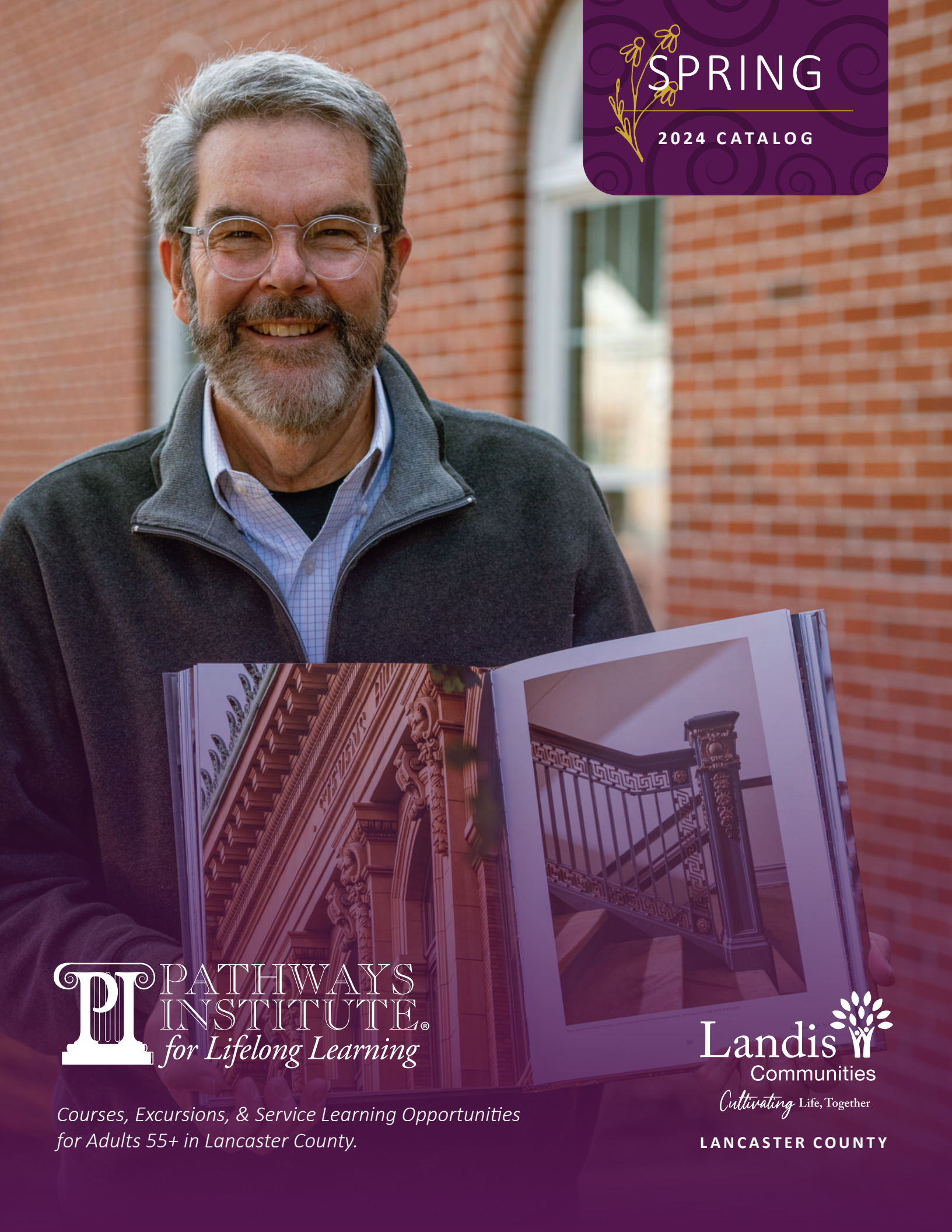




SPRING

2024 CATALOG



**PI** PATHWAYS  
INSTITUTE®  
*for Lifelong Learning*

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



Landis   
Communities  
*Cultivating* Life, Together

LANCASTER COUNTY

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### *On the Front Cover*

**Gregory J. Scott** is an architect, author, educator and public speaker. He is a partner emeritus and co-founder of RLPS Architects in Lancaster. He shares his expertise through an architectural column in Lancaster Newspapers and as architectural correspondent for Lancaster NBC affiliate WGAL. Join Gregg this spring for the course LH114, “Urban Legend: The Legacy of Lancaster’s Renown Architect, C. Emlen Urban.”

### *On the Back Cover*

Curator **Mel Lehman** uses images of art and artists he has met on trips to the Middle East and the Muslim world to build international understanding in class LH106. This painting is “Eating Watermelon in Old Baghdad” by Ahmad Baban.

# *Welcome & General Information*

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## ***Dear Lifelong Learners,***

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

Whether you have taken courses with us before or are signing up for the first time, you will find this term's offerings to be stimulating and engaging. Instructors are passionate about evoking your curiosity through courses that broaden awareness on a wide variety of topics, from Revolutionary war history to current events and significant Lancaster leaders, from appreciating the natural world to music, both rock & roll and Broadway musicals.

Courses this term invite you to cook homemade pasta, immerse yourself in Middle Eastern art, visit Native American sites in southern Lancaster County, create your own memory collage, delve into the poetry of Robert Frost, understand the Dutchirican presence of Latinos in Lancaster County, and develop skills for life history interviewing and for creating respectful conversation across lines of difference.

We welcome you to enroll in the exciting spring 2024 courses and excursions and look forward to providing you with many new and enriching learning opportunities this spring.

Sincerely,



Pathways Institute Manager  
at Landis Homes

717.381.3577

[ThePathwaysInstitute.org/lancaster-county/](http://ThePathwaysInstitute.org/lancaster-county/)

## **Pathways Institute for Lifelong Learning® 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® and expanded to Landis Communities in 2008, to make 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 non-partisan 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 or Landis Communities.

## **Landis Communities Mission**

The mission of Landis Communities is “following God’s call to creatively serve the diverse needs and interests of older adults by developing opportunities and collaborative relationships.”

Most classes take place on the campus of Landis Homes in Lititz, Pennsylvania, but are open to all. We view the journey of aging as a time of intellectual engagement and purpose; thank you for being part of it through your participation in the Pathways Institute for Lifelong Learning!

## Membership

Membership is not required to participate in Pathways Institute courses. However, members receive various benefits, as outlined below. **Membership is \$35 per term for community members and \$20 per term for Landis Communities residents, affiliates and partners** (including Landis Homes Residents, Steeple View Lofts Residents, Friends Life Care Continuing Care at Home (CCaH) Members, Mountain View Terrace Residents, Landis Place on King Residents, and Lancaster Downtowners). Membership is valid for one term only.

## Membership Benefits

- Priority access to courses, see more below
- Reduced course fees
- No course cancellation 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 trips offered by Landis Communities
- 10% discount at dining facilities on the Landis Homes campus

## Course Fees

Course Fees	Member	Non-Member
<b>1-2 SESSION COURSE</b>	\$11	\$22
<b>3-4 SESSION COURSE</b>	\$15	\$30
<b>EXCURSIONS</b>	\$15	\$30

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 courses.

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

To guarantee your spot in a course, all fees must be prepaid before the start of the course. For

excursions and offsite opportunities, all fees must be prepaid two weeks prior to the day of the event.

## Purchase Protection

We are pleased to offer you the option of Purchase Protection through our registration software provider, Regpak. You can choose this option at checkout when registering for courses if you are paying by credit card. Purchase Protection functions like trip insurance and is non-refundable. If you choose not to purchase it, our refund policy will apply. You can find more information about Purchase Protection on the FAQs page of our website.

## Refunds

Please note that a participant's membership fee is not refundable.

If a course is canceled by Pathways Institute, a participant will receive a full refund or another course may be taken in its place.

### If You Choose to Drop a Course:

**If a participant selects a Purchase Protection Plan:** the refund policy will not apply. The participant will need to file a claim directly with the registration software provider, Regpack.

### If a participant does not select a Purchase Protection Plan:

**Members** will receive credit for the full amount of the course registration fees paid when dropping a course at least 14 days prior to the course start date. No credits/refunds will be given if a course is dropped 13 days or less before the start date.

**Non-members** will receive credit toward future courses, minus a \$10 cancellation fee when dropping a course at least 14 days prior to the course start date. No credits/refunds will be given if a course is dropped 13 days or less before the start date.

## Registration

This term we are introducing priority access to registration for those who wish to purchase membership. Priority access will be available from February 7 through February 13. During this registration window, only **membership** options will be available. On February 14, registration will also open for **non-members**.



## The spring term runs from March 19 - May 23.

We encourage you to **register online at [ThePathwaysInstitute.org/lancaster-county/](https://ThePathwaysInstitute.org/lancaster-county/)**

Staff are also available to help you in the office or over the phone. If you need assistance with your registration, please contact our office by phone at 717.381.3577 or at [pathways@landis.org](mailto:pathways@landis.org)

### **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\***

## Contact Us

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

**PATHWAYS INSTITUTE FOR  
LIFELONG LEARNING®**

**LANDIS COMMUNITIES**

1001 East Oregon Road  
Lititz, PA 17543

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717.381.3577

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[pathways@landis.org](mailto:pathways@landis.org)

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*[ThePathwaysInstitute.org](https://ThePathwaysInstitute.org)*

*\*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 non-member registration.*



**STAY CONNECTED:  
FOLLOW US ON FACEBOOK**

*[Facebook.com/PathwaysInstituteforLifelongLearning](https://Facebook.com/PathwaysInstituteforLifelongLearning)*

# Courses-at-a-Glance

SPRING 2024

CMR = Crossings Meeting Room, 2nd floor (Crossings) at Landis Homes

HFA = High Foundation Auditorium (Crossings) at Landis Homes

OHB = Owl Hill Bistro (Crossings) at Landis Homes

Day of Week	Date	Time	Course Code & Title	Location	Page #
T	3/19	1:00 PM	LH101 First Ladies: More Than A Dress!	HFA	7
W	3/20	10:00 AM	LH102 Engaging News Media: Practical Suggestions for Consuming the News (Session 1 of 3)	HFA	7
TH	3/21	1:00 PM	LH103 "Duel" by Steven Spielberg: The #1 Made-for-TV Movie of All Time (Session 1 of 2)	HFA	8
T	3/26	10:00 AM	LH104 Lafayette: The Making of an American Revolutionary War Hero	HFA	8
T	3/26	1:00 PM	LH105 Short Story Discussion Course (Session 1 of 3)	CMR	8
W	3/27	10:00 AM	LH102 Engaging News Media: Practical Suggestions for Consuming the News (Session 2 of 3)	HFA	7
W	3/27	1:00 PM	LH106 Loving Your Enemies Through Art: Building Bridges to Middle East Understanding	HFA	9
TH	3/28	1:00 PM	LH103 "Duel" by Steven Spielberg: The #1 Made-for-TV Movie of All Time (Session 2 of 2)	HFA	8
T	4/2	10:15 AM	LH301 Tour of Lancaster Airport (Excursion)	Lancaster Airport	19
T	4/2	3:00 PM	LH107 "Little Taste of Italy" Cooking Class	OHB	10
W	4/3	10:00 AM	LH102 Engaging News Media: Practical Suggestions for Consuming the News (Session 3 of 3)	HFA	7
W	4/3	1:00 PM	LH108 Wildlife and Landscape Photos from Alberta, British Columbia and Glacier National Park (Session 1 of 2)	HFA	10
TH	4/4	10:00 AM	LH109 Why Railroads Are Still Important Today	HFA	10
TH	4/4	12:30 PM	LH202 Introduction to Pickleball (Session 1 of 4) (Off-site)	Universal Athletic Club	18
TH	4/4	1:00 PM	LH110 Informal History of Rock & Roll: Part 2: 1970s-1980s (Session 1 of 4)	HFA	11
T	4/9	1:00 PM	LH105 Short Story Discussion Course (Session 2 of 3)	CMR	8
W	4/10	10:00 AM	LH111 The Making of Ordinary Heroes in the Poetry of Robert Frost	HFA	11

# *Courses-at-a-Glance*

SPRING 2024

Day of Week	Date	Time	Course Code & Title	Location	Page #
W	4/10	1:00 PM	LH108 Wildlife and Landscape Photos from Alberta, British Columbia, and Glacier National Park (Session 2 of 2)	HFA	10
W	4/10	5:30 PM	LH201 Collage Art & Play (Off-site)	Landis Place on King	18
TH	4/11	12:30 PM	LH202 Introduction to Pickleball (Session 2 of 4) (Off-site)	Universal Athletic Club	18
TH	4/11	1:00 PM	LH110 Informal History of Rock & Roll: Part 2 (Session 2 of 4)	HFA	11
T	4/16	10:00 AM	LH112 The Lucky One: Memoir of Life, Loss, and Survival in Eastern Europe	HFA	11
T	4/16	1:00 PM	LH113 In Conversation with Lancaster Leader, Ken Brubaker	HFA	12
W	4/17	10:00 AM	LH114 Urban Legend: Legacy of Lancaster's Renown Architect (Session 1 of 2)	HFA	12
W	4/17	1:00 PM	LH115 A Guide for Decision-Making Now As Aging Adults	HFA	13
TH	4/18	12:30 PM	LH202 Introduction to Pickleball (Session 3 of 4) (Off-site)	Universal Athletic Club	18
TH	4/18	1:00 PM	LH110 Informal History of Rock & Roll: Part 2 (Session 3 of 4)	HFA	11
F	4/19	10:00 AM	LH114 Urban Legend: Legacy of Lancaster's Renown Architect (Session 2 of 2)	HFA	12
W	4/24	10:00 AM	LH116 The North Korea Nuclear Threat	HFA	13
W	4/24	1:00 PM	LH117 Update on U.S. National and Homeland Security Issues	HFA	13
TH	4/25	12:30 PM	LH202 Introduction to Pickleball (Session 4 of 4) (Off-site)	Universal Athletic Club	18
TH	4/25	1:00 PM	LH110 Informal History of Rock & Roll: Part 2 (Session 4 of 4)	HFA	11
T	4/30	10:00 AM	LH118 Braver Angels: Skills for Disagreeing Better	HFA	13
T	4/30	1:00 PM	LH105 Short Story Discussion Course (Session 3 of 3)	CMR	8
W	5/1	10:00 AM	LH119 In Conversation with Lancaster Leader, Hilda Shirk	HFA	14
W	5/1	1:00 PM	LH120 Living and Leaving an Amish Life (Session 1 of 2)	HFA	14
TH	5/2	10:00 AM	LH121 The Genius of Andrew Lloyd Weber and Musical Theatre	HFA	14
TH	5/2	1:00 PM	LH122 Dutchirican: A Latinx History of Central Pennsylvania	HFA	15

# *Courses-at-a-Glance*

SPRING 2024

Day of Week	Date	Time	Course Code & Title	Location	Page #
T	5/7	1:00 PM	LH123 A Different Take on Chronic Pain	HFA	15
W	5/8	9:00 AM	LH302 Getting to Know Lancaster's Markets (Excursion)	HFA, and Lancaster City	19
TH	5/9	1:00 PM	LH124 In Conversation with Lancaster Leader, Elizabeth Soto Albrecht	HFA	15
T	5/14	1:00 PM	LH125 Understanding the Right to Privacy in the Constitution	HFA	16
W	5/15	10:00 AM	LH126 Three Tragic Lancaster Romances in History: Buchanan, Reynolds, Burkholder	HFA	16
W	5/15	1:00 PM	LH120 Living and Leaving an Amish Life (Session 2 of 2)	HFA	14
TH	5/16	8:30 AM	LH303 Following in Native American Footsteps: American Indian Sites in Southern Lancaster County (Excursion)	Southern Lancaster County	20
T	5/21	12:30 PM	LH304 Historic Rock Ford (Excursion)	Rockford Rd, Lancaster, PA	20
W	5/22	10:00 AM	LH127 History through Seeds: Pennsylvania German Heirloom Seeds and Gardening Practices	HFA	16
TH	5/23	10:00 AM	LH128 Interview a Friend (or Enemy): How to Draw Out Life Stories	HFA	17



# On-Site Courses

All courses are held in the **High Foundation Auditorium (Crossings) at Landis Homes** unless otherwise noted. Enrollment limits are set up per room capacity, unless otherwise noted.

LH101

## FIRST LADIES: MORE THAN A DRESS!

**Course Topic:** History

**Tuesday, March 19 | 1:00 - 2:30 pm**

**Description:** Since 1912, tourists have flocked to the Smithsonian Museum to see the gowns of our First Ladies. Over time, our understanding and appreciation of the roles played by First Ladies widened beyond that of fashion icons to incorporate involvement in a variety of areas, including that of hostess, policy advocate, activist, political campaigner, and promoter of the arts. This program focuses on that evolution, starting well before the term First Lady even gained public usage, and continues through Jill Biden.

**Instructor: Carol Nechemias**, PhD, is a retired Penn State Harrisburg professor who specialized in Soviet, later Russian politics, as well as gender and U.S. politics. She has published scholarly journal articles, book chapters, and co-edited two books in these fields. Among her stays in Russia, she served as a Fulbright Scholar in Volgograd during the academic year 2004-2005.

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

LH102

## ENGAGING NEWS MEDIA: PRACTICAL SUGGESTIONS FOR CONSUMING THE NEWS

**Course Topic:** Contemporary Issues

**Wednesdays, March 20, 27 and  
April 3 | 10:00 am - 12:00 pm**

**Description:** As a professional broadcast journalist, as well as a mass communications and journalism educator, Mark Kelley conceived the notion of writing a book that analyzed all news media, connecting it to the quest for truth. The book he wrote, *Engaging News Media* (Cowley Publications, Cambridge, MA, 2006), explores the state of the news media and their audiences today, attempting to examine whether truth can be found there, and if so, how people might be more successful in extracting it. This course follows his book.

**Instructor: Mark Kelley**, PhD, taught journalism and mass communications at Syracuse University and at the University of Maine. Prior to that, he was a broadcast news reporter, producer and TV anchor for 25 years. He is the author of *An Uncommon Woman: The Life of Lydia Hamilton Smith* (Penn State University Press, 2023) as well as a historical novel documenting his mother's experience working with the Manhattan Project. Kelley lives in Lancaster, PA, and is a contributor to the Thaddeus Stevens & Lydia Hamilton Smith Center for History and Democracy.

**Fee:** \$15 member/\$30 non-member

## LH103

### **“DUEL:” THE #1 MADE-FOR-TV MOVIE OF ALL TIME THAT LAUNCHED THE CAREER OF STEVEN SPIELBERG**

**Course Topic:** Culture, Arts and Music

**Thursdays, March 21 and 28 | 1:00 - 3:00 pm**

**Description:** Steven Spielberg directed several episodes for television at age 21. Based on the quality of that work, Spielberg, at age 24, was offered the opportunity to direct a television film called “Duel” (1971) for the ABC Movie-of-the-Week series. This successful movie focused attention on Spielberg and resulted in the opportunities to direct his first feature film, “Sugarland Express” in 1974, and then the blockbuster “Jaws” in 1975, launching his incredible film career. In two class sessions we will watch the entire film, “Duel,” while examining the advanced film techniques displayed by one of the greatest film directors of all time.

**Instructor: Roger A. Godin**, PhD, taught film and media studies at Franklin & Marshall College for over 10 years and has spent 50 years studying film history and analysis. Although his passion for film is widely inclusive, his first love remains the history of Hollywood, and the artistic and creative development of the American Film industry. He also loves all kinds of music, especially rock & roll and the amazing songs of the Great American Songbook.

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

## LH104

### **LAFAYETTE: THE MAKING OF AN AMERICAN REVOLUTIONARY WAR HERO**

**Course Topic:** History

**Tuesday, March 26 | 10:00 - 11:15 am**

**Description:** Marquis de Lafayette was a French military officer who served in the American Revolutionary War and became an American hero.

Without his involvement in convincing France to assist, likely America would not have won independence from England. This course will delve into the life of Lafayette, his close relationship with Washington, and his contributions to American freedom.

**Instructor: Bruce E. Mowday** is an award-winning author and newspaper reporter. He has authored more than 20 books on history, sports, business and true crime. In addition, he has appeared on numerous television and radio shows, including Counter Culture: a PBS Emmy-winning show, the Discovery ID channel, ReelZ network, C-SPAN, the Pennsylvania Cable Network, Hollywood and Beyond, Our American Heritage, Whatcha Got, Journey into the Civil War, Chronicles of the American Civil War, and local television and radio stations.

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

## LH105

### **SHORT STORY DISCUSSION COURSE**

**Course Topic:** Literature

**Tuesdays, March 26, April 9 and 30 | 1:00 - 2:00 pm**

**Description:** This course will continue to honor the tradition of short story reading, analysis and discussion begun by beloved former Pathways Institute instructor, Louise Barnett. Stories are distributed in advance so that session participants can read and come prepared to discuss. This spring, the instructors have selected three short stories that explore the theme of “Individuals and Empowerment.” Stories will look at characters whose challenges open them to a better understanding of their own value, giving readers an opportunity to explore what empowers them as individuals. Each session will encourage the participation of all, after brief introductory remarks from the session instructor.

**Instructors: Victoria Ehrhardt**, PhD, is a lifelong educator, focused on literature and expository writing. She is the author of a writing textbook and has worked as a consultant with the College Board and Educational Testing Service on test



development. Working her way into retirement, she was most recently an adjunct professor of English at Elizabethtown College.

**Roger Godin**, PhD, taught film and media studies at Franklin & Marshall for more than 10 years and has spent 50 years studying film history and analysis. Additionally, he loves literature with great passion, and this love began in childhood.

**Amy Moreno**, PhD, holds degrees in literature from Hamilton College and the University of Delaware. She taught English at the University of Delaware, at the University of Caen (France), and at Franklin & Marshall College (F&M). She is currently employed as a research contractor and editor on the Global Barometers Project for GLBTQ human rights at F&M College.

**Location:** Crossings Meeting Room (2nd floor, Crossings) at Landis Homes

**Enrollment Limit:** 20

**Fee:** \$15 member/\$30 non-member

LH106

## **LOVING YOUR ENEMIES THROUGH ART: BUILDING BRIDGES TO MIDDLE EAST UNDERSTANDING**

**Course Topic:** Culture, Arts and Music

**Wednesday, March 27 | 1:00 - 3:00 pm**

**Description:** We are all familiar with Jesus' teaching to love our enemies, but how can we do that, and what role might art play? Presenter Mel Lehman directs a non-profit organization called Common Humanity (CommonHumanity.org) which uses art as a way of building bridges to the people of the Middle East and the Muslim world. Mel will use images of the art and the artists he has met on trips to these countries to help us see the humanity of people there who are often portrayed in our media as enemies.

**Instructor: Mel Lehman**, MA, grew up in Lancaster County. He has advanced degrees from Union Theological Seminary and Columbia University. He worked for 20 years at Church World Service and increasingly came to realize that the ordinary people he met in the Middle East were very unlike their images portrayed in the media. In 2009 he founded the peacemaking organization, Common Humanity, and has visited Dubai, Egypt, Lebanon, Iraq, Israel, Jordan, Oman, and Syria. He is married to Susan Miller, and they live in New York City where he is active with Manhattan Mennonite Fellowship.

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

LH107

## “LITTLE TASTE OF ITALY” COOKING CLASS

**Course Topic:** Wellness and Lifestyle

**Tuesday, April 2 | 3:00 - 5:00 pm**

**Description:** Be transported to an Italian “trattoria” where you will learn to make fresh pasta and pizza dough, homemade sauce with meatballs, and Caesar salad. Your mouth will be watering as you create and eat these Italian specialties in this hands-on class under the supervision of Chef Tate.

**Instructor:** **Tate Morgan** is campus-system Executive Chef for Unidine at Landis Homes, where he shares his wide range of culinary knowledge to enrich the lives of residents. In the past, he worked as the Director-Executive Chef in Washington, DC, with Bank of America Executive Dining Rooms, and was Executive Chef at the Headquarters for Hershey Foods.

**Location:** Owl Hill Bistro (Crossings) at Landis Homes

**Enrollment Limit:** 20

**Fee:** \$31 member/\$42 non-member (includes supplies)

LH108

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

**Course Topic:** Nature, Science and Technology

**Wednesdays, April 3 and 10 | 1:00 - 2:15 pm**

**Description:** In this course, participants will see the web of life in action: grizzly bears in the Khutzeymateen wilderness eating salmon before hibernation; a family of beavers in Elk Island National Park building their lodge for winter; huge bull elk in Jasper, Alberta, fighting over the right to mate; a moose and her calf feeding in Glacier National Park. In addition to wildlife photos, this course also includes landscapes of glaciers in the Columbia Icefields and of turquoise blue lakes in Banff National Park.

**Instructor:** **Bob Wyble**, MA, retired from teaching biology in public schools in Lancaster County and serving as an assistant principal in Warwick High School. He is an amateur photographer who has also shared wildlife photos in previous Pathways Institute classes on the Serengeti plains, Western parks in the U.S., Maritime provinces and wildlife photos across the U.S. Bob is also the published author of a book on Alzheimer’s.

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

LH109

## WHY RAILROADS ARE STILL IMPORTANT TODAY

**Course Topic:** History

**Thursday, April 4 | 10:00 - 11:15 am**

**Description:** Over the past 180 years, our nation’s growth can be attributed to the hundreds of railroads that crisscross the United States. Railroads have been responsible for the majority of commerce and passenger service, providing economic opportunities, opening the West, and developing local towns and communities. Following the decline of railroads in the 1950s through the 1970s, railroads have experienced a resurgence in their importance for both passenger and freight service that continues today. In this course we will explore the history of railroads and their modern importance in 21st-century America.

**Instructor:** **James Bennett**, MA, comes from a railroad background which includes both of his grandfathers who worked on the Pennsylvania and Western Maryland railroads. He has served as a member of the Railroad Museum of Pennsylvania visitor services department for the past six years. In addition, he is a member of the Board of Directors for the Friends of the Railroad Museum of Pennsylvania. Over the years Jim has traveled extensively by train, including long-distance trips. Jim is a former Upper Leacock Township Supervisor and former member of the Lancaster County Transportation Authority.

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

LH110

## **AN INFORMAL HISTORY OF ROCK & ROLL, PART 2: 1970s-1980s**

**Course Topic:** Culture, Arts and Music

**Thursdays, April 4, 11, 18, 25 | 1:00 PM - 3:00 pm**

**Description:** Part 2 of this informal history of rock & roll is worth taking, even if you did not enroll in Part 1. This course begins with the emergence of the dominant Motown sound, the soulful artists of Stax Records in Memphis, Atlantic Records, and the New York and Philly soul sound. We will hear and watch folk music go electric and psychedelic rock emerge, as the genre also morphs into blues rock, country rock, progressive rock, southern rock, jazz rock and other forms. We will conclude with the emergence of Bruce Springsteen in the mid-1970s and wrap up with a look at Michael Jackson in the early 1980s.

**Instructor:** Roger Godin, PhD. See the bio for LH103.

**Fee:** \$15 member/\$30 non-member

LH111

## **THE MAKING OF ORDINARY HEROES IN THE POETRY OF ROBERT FROST**

**Course Topic:** Literature

**Wednesday, April 10 | 10:00 am - 12:00 pm**

**Description:** Poet Robert Frost said one of the things that energized him was making a hero out of somebody no one else had ever noticed as heroic (as in poems such as, "The Death of the Hired Man.") In this course, Chris will introduce you, via recitation and explication, to Frost's poetic heroes and share a few examples from her own poems in which she has attempted to learn from Frost to celebrate ordinary heroes. Her hope is that we will gain new appreciation for overlooked heroic qualities of people in our own spheres through the work of this celebrated poet.

**Instructor:** Chris Longenecker, daughter of Landis Homes resident, Catherine Longenecker, has been memorizing, composing and performing poetry since the age of 14. She served as Poet Laureate of Lancaster County from 2012 to 2014. Her

acclaimed book of poems, *How Trees Must Feel*, was published in 2011. An amateur botanist, she studies and cultivates all manner of plants, especially trees. Walking, memorizing Frost's poetry and volunteering at the library are some of her favorite pastimes. She and her husband, Rick Shoup, live in Lancaster Township and are gradually turning their yard from lawn to native woods.

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

LH112

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

**Course Topic:** History

**Tuesday, April 16 | 10:00 am - 12:00 pm**

**Description:** Ita Pogrebiski described her uncertain future in early 20th century Ukraine in a handwritten memoir. Facing deadly pogroms in western Russia, where Jews had lived for centuries, she was forced to escape from the civil war destroying her family and her homeland. But where could she go? U.S. immigration laws at the time were meant to limit immigration of undesirable ethnicities. Ita's harrowing journey is described in a book of historical fiction—written in Ita's own words as well as those of the author, her daughter Sherry V. Ostroff—on which this course is based.

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

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

LH113

## IN CONVERSATION WITH ... LANCASTER LEADER, KEN BRUBAKER: CARING FOR THE ELDERLY

**Course Topic:** Contemporary Issues

**Tuesday, April 16 | 1:00 - 2:00 pm**

**Description:** Sherwood Lingenfelter will interview Ken Brubaker, MD. Seminary-educated and trained as a medical doctor, Ken has been engaged in geriatric education locally and nationally for most of his life. He served in the department of Family Practice at Lancaster General Hospital for 45 years and co-founded the Norlanco Family Health Center. Ken's passion is to improve the emotional, physical, and spiritual needs of the elderly. He has served as the Medical Director of several continuing care retirement communities in Lancaster County. Ken was also previously Chief Medical Director of the Pennsylvania Department of Aging. Ken and his wife, Pamela, have dedicated their careers to the care and treatment of aging adults.

**Instructor: Sherwood Lingenfelter**, PhD, earned his degree in Anthropology from the University of Pittsburgh in 1971. He served as faculty at SUNY Brockport, 1969-1983; at Biola University, 1983-1999; and at Fuller Theological Seminary as Professor of Anthropology (1999-2019). He was also an international consultant for Wycliffe/SIL International. Sherwood is the author of numerous books on anthropology and mission. He and his wife, Judith, live at Landis Homes.

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

LH114

## URBAN LEGEND: THE LEGACY OF LANCASTER'S RENOWN ARCHITECT

**Course Topic:** History

**Wednesday, April 17 and Friday, April 19 | 10:00  
am - 12:00 pm**



**Description:** In each century there are a handful of individuals who define a city and make their mark on history. Such was Lancaster architect, C. Emlen Urban. Based on his ground-breaking biography over seven years of research, *Urban Legend: The Life and Legacy of C. Emlen Urban*, Gregg Scott discusses 25 of Urban's architectural masterpieces, which left an indelible imprint on the City of Lancaster.

**Instructor: Gregory J. Scott** is an architect, author, educator and public speaker. He is a member of the College of Fellows in the American Institute of Architects and partner emeritus and co-founder of RLPS Architects. He shares his expertise through an architectural column in Lancaster Newspapers and as architectural correspondent for Lancaster NBC affiliate WGAL. Gregg has been honored twice by the Historic Preservation Trust of Lancaster County. He is a proud Eagle Scout. Gregg and his spouse, Terri, reside in Northeast Harbor, Maine, and in Lancaster, Pennsylvania.

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

LH115

## **A GUIDE FOR DECISION MAKING NOW AS AGING ADULTS**

**Course Topic:** Wellness and Lifestyle

**Wednesday, April 17 | 1:00 - 3:00 pm**

**Description:** Drawing from her book, *Decision Making and Spiritual Discernment: The Sacred Art of Finding Your Way*, Nancy Bieber offers a framework and practices for addressing the unique decisions and challenges of this season of our lives as aging adults. We will look at ordinary, everyday decisions and decision-making in hard times. Practices focus on being open to the wisdom of the Spirit that is greater than our own, attending to what is real in our lives now, and taking concrete steps forward while staying spiritually grounded.

**Instructor:** **Nancy Bieber** is a spiritual director, psychologist, retreat leader and teacher. She is active as a Quaker, a grandmother and a gardener, and loves to travel with her husband. She has also written *Fianna's Story: A True Story of Love, Grief and Faith*, and blogs monthly at [nancybieber.com](http://nancybieber.com).

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

LH116

## **THE NORTH KOREA NUCLEAR THREAT**

**Course Topic:** Contemporary Issues

**Wednesday, April 24 | 10:00 am - 12:00 pm**

**Description:** This course examines North Korea's nuclear weapons development, testing, current status, capabilities and the overall threat to the U.S., South Korea and U.N. forces in Korea. A background in science or engineering is not necessary to appreciate this course.

**Instructor:** **John Ricca**, MA, is a weapons of mass destruction (WMD) and counter-terrorism analyst for homeland security and national defense. His technical specialties are nuclear physics and health physics. He has completed more than two dozen

technical courses in WMD sciences, and currently serves on call as a senior technical advisor to the federal government.

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

LH117

## **UPDATE ON U.S. NATIONAL AND HOMELAND SECURITY ISSUES**

**Course Topic:** Contemporary Issues

**Wednesday, April 24 | 1:00 - 3:00 pm**

**Description:** This presentation will provide the latest information of concern to American security, at home and abroad. Depending on current events, it may include topics about wars in Ukraine and Israel or elsewhere, nuclear proliferation, terrorist organizations, cyber-attacks, and/or other threats to the United States.

**Instructor:** **John Ricca**, MA. See the bio for LH116.

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

LH118

## **BRAVER ANGELS: SKILLS FOR DISAGREEING BETTER**

**Course Topic:** Contemporary Issues

**Tuesday, April 30 | 10:00 - 11:30 am**

**Description:** Braver Angels, a national grassroots organization dedicated to addressing the challenge of partisan animosity in the U.S., offers workshops like this one to teach skills for having respectful conversations that clarify differences, notice common ground where it exists, and affirm the importance of relationship. This participatory course will give participants a safe environment in which to learn and practice these skills for dealing with friends and family across the political divide. Learn to listen for the values of the other side, to acknowledge what you heard, and to pivot before offering your own perspective.

**Instructor: Karen Cotter** lives in Benton, Pennsylvania, and serves as co-chair of the Braver Angels Bloomsburg Alliance. Karen has volunteered in various roles with Braver Angels since joining as a member in 2018, including being a trained moderator for Braver Angels workshops. She believes that changing the way we communicate with each other can help heal the rift that has torn apart so many relationships and communities. This workshop is being offered by the Lower Susquehanna Alliance of Braver Angels (Cumberland, Dauphin, Lancaster, Lebanon and York Counties).

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

## LH119

### **IN CONVERSATION WITH ... LANCASTER LEADER, HILDA SHIRK: CARING FOR THE COMMUNITY**

**Course Topic:** Contemporary Issues

**Wednesday, May 1 | 10:00 - 11:00 am**

**Description:** Sherwood Lingenfelter will interview Hilda Shirk, PhD and MSW. Hilda most recently served as President and CEO of Lancaster Health Center (now Union Community Care), a federally qualified health center delivering comprehensive primary care and dental services to 22,000 residents in Lancaster. She currently chairs the board of WellSpan Health and is a member of the Landis Communities board and the High Foundation board. She began her professional career of nonprofit service and leadership in southeast Lancaster City, where her fluency in Spanish took her into the homes of city residents and brought her face-to-face with the realities of limited resources. Hilda lives with her husband, Dr. Wes Farmer, in Lancaster City.

**Instructor: Sherwood Lingenfelter**, PhD. See the bio for LH113.

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

## LH120

### **LIVING AND LEAVING AN AMISH LIFE**

**Course Topic:** Religion

**Wednesdays, May 1 and 15 | 1:00 - 2:15 pm**

**Description:** In her memoirs, Saloma Miller Furlong poignantly describes her journey out of an Old Order Amish upbringing. In the first session, she will be discussing her Amish life and reading from *Liberating Lomie: Memoir of an Amish Childhood* (2022). In the second session, she will be discussing what it was like to leave her Amish community and reading from *Bonnet Strings: An Amish Woman's Ties to Two Worlds* (2014). She will address the culture shock she experienced after leaving a sheltered community to find freedom, education and a life of her choosing.

**Instructor: Saloma Miller Furlong** has lived two lives in one and writes about what she learned along the way. Saloma (Lomie) grew up Amish in northeastern Ohio. With her eighth-grade Amish education, she acquired her GED, enrolled in community college, and later won a scholarship to Smith College. At fifty, she graduated with a major in German Studies and a minor in Philosophy. She is the author of three books. Furlong's story has been featured in two PBS "American Experience" films. She is the mother of two grown sons and lives locally with her husband, David.

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

## LH121

### **THE GENIUS OF ANDREW LLOYD WEBBER AND MUSICAL THEATER**

**Course Topic:** Culture, Arts and Music

**Thursday, May 2 | 10:00 - 11:30 am**

**Description:** Listen to Lloyd Webber's most popular songs and learn about how this English composer and theatrical producer helped create so many shows that revitalized British and American musical theater. His first notable venture was "Joseph and the Amazing



Technicolor Dreamcoat,” followed by numerous other hit shows including “Cats,” and “Evita,” as well as “Phantom of the Opera.” His best musicals were flashy spectacles that featured vivid melodies.

**Instructor: Fred Kiemle** is a retired marketing professional who has been playing piano since childhood. After studying classical music, he began concentrating on playing and listening to Broadway show tunes and learning about their talented composers and lyricists. Fred is an active member of the Pathways Institute Curriculum Committee at Landis Homes.

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

## LH122

### **DUTCHIRICAN: A LATINX HISTORY OF CENTRAL PENNSYLVANIA**

**Course Topic:** History

**Thursday, May 2 | 1:00 - 2:30 pm**

**Description:** From the Puerto Ricans who came to pick fruits and vegetables in the 1950s to more recent arrivals drawn to the region by affordable housing, Latinx people have long been a part of the rich community fabric of central Pennsylvania. Through oral history interviews with area residents, our presenters have documented their history. Living alongside Mennonites in a place shaped by Pennsylvania Dutch history, Puerto Ricans have found new identities as Dutchiricans. Our presenters will share their history and stories of personal sacrifice, racism, and the formation of communities that cross cultural lines.

**Instructors: Ivette Guzmán Zavala**, PhD, is from Caguas, Puerto Rico. She has a master’s from Syracuse University and a PhD from Rutgers University in Spanish Literature and culture. **John Hinshaw**, PhD, is from Columbia, Missouri. His degrees are from Carnegie Mellon University in social history. Both are published authors who met at Lebanon Valley College where they teach. Each had started working on oral interviews independently for their courses in Spanish and History, respectively, long before they collaborated

on the idea of Dutchirican. Ivette’s bilingualism and research on gender, maternity and migration and John’s experiences and research on labor history complement each other’s work in this project documenting Latinos in central Pennsylvania.

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

## LH123

### **A DIFFERENT TAKE ON CHRONIC PAIN**

**Course Topic:** Wellness and Lifestyle

**Tuesday, May 7 | 1:00 - 2:15 pm**

**Description:** More than 20 percent of people experience ongoing, chronic pain during their lifetimes. In this course, we will learn about causes, symptoms, and alternative treatments, specifically the approach of Dr. Sarno that connects physical pain to emotional tension.

**Instructor:** After thirty-five years in the wholesale tire distribution business, **Jeff Short** states that he is uniquely disqualified to give medical advice, so he won’t. But this course will relay his own experiences dealing with chronic pain, navigating our healthcare system, and finally finding a cure through non-traditional methods that worked for him.

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

## LH124

### **IN CONVERSATION WITH ... LANCASTER LEADER, ELIZABETH SOTO ALBRECHT: SERVING THOSE IN NEED**

**Course Topic:** Contemporary Issues

**Thursday, May 9 | 1:00 - 2:00 pm**

**Description:** Sherwood Lingenfelter will interview Elizabeth Soto Albrecht, PhD. An author and former Moderator of Mennonite Church USA (from 2013-2015), Elizabeth was born in Arecibo, Puerto Rico, and for the last 30 years has been a proud resident of the southeast part of Lancaster city with her

husband, Frank. Elizabeth served as professor at Lancaster Theological Seminary and as chaplain with Women and Babies Hospital. She worked with Mennonite Central Committee in Columbia and with Mennonite Disaster Service in their response to Hurricane Maria in Puerto Rico. Elizabeth is currently Consultant on Diversity with Landis Communities, advocating for affordable housing for 55+ Latinos and people of color in Lancaster city. Elizabeth is the loving mother of two young adult daughters.

**Instructor: Sherwood Lingenfelter**, PhD. See the bio for LH113.

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

## LH125

### **UNDERSTANDING THE RIGHT TO PRIVACY IN THE CONSTITUTION**

**Course Topic:** Contemporary Issues

**Tuesday, May 14 | 1:00 - 3:00 pm**

**Description:** Lawyers and judges have been applying the United States Constitution for almost 250 years, so why is there still so much confusion about what this document means? During this course, Randy and the 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**, JD, teaches Constitutional Law, Legal Ethics, and Torts at Widener Commonwealth Law School in Harrisburg. He is a former recipient of Widener's Outstanding Teacher Award. Randy is a frequent speaker for the Pennsylvania Bar Institute and the New Jersey State Bar Association and has consulted with numerous government agencies.

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

## LH126

### **THREE TRAGIC LANCASTER ROMANCES IN HISTORY: JAMES BUCHANAN, JOHN REYNOLDS AND JOHN BURKHOLDER**

**Course Topic:** History

**Wednesday, May 15 | 10:00 - 11:15 am**

**Description:** Three prominent Lancastrians were involved in life-altering, tragic romances: future president, James Buchanan, who lost his loved one early in life; General John Reynolds, who became engaged across religious lines and died at Gettysburg; and Lancaster County Mennonite, John Burkholder, who visited with his ill fiancé through the window, and later served as a Mennonite minister in the Weaverland District for many decades. Hear their stories in this engaging presentation.

**Instructor: Kenneth Sensenig**, EdD, served with Mennonite Central Committee for about 30 years, both internationally and domestically. Ken holds a Doctor of Education degree from Temple University. Ken employs the power of stories to teach and inspire. Ken and his wife, Karen, live in the Ephrata area.

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

## LH127

### **HISTORY THROUGH SEEDS: PENNSYLVANIA GERMAN HEIRLOOM SEEDS AND GARDENING PRACTICES**

**Course Topic:** Nature, Science and Technology

**Wednesday, May 22 | 10:00 - 11:30 am**

**Description:** This course will look at the preservation of heirloom varieties of vegetable and flower seeds as grown throughout the Pennsylvania German region of Lancaster since the 18th century. We will also examine the historic gardening practices of the Pennsylvania Germans, such as four-square, fenced kitchen gardens with raised beds. Such practices and the heirloom seeds they preserved are a valuable inheritance from Lancaster's early settlers that we will discuss.

**Instructor: Ellyn Nolt** is manager of the Heirloom Seed Project at Landis Valley Village and Farm Museum in Lancaster. She has a degree from Eastern Mennonite University in biology. Ellyn worked for the Pennsylvania Master Naturalist program and completed training



as a master naturalist herself through the Lancaster Conservancy. She is a mother of three and lives with her husband and family in Lancaster where she enjoys gardening and planting vegetables, flowers and perennials on a quarter-acre space.

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

LH128

## **INTERVIEW A FRIEND (OR ENEMY): HOW TO DRAW OUT LIFE STORIES**

**Course Topic:** Religion

**Thursday, May 23 | 10:00 am - 12:00 pm**

**Description:** In this highly interactive session, you will learn about oral history and life-story interviewing skills that can help you capture the beauty and challenge of a life well-lived. Practice asking open-ended questions and listening quietly and deeply to draw out not just what happened but how people understood those experiences. Learn easy ways to confirm consent and record life story interview conversations for sharing. Along with the originator of Life Story Lab, a program of Mennonite Life, you will begin asking, 'What's your story?' 'How are you preserving it?' and 'Who have you shared it with?'

**Instructor:** Since 2018, **Jean Kilheffer Hess**, MA, has led Mennonite Life as executive director. Mennonite Life offers two museums (the 1719 Herr homestead and Native American longhouse), a world-renowned research library and archives, a Life Story Lab, and the Biblical Tabernacle experience. Jean's professional career of 25+ years has spanned public accounting, nonprofit executive leadership in several organizations, management consulting, and StoryShare, a business that offered life story interviewing services. Jean is a graduate of Messiah University and Anabaptist Mennonite Biblical Seminary. She lives with her husband near Mount Joy, Pennsylvania.

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

# Off-Site Courses

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LH201

## COLLAGE ART AND PLAY

**Course Topic:** Culture, Arts and Music

**Wednesday, April 10 | 5:30 - 7:30 pm**

**Description:** Collage is an experimental process of visual journaling and a form of self-discovery, choosing materials, themes, and compositions to artfully-recycle the mementos you have saved. Together we will learn a few simple techniques using written exercises and images. With simple tools like scissors and glue sticks you can follow your own creative instincts, see the artwork develop, and create a new magic reality! Come with memorabilia and supplies for your own collage – ticket stubs, stamps, bits of ribbons, magazines, scissors, glue sticks, colored pencils or markers, special paper or journal – or use those provided. (People new to Pathways Institute can register for this course for free with an \$8 materials fee.)

**Instructor: Mimi Shapiro** is a graphic designer, fine artist and poet who believes that you learn from real life. She has taught in many classrooms, even aboard cruise ships, working with people of all ages. With humor, enthusiasm, and personal anecdotes, Mimi invites others to join her in learning the collage creative process and have some fun at the same time.

**Location:** Landis Place on King, 1st floor community room, 239 W. King St., Lancaster, PA 17603

**Enrollment Limit:** 20

**Fee:** \$15 member/\$26 non-member  
(includes materials)

LH202

## INTRODUCTION TO PICKLEBALL

**Course Topic:** Wellness and Lifestyle

**Thursdays, April 4, 11, 18, 25 | 12:30 -2:00 pm**

**Description:** This course will teach you the basics of the pickleball game, safely designed for older adults. Actual games, using a doubles format, will be played. You will be coached while playing on the court. Balls and paddles are provided. Pickleball requires less running mobility than tennis, but please consult your physician before registering. An additional fee of \$40 is to be paid directly to Universal Athletic Club for this course (unless you are already a member there. Also, check your health insurance, as some plans cover gym membership.)

**Instructor: Margaret (Peggy) Gerhard** has been playing pickleball for 13 years. She is a retired educator and librarian and is an experienced pickleball teacher. Peggy enjoys sports and sharing her knowledge with others.

**Location:** Universal Athletic Club, 2323 Oregon Pike, Lancaster, PA 17601

**Enrollment Limit:** 10

**Fee:** \$15 member/\$30 non-member

# Off-Site Excursions

## Important Information

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 of Crossings at Landis Homes. The end time is the approximate time when the group is expected to return to Landis Homes.
3. Please contact the Pathways Institute office if you use medical equipment and/or need any accommodation for your mobility needs before registering for an excursion(s).

### LH301

#### TOUR OF LANCASTER AIRPORT

**Tuesday, April 2 | 10:15 am - 12:45 pm**

**Description:** Lancaster Airport is a public use airport four miles north of the central business district of Lancaster, and 1.5 miles west of Landis Homes. It is also the third busiest airport in Pennsylvania. Join us for an informative presentation about local flight (and bus-to-airport) options from Lancaster Airport, and a behind-the-scenes tour, including the upstairs pilots' lounge, followed by lunch on your own at the airport restaurant.

**Location:** The bus leaves for the airport from Crossings Main Entrance at Landis Homes promptly at 10:15 am.

**Enrollment Limit:** 28

**Fee:** \$19 member/\$34 non-member

**Special Notes:** Expect about 1 hour of walking and standing. One part of the tour is not ADA-accessible.

### LH302

#### GETTING TO KNOW LANCASTER'S CENTRAL AND SOUTHERN MARKETS

**Wednesday, May 8 | 9:00 am - 2:00 pm**

**Description:** The oldest publicly owned and continuously running farmer's markets in America are located in downtown Lancaster city. Since 1730, Lancaster's Central Market has been the cornerstone of the community, visited by 3,000 people each week. Hundreds more visit Southern Market, now an international food court, built in 1888. Before boarding the bus to Lancaster, we will gather for a short overview in the High Foundation Auditorium about Lancaster's market history. On the excursion, the Central Market manager will give us an after-hours guided tour of the Central Market building, and speak to us about the market's current operations and significance. Afterward, we will walk one block to the iconic Southern Market for a short presentation on its history before lunch on our own in the food court.

**Instructor:** **Beth Graybill**, PhD, has taught college classes on food systems and farmers' markets. She lives in Lancaster, and regularly shops at Central Market and eats at Southern Market. She is the Pathways Institute Manager at Landis Homes.

**Location:** Classroom session is in High Foundation Auditorium (Crossings) at Landis Homes. The bus leaves for Lancaster from Crossings Main Entrance at Landis Homes promptly at 10:15 am.

**Enrollment Limit:** 28

**Fees:** \$27 member/\$42 non-member (includes transportation and fees)

**Special Notes:** Expect about two hours of walking and standing. The tour is not ADA-accessible.

LH303

## FOLLOWING IN NATIVE AMERICAN FOOTSTEPS: AMERICAN INDIAN SITES IN SOUTHERN LANCASTER COUNTY

Thursday, May 16 | 8:30 am - 3:30 pm

**Description:** For thousands of years, south-central Pennsylvania was home to Native American peoples. Experience local tribal history and cultural heritage on this one-of-a-kind trip. We will visit the Lancaster Longhouse, a replica indigenous communal dwelling. Next stop is the Indian Steps Museum to see their exhibit on John Smith's first contact with the Susquehannock peoples and eat our box lunch near a 350-year-old landmark tree. Later we will drive along the Old Minqua Path past Conestoga Indian landmarks, stopping at the Blue Rock Heritage Center to see artifacts and learn about Lancaster County's earliest inhabitants, the Shenk's Ferry native peoples. Our guides for the day will be MaryAnn Robins, president of Circle Legacy Center, and Judith Englert, Outreach Coordinator for Indian Steps Museum.

**Instructors:** Circle Legacy Center is a nonprofit organization based in Lancaster County and dedicated to supporting and empowering Native Americans through a variety of cultural events and community projects. Indian Steps Museum honors and celebrates local Native American cultures who lived along the Susquehanna River. Blue Rock Heritage Center aims to increase awareness about the archeological and historical significance of the Lower Susquehanna River Valley and its peoples. Through the Lancaster Longhouse, Mennonite Life works in collaboration to honor Pennsylvania's native communities and educate the public.

**Location:** The bus leaves from Crossings Main Entrance at Landis Homes promptly at 8:30 am.

**Enrollment Limit:** 28

**Fees:** \$54 member/\$69 non-member (includes transportation, admissions, and lunch)

**Special Notes:** Expect about 2.5 hours of walking and standing. The tour is not ADA-accessible.

LH304

## HISTORIC ROCK FORD

Tuesday, May 21 | 12:30 - 3:30 pm

**Description:** Our guided tour of Historic Rock Ford features the 1794 mansion of General Edward Hand, with rooms furnished in exquisite period style, as well as the Snyder Gallery of early Lancaster County decorative arts, circa 1760 to 1820, including furniture, portraiture, long rifles, tall case clocks, silver and more. In addition to viewing architecture and rare artifacts, visitors will learn about Edward Hand's service during the Revolution, as well as the complex life of 18th-century Lancaster during the years he lived at Rock Ford. We will also learn about the tenants and servants—enslaved, indentured and free—who lived and labored at Rock Ford.

**Location:** The bus leaves for 881 Rockford Road, Lancaster, from Crossings Main Entrance at Landis Homes promptly at 12:30 pm.

**Enrollment Limit:** 28

**Fees:** \$33 member/\$48 non-member

**Special Notes:** Expect about two hours of walking and standing. One part of the tour is not ADA-accessible.



# *Service-Learning Opportunities*

**There is no fee for service-learning opportunities.** 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 tutoring, transportation support, friendship, neighborhood orientation, providing welcome meals and more. Volunteers go through a background check process to protect our clients' safety.

Please contact Chloe Corkery at [ccorkery@cwsglobal.org](mailto:ccorkery@cwsglobal.org) to learn more.



LH402

## **VOLUNTEER WITH PATHWAYS INSTITUTE**

Pathways Institute 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 and more.



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