



SPRING

2025 CATALOG

**P**ATHWAYS  
INSTITUTE.<sup>®</sup>  
*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 2025 Courses

5 Courses-at-a-Glance

24 Service Learning Opportunities



### *On the Cover*

**Dr. Phil Thuma, MD**, spent most of his life and medical career working in rural Zambia at Macha Mission Hospital as a medical doctor and researcher, concentrating primarily on malaria, before retiring in 2020. Thanks to his efforts, disease drastically declined in the region, and the research he contributed to made important breakthroughs in the control and elimination of this disease. This spring, Phil will present “The History of Malaria” based on his research and expertise.

# General Information

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

This year, we are excited to be celebrating the 20th Anniversary of Pathways Institute for Lifelong Learning®!

Lenora Stern, Dr. Dorothy Gish, and Dr. Raeann Hamon—the founding mothers of Pathways Institute—had a vision for a purposeful life in retirement, where older adults could explore personal growth and meaningful service to their communities. In the last 20 years, we’ve seen this founding vision come to life as the program has reached more than 700 lifelong learners engaging each term at two host sites.

As we look onward at what the next 20 years have in store, we continue to grow and expand our reach—improving the quality and variety of programming through key partnerships with higher education institutions and local service organizations. It’s our grounding aspiration that future generations of aging adults will have access to diverse learning opportunities of the highest quality.

Whether you have participated in our program for many years or you are new to Pathways Institute, we trust that you will find new learning opportunities that will add meaning and value to your life—from lectures, to hands-on experiences, excursions, and service learning.

***We are excited 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 receive various benefits, as outlined below. Membership is \$37 per term for community members and \$21 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 from February 5 through 12, before registration opens to non-members on February 13
- 50% discount on most course fees
- No cancellation fee, if dropping a course
- Guest access, allowing you to bring a friend with you to a course with one or two sessions, once a term, free of charge
- Priority access to special events sponsored by Pathways Institute and our partner organizations
- Access to overnight trips offered by Messiah Lifeways
- Access to events from partner organizations
- 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 courses.

Course Fees	Member	Non-member
<b>1-2 Session Course</b>	\$12	\$24
<b>3-4 Session Course</b>	\$16	\$32
<b>5-6 Session Course</b>	\$19	\$38
<b>Excursion Fee*</b>	\$16	\$32

\* Some courses have additional costs (for supplies, admission, 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, fees must be paid two weeks prior to the day of the event.

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

### Purchase Protection

We encourage you to consider adding a Purchase Protection Plan when you register.

- Purchase Protection is a service that can reimburse you the registration fees if you need to cancel unexpectedly due to health reasons.
- The coverage applies to death, accident, or illness that is not a pre-existing condition or requires a change of medication of the participant OR a member of their immediate family.
- The cost of Purchase Protection is a small percentage of your total eligible order (the minimum charge is \$8).

- You can only add Purchase Protection when you pay for your registration with a credit card.
- You can find information on the Refund Policy and Purchase Protection on the [FAQs page on our website.](#)

## Registration

**The Spring Term runs from March 10 - May 21.**

Priority access will be available from **February 5 through February 12** for those who wish to purchase a Pathways Institute membership. During the priority access window, only membership options will be available.

On **February 13**, registration will open to non-members and members who did not register during their priority access window. **After February 13**, you can continue to register for courses until two business days prior to the course start date. Registration for excursions closes two weeks before the date of the excursion.

Register online at [ThePathwaysInstitute.org](http://ThePathwaysInstitute.org), starting **February 5** at 9:00 am. If you need assistance with registration, please contact our office at 717.667.8964 or [pathways@messiahlifeways.org](mailto:pathways@messiahlifeways.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\***

\*This offer only applies to courses with a \$24 course fee under a non-member option, starting **February 13**. Subject to availability. The discount will be applied automatically upon checkout for all new participants choosing a non-member registration.

In addition, we will provide open office hours in Village Square, at Messiah Village.

### Open Office Hours

#### In the Heisey Room:

Wednesday, February 5 |  
9:00 am - 12:00 noon, 1:00 - 3:00 pm

#### In the Rutherford Room:

Thursday, February 6 | 9:00 - 11:00 am

Friday, February 7 | 1:00 - 3:00 pm

Monday, February 17 | 1:00 - 3:00 pm

Tuesdays, February 11 and 18 | 9:00 - 11:00 am

Thursdays, February 13 and 20 | 9:00 - 11:00 am

## 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 Messiah Village. The **end time** is the approximate time when the group is expected to return back to Messiah Village.
3. Transportation will leave from Messiah Village.
4. 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](mailto:pathways@messiahlifeways.org)

---

[ThePathwaysInstitute.org](http://ThePathwaysInstitute.org)



FOLLOW US ON FACEBOOK

# Courses-at-a-Glance

SPRING 2025

Most on-site courses take place at the Hostetter Enrichment Center, in the Village Square building.  
All other courses note their location in the course title.

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
M	3/10	1:00 pm	2:15 pm	ML101 The Confederate Invasion of Pennsylvania	Scott Mingus
T	3/11	1:00 pm	3:00 pm	ML102 Informal History of Rock & Roll (1 of 5)	Roger Godin
W	3/12	1:00 pm	2:15 pm	ML103 An Overview of Vietnam and History of U.S. Involvement	Martin Kleiner
F	3/14	10:00 am	11:00 am	ML104 George Washington's Influence on Modern America	Bruce Houghtaling
M	3/17	10:00 am	11:30 am	ML105 Intro to Pickleball (1 of 5)   Community Room	Larry Vittone
M	3/17	1:00 pm	2:30 pm	ML106 Applications and Uses of Drones	Craig Lewis and Chelsea Reynolds
T	3/18	1:00 pm	3:00 pm	ML102 Informal History of Rock & Roll (2 of 5)	Roger Godin
W	3/19	1:00 pm	2:15 pm	ML107 History of Malaria	Phil Thuma
TH	3/20	11:30 am	1:00 pm	ML108 Worship & Movement Workshop with Encountered Heart   Village Square Fitness Studio	Encountered Heart Ministries
F	3/21	10:00 am	11:30 am	ML109 Mission Churches of the American Southwest: Origin and Survival (1 of 2)	Susanna Caroselli
M	3/24	10:00 am	11:30 am	ML105 Intro to Pickleball (2 of 5)   Community Room	Larry Vittone
M	3/24	1:00 pm	2:30 pm	ML110 Interview with Esther Spurrier: Life, Culture, and Faith	Marti Derr
T	3/25	1:00 pm	3:00 pm	ML102 Informal History of Rock & Roll (3 of 5)	Roger Godin
W	3/26	1:00 pm	2:00 pm	ML111 Ikebana Flower Arrangement	Ruth Zook
TH	3/27	10:00 am	11:30 am	ML112 Create A Family Tree Collage	Helen King
F	3/28	10:00 am	11:30 am	ML109 Mission Churches of the American Southwest: Origin and Survival (2 of 2)	Susanna Caroselli
M	3/31	10:00 am	11:30 am	ML105 Intro to Pickleball (3 of 5)   Community Room	Larry Vittone
M	3/31	1:00 pm	2:00 pm	ML113 Calling All Bluebirds	Susan Durgin

# Courses-at-a-Glance

SPRING 2025

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
T	4/1	1:00 pm	3:00 pm	ML102 Informal History of Rock & Roll (4 of 5)	Roger Godin
W	4/2	1:00 pm	2:00 pm	ML114 How Big is Space?	Lou Thieblemont
TH	4/3	10:00 am	11:15 am	ML115 Unraveling the Mystery of Mysteries	Carolyn Kleinman
F	4/4	10:00 am	12:00 noon	ML116 Worship and Devotion in Revelation   Chapel	John Yeatts
M	4/7	10:00 am	11:30 am	ML105 Intro to Pickleball (4 of 5)	Larry Vittone
M	4/7	1:00 pm	2:30 pm	ML117 The 2026 Celebration in Philadelphia of Our Nation's 250th Birthday	Carol Nechemias
T	4/8	1:00 pm	3:00 pm	ML102 Informal History of Rock & Roll (5 of 5)	Roger Godin
W	4/9	4:00 pm	7:00 pm	International Cooking Event   Bailey Street Apartments	CWS Harrisburg
TH	4/10	10:00 am	11:15 am	CANCELLED - ML118 The Magnificent Ones: A Journey Through Ancient Trees	Anthony Fredericks
F	4/11	10:00 am	11:00 am	CANCELLED - ML119 Trekking the Himalayas	Joette Derricks
M	4/14	10:00 am	11:30 am	ML105 Intro to Pickleball (5 of 5)   Community Room	Larry Vittone
T	4/15	1:30 pm	4:00 pm	ML120 EXCURSION: Orthodox Church	EXCURSION
T	4/22	10:00 am	11:30 am	ML121 Scottish Heritage	Scottish Society
T	4/22	5:00 pm	7:00 pm	ML122 Cook Like a Chef: Seared Halibut Over Succotash   Bailey Street Apartments	Mario Stanzione
W	4/23	1:00 pm	2:00 pm	ML123 Identity Theft	Augusto Torres
TH	4/24	8:30 am	3:30 pm	ML124 EXCURSION: Ephrata Cloister	EXCURSION
F	4/25	10:00 am	11:30 am	ML125 America's Last Frontier: The Story of Alaska	John Maietta
M	4/28	10:00 am	11:00 am	ML126 OFF-SITE Saddle Up! Equine Learning Course (1 of 4)	Multiple
M	4/28	1:00 pm	3:00 pm	ML127 Preventing a Terrorist Nuclear Attack	John Ricca
T	4/29	10:00 am	11:30 am	ML128 The Man that Saved Ham Radio	Bruce Littlefield

# Courses-at-a-Glance

SPRING 2025

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
W	4/30	1:00 pm	2:30 pm	ML129 Preparing for Death and its Aftermath	Mary Bach
TH	5/1	10:00 am	11:15 am	ML130 The Little-Known Life and Times of John Harris Jr., Founder of Harrisburg	David Biser
M	5/5	10:00 am	11:00 am	ML126 OFF-SITE Saddle Up! Equine Learning Course (2 of 4)	Multiple
M	5/5	1:00 pm	3:00 pm	ML131 First Aid: Do You Know What to Do in an Emergency?	Linda Rooney Davis and Bryan Davis
T	5/6	8:40 am	3:00 pm	ML132 EXCURSION: Fulton Theatre Tour in Lancaster	EXCURSION
TH	5/8	10:00 am	11:30 am	ML133 Borneo Island: Journey to Planetary Health	Susan Kiskis
F	5/9	10:00 am	11:30 am	ML134 Images of Angels (1 of 2)	Susanna Caroselli
M	5/12	10:00 am	11:00 am	ML126 OFF-SITE Saddle Up! Equine Learning Course (3 of 4)	Multiple
M	5/12	1:00 pm	2:30 pm	ML135 VIRTUAL Cassatt and Tanner: Two PA Artists in Paris	Kathryn McClintock
F	5/16	10:00 am	11:30 am	ML134 Images of Angels (2 of 2)	Susanna Caroselli
M	5/19	10:00 am	11:00 am	ML126 OFF-SITE Saddle Up! Equine Learning Course (4 of 4)	Multiple
M	5/19	1:00 pm	3:00 pm	ML136 OFF-SITE Ancestry.com 101	Beth Transue and Rob Leshner
T	5/20	11:00 am	12:30 pm	ML137 Conversation with Violinist Peter Sirotn   Chapel	Peter Sirotn
W	5/21	1:00 pm	3:00 pm	ML138 Understanding American Law	Randy Lee

# Spring 2025 Courses

**IMPORTANT:** All courses, unless otherwise noted, take place at the Hostetter Enrichment Center located at Messiah Village, in the Village Square building at 100 Mt. Allen Dr., Mechanicsburg, PA 17055.

Enrollment limits will be set per room capacity, unless otherwise noted.

## ML101

### ML101 THE CONFEDERATE INVASION OF PENNSYLVANIA

**Monday, March 10**

1:00 - 2:15 pm

**Course Topic:** History

**Description:** In June 1863, more than 70,000 Confederate soldiers of Robert E. Lee's Army of Northern Virginia invaded Pennsylvania. They followed two main routes from Chambersburg, one heading east through Gettysburg and York and the other following Route 11 through Carlisle toward Harrisburg. Hastily organized and barely trained Pennsylvania militiamen tried to slow down the Confederates long enough for the Union Army of the Potomac to march to Pennsylvania from its camps in Virginia.

**Instructor: Scott Mingus**, multiple award-winning author, is a retired scientist and executive in the global specialty paper industry. He was part of the research team that developed the first commercially successful self-adhesive U.S. postage stamps, and he was a pioneer in the early development of bar code labels. He has written

more than 30 Civil War and Underground Railroad books and numerous articles for Gettysburg Magazine and other historical journals.

**Fee:** \$12 member/\$24 non-member

## ML102

### AN INFORMAL HISTORY OF ROCK & ROLL: 1950S-1970S

**Tuesday, March 11, 18, 25, April 1, 8**

1:00 - 3:00 pm

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

**Description:** This course begins with the emergence of the dominant Motown sound, the soulful artists of Stax Records in Memphis, Atlantic Records, the New York and Philly soul sound, and "white blue-eyed soul." We will hear and watch folk rock go electric, psychedelic rock emerge, and the explosion of singer-songwriters into a dominant genre. We'll conclude the course with the emergence of Bruce Springsteen and Michael Jackson. This is Part 2 of the "Informal History of Rock & Roll" from Fall 2024. It is worth taking this course, even if you did not enroll in Part 1.

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

**Fee:** \$19 member/\$38 non-member

## ML103

### AN OVERVIEW OF VIETNAM AND HISTORY OF U.S. INVOLVEMENT

---

**Wednesday, March 12**

1:00 - 2:15 pm

**Course Topic:** History

**Description:** If you've ever been curious about Vietnam, its history, culture, or people, then join us for an enlightening overview of this Southeast Asian nation and how the U.S. came to be entwined in this particular corner of the globe.

**Instructor: Colonel Martin S. Kleiner** spent 26 years in the U.S. Army before retiring in 1992. He is a Vietnam veteran, serving two tours as an Assault/Attack Helicopter Pilot, as well as an Operations Officer and Air Mission Commander. He is involved in the nonprofit Liberty War Birds Association. Their mission is to restore the honor and dignity of the Vietnam Veterans.

**Fee:** \$12 member/\$24 non-member



## ML104

### PRESIDENT GEORGE WASHINGTON'S INFLUENCE ON MODERN AMERICA

---

**Friday, March 14**

10:00 - 11:00 am

**Course Topic:** History

**Description:** This course will focus on three little known aspects of George Washington's military and political career that had an influence on modern America: The Newburgh Conspiracy, his two trips around the states during his presidency, and the foundational precedents he established during his two terms of office.

**Instructor: Bruce Houghtaling** has a BA from Monmouth University and MEd from the University of New Orleans. He was an educator and a school administrator for 30 years, most recently in Sewickley Academy, a private school in Pittsburgh, PA.

**Fee:** \$12 member/\$24 non-member

## ML105

### INTRODUCTION TO PICKLEBALL

---

**Monday, March 17, 24, 31, April 7, 14**

10:00 - 11:30 am

**Course Topic:** Wellness & 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. Please consult your physician before registering for this course.

**Instructor: Larry Vittone** is a resident of Messiah Village and 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—a mixture of Messiah Village residents and community players.

**Location:** Community Room, Village Commons at Messiah Village

**Enrollment Limit:** 10

**Fee:** \$19 member/\$38 non-member

## ML106

### APPLICATIONS AND USES OF DRONES

---

**Monday, March 17**

1:00 - 2:30 pm

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

**Description:** This session will focus on introducing learners to the many applications and uses of drones. These will include some agricultural and forensics-based applications, as well as an explanation of how Harrisburg University's Drone Program provides an avenue for learners to enter careers in unmanned aviation. Additionally, learners will get an opportunity to experience flying some smaller drones, while also being able to view some of the larger and more advanced drones.

**Instructors: Craig Lewis** is currently the Director of Harrisburg University's Center for Applied Environmental & Geospatial Technology. He will be joined by **Chelsea Gordon-Reynolds**, who is a full-time Technician at the Center.

**Enrollment Limit:** 20

**Fee:** \$12 member/\$24 non-member

## ML107

### HISTORY OF MALARIA

---

**Wednesday, March 19**

1:00 - 2:15 pm

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

**Description:** This course will trace the history of malaria in the world, including how it has been found in Egyptian mummies from thousands of years ago, how it infected many people in the U.S. as recently as the early 1900s, and how this mosquito-transmitted infection continues to be a major cause of suffering and death in parts of Asia and Africa. The instructor will show graphs and diagrams to illustrate this history and also discuss new methods that are being used to control and eliminate this infection.

**Instructor:** After growing up in Zambia, **Dr. Phil Thuma, MD**, studied for his undergraduate degree in chemistry at Messiah University, and completed his medical degree at Temple University in Philadelphia. He has spent most of his life and medical career working in rural Zambia at Macha Mission Hospital as a medical doctor and researcher, concentrating primarily on malaria, before retiring in 2020. Phil is a resident of Messiah Village.

**Fee:** \$12 member/\$24 non-member

## ML108

### WORSHIP & MOVEMENT WORKSHOP

---

**Thursday, March 20**

11:30 am - 1:00 pm

**Course Topic:** Wellness & Lifestyle

**Description:** Join Encountered Heart Ministries, a local dance company, for a time of worship and movement suitable for all ages and abilities. With the mission to share the love of Christ through the art of dance, Encountered Heart will demonstrate the benefits of incorporating dance in worship and offer a time where participants can experience it for themselves.

**Instructor:** Encountered Heart Ministries

**Location:** Fitness Studio, Village Square Building at Messiah Village

**Enrollment Limit:** 20

**Fee:** \$12 member/\$24 non-member

## ML109

### MISSION CHURCHES OF THE AMERICAN SOUTHWEST: ORIGIN AND SURVIVAL

---

**Friday, March 21 & 28**

10:00 - 11:30 am

**Course Topic:** History

**Description:** Beautiful church structures and compounds are located throughout the Southwestern United States. Who built them? How did they figure in the lives of the people on whose land they were built? San Juan Capistrano and San Francisco de Asis in California, San Miguel and San Agustin in New Mexico, and San Xavier del Bac in Arizona—see their spectacular architecture and hear their stories.

**Instructor:** **Susanna Caroselli** is an art historian, trained at Brown and Johns Hopkins, who has been a curator, editor, and professor at the Frick Collection (NYC), Detroit Institute of Arts, LA County Museum of Art, and Yale, Messiah, and Boston Universities. She is the author of books and articles on medieval and Renaissance art and architecture, and a frequent speaker on art and religion. Susanna is a resident of Messiah Village.

**Fee:** \$12 member/\$24 non-member

## ML110

### AN INTERVIEW WITH ESTHER SPURRIER: LIFE, CULTURE, AND FAITH

---

**Monday, March 24**

1:00 - 2:30 pm

**Course Topic:** Religion

**Description:** Esther Spurrier was born into a pastor's family and grew up in California. Esther went to Messiah College (now Messiah University) in the late 1960s where she was an athlete and met her future husband, John Spurrier. After studying at Temple University they went to serve in Zambia. Participants will learn about Esther's life in Zambia, where she was engaged in many endeavors to benefit various groups. Esther will share the challenges of raising a family in another culture, as well as the opportunities of moving between two different cultures.



**Instructor:** Interviewer, **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, Marti retired from Messiah University after 28 years of teaching. She currently practices as a Spiritual Director. Marti is a resident at Messiah Village.

**Fee:** \$12 member/\$24 non-member

## ML111

### IKEBANA FLOWER ARRANGEMENT

---

**Wednesday, March 26**

1:00 - 2:00 pm

**Course Topic:** Wellness & Lifestyle

**Description:** In this course, you will learn about Ikebana—a Japanese style of flower arranging using odd numbers, asymmetry, and triangles. In Japan, people prefer to use limited numbers of flowers with ample spacing in their arrangements. In their culture, less is more. The instructor will demonstrate this technique and allow participants to practice creating their own flower arrangement.

**Instructor:** **Ruth Zook, RN, BSN**, taught clinical nursing for Penn State University, York College, HACC, and Messiah University. While living with her family in Japan where they served as missionaries for 22 years, Ruth became interested in Ikebana and studied different styles/schools of Ikebana. Ruth is a resident of Messiah Village.

**Enrollment Limit:** 20

**Fee:** \$12 member/\$24 non-member

## ML112

### CREATE A FAMILY TREE COLLAGE

---

**Thursday, March 27**

10:00 - 11:30 am

**Course Topic:** Wellness & Lifestyle

**Description:** Creating a collage of our family tree helps us to visualize connections with loved ones. In this workshop we will create a 16x20 inch picture of your tree with color-coded leaves representing the different generations. This can make a great gift. Bring a three or four generation list, scissors, and a black pen.

**Instructor:** **Helen King** is an internationally known counselor who focuses on the relationship between the mind, emotions, and body. She enjoys designing crafts that enhance personal expression, appearance, wellness, joy, and create life-long friendships. Helen is a resident at Messiah Village.

**Enrollment Limit:** 12

**Fee:** \$17 member/\$29 non-member

## ML113

### CALLING ALL BLUEBIRDS

---

**Monday, March 31**

1:00 - 2:00 pm

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

**Description:** This course will help participants better understand the challenges bluebirds face, and will address ways to help native cavity-nesting songbirds survive and thrive.

**Instructor:** **Susan Durgin** retired from teaching elementary art in 2015. In 2023 she edited/authored a Bluebird Society of Pennsylvania publication, "Success with Bluebirds."

**Fee:** \$12 member/\$24 non-member



ML114

## HOW BIG IS SPACE?

---

**Wednesday, April 2**

1:00 - 2:00 pm

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

**Description:** Join Lou Thieblemont for a light-hearted lecture on the scale of everything. Discussion will include comparing an atom to the scale of the solar system, our sun to other suns, our Milky Way galaxy to other galaxies, and more!

**Instructor: Lou Thieblemont** was born and raised in New York City. After graduating from New York Institute of Technology, he worked for 37 years as a commercial airline pilot. Lou has presented courses at Pathways Institute for more than 18 years and produced programs for WITF's "Mind Matters." He is the recipient of the 2012 SAGE award from Harrisburg Magazine. Lou offers a series of lectures on topics as diverse as astronomy, aviation, Antarctic exploration, optical illusions, and computer graphics.

**Fee:** \$12 member/\$24 non-member

ML115

## UNRAVELING THE MYSTERY OF MYSTERIES

---

**Thursday, April 3**

10:00 - 11:15 am

**Course Topic:** Literature

**Description:** This course will cover the history of the mystery genre, terms used to describe mysteries, the structure of a mystery story, and the many sub-genres of mysteries. The instructor will also explain how a real murder case in Lancaster, PA, inspired her to write her mystery novel "The Class Assignment Is Murder."

**Instructor: Carolyn Kleinman** is a retired English and English as a Second Language teacher. Carolyn has BS and MA degrees from the University of Minnesota. She is the author of two novels published by Sunbury Press. Carolyn lives in Lancaster, PA, with her husband, Steven.

**Fee:** \$12 member/\$24 non-member

ML116

## WORSHIP AND DEVOTION IN REVELATION

---

**Friday, April 4**

10:00 am - 12:00 noon

**Course Topic:** Religion

**Description:** Revelation, perhaps more than other books of the Bible, is used for music, prayer, and proclamation in worship. It begins and ends on a note of triumph: Whatever our situation, we know that Jesus will come to bring God's kingdom on earth. This course will be held in the Chapel where we can sing, pray, and understand this literary, religious, and artistic text. Bring your mind, imagination, and emotion to engage this biblical text.

**Instructor: John Yeatts, PhD**, has degrees from Messiah University, Princeton Seminary, and Purdue University; pastored in Lebanon County (PA); taught Bible and theology for 33 years at Messiah University; was senior pastor of Grantham Church; and taught at Messiah's Philadelphia Campus. He also taught in various Bible colleges in Africa.

**Location:** Chapel, Village Center Building at Messiah Village

**Fee:** \$12 member/\$24 non-member

ML117

## THE 2026 CELEBRATION IN PHILADELPHIA OF OUR NATION'S 250TH BIRTHDAY

---

**Monday, April 7**

1:00 - 2:30 pm

**Description:** In 2026, the U.S. will celebrate its 250th year of independence, focused in Philadelphia. Learn what is planned, starting in January with 52 weeks of firsts, a plethora of special exhibits, as well as a new wall mural commemorating American democracy—not to speak of events the Founding Fathers could not have fathomed, including World Cup games and the baseball All-Star Game. We will turn some attention to comparing this event with the large-scale 1876 Centennial Celebration in Philadelphia.

**Instructor: Dr. Carol Nechemias** is a retired Associate Professor of Public Policy and Political Science at Penn State Harrisburg. She taught courses on public policy, Russian politics, gender and politics, and a variety of specialized seminars.

**Fee:** \$12 member/\$24 non-member

### EDUCATION AND SHARING DAY: INTERNATIONAL COOKING EVENT WITH CWS HARRISBURG

Wednesday, April 9 | 4:00 - 7:00 pm

Education and Sharing Day is a day established in recognition of Rabbi Menachem Mendel Schneerson's efforts for education that encourages kindness and the fostering of caring neighbors. We will celebrate Education and Sharing Day in partnership with CWS Harrisburg.

Join us for an international cooking event by CWS Marketplace: Economic Empowerment Program for Refugee Women. You will try international foods prepared by our neighbors from different countries. After a cooking demonstration, we will share a meal and hear life stories from our neighbors and volunteers/staff of CWS Harrisburg.

**Location:** Kitchen in Bailey Street Apartments, Village Center at Messiah Village

**Enrollment Limit:** 30

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



CANCELLED: ML118

## ~~THE MAGNIFICENT ONES: A JOURNEY THROUGH ANCIENT TREES~~

---

~~Thursday, April 10~~

~~10:00 – 11:15 am~~

~~Course Topic:~~ Nature, Science, & Technology

~~**Description:** Join renowned author Anthony D. Fredericks as he takes you on a journey among some of the oldest trees in the country—trees more than 1,500 years old. These ancient trees stand as sentinels against all odds while earth and its people have changed around them. The instructor will examine their awe-inspiring longevity and evolutionary intelligence, drawing on expert interviews, scientific research, and a remarkable reverence for the environment.~~

~~Participants will experience the strength and magnificence of the country's most wondrous trees in this dynamic presentation. It is an odyssey you don't want to miss.~~

~~**Instructor:** Anthony D. Fredericks, EdD, is Professor Emeritus of Education at York College of Pennsylvania. He is a best-selling author of numerous books, including his latest, "In Search of the Old Ones: An Odyssey among Ancient Trees."~~

~~**Fee:** \$12 member/\$24 non-member~~

CANCELLED: ML119

## ~~TREKKING THE HIMALAYAS~~

---

~~Friday, April 11~~

~~10:00 – 11:00 am~~

~~Course Topic:~~ Travel

~~**Description:** Joette Derricks will share personal photos and stories of her adventures on the Mt. Everest Base Camp Trail, the seven Kathmandu Valley UNESCO World Heritage Sites, and touring/trekking through Bhutan's beautiful countryside.~~

~~Along the way, she saw the highest mountains in the world while enjoying her meals and lodging at small teahouses in Sherpa villages and Bhutanese villagers' homes. She experienced the immense beauty of the surroundings while learning about local culture and traditions.~~

~~**Instructor:** Joette Derricks grew up in PA's Allegheny National Forest, resulting in her lifelong passion for nature and hiking. Retiring after 38 years as the founder of a boutique consultancy specializing in health care regulations, she now pursues her passion year-round. In 2022, she hiked the Classic Inca Trail to Machu Picchu and explored the Amazon jungle. For six weeks in the fall of 2023, she trekked on Mt. Everest and through Bhutan.~~

~~**Fee:** \$12 member/\$24 non-member~~

## ML120 EXCURSION

### A TOUR OF THE ORTHODOX CHURCH IN MECHANICSBURG

---

**Tuesday, April 15**

1:30 - 4:00 pm

**Description:** When visiting the Holy Apostles Orthodox Church, participants will get a brief overview of the history and tradition of the Orthodox Church. Father Timothy Hojnicky, Rector of the Holy Apostles Parish, will give a short presentation on the traditional layout of the church, and explain the various icons in a traditional Orthodox place of worship.

**Notes:** ADA-accessible. Expect minimal amounts of walking and standing.

**Pick-up Location:** A Messiah Village Bus will depart from Village Commons at 1:30 pm and from Village Square at 1:40 pm.

**Enrollment Limit:** 30

**Fee:** \$46 member/\$62 non-member

ML121

## SCOTTISH HERITAGE

---

**Tuesday, April 22**

10:00 - 11:30 am

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

**Description:** This course will include a brief discussion on the history of Scotland, including the reasons for Scottish emigration to Ireland and later to the American colonies, and the importance of tartan to the Scottish people. Participants will have an opportunity to ascertain their family connection to a particular tartan.

**Instructor:** A member(s) of the Scottish Society of Central Pennsylvania

**Fee:** \$12 member/\$24 non-member



ML122

## COOK LIKE A CHEF: SEARED HALIBUT OVER SUCCOTASH

---

**Tuesday, April 22**

5:00 - 7:00 pm

**Course Topic:** Wellness and Lifestyle

**Description:** In the 17th century, Native Americans introduced succotash, a stew of corn, beans, and squash to English Settlers. The chef will introduce a light and fresh version with edamame, juicy tomatoes, and a bright tomatillo sauce. It is a gluten-free, carb-conscious dish without added sugars, and offers a good amount of the daily recommended protein. Participants will be involved in the cooking process and will be able to enjoy a meal at the end of the class. Mario will be joined by nutritionist Nora Jensen who will talk about the nutritional value of the dish.

**Instructors:** **Mario Stanzione** is Assistant General Manager of Residential Dining at Messiah Lifeways. He earned a degree in Baking and Pastry Arts from the Culinary Institute of America. In his spare time, Mario enjoys nurturing his collection of more than 80 bonsai trees and creating dishes that highlight the natural flavors of fresh ingredients.

**Nora Jensen, MHSc, RDN, LDN**, is the Director of Clinical Nutrition and Wellness with Culinesse. She holds a BS in Nutrition and a Masters in Health Science and Nutrition from Cedar Crest College, where she is also an adjunct professor. Nora has been working in clinical and food service management roles in senior living for more than a decade.

**Location:** Kitchen in Bailey Street Apartments, Village Center at Messiah Village

**Enrollment Limit:** 20

**Fee:** \$27 member/\$39 non-member

## ML123

### IDENTITY THEFT

---

**Wednesday, April 23**

1:00 - 2:00 pm

**Course Topic:** Business, Economics, & Finance

**Description:** In this workshop, you will learn how identity thieves can steal your personal information and what is at risk when they do. We will look at examples of different types of scams and show you how to spot them and how to protect yourself from becoming a victim. If your identity is compromised, we will show you what to do next to repair the damage. You will learn new, more advanced options to safeguard yourself, and some new money management options—like Bitcoin—with its own complex safety nets.

**Instructor: Augusto (Gus) Torres** is an assistant vice president and a financial wellness consultant with PNC Organizational Financial Wellness. Gus is dedicated to partnering with organizations to deliver customized financial wellness benefits to help move employees forward financially. He helps the local community through various paths, including participating in the PNC Grow Up Great early childhood education program, and volunteering to deliver financial presentations at nonprofit organizations.

**Fee:** \$12 member/\$24 non-member

## ML124 EXCURSION

### EPHRATA CLOISTER

---

**Thursday, April 24**

8:30 am - 3:30 pm

**Description:** Experience the captivating history of Historic Ephrata Cloister, a religious community established in 1732. Discover the unique lifestyle of its community, which fostered remarkable architecture, original music, significant publications, and extraordinary art. After a guided tour of the Cloister, you can enjoy a self-guided tour of the property and visit the gift shop. The group will stop for lunch en route to Messiah Village. Lunch is on your own.

**Notes:** The tour is NOT accessible for wheelchairs, but is accessible for those who use walkers. Expect two hours of walking and standing.

**Pick-up Location:** A Messiah Village Bus will depart from Village Commons at 8:30 am and from Village Square at 8:40 am.

**Enrollment Limit:** 30

**Fee:** \$60 member/\$76 non-member  
(lunch is not included in the fee)

ML125

## AMERICA'S LAST FRONTIER: THE STORY OF ALASKA

---

**Friday, April 25**

10:00 - 11:30 am

**Course Topic:** History

**Description:** "The Last Frontier," "Seward's Folly," and "The Land of the Midnight Sun"—all three nicknames embody popular notions of Alaska. But the real story of America's biggest and wildest state is more complex. This program explores 300 years of Alaska's history from the first Russian fur-trading settlements, through the booming Gold Rush days, to the modern challenge of balancing resource development with conservation, tourism, and the preservation of native Alaskan culture.

**Instructor:** John Maietta is a retired Army officer, lifelong history enthusiast, and long-time instructor with Pathways Institute. In 2014, he received a master's degree in applied history from Shippensburg University. He later taught introductory courses in world history at Shippensburg and York College of Pennsylvania. Out in the community, he is a popular presenter of cultural and historical programs at libraries, retirement centers, and other adult learning venues across the region.

**Fee:** \$12 member/\$24 non-member

ML126

## OFF-SITE *SADDLE UP!* EQUINE LEARNING COURSE

---

**Monday, April 28, May 5, 12, & 19**

10:00 - 11:00 am

**Course Topic:** Wellness & Lifestyle

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

**Instructor:** Certified Instructors at Walnut Grove Farms

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

**Enrollment Limit:** 20

**Fee:** \$112 member/\$124 non-member

ML127

## PREVENTING A TERRORIST NUCLEAR ATTACK

---

**Monday, April 28**

1:00 - 3:00 pm

**Course Topic:** Contemporary Issues

**Description:** This lecture will discuss the mission of Homeland Security and the Intelligence community to prevent a terrorist nuclear attack. It will include the possible techniques that terrorists could use to transport a nuclear weapon, types of intelligence, detection capabilities, the technical and operational approaches to intercept a weapon, and outcomes.

**Instructor: John Ricca** worked 54 years for the federal government as a weapons of mass destruction (WMD) and counter-terrorism analyst. His specialties are nuclear physics and health physics. He has a Master's Degree and has completed more than two dozen technical courses in WMD sciences. John currently serves as an on-call senior technical advisor for the Departments of Defense and Homeland Security.

**Fee:** \$12 member/\$24 non-member

ML128

## THE MAN THAT SAVED HAM RADIO

---

**Tuesday, April 29**

10:00 - 11:30 am

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

**Description:** In December of 1921, the American Radio Relay League (ARRL) conducted a set of tests to see if the "commercially useless" shortwaves and limited power allowed radio amateurs to reach across the Atlantic ocean. For these tests, the ARRL decided to send one of their own members to England to copy any American amateur signals that could be received. That amateur was the instructor's grandfather, Paul Godley. This course covers early radio development, Paul Godley's dogged pursuit of a career in wireless communications, why he was chosen for this task, and what the test results taught the radio world.

**Instructor: Bruce Littlefield** is a retired electrical engineer in telecommunications. He was involved in the development, production, and testing of both wired and wireless telephone switching systems, telephones, and test equipment. He is the holder of six patents in the field of telecommunications, two of which he is the sole inventor.

**Fee:** \$12 member/\$24 non-member

ML129

## PREPARING FOR DEATH AND ITS AFTERMATH

---

**Wednesday, April 30**

1:00 - 2:30 pm

**Course Topic:** Wellness & Lifestyle

**Description:** Losing a loved one is one of the most difficult parts of life. Between managing the logistics of daily events and dealing with grief, figuring out what comes next can feel completely overwhelming. How do we handle our affairs and that of the deceased? Where do we begin? Join Mary Bach for an important discussion about planning ahead, and what specific steps to take after the death of a loved one.



**Instructor: Mary Bach**, a former high school teacher, is a long-time, nationally recognized, independent consumer advocate. As a volunteer, she is Chair of the AARP Consumer Issues Task Force. She has appeared on numerous local and national TV programs and has been interviewed on radio talk shows and newspapers internationally. She is currently seen on the FraudWatch segments monthly on ABC27's GoodDayPA. Her YouTube videos are titled "Outsmarting the Scammers with Mary Bach."

**Fee:** \$12 member/\$24 non-member

## ML130

### THE LITTLE-KNOWN LIFE AND TIMES OF JOHN HARRIS JR., FOUNDER OF HARRISBURG

---

**Thursday, May 1**

10:00 - 11:15 am

**Course Topic:** History

**Description:** Participants will see David Biser as a first-person interpreter of John Harris Jr., the official founder of the city of Harrisburg and of Dauphin County Pennsylvania. John Harris lived from 1727-1791 and was an influential figure during the French and Indian War and the American Revolution. He operated a tavern, had a license to trade with natives, owned a system of ferry boats for crossing the Susquehanna River, was a trader of goods, a brewer, and an entrepreneur.

**Instructor: David Biser** has been a lover of colonial history for more than 30 years and a colonial period reenactor for 20 years. He is an active member of the Donegal Township Riflemen, a member of the Continental Line of Revolutionary War reenactors, and the First-Person Interpreters of the Association of Living History, Farm, and Agricultural Museums (ALHFAM). David is a United Methodist pastor by profession, currently serving at CrossPoint Church in Harrisburg, PA.

**Fee:** \$12 member/\$24 non-member

## ML131

### FIRST AID: DO YOU KNOW WHAT TO DO IN AN EMERGENCY?

---

**Monday, May 5**

1:00 - 3:00 pm

**Course Topic:** Wellness & Lifestyle

**Description:** This course will review the most common types of emergencies people may encounter, with an emphasis on how to provide care until the EMTs/paramedics arrive. There is no certification with the course.

**Instructors: Linda Rooney Davis** is a registered nurse, certified paramedic, and vocational education high school teacher. Linda has been involved in emergency and critical care education most of her career. She was instrumental in the initiation of the HACC Paramedic Institute in 1980.

**Bryan L. Davis, EMT-P**, is the Director of Wildlife Medical Division and ALS coordinator for J.E.T. Response EMS in Lemoyne. Bryan has worked as a paramedic in the south central PA area providing patient care, as well as serving as a mentor and educator for EMS providers.

**Fee:** \$12 member/\$24 non-member

## ML132 EXCURSION

### FULTON THEATRE TOUR IN LANCASTER

---

**Tuesday, May 6**

8:40 am - 3:00 pm

**Description:** The Fulton is Lancaster County's professional regional theater and a National Historic Landmark. For more than 150 years, audiences from central PA and beyond have been entertained, educated, and inspired at America's oldest, continuously operating theater. This marvel of Victorian architecture combines ornate mid-Nineteenth Century grandeur with modern amenities.

The guided tour will delve into the Fulton's rich history, as well as offer a glimpse into how artists and administrators create the theater's productions today. Participants will tour various parts of the theater, including—when possible—backstage. The group will stop for lunch before returning to Mechanicsburg.

**Notes:** The tour is not ADA-accessible. It involves stairs and may not be suitable for those who use walkers. Expect one hour of walking and standing.

**Pick-up Location:** A Messiah Village bus will depart from Village Commons at 8:40 am and from Village Square at 8:50 am.

**Enrollment Limit:** 30

**Fee:** \$60 member/\$76 non-member (lunch is not included in the fee)

## ML133

### BORNEO ISLAND: JOURNEY TO PLANETARY HEALTH

---

**Thursday, May 8**

10:00 - 11:30 am

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

**Description:** Step into the rainforests of Borneo Island in Indonesia and learn about how a once-depleted rainforest site became a thriving ecosystem. Ride in a motorized small boat and weave through islands where orangutans, the rainforest's original foresters, are learning how to live in the wild again. Plus, learn more about the role climate change plays in every facet of life and how we can become planetary health guardians.

**Instructor:** **Susan Kiskis** is a conservationist and founder of The Ahimsa Project. She holds an MS in global health and is pursuing an MS in sustainable food systems. She was named as a Changemaker by the Clinton Global Initiative University for her climate action plan in 2023. Her international work encompasses conservation and education.

**Fee:** \$12 member/\$24 non-member

ML134

## IMAGES OF ANGELS

---

**Friday, May 9 & 16**

10:00 - 11:30 am

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

**Description:** Depictions of angels are some of the most endearing and inspiring subjects in art, whether they be major participants, supporting cast, or extravagant decor. We will talk about their visual origins and their many roles in art, from antiquity to the modern day.

**Instructor:** **Susanna Caroselli** is an art historian, trained at Brown and Johns Hopkins Universities, who has been a curator, editor, and professor at the Frick Collection (NYC), Detroit Institute of Arts, LA County Museum of Art, and Yale, Messiah, and Boston Universities. She is the author of books and articles on medieval and Renaissance art and architecture and a frequent speaker on art and religion. Susanna is a resident at Messiah Village.

**Fee:** \$12 member/\$24 non-member

ML135 VIRTUAL

## CASSATT AND TANNER: TWO PA ARTISTS IN PARIS

---

**Monday, May 12**

1:00 - 2:30 pm

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

**Description:** Two painters from PA, Mary Cassatt and Henry Ossawa Tanner, pursued different career paths to success in 19th-century Paris. Cassatt was associated with the Impressionists and painted domestic scenes, while Tanner followed the academic path as a genre and religious painter. We will examine the social and cultural contexts of some of their most famous paintings.



**Instructor:** **Kathryn McClintock** has a Master's degree in art history from Pennsylvania State University and taught the introduction to art course through Penn State Outreach for more than 20 years.

**Fee:** Free for members/\$24 non-member

ML136 OFF-SITE

## ANCESTRY.COM 101

---

**Monday, May 19**

1:00 - 3:00 pm

**Course Topic:** Wellness & Lifestyle

**Description:** This hands-on session will help individuals who want to begin or improve genealogy research skills using Ancestry.com. The instructors will first describe options for accessing Ancestry.com and its search strategies and resources, including DNA and messaging. Time will then be given for participants to begin working on their own genealogy research with instructor assistance. Please note that participants should have basic computer skills for this workshop.

**Instructors:** **Beth Transue** coordinates information literacy at Messiah University. Genealogy has become a personal passion and she is co-founder of Thistle Genealogy Services. Beth has presented about genealogy topics at Pathways Institute and the PA Library Association.

**Rob Leshner** is the PA Forward Program Manager at the PA Library Association. He has actively researched his own family tree for more than 20 years. He co-founded the Thistle Genealogy Services alongside Beth. Rob has extensive presentation experience on many topics including genealogy.

**Location:** A computer lab at Messiah University. Directions will be provided closer to the time. Transportation will not be provided.

**Enrollment Limit:** 15

**Fee:** \$12 member/\$24 non-member

ML137

## CONVERSATION WITH VIOLINIST PETER SIROTIN

---

**Tuesday, May 20**

11:00 am - 12:30 pm

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

**Description:** Join Peter Sirotn for a conversation about classical music, Peter's 35-year career, as well as changes in the way live music performances are presented and perceived today. The course will include a brief performance by Peter and pianist Ya-Ting Chang.

**Instructor:** Since his debut at the age of 14 performing Paganini Concerto No. 1 with Kharkiv Philharmonic in his native Ukraine, violinist **Peter Sirotn** performed hundreds of concerts as a soloist, chamber musician, and concertmaster. Currently, he is a concertmaster of the Harrisburg Symphony, co-director of Market Square Concerts, as well as Artist-in-Residence at Messiah University. He co-founded with his wife, pianist Ya-Ting Chang, the Mendelssohn Piano Trio. The group has performed more than 500 concerts in the U.S., Europe, and Asia.

**Location:** Chapel, Village Center at Messiah Village

**Fee:** \$12 member/\$24 non-member

ML138

## UNDERSTANDING AMERICAN LAW

---

**Wednesday, May 21**

1:00 - 3:00 pm

**Course Topic:** Contemporary Issues

**Description:** One can't measure a stick without a ruler, and one can't evaluate the Supreme Court without an understanding of what it means to do "law." If you're interested in deciding for yourself how the current Supreme Court measures up, then join Widener law professor Randy Lee for an interactive adventure through court history and judicial opinions. This course is designed to strip away the law's shroud of mystery—inviting you to consider for yourself what law is, how it works, and what it means to do it well.

**Instructor:** **Randy Lee** teaches Constitutional Law, Professional Responsibility, and Torts at Widener Commonwealth Law School in Harrisburg. During his time at Widener, he has received outstanding teacher awards from both Widener's alumni and from its graduating students. Randy has written more than 60 articles and spoken throughout the country on everything from Springsteen to Dickens. He also has taught at the Pitt and Villanova Law Schools.

**Fee:** \$12 member/\$24 non-member

# *Service Learning Opportunities*

Please note that there is no fee involved for service learning opportunities. 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 in 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 sleepers or knitting/crocheting baby caps that will be sent to help mothers give 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, serve as one-on-one tutors for one hour a week, and adult ESL book club leaders to meet with small groups bi-weekly for one hour.

This is an exciting opportunity to support and welcome immigrants and refugees in our community. They provide volunteers with training and professional development opportunities. Please contact Katie Martin-Momose, [KMartin@cchbg.org](mailto:KMartin@cchbg.org), 717.329.6139, 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—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. 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 by [clicking here](#).

#### 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](http://operationwildcat.org), on the "Get Involved" page, where you can [sign up to help](#).

#### ML405

### **SERVING CHILDREN AND THOSE IN NEED WITHIN OUR LOCAL COMMUNITY WITH KIWANIS CLUB OF GREATER WEST SHORE**

---

The Kiwanis Club of Greater West Shore is a group of volunteers dedicated to changing the world one child and one community at a time. The Club supports four Key Clubs operating in West Shore high schools to teach youth about service and leadership. With 600 high school students in our Key Clubs, we support many community service projects, including

helping at the local food bank, working on projects for hospitalized children and babies, and library reading programs. Learn more about our mission and our current projects at [greaterwestshorekiwanis.org](http://greaterwestshorekiwanis.org) or attend, as our guest, one of our monthly meetings held at 6:00 pm on the first and third Wednesday of each month at Marzoni's Brick Oven on Ritter Road in Mechanicsburg. Email [kiwanisws@gmail.com](mailto:kiwanisws@gmail.com) to let us know you will be joining us.



---

## **LEARNING *never retires.***

---

**SIGN UP TODAY**

# Thank you to our sponsor **OSS Health**

## HIGH QUALITY ORTHOPAEDIC CARE





**OSS Health**

### Orthopaedic Services

- Joint Replacements
- Robotic-Assisted Surgeries
- Orthopaedic Hospital
- Spine Care
- Pain Management
- Orthopaedic Urgent Care
- Imaging
- Sports Medicine
- Upper Extremity Care
- Foot & Ankle Care
- Physical Therapy
- Workers' Compensation

YORK • WEST YORK • MECHANICSBURG • WEST SHORE • HANOVER • GETTYSBURG

    **osshealth.com** OWNED & OPERATED BY OSS HEALTH PHYSICIANS

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](mailto:wcoder@messiahlifeways.org)



**PATHWAYS**  
**INSTITUTE**  
*for Lifelong Learning*

717.667.8964

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

[ThePathwaysInstitute.org](http://ThePathwaysInstitute.org)

 Follow us on Facebook!

 **MESSIAH**  
**Lifeways**  
Life. Embraced.

**CAPITAL REGION**