris Smith |
| W | 4/10 | 1:00 pm | 2:30 pm | ML120 Chrysanthemum: The Long Awaited Bloom | Galen Goss |
| TH | 4/11 | 10:00 am | 12:00 noon | ML121 The Church of San Clemente: Rome in Microcosm | Susanna Caroselli |
| F | 4/12 | 10:00 am | 11:00 am | ML117 Learn About Computer Coding Using LEGO® Bricks (Session 2 of 2) | Amanda Hunt |
| M | 4/15 | 1:00 pm | 3:00 pm | ML122 Wildlife and Landscape Photos from Alberta, BC, and Glacier National Park | Bob Wyble |
| T | 4/16 | 1:40 pm | 4:00 pm | ML 123 EXCURSION The Oakes Museum of Natural History | Excursion |
| W | 4/17 | 8:45 am | 3:00 pm | ML 124 EXCURSION Amish Quilts and Wheatland Tour at Lancaster Historical Society | Gloria Mast |
| TH | 4/18 | 4:00 pm | 6:00 pm | ML 125 Cook Like a Chef | TBA |
| F | 4/19 | 10:00 am | 11:30 am | ML126 Bike Wheels Rollin', Movin' On! | Curt Stutzman |
| M | 4/22 | 10:00 am | 12:00 noon | ML127 The North Korea Nuclear Threat | John Ricca |
| M | 4/22 | 1:00 pm | 3:00 pm | ML128 U.S. National and Homeland Security Issues: Update | John Ricca |
| W | 4/24 | 1:00 pm | 3:00 pm | ML129 Electric Cars: History, Pros, and Cons | Whitney Harkleroad |
| TH | 4/25 | 9:30 am | 12:00 noon | ML130 EXCURSION Tour and Picnic at Walnut Grove Farms | Excursion |
| M | 4/29 | 10:30 am | 11:30 am | ML131 Saddle Up! Equine Learning Course (Session 1 of 4) | Multiple |
| T | 4/30 | 9:00 am | 3:00 pm | ML132 EXCURSION Historic Harrisburg Tour | David Morrison |
| W | 5/1 | 1:00 pm | 3:00 pm | ML133 The Lucky One: a Memoir of Life, Loss, and Survival in Eastern Europe | Sherry Ostroff |

Courses-at-a-Glance

SPRING 2024

| Day of Week | Date | Start Time | End Time | Course Code & Title | Instructor |
|-------------|------|------------|------------|----------------------------------------------------------------|------------------------------|
| F | 5/3 | 10:00 am | 12:00 noon | ML134 What You Didn't Learn About Maps in School | Lou Thieblemont |
| M | 5/6 | 10:30 am | 11:30 am | ML131 Saddle Up! Equine Learning Course (Session 2 of 4) | Multiple |
| W | 5/8 | 1:00 pm | 2:30 pm | ML135 C-SPAN and Television News from the '80s to Now | Connie Doebele |
| TH | 5/9 | 11:00 am | 12:00 noon | ML136 Balanced Snacking for Aging Adults | Charlotte Scheid |
| F | 5/10 | 10:00 am | 12:00 noon | ML137 An Introduction to Esports | Charles Palmer |
| M | 5/13 | 10:30 am | 11:30 am | ML131 Saddle Up! Equine Learning Course (Session 3 of 4) | Multiple |
| T | 5/14 | 8:45 am | 3:30 pm | ML138 EXCURSION Coolest Small Town in America: A Day in Lititz | Excursion |
| W | 5/15 | 1:00 pm | 3:00 pm | ML139 Understanding the Right to Privacy in the Constitution | Randy Lee |
| F | 5/17 | 9:00 am | 12:00 noon | ML140 Creative Writing Workshop | Anne Greenawalt |
| M | 5/20 | 10:30 am | 11:30 am | ML131 Saddle Up! Equine Learning Course (Session 4 of 4) | Multiple |
| T | 5/21 | 10:00 am | 11:30 am | ML141 Genealogy 101 Workshop | Beth Transue, Rob Leshner |

Spring 2024 Courses

IMPORTANT: For courses on-site at Messiah Village, enrollment limits will be set per room capacity, unless otherwise noted.

ML101

INTRODUCTION TO PICKLEBALL

Monday, March 11, 18, 25, April 1, and 8

10:30 am - 12:00 noon

Course Topic: Wellness and Lifestyle

Description: This course will teach you the basics of the pickleball game. Explanations of the paddles and balls will be discussed. You will learn how the game is played and scored, and actual games using a doubles format will be played. You will be coached while playing on the court. A tennis-type shoe is required. Paddles and balls will be provided. This course is not suitable for those with balance issues. Pickleball requires less running mobility than tennis, however, please consult your physician before registering for the program.

Instructor: Larry Vittone is a pickleball instructor. Larry was the former administrator of the Capital Area Tennis League, a 75-member tennis league. In 2016, he became involved in teaching and playing pickleball. He founded and currently manages a 60-member group called MVP Pickleball. The group is a mixture of Messiah Village residents and community players. Larry is a resident of Messiah Village.

Location: Community Room
(in Village Commons) at Messiah Village

Enrollment Limit: 10

Fee: \$18 member/\$36 non-member

ML102

FIRST LADIES: A FOCUS ON MARGARET TAYLOR, JULIA GRANT, AND MAMIE EISENHOWER

Monday, March 11

1:00 - 3:00 pm

Course Topic: History

Description: Within the context of the roles First Ladies have played in U.S. history, in this course you will explore the special circumstances of the three women whose husbands parlayed military fame into successful runs for the White House. These women, unlike almost all of their counterparts, had no experience as the wife of a government official who served at the state and/or federal level. What difference did this make? Did these women bring special qualities to their role as First Lady after a lifetime as a military Wife?

Instructor: Dr. Carol Nechemias retired from Penn State Harrisburg, where she taught courses on women and politics for several decades. She also published research in this area, particularly on women's political participation.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML103

HOSPICE AND PALLIATIVE CARE 101

Tuesday, March 12

10:00 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: This short, educational workshop will address the following key points: Why is it important to know about Hospice and Palliative Care services now, before you need them? Who the services are for, and when they are appropriate? How are they paid for? Why not all service providers are equal, and how to choose a good provider? How to begin the conversation with doctors, family members and care partners? This educational workshop will also help you to become informed about hospice and palliative care options in a pressure-free environment.

Instructor: **Glen Dunbar** has graduate degrees from the Center for Aging Studies at the University of North Texas and the School of End-of-Life Studies at the University of Glasgow in Scotland. His primary career was as a policy

specialist for State and Federal entities devoted to aging matters. After retiring, he began an encore career of teaching gerontology at a variety of colleges and universities. Glen is a dedicated hospice volunteer and continues his passion for promoting smart and purposeful aging because he has seen the benefit advance planning can make in the lives of older individuals and their loved ones.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML104

BEAUTIFUL MESS WORKSHOP

Wednesday, March 13

6:00 - 7:30 pm

Course Topic: Wellness and Lifestyle

Description: The Beautiful Mess Workshop offers participants a time of playing, processing, and painting their prayers. In the course you will explore what it means to release control and how you can experience freedom in creating with paint



as you find time to slow down, explore, listen more deeply, and practice loosening the grip of perfection in letting go.

Instructor: Aletheia Schmidt Mellott

(MS, Creative Arts Clinician, Spiritual Director) has been making new things from old things for most of her life. In 2012, she began exploring how the arts and faith might intersect. That year, she founded Spire, a ministry where creativity, the arts and the imagination help others connect more deeply with themselves, others, and God. Aletheia specializes in work with YUPO paper and acrylic inks, and she provides a safe and encouraging space to explore and expand.

Enrollment limit: 25

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$23 member/\$34 non-member (includes supplies)

The fee for this course has been subsidized thanks to the generosity of our donors.

ML105

JEWELRY MAKING

Thursday, March 14

10:00 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: In this hands-on workshop you will select supplies you like and make a pair of earrings. You might also want to make some earrings for Support Sisters, a charity that gives jewelry to women in Cumberland and Dauphin Counties going through trauma and transition.

Instructor: Helen King has had a personal development business, Embrace Life, since 1976. She focuses on the relationship between body, emotions, mind, and spirit and emphasizes the relevancy of universal law to everyday life and well-being.

Enrollment limit: 10

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML106

SOLVING THE MEDICAL CRISIS ACROSS THE GLOBE

Friday, March 15

10:00 - 11:30 am

Course Topic: Contemporary Issues

Description: Since 1997, World Surgical Foundation (WSF) has been providing charitable surgical health care to the world's poor and underserved in developing nations in Asia, South America, and Africa. Volunteer surgeons and support staff provide life-changing surgeries and education to medical staff in local hospitals. Dr. Domingo Alvear will discuss what the surgical burden of disease is and how the WSF has been solving the medical crisis across the globe.

Instructor: With a medical career spanning more than 50 years, **Domingo Alvear, M.D.**, has operated on casualties of war, patients living in the poorest, most dangerous parts of the world, and generations of children. He helped establish neonatal intensive care units at Harrisburg Hospital and the former Polyclinic Hospital. With his wife, Dr. Veneranda B. Alvear, Domingo founded the World Surgical Foundation in 1997. Under his leadership, the foundation has performed more than 60 surgical missions, providing surgical care to more than 10,000 patients all over the globe.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML107

A GRAND TOUR OF THE SOLAR SYSTEM

Monday, March 18

1:00 - 3:00 pm

Course Topic: Nature, Science, and Technology

Description: Award-winning science journalist Robert Naeye will present a whirlwind tour of our solar system. He will explain how and when it formed, where it is located within the much larger Milky Way Galaxy, and which places offer the best prospects for finding extraterrestrial life. The presentation will be illustrated with beautiful images and artwork of the Sun, planets, moons, asteroids, comets, and rings.

Instructor: Robert Naeye has spent more than 30 years writing about space science for magazines such as Discover, Astronomy, and Sky and Telescope. He served as editor-in-chief of Sky & Telescope magazine from 2008 to 2014. He also worked as a senior science writer at NASA's Goddard Space Flight Center in Maryland. Robert is the author of two books about astronomy, and he contributed to three others.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML108

WHAT FRAGRANCE IS THAT?

Tuesday, March 19

10:00 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: This course will give participants a lightly fragrant experience of vintage and modern perfumes. Using several references, Cheryl Harmon will share information about sources

for preparation of perfume (including a trip to Grasse, France)—use of flowers, etc. to create scents and how “notes” in a perfume are used. She will also share how she keeps a fragrance journal. A list of books that describe the world of perfumes will be distributed and participants will be offered a take-home vial or cotton ball sample of one of several fragrances. Participants are also welcome to bring a bottle/sample of their favorite perfume to discuss its notes and share what they love about the scent.

Instructor: Cheryl Harmon is a graduate of both Temple and Drexel Universities, with a B.S. in education and an M.S. in library science. Before retiring in 2015, Cheryl worked in the PA Department of Education on a team that reviewed school construction projects. As instructor for the Pathways Institute, Cheryl has presented several courses: “Laity Insights into the Bible,” “An Invitation to Poetry,” and, “Anthology of Women Poets and Housework.” She volunteers weekly at New Digs Ministry in Mechanicsburg.

Enrollment Limit: 25

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML109

SURPRISED BY GOD IN MEDICAL MISSIONS AND MALARIA RESEARCH IN ZAMBIA

Wednesday, March 20 and 27

1:00 - 2:30 pm

Course Topic: Nature, Science, and Technology

Description: In the first session, John Spurrier will share the remarkable story of how God enabled the staff of Macha Mission Hospital in rural Zambia to improve the health of 165,000 people, including totally or nearly totally eliminating a large number of diseases including leprosy, measles, trachoma, schistosomiasis, malaria, and HIV/AIDS.

In the second session, Phil Thuma will talk about the work in malaria research that led to a 98% reduction in that disease in the Macha area. This presentation will show how God is at work in the world—sometimes surprising those whom He uses for His purposes!

Instructors:

Dr. John Spurrier, M.D., attended Messiah University, Temple University Medical School, and did two years of surgical training in Springfield, Massachusetts. For 28 years, he and his wife worked at Macha Mission Hospital, operated by the Brethren in Christ Church in Zambia. During his time there, in addition to providing medical care in all departments of the hospital, he was the Medical Officer-in-Charge and oversaw the opening and operation of an HIV/AIDS clinic that eventually enrolled more than 11,000 patients.

After growing up in Zambia,

Dr. Phil Thuma, M.D., studied for his undergraduate degree in chemistry at Messiah University, and completed his medical degree at Temple University. He has spent most of his life and medical career working at Macha Mission Hospital as a medical doctor and researcher, concentrating initially on malaria and more recently overseeing projects on HIV/AIDS, child development, and Influenza/COVID-19.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML110

SONGS WITHOUT WORDS

Thursday, March 21

1:00 - 2:30 pm

Course Topic: Culture, Arts, and Music

Description: Most of us have 100 or more songs in our head that we could recognize and name by simply hearing the opening melody. In some

cases, the melody of a song and its accompanying chords may stimulate as much or more meaning and sentiment as its lyrics do. In this course, Craig Jurgensen will play a number of familiar song titles on the piano that have been recreated using novel harmonies and unique musical formations. Only the words will be missing. Your mind will be free to imagine or personalize the meaning or sentiment of the song.

Instructor: Dr. Craig Jurgensen's clinical practice in neurology lasted 40 years until his retirement in 2010. He continues his humanitarian activities at this time as a volunteer, member of nonprofit boards, medical advocate, and as an author. Craig is also an amateur musician engaged in the near fulltime practice, performance, membership, and pleasure of music making as a way of life.

Location: Chapel (in Village Center) at Messiah Village

Fee: \$11 member/\$22 non-member

ML111

A MAN BEHIND A CHOCOLATE BAR: LIFE OF MILTON HERSHEY

Friday, March 22

10:00 - 11:30 am

Course Topic: History

Description: When people hear the name Milton Hershey, their thoughts usually go to Hershey's chocolate bar. But that candy bar, although important, was only one part of Milton's life and his incredible story. In this course, Craig Porterfield will share with you the story of his hometown and the man behind it. You will see how Milton's childhood influenced him later in life, the setbacks he had to overcome in his early business endeavors, the story behind his decision to make the chocolate bar, the extraordinary story behind the town he created for his factory workers, as well as his enduring legacy, the Milton Hershey School.

Instructor: Craig Porterfield grew up in Hershey, and is a graduate of Messiah University. For a number of years, he was a Historical Conductor

at Hershey Trolley Works where he combined his passions of history and storytelling to introduce people to his hometown and the inspiring account of the man who built it, Milton Hershey.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML112

MEET THE MAESTRO! A CONVERSATION WITH STUART MALINA, MUSIC DIRECTOR OF THE HARRISBURG SYMPHONY ORCHESTRA

Monday, March 25

1:00 - 2:00 pm

Course Topic: Culture, Arts, and Music

Description: The Harrisburg Symphony Orchestra is a star of the region's cultural scene. Come meet the man behind the music: award-winning conductor and music director, Stuart Malina! In this free-wheeling session, Maestro Malina will share his personal insights on the joys and challenges of leading a top-flight professional orchestra. You'll also learn why he and his family have been proud to call Harrisburg home.

Instructor: Maestro Stuart Malina is one of America's most versatile and accomplished conductors. Stuart has served as conductor and music director of the Harrisburg Symphony Orchestra since 2000. He has recently performed with the symphony orchestras of Fort Worth, Hawaii, Eugene, Hong Kong, New Mexico, Fresno, Charleston, and Greensboro, as well as the Chautauqua Institution and the Sarasota Music Festival. Stuart holds degrees from Harvard University, the Yale School of Music, and the Curtis Institute of Music, where he studied conducting with Otto-Werner Mueller.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML113

WHO STOLE MY CELLS?

Tuesday, March 26

10:00 am - 12:00 noon

Course Topic: Nature, Science, and Technology

Description: This will be an introductory session about one of the main issues in bioethics: informed consent and its origins. The case of Henrietta Lacks will be presented as an exemplar of the need for informed consent.

Instructor: Marti Derr, Associate Professor Emerita of Nursing, worked as a nurse after graduating from Eastern Mennonite University. She subsequently achieved graduate degrees in counseling, family therapy, and nursing, and earned certificates in health care ethics, trauma informed therapy, and spiritual direction. After a 12-year private practice in therapy, she retired from Messiah University after 28 years of teaching. She currently practices as a Spiritual Director. Marti loves reading and ballroom dancing.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML114

WHY DON'T I UNDERSTAND MY [GRAND]KIDS? THE RISE AND FALL OF THE MODERN WORLD

Tuesday, April 2

10:00 am - 12:00 noon

Course Topic: Contemporary Issues

Description: Traditional Medieval Christianity believed in objective truth found in God.

The Enlightenment of the 17th and 18th centuries continued to believe in objective truth, but discovered that truth through science and reason. Much of the 19th and 20th centuries were dominated by conflict between belief in God over trust in science and reason. In the 20th and 21st centuries, trust in objective truth, whether rooted in God or science and reason, came apart. Truth is now found in political, social, religious communities supported by stories of those communities.

Instructor: John Yeatts, Ph.D., has degrees from Messiah University, Princeton Seminary, and Purdue University. He is Professor Emeritus at Messiah University, Senior Pastor Emeritus at Grantham Church, and taught “World Views” at Messiah University for 30 years.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML115

FUN WITH DRUMS

Tuesday, April 2 and 9

1:00 – 2:00 pm

Course Topic: Wellness and Lifestyle

Description: This fitness class using drumsticks and a yoga ball brings a whole new world of fun to exercise. If you want to stimulate your brain, improve your health, or just have a good time, this class is for you. All you must do is pick up two drumsticks, hit a ball, and follow the instructor’s directions. Chris Smith will have you drumming to music from the ’40s, ’50s, and ’60s. No experience necessary. Chris will also explain the brain-affected benefits of music and rhythm. This is a program that fosters a healthy balance physically, mentally, emotionally, and socially!

Instructor: Chris Smith worked as an Accountant in the Pennsylvania State Treasury Department for 35 years before retiring in 2013. He was responsible for calculating the exact amount to be invested by the State daily. Today he invests in his wife, himself, his friends, his family, and his community.

Enrollment Limit: 12

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML116

GET GOVERNMENT HELP FOR YOUR CAUSE

Thursday, April 4

10:00 - 11:30 am

Course Topic: Contemporary Issues

Description: You may have heard the old saying, “You can’t fight City Hall.” Well, you can fight, and you can win! Learn from an insider about the “ins-and-outs” of connecting with local, state, and federal government officials and legislators in support of your interest/cause. Whether you want to secure government funding for your personal interest, advocate for a cause you support, or get involved in the passage or defeat of pending legislation, this course will give you the guidance you need to be more successful.

Instructor: Mark Reisinger is a retired health care executive who represented Penn State Health and later Geisinger Health before the local, state, and federal government for more than three decades. Prior to his career as a government relations professional, he held positions in state government, the PA Legislature, and served two Governors. He received a B.A. in Political Science from James Madison University, an M.A. in Political Science from Purdue University, and an M.P.P. from the University of Michigan’s Gerald Ford School of Public Policy.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML117

LEARN ABOUT COMPUTER CODING USING LEGO® BRICKS

Friday, April 5 and 12

10:00 - 11:00 am

Course Topic: Nature, Science, and Technology

Description: Have you ever stopped to think about how much you learn when you are playing and working with your hands? Come join us to combine your love of fun and social interaction with your love of learning! We will be learning robotics and coding in an easy, accessible format using LEGO® bricks.

Instructor: Instructors from Snapology

Enrollment Limit: 20

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$26 member/\$37 non-member
(includes supplies)

The fee for this course has been subsidized thanks to the generosity of our donors.

ML118

WHEN ETHICAL VALUES CONFLICT

Monday, April 8

1:00 - 3:00 pm

Course Topic: Contemporary Issues

Description: Periodically, ethical values conflict. *How do you identify which values are of greatest importance to you? Why does it matter that you are able to articulate views on convoluted situations?*

Instructor: **Marti Derr**, Associate Professor Emerita of Nursing, worked as a nurse after graduating from Eastern Mennonite University. She subsequently achieved graduate degrees in counseling, family therapy, and nursing, and earned certificates in health care ethics, trauma informed therapy, and spiritual direction. After a 12-year private practice in therapy, she retired from Messiah University after 28 years of teaching. She currently practices as a Spiritual Director. Marti loves reading and ballroom dancing.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML119

HISTORY OF THE BICYCLE

Tuesday, April 9

10:00 - 11:15 am

Course Topic: Nature, Science, and Technology

Description: Why was the bicycle invented? Was it one of Leonardo DaVinci's inventions? Did a volcano eruption have any connection? This presentation will discuss the step-by-step development of the bicycle from a basic two-wheeled push apparatus to the modern geared bicycle of today. It will also discuss what caused various versions of the bicycle to be invented; for example, the high-wheeler and the safety bicycle.

Instructor: **John Luetzelschwab** received his Ph.D. in nuclear physics and taught physics at Dickinson College for 35 years. He has been a bicyclist for many years. He regularly rides during the summer, has done one bicycle tour every year since retirement, and did one ride across the United States with his son.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML120

**CHRYSANTHEMUM:
THE LONG AWAITED BLOOM**

Wednesday, April 10

1:00 - 2:30 pm

Course Topic: Nature, Science, and Technology

Description: This presentation will cover the various types and uses of the chrysanthemum. It will include a brief history, a description of the two broad categories of mums, a description of the 13 classes of mums, and a preview of the many ways that mums can be grown and shown.

Instructor: Galen Goss has been a devoted grower and exhibitor of chrysanthemums for more than 40 years. During this time, he has been an active member of both the National Chrysanthemum Society (NCS) and the Old Dominion Chapter of NCS. He has received numerous awards from the Chapter and from the National including an honorary life membership in recognition of his outstanding service. Galen was the Secretary/Executive Director of NCS from 1984 to 2011. He currently serves as the Director of Management Services at NCS.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML121

**THE CHURCH OF SAN CLEMENTE:
ROME IN MICROCOSM**

Thursday, April 11

10:00 am - 12:00 noon

Course Topic: Culture, Arts, and Music

Description: Entered by a simple doorway in a blank wall, the Church of San Clemente opens up into a marvel of history, art, and architecture ranging from the 4th century BCE to the 18th century. Roman villa, temple to the god Mithras, early Christian basilica and council hall, and Renaissance and Baroque sanctuary—the building encompasses Roman history and contains artistic masterpieces, the tombs of fascinating individuals, and some surprises!



Instructor: Susanna 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 she is a frequent speaker on art and religion.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML122

WILDLIFE AND LANDSCAPE PHOTOS FROM ALBERTA, BRITISH COLUMBIA AND GLACIER NATIONAL PARK

Monday, April 15

1:00 - 3:00 pm

Course Topic: Nature, Science, and Technology

Description: The Khutzeymattene wilderness area was designated as a grizzly bear refuge by the province of British Columbia in 1994. The instructor will share a unique experience of visiting the area and observing bears move along the tidal flats and catching salmon trapped in pockets of water at the mouth of streams. Participants will also see the web of life in action: a family of beavers in Elk Island National Park preparing their lodge for winter; a huge bull elk in Jasper, Alberta, fighting for the right to mate with a female elk; and bighorn sheep at Logan Pass in Glacier National Park. The presentation includes photos of other wildlife including a humpback whale, sea lions, bald eagles, and other birds.

Instructor: Bob Wyle retired from teaching biology in public schools in Lancaster County and serving as an assistant principal in Warwick High School. He holds a Master's degree from Northern Arizona University. He is an amateur photographer who has also shared wildlife

photos on the Serengeti plains, Western parks in the U.S., Maritime provinces, and wildlife photos across the U.S. Bob is also the author of a book, "Life Together: Reflections on Faith, Love, and Caring for a Spouse with Alzheimer's" (2021).

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML123 EXCURSION: THE OAKES MUSEUM OF NATURAL HISTORY

Tuesday, April 16

1:40 - 4:00 pm

Description: The Oakes Museum of Natural History is a unique museum experience, featuring a collection of more than 40,000 specimens, including African and North American mammals, birds, eggs, fish, seashells, minerals, insects, and fossils. You will receive a guided tour, and afterward you will have time to explore the museum on your own and visit the gift shop.

Special Notes: The museum is ADA accessible. Expect about a total of two hours of walking and standing. The guided tour of the museum will start promptly at 2:00 pm.

Enrollment Limit: 30

Location: Messiah University campus. The bus will leave for Messiah University from the Main Entrance of Village Square at Messiah Village promptly at 1:40 pm. Self-transportation option is available. Information about parking will be provided closer to the time of the tour.

Fee: \$30 member/\$45 non-member (includes transportation and admission)

ML124 EXCURSION: AMISH QUILTS AND WHEATLAND TOUR AT LANCASTER HISTORICAL SOCIETY

Wednesday, April 17

8:45 am - 3:00 pm

Description: Your time at Lancaster History will begin with a Quilt Turning program. The Amish-made quilts of Lancaster County are colorful and bold expressions of a little-understood way of life. Join art historian Gloria Mast in viewing selected examples from the Esprit Collection. During the turning, you will learn about the historical, cultural, and artistic significance of Amish quilts, from their bold, color-saturated patterns to the lives of the women who created them.

Then, you will participate in a guided tour of Wheatland, the beloved 1828 home of 15th U.S. President James Buchanan. The group will also have lunch in Lancaster before returning to Mechanicsburg. Lunch is on your own.

Special Notes: The museum is ADA accessible. Expect about a total of one and a half hours of walking and standing.

Enrollment Limit: 20

Location: The bus will leave for Lancaster from the Main Entrance of Village Square at Messiah Village promptly at 8:45 am.

Fee: \$55 member/\$70 non-member
(includes transportation and admission)

The fee for this course has been subsidized thanks to the generosity of our donors.

ML125 COOK LIKE A CHEF

Thursday, April 18

4:00 - 6:00 pm

Course Topic: Wellness and Lifestyle

Description: Learn tips and tricks of cooking methods from a professional chef from the Messiah Lifeways Dining Team in this hands-on course. You will walk away with practical knowledge and confidence to create simple and delicious meals in your own home!

Instructor: A chef from
Messiah Lifeways' Dining Team

Enrollment Limit: 20

Location: Kitchen in Bailey Street
Apartments at Messiah Village

Fee: \$26 member/\$37 non-member

ML126 BIKE WHEELS ROLLIN', MOVIN' ON!

Friday, April 19

10:00 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: Bicycling is an effective and enjoyable way to stay physically active at most any age. Of course, the way we cycle can change as we grow older. Cyclist and former President and CEO of Messiah Lifeways, Curt Stutzman, will be sharing some highlights from his life cycling and how it's changed in recent years. The benefits of the electric-assist bicycle (e-Bike) will be discussed and demonstrated. Several e-bikes in Curt's stable will be present to see and discuss. This presentation will also include various types of cycling currently popular besides road biking, including rail-trails, gravel roads, and mountain biking. Come and embrace the journey!

Instructor: Curt Stutzman lives in Mechanicsburg with his wife, Kathy. He is the founder and Principal of CDStutzman Consulting, LLC, and has more than 35 years of experience as an executive in banking, church administration, and senior living organizations, having retired in 2021 as President and CEO of Messiah Lifeways. Curt is an avid reader, bicyclist, and hiker, and enjoys getting outside as much as possible.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML127

THE NORTH KOREA NUCLEAR THREAT

Monday, April 22

10:00 am - 12:00 noon

Course Topic: Contemporary Issues

Description: In this course, you will learn about North Korea's nuclear weapons development, testing, the current status, capabilities, and the overall threat to the U.S., South Korea, and U.N. forces in Korea. The course is designed for individuals with no background in science or engineering.

Instructor: John Ricca is a weapons of mass destruction (WMD) and counter-terrorism analyst for Homeland Security and National Defense. He has a Master's degree, has completed more than two dozen technical courses in WMD sciences, and currently serves as an on-call senior technical advisor to the federal government.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML128

U.S. NATIONAL AND HOMELAND SECURITY ISSUES: UPDATE

Monday, April 22

1:00 - 3:00 pm

Course Topic: Contemporary Issues

Description: This presentation will provide the latest information of concern to American security. It may include topics about wars in Ukraine, Israel, etc., nuclear proliferation, terrorist organizations, cyber attacks, or other threats to the U.S.

Instructor: John Ricca, see the bio for ML127

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML129

ELECTRIC CARS: HISTORY, PROS, AND CONS

Wednesday, April 24

1:00 - 3:00 pm

Course Topic: Nature, Science, and Technology

Description: Tim Harkleroad and his wife, Susan, have owned a Tesla since 2015 and have recently added an all-electric Nissan Leaf to their garage. They are committed to the exploration of alternative fuels and renewable power sources to either supplement or replace fossil fuels where possible. As a former auto designer and business consultant, Tim is well-positioned to discuss this timely concern.

Instructor: Tim Harkleroad holds a B.A. of industrial design from Pratt Institute in Brooklyn, New York. He started his career as an automobile designer for the Ford Motor Company and went

on to work for several large consulting industrial firms. He had his own design firm for the last 13 years of his 40-year career. Tim is married to Susan Dyson, who is a retired interior designer, and they live at Landis Homes.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML130 EXCURSION: TOUR AND PICNIC AT WALNUT GROVE FARMS

Thursday, April 25

9:30 am - 12:00 noon

Description: Enjoy a tour of the Walnut Grove Farms, which provides equine services including recreational riding and equine therapy. You will get an opportunity to meet and feed horses and take part in a wagon ride. The tour will be followed by a picnic on the property.

Special Notes: This opportunity is not ADA accessible. Expect a total of about one to two hours of walking and standing.

Enrollment Limit: 14

Location: The bus will leave for Dover from the Main Entrance of Village Square at Messiah Village promptly at 9:30 am.

Fee: \$54 member/\$69 non-member (includes transportation, admission, and lunch)

ML131

SADDLE UP! EQUINE LEARNING COURSE

Monday, April 29, May 6, 13, 20

10:30 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: Participants will learn how to interact with the horses at the Walnut Grove Farms with the option to ride at each session. You will learn how horses communicate, how to take care of horses, and appropriate handling and riding skills.

Instructors: Certified Instructors at Walnut Grove Farms

Location: Walnut Grove Farms, 3901 Schoolhouse Rd, Dover, PA 17315
Transportation is not provided.

Fee: \$111 member/\$122 non-member

ML132 EXCURSION: HISTORIC HARRISBURG TOUR

Tuesday, April 30

9:00 am - 3:00 pm

Description: Learn why Harrisburg is called “the home of the World’s oldest democracy.” Escorted by Harrisburg historian David Morrison, highlights include the 200-year-old mansions of “Governors Row” where several Antebellum governors lived, including the restored interiors of the Gov. Findlay and Gov. Schulze mansions, now the Art Association of Harrisburg, and McCormick Riverfront Library. Lunch (included) will be in a private room overlooking the Susquehanna River at Duke’s Riverside Café. The afternoon will be spent viewing quaint historic districts and Harrisburg’s renowned Front Street Mansions, with a stop at either the John Harris and Simon Cameron Mansion or the current Pennsylvania Governor’s Residence (subject to scheduling).

Special Notes: The tour is ADA accessible. Expect about a total of two to three hours of walking and standing.

Enrollment Limit: 18

Location: The bus will leave for Harrisburg from the Main Entrance of Village Square at Messiah Village promptly at 9:00 am.

Fee: \$53 member/\$68 non-member (includes transportation, admission, and lunch)

The fee for this course has been subsidized thanks to the generosity of our donors.

ML133

THE LUCKY ONE: A MEMOIR OF LIFE, LOSS, AND SURVIVAL IN EASTERN EUROPE

Wednesday, May 1

1:00 - 3:00 pm

Course Topic: History

Description: Ita Pogrebiski described her uncertain future in early 20th century Ukraine in her handwritten memoir. Facing deadly pogroms, she was forced to escape from the civil war destroying her family and her homeland. But where could she go? The U.S. immigration laws enacted from 1882-1924 were meant to limit immigration of undesirable ethnicities. Sherry V. Ostroff will discuss her mother's journey, the civil war in Ukraine from 1918-1921, the rise of pogroms, the beginnings of the Holocaust, and U.S. immigration history. Books will be available for purchase.



Instructor: Sherry V. Ostroff is the author of five books: “The Lucky One: A Memoir of Life, Loss and Survival in Eastern Europe,” “Caledonia,” “Mannahatta: A Sequel,” “Expulsion: A Novel of the Spanish Inquisition,” and her latest, “The Wall at the Sugar Factory.” Originally from Philadelphia, Sherry earned a Bachelor’s in education from Temple University and a Master’s in history from Millersville University. She taught all levels: elementary, secondary, and college. Sherry happily devotes her time to writing, her family, reading, and traveling around the world. She lives with her high school sweetheart in Lancaster County.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML134

WHAT YOU DIDN'T LEARN ABOUT MAPS IN SCHOOL

Friday, May 3

10:00 am - 12:00 noon

Course Topic: History

Description: As a young school student, Lou Thieblemont loved when the teacher would pull down the rolled-up map over the black board and show the students places on our planet. But nobody ever told the students how wrong the maps were when it came to sizes and locations of various land masses. Lou will expose these strange errors in maps and then talk about Canada and the U.S., which to this day have territorial disputes related to maps!

Instructor: Lou Thieblemont has presented classes at Pathways Institute for more than 16 years, and he has produced programs for “Mind Matters” on WITF-TV and the PBS station. Lou is the recipient of the 2012 SAGE award from Harrisburg Magazine.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML135

C-SPAN AND TELEVISION NEWS FROM THE '80S TO NOW

Wednesday, May 8

1:00 - 2:30 pm

Course Topic: Contemporary Issues

Description: News and public affairs programming on television is much different today than it was in the 1980s and 1990s. Connie Doebele talks about these changes through the lens of her own experiences both in front of and behind the camera from the mid-1980s to 2008. From interviewing politicians and judges to former presidents and authors, Connie will share her stories from 25 years at C-SPAN television as an interviewer and producer. The class will also engage in a discussion of television news today and whether it is meeting the needs and wants of viewers.

Instructor: Connie Doebele produced C-SPAN's signature book program, "Booknotes." In addition, she was the originating producer for C-SPAN's morning show "Washington Journal" and its weekend program "Book TV." Over the years, she also produced the network's international coverage and its programming about the Supreme Court. She moved to Harrisburg two years ago after four years at Purdue University as Managing Director of the Center for C-SPAN Scholarship and Engagement.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML136

BALANCED SNACKING FOR AGING ADULTS

Thursday, May 9

11:00 am - 12:00 noon

Course Topic: Wellness and Lifestyle

Description: *Did you know snacking throughout the day can help you stay focused and motivated?* Join Charlotte Scheid, a registered dietitian from The GIANT Company, to learn about why snacking is important and how to create a snack that is balanced and delicious!

Instructor: Charlotte Scheid is a Registered Dietitian and Licensed Dietitian Nutritionist. Born in North Carolina and raised in central Pennsylvania, she received her Bachelor of Science in nutritional science and Master of Education in health education from Penn State University. She is passionate about helping others make healthy eating a natural and fun part of their lifestyles. In her spare time, she enjoys trying new recipes, cooking for family and friends, and relaxing at the spa.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member



ML137

AN INTRODUCTION TO ESPORTS

Friday, May 10

10:00 am - 12:00 noon

Course Topic: Nature, Science, and Technology

Description: Esports have rapidly grown into a global phenomenon, influencing education, entertainment, and even professional development. In this session, you will embark on a journey to understand the distinctions between different esports genres and discover various professional esports careers.

Instructor: As the Executive Director of the Center for Advanced Entertainment and Learning Technologies, **Charles Palmer** oversees the design and development of ventures in new and emerging technologies, and serves as the Program Lead for two undergraduate academic programs (Interactive Media and Esports Management). He is also an adviser to the Learning Technology Masters of Science program, and mentors students on research projects in the fields of augmented and virtual reality, mobile computing, web application development, video production, desktop manufacturing (3D printing), motion graphics, and interactive games.

Location: Hostetter Enrichment Center (in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML138 EXCURSION:

COOLEST SMALL TOWN IN AMERICA – A DAY IN LITITZ

Tuesday, May 14

8:45 am - 3:30 pm

Description: 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 will begin our journey at the Lititz Historical Foundation and the 1792 Mueller house. You will have the rest of the afternoon to experience delicious dishes in one of the local restaurants and explore various artisan shops. Lititz has it all! Come see for yourself!

Special Notes: The tour is not ADA accessible. Expect about a total of three hours of walking and standing. Lunch is on your own.

Enrollment Limit: 28

Location: The bus will leave for Lititz from the Main Entrance of Village Square at Messiah Village promptly at 8:45 am.

Fee: \$53 member/\$68 non-member (includes transportation and admission)

ML139

UNDERSTANDING THE RIGHT TO PRIVACY IN THE CONSTITUTION

Wednesday, May 15

1:00 - 3:00 pm

Course Topic: Contemporary Issues

Description: *Lawyers and judges have been applying the U.S. Constitution for almost 250 years, so why is there still so much confusion about what that document means?* During this course, Randy Lee and course participants will encounter foundational Supreme Court opinions about the right to privacy and discuss how lawyers read, write, and think about law.

Instructor: **Randy Lee** teaches Constitutional Law, Professional Responsibility, and Torts at Widener Commonwealth Law School in Harrisburg. He is a former recipient of Widener's Outstanding Teacher Award, as selected by students and alumni. Prior to teaching at Widener, Randy taught at both Pitt and Villanova Law Schools. He is a frequent speaker for the Pennsylvania Bar Institute and the New Jersey State Bar Association, and he has consulted with numerous government agencies.

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member

ML140 CREATIVE WRITING WORKSHOP

Friday, May 17

9:00 am - 12:00 noon

Course Topic: Literature

Description: If you have been writing creatively and have a draft of a story or creative essay for which you would like feedback, then this is the workshop for you! Bring a draft or partial draft of up to 800 words to share with the instructor.

Instructor: Dr. Anne Greenawalt is the founder and publisher at Sport Stories Press. Her writing has been published by Aethlon: Journal of Sport Literature, WOW! Women on Writing, Autofocus, Chicago Review of Books, and others. She earned an M.A. in creative writing from the University of East Anglia in Norwich, England, a doctorate in adult education from Penn State University, and is a freelance writer, editor, and educator. As an educator, she has 12+ years experience working with student writers in all genres.

Enrollment limit: 10

Location: Hostetter Enrichment Center
(in Village Square) at Messiah Village

Fee: \$11 member/\$22 non-member



ML141

GENEALOGY 101 WORKSHOP

Tuesday, May 21

10:00 - 11:30 am

Course Topic: Wellness and Lifestyle

Description: This hands-on session will help individuals who want to begin or improve upon their genealogy research skills. The presenters will first describe best practices for how to begin family history research. They will focus on the basics of creating a family tree and creating research questions and a plan to answer those genealogy research questions. They will also demonstrate through personal examples various research techniques. Time will then be given in a workshop format for participants to begin working on their own genealogy research with the assistance of the presenters.

Instructors:

Beth Transue coordinates information literacy at Messiah University. Genealogy has become a personal passion for her, and she is co-founder of Thistle Genealogy Services. Beth has presented about genealogy topics to Messiah Lifeways Pathways Institute and PA Library Association.

Rob Lesher is the PA Forward Program Manager at PA Library Association. He has actively researched his own family tree for more than 20 years—spending time online, and combing through physical files in archives. With Beth, he is co-founder of Thistle Genealogy Services. Rob has extensive presentation experience on many topics including genealogy.

Enrollment limit: 15

Location: A computer lab at Messiah University. Directions will be provided closer to the time. Please note that transportation will not be provided.

Fee: \$11 member/\$22 non-member

Service Learning Opportunities

Members of Pathways Institute can enjoy access to service learning opportunities. Please note that there is no fee involved. You can contact the Pathways Institute office for more information.

ML401

PROJECTS FOR MISSIONS

If you are passionate about helping vulnerable people, we would love for you to help us with our Service Projects for Missions. We need volunteers to cut, sew, knit and crochet. All of the projects are ongoing and can be done at home or at our group meetings. Our group meetings are held on the third Tuesday of each month in Summit Place at Village Square (Messiah Village) at 9:00 am. Patterns, fabrics and instructions are provided. Financial donations are also helpful for purchasing supplies for these projects.

Newborn Kits/Infant Gowns for Menonite Central Committee (MCC)

Help with sewing baby gowns or knitting/crocheting baby caps that will be sent to assist mothers with giving their children a good start in life. MCC distributes these kits to hospitals, clinics, and refugee camps around the world.

Cloth Hearts for the NICU at Hospitals in PA

Sew cotton flannel hearts to help babies bond with their parents when they are in the NICU at area hospitals.

ML402

HELP ADULT IMMIGRANTS AND REFUGEES LEARN ENGLISH

Immigration and Refugee Services of Catholic Charities serves families from more than 40 countries with a variety of linguistic and cultural backgrounds in the greater-Harrisburg area. Catholic Charities needs volunteers to assist in their morning or evening virtual English classes one day a week for two hours.

This is an exciting opportunity to support and welcome immigrants and refugees in your community. They provide volunteers with training and professional development opportunities. Please contact Katie Martin-Momose, KMartin@cchbg.org for more information.

ML403

VOLUNTEER WITH CHURCH WORLD SERVICE (CWS) TO WELCOME NEW NEIGHBORS

Imagine waking up every morning with the chance to change someone's life. Imagine knowing your efforts will benefit both your well-being and our new neighbors from around the world. At CWS, volunteers know they are making a difference every day.

CWS welcomes refugees from around the world through connecting them to housing, jobs, ESL classes, legal support, and other services. CWS volunteers can get involved in a variety of ways, such as friendship, neighborhood orientation, providing welcome meals, and more.

CWS Volunteers go through a required background check process to protect their clients' safety. The list of volunteer roles and the application form can be viewed here: [Volunteer Opportunities - CWS Harrisburg](#).

ML404

SUPPORT FAMILIES IN THE MECHANICSBURG AREA SCHOOL DISTRICT

Operation Wildcat (OW) is a local 501(c)(3) all-volunteer organization whose mission is to pool the resources in the community to help students, families, and staff in need in the Mechanicsburg Area School District. Volunteer opportunities include sorting donations, working the OW's yard sale in fall and spring, putting together Thanksgiving baskets, etc. Learn more at operationwildcat.org, on "Get Involved" page, where you can [sign up to help](#).

LEARNING *never retires.*

SIGN UP TODAY



Thank you to our sponsor
Duncan-Nulph Hearing Associates

*Improve your hearing...
improve your life.*

SCHEDULE YOUR HEARING EVALUATION TODAY TO GET STARTED!

Duncan *DN* Nulph
HEARING ASSOCIATES



Danette Nulph, Au. D.
Kristen Duncan, Au. D.
Doctors of Audiology

5020 Ritter Road
Suite 106
Mechanicsburg, PA
17055
717-766-1500
www.dnhearing.com


For more information on sponsorship opportunities with Pathways Institute for Lifelong Learning, contact Messiah Lifeways' Vice President of Development, Bill Coder.

717.591.5598 | wcoder@messiahlifeways.org



PI PATHWAYS
INSTITUTE.
for Lifelong Learning

717.667.8964
pathways@messiahlifeways.org
ThePathwaysInstitute.org

 Follow us on Facebook!

 MESSIAH
Lifeways
Life. Embraced.

CAPITAL REGION