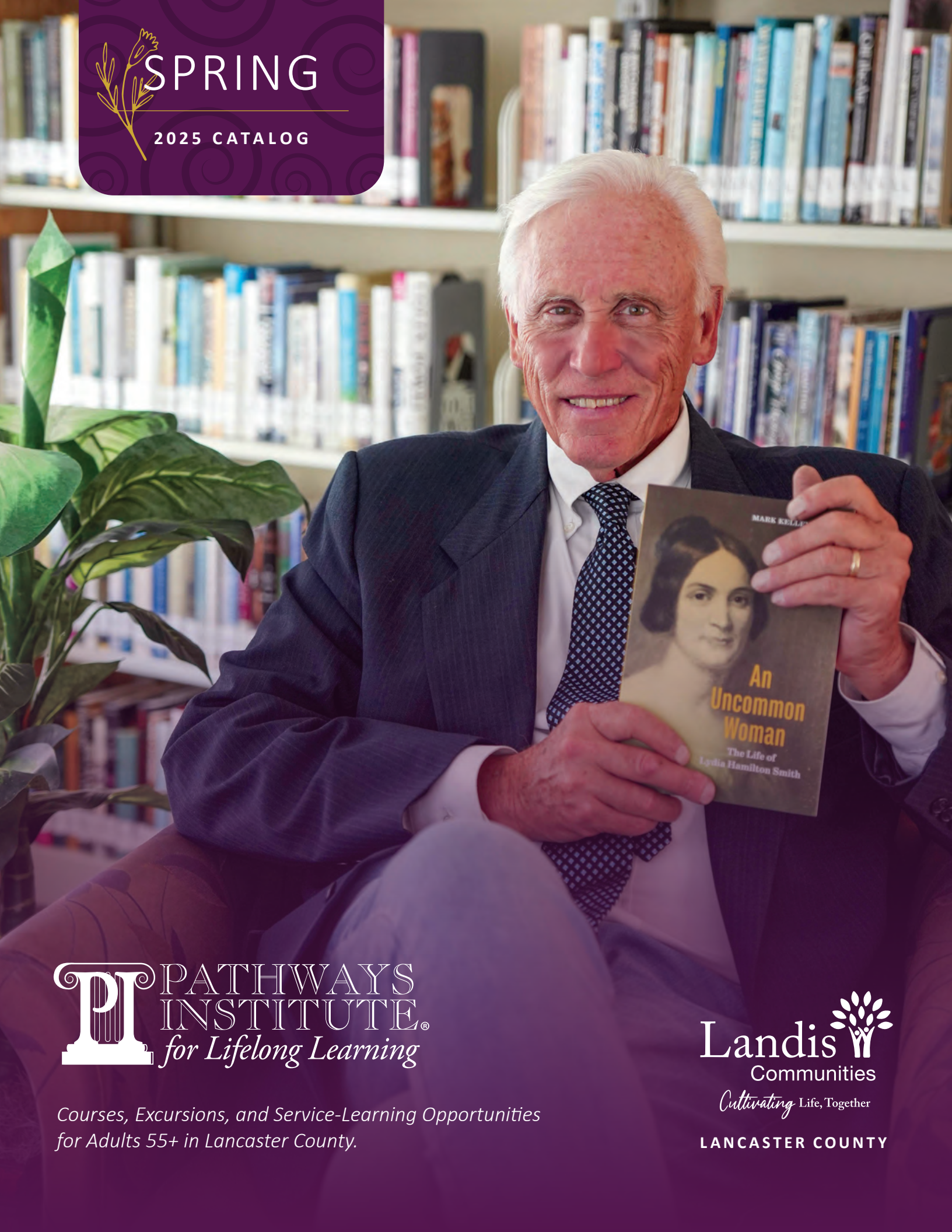




SPRING

2025 CATALOG



PATHWAYS
INSTITUTE®
for Lifelong Learning

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

Landis 
Communities
Cultivating Life, Together

LANCASTER COUNTY

TABLE OF

Contents

01 **Welcome & General Information**

23 **Off-Site Excursions**

04 **Courses-at-a-Glance**

25 **Service-Learning Opportunities**

07 **On-Site Courses**



On the Front Cover

Author, professor, and former journalist, **Mark Kelley**, is leading a course this term on his ground-breaking biography of Lydia Hamilton Smith, LH103 on Tuesday, March 18. Lydia was the businesswoman, housekeeper, and confidant of congressman Thaddeus Stevens. The book describes their work together in the Underground Railroad and on behalf of freedom for 19th century African Americans.

On the Back Cover

Join instructor and amateur astronomer, **Lou Thieblemont**, for the course, LH122 Celestial Lights: Learning about the Sun and the Stars, on Wednesday, April 16.

Welcome & General Information

Dear Lifelong Learners,

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

If you are new to our program, find a warm welcome with other engaged learners. If you are returning, you know how our course offerings broaden your horizons and pique your interest. One of the keys to staying fresh and flexible as we age is to stay curious about the world around us, which this term's course offerings enable you to do.

This spring, you can learn about music (Broadway musicals, Stephen Foster, and Tin Pan Alley composers), nature (celestial lights and resurrected birds), history (500th anniversary of Anabaptism and the American disability rights struggle), travel (life and culture of Morocco and the mysteries of Lititz, "America's Coolest Small Town"), technology (drones and teleprompters), and contemporary issues (such as the frontline realities of immigration in southcentral Pennsylvania, or an interactive adventure through supreme court history and judicial opinions).

Other courses this term invite you to cook a Latin American menu under the direction of experienced chefs, learn about Deaf culture and practice American Sign Language, be inspired by life-history interviews with significant Lancaster-area community leaders, create and embellish a leather bookmark, thrill with women inventors, find solace in the company of others through a caregiver's journey, learn how to reduce your risk of dementia, test your scent selection with a class on fragrances, visit actual Amish schools, discover the history of railroading and of the Negro Baseball Leagues, test your knowledge with a free trivia class, and learn about the roots of the Underground Railroad from the Susquehanna River to Lancaster City in a half-day tour.

We welcome you to enroll in the stimulating spring 2025 courses and excursions and look forward to providing you with many new and enriching learning opportunities this term.

We can't wait for you to join our community of lifelong learners.

Sincerely,



Pathways Institute Manager
at Landis Homes

ThePathwaysInstitute.org/lancaster-county
717.381.3577

Pathways Institute for Lifelong Learning® Mission and Purpose

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

Created to meaningfully engage the talents and abilities of adults 55+, Pathways Institute recognizes the wealth of resources they have to celebrate, discover, and share. At Landis Communities since 2008, Pathways Institute exists to provide intellectual, cultural, and spiritual opportunities promoting overall 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. We expect respectful dialogue. Information presented in courses or events is for educational and enrichment purposes only and is not representative of Pathways Institute for Lifelong Learning nor 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.” The values of joy, compassion, integrity, stewardship and community guide our work.

Membership

Membership is available to any participant but is not required to participate in Pathways Institute courses. However, members receive various benefits, as outlined below. This spring, membership costs \$37 per term for community members and \$21 per term for Landis Communities residents, affiliates and partners (including residents of Landis Homes, Steeple View Lofts, Landis Place on King, Mountain View Terrace, as well as members of Friends Life Care Continuing Care at Home and Lancaster Downtowners). Membership is valid for one term and is non-refundable.

Membership Benefits

- Priority registration access to courses, see more information below
- Reduced course fees, see below
- 10% discount on campus restaurants if dining on the day of a course you’re attending
- No course cancelation fee, if dropping a course two weeks in advance
- Guest access, allowing you to bring a friend to one, 1-2 session course once a term, free of charge (need to register your guest in advance)
- Priority access to special events sponsored by Pathways Institute and partner organizations

Course Fees

Each course has a fee, which is listed in the catalog under each course description. Note that members enjoy a 50% discount on courses and excursions. Some courses or trips have additional costs (for supplies, transportation, admissions, etc.) which are noted in the course description.

Membership Options (per term)	Fee
Community member	\$37
Landis Communities member	\$21
Non-member	\$0

Courses Selected – Member

Courses with 1 or 2 sessions	_____	x \$12 = \$ _____
Courses with 3 or 4 sessions	_____	x \$16 = \$ _____
Excursions	_____	x \$16 = \$ _____ *

Courses Selected – Non-member

Courses with 1 or 2 sessions	_____	x \$24 = \$ _____
Courses with 3 or 4 sessions	_____	x \$32 = \$ _____
Excursions	_____	x \$32 = \$ _____ *

*Plus additional fees

To guarantee your spot in a course, all fees must be prepaid before the start of the course. For excursions, the fees must be paid one week prior to the day of the event.

Purchase Protection

Once again, we are pleased to offer you the option of Purchase Protection through our registration software provider. It is non-refundable; however the cost of Purchase Protection is a small percentage of your total order (the minimum charge is \$8). Purchase Protection functions like travel insurance. It can reimburse you for course and excursion fees if you need to cancel unexpectedly for any of the following reasons (not due to a pre-existing condition): illness, injury, change of medication, or bereavement of the participant or a member of their immediate family. You can only add Purchase Protection when you pay for your registration with a credit card. You may decline this option at checkout when registering for courses; if you do, then our two-week advance refund policy will apply. You can find more information on Purchase Protection on the FAQs page of our website, www.thepathwaysinstitute.org/frequently-asked-questions/

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 participant will need to file a claim directly with our registration software provider; instructions are on the FAQs page of our website (see above).

If a participant does not select a Purchase Protection Plan:

Members will receive credit for the full amount of their course 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 for course fees 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

Registration is open throughout the term, but particular courses may fill up early. This term we are again offering priority access to registration for those who purchase membership. Priority access will be available from February 12, beginning at 9:00 am, through February 18. During this registration window, only membership options will go through. On February 19, registration will also open for non-member registration options.

The spring term runs from March 17 through May 19.

We encourage you to **register online at ThePathwaysInstitute.org/lancaster-county/**

Pathways Institute team members are also available to help you in the office or over the phone. If you need assistance with your registration, please contact our office at 717.381.3577 or at 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, subject to availability.*

**This offer only applies to courses that are not sold-out with a \$24 course fee under a non-member option. The discount will be applied automatically upon checkout for all new participants choosing non-member registration.*



Scan this QR code with your smartphone's camera to learn more online!

Courses-at-a-Glance

SPRING 2025

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	Start Time	End Time	Course Code & Title	Location	Page #
M	3/17	1:00 pm	3:00 pm	LH101 Women Inventors: An Overview	HFA	7
T	3/18	10:00 am	11:30 am	LH102 Rise and Fall of the Pennsylvania Railroad	HFA	7
T	3/18	1:00 pm	3:00 pm	LH103 Defining Lydia Hamilton Smith	HFA	7
W	3/19	1:00 pm	2:30 pm	LH104 Drones: Uses & Applications	HFA	8
TH	3/20	1:30 pm	4:00 pm	LH105 Tin Pan Alley Goes to Tinseltown	HFA	8
F	3/21	10:00 am	12:00 noon	LH106 Religious Reformation at 500: Anabaptist and Mainline Church Reforms	HFA	8
T	3/25	10:00 am	11:15 am	LH107 WWII Memories and Secrets	HFA	9
T	3/25	1:30 pm	3:00 pm	LH108 Morocco: Land at the Edge of the World	HFA	10
W	3/26	10:00 am	11:15 am	LH109 Early American Decorative Arts	HFA	10
TH	3/27	10:00 am	12:00 noon	LH110 Food: Origins, Myths, and Idioms	HFA	10
TH	3/27	1:30 pm	4:00 pm	LH105 Tin Pan Alley Goes to Tinseltown	HFA	8
F	3/28	10:00 am	12:00 noon	LH106 Religious Reformation at 500: Anabaptist and Mainline Church Reforms	HFA	8
T	4/1	10:00 am	12:00 noon	LH111 Final Arrangements: End of Life Planning	HFA	11
W	4/2	1:00 pm	2:30 pm	LH112 Here It Comes! 2026 Celebration of our Nation's 250th	HFA	11
TH	4/3	10:00 am	11:30 pm	LH113 The Genius of Rodgers and Hammerstein's Music	HFA	11
TH	4/3	1:30 pm	4:00 pm	LH105 Tin Pan Alley Goes to Tinseltown	HFA	8
F	4/4	10:00 am	12:00 noon	LH106 Religious Reformation at 500: Anabaptist and Mainline Church Reforms	HFA	8
M	4/7	1:00 pm	2:30 pm	LH114 Baseball Greats of the Negro Leagues	HFA	12

Courses-at-a-Glance

SPRING 2025

Day of Week	Date	Start Time	End Time	Course Code & Title	Location	Page #
T	4/8	8:30 am	2:00 pm	LH301 Blackboards and a Banquet: Amish School Visits and Meal	Lititz, PA & Manheim, PA	23
T	4/8	3:00 pm	5:00 pm	LH115 Latin American Cooking Class	OHB	12
W	4/9	10:00 am	12:00 noon	LH116 Prayer, Politics, and the Power of Protest	HFA	12
W	4/9	1:00 pm	3:00 pm	LH117 The Unknown Freedom Struggle: Disability Rights in America	HFA	12
TH	4/10	10:00 am	12:00 noon	LH118 Discovering Stories of Those Who Came Before and Passing Them On	HFA	13
TH	4/10	1:30 pm	4:00 pm	LH105 Tin Pan Alley Goes to Tinseltown	HFA	8
M	4/14	1:00 pm	2:15 pm	LH119 Favorite and Familiar Incoming Spring Birds	HFA	14
T	4/15	10:30 am	11:45 am	LH120 American Troubadour: Life and Music of Stephen Foster	HFA	14
T	4/15	1:30 pm	2:30 pm	LH121 Short Story Discussion Class	CMR	14
W	4/16	10:00 am	12:00 noon	LH122 Celestial Lights: Learning about the Sun and Stars	HFA	15
TH	4/17	10:00 am	11:00 am	LH123 In Conversation with Lancaster Leader, Tracy Cutler	HFA	15
TH	4/17	1:00 pm	2:30 pm	LH124 What Fragrance is That?	HFA	16
T	4/22	9:30 am	12:00 noon	LH302 Fulton Theater Backstage Tour	Lancaster, PA	23
T	4/22	1:00 pm	2:15 pm	LH125 Global Climate Change in Mid-Atlantic Region: Threats & Opportunities	HFA	16
W	4/23	10:00 am	11:30 am	LH126 Mid-East Peacemaking in Israel and Palestine	HFA	16
W	4/23	1:00 pm	2:30 pm	LH127 Mysterious and Historic Lititz, PA	HFA	17
TH	4/24	10:00 am	11:00 am	LH123 In Conversation with Lancaster Leader, Jess King	HFA	15
TH	4/24	1:00 pm	2:30 pm	LH128 Safe Driving for Aging Adults	HFA	17
T	4/29	10:00 am	12:00 noon	LH129 Preventing a Terrorist Nuclear Attack	HFA	18

Courses-at-a-Glance

SPRING 2025

Day of Week	Date	Start Time	End Time	Course Code & Title	Location	Page #
T	4/29	1:30 pm	2:30 pm	LH121 Short Story Discussion Class	CMR	14
W	4/30	10:00 am	12:00 noon	LH130 Journey of a Caregiver	HFA	18
W	4/30	1:00 pm	3:00 pm	LH131 This is What Immigration Looks Like Here	HFA	18
TH	5/1	10:00 am	11:00 am	LH123 In Conversation with Lancaster Leader, Ed Foster	HFA	15
TH	5/1	1:00 pm	3:30 pm	LH132 Learning about Deaf Culture and American Sign Language	HFA	19
T	5/6	10:00 am	11:30 am	LH133 Trivia for Baby Boomers	HFA	19
T	5/6	1:00 pm	3:00 pm	LH134 Three Views of Gettysburg	HFA	20
W	5/7	8:30 am	1:00 pm	LH303 Introduction to <i>Mennonite Life</i> Center: Genealogy, History, and Culture	Lancaster, PA	24
TH	5/8	10:00 am	11:30 am	LH135 Putting Words in Your Mouth! Teleprompting and Public Speaking	HFA	20
TH	5/8	1:00 pm	3:30 pm	LH132 Learning about Deaf Culture and American Sign Language	HFA	19
F	5/9	1:00 pm	2:15 pm	LH136 American Jewish Experience in the 20th and 21st Centuries	HFA	20
T	5/13	10:00 am	11:30 am	LH133 Trivia for Baby Boomers	HFA	19
T	5/13	1:30 pm	2:30 pm	LH121 Short Story Discussion Class	CMR	14
W	5/14	10:00 am	12:00 noon	LH137 If “Law” Is Out to Run My Life, I Ought to Know How to Read It	HFA	20
W	5/14	1:30 pm	3:00 pm	LH138 Addiction and Older Adults	HFA	21
TH	5/15	10:00 am	11:15 am	LH139 Reducing Your Risk of Alzheimer’s and Other Dementias	HFA	22
TH	5/15	2:00 pm	3:30 pm	LH140 Art and Craft of Leatherworking	CMR	22
F	5/16	1:00 pm	2:15 pm	LH136 American Jewish Experience in the 20th and 21st Centuries	HFA	20
M	5/19	8:00 am	1:00 pm	LH304 Origins of the Underground Railroad in Lancaster County	Columbia, PA & Lancaster, PA	24

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

WOMEN INVENTORS: AN OVERVIEW

Course Topic: History

Monday, March 17 | 1:00 – 3:00 pm

Description: This presentation features seven women whose breakthrough inventions changed how we live and work. Their stories describe how they overcame personal challenges to create their inventions. Among these to be discussed are inventors Melitta Bentz (paper coffee filter); Mary Beasley (barrel-making machine and improved life raft); Stephanie Kwolek (Kevlar); and Dr. Rebecca Richards-Kortum (medical devices for low-resource settings). Join the instructor to learn about their interesting lives and useful inventions.

Instructor: **Conrad Stanitski**, PhD, is a retired college chemistry professor and textbook author. He retired from the University of Central Arkansas as a distinguished professor and moved to Lancaster, where he served as a visiting professor at Franklin & Marshall College. Conrad sings and plays clarinet and alto sax in local jazz ensembles.

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

LH102

THE RISE AND FALL OF THE PENNSYLVANIA RAILROAD

Course Topic: History

Tuesday, March 18 | 10:00 – 11:30 am

Description: For 122 years, the Pennsylvania Railroad set the standard for all other railroads in America. At one time, it was the largest corporation and largest transportation company in the world. Called “The Pennsy,” it was a driving force for economic progress in the U.S. from 1846 thru the mid-20th century. This presentation will talk about its origins, growth, innovations, and landmark infrastructure, as well as its ultimate demise.

Instructor: **James Bennett** 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: \$12 member/\$24 non-member

LH103

DEFINING LYDIA HAMILTON SMITH

Course Topic: History

Tuesday, March 18 | 1:00 – 3:00 pm

Description: Lydia Hamilton Smith was the mixed-race woman from Gettysburg who came to Lancaster to share life with Congressman Thaddeus Stevens. This presentation is based on new research that establishes that these two great Americans joined their considerable talents and abilities to serve the twin causes of ending slavery and establishing laws that accorded full civil rights to people of all colors and creeds. The presentation is based on Dr. Mark Kelley's new book, the first and only biography of Lydia's life, entitled, *An Uncommon Woman: The Life of Lydia Hamilton Smith* (Penn State University Press, 2023).

Instructor: **Mark Kelley**, PhD, has taught journalism/mass communications courses at Syracuse University and the University of Maine. Prior to that, he was a broadcast news reporter, producer, and anchor for 25 years. Mark is a native Pennsylvanian, and the author of four additional books, including *Engaging News Media: A Practical Guide for People of Faith* (2006) and *Rain of Ruin* (2011, a historical novel detailing his mother's tragic experience working for the Manhattan Project). Mark and his wife, Marty, reside in Lancaster city.

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

LH104

DRONES: USES & APPLICATIONS

Course Topic: Technology

Wednesday, March 19 | 1:00 – 2:30 pm

Description: This session will introduce learners to the many applications and uses of drones, including 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. Learners will be able to see (and perhaps fly) smaller drones, as well as see the larger more advanced drones in their fleet in operation.

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: 30

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

LH105

TIN PAN ALLEY GOES TO TINSELTOWN: SONGS OF THE GREAT AMERICAN SONGBOOK IN HOLLYWOOD MOVIES (4 SESSIONS)

Course Topic: Arts & Culture

**Thursdays, March 20, 27,
April 3 and 10 | 1:30 – 4:00 pm**

Description: This course will focus on some of America's greatest artistic contributions in the early 20th century – the songs of Jerome Kern, Irving Berlin, George Gershwin, Cole Porter, Harold Arlen, Richard Rodgers and their lyricists, that emerged from the music publishing houses of Tin Pan Alley (a location in lower-Manhattan where publishers and songwriters were concentrated) – and the glorious Hollywood movie musicals that featured their songs, produced by the studios of "Tinseltown" in the 1930s and 1940s, and beyond.

Instructor: **Roger Godin**, PhD, taught film and media studies at Franklin & Marshall College for 10+ years and has spent 50 years studying film history and analysis. His first love remains the artistic and creative development of the American film industry. He also loves all kinds of music, especially the amazing music of the Great American Songbook.

Fee: \$16 member/\$32 non-member

LH106

THE RELIGIOUS REFORMATION AT 500: FRUITFUL COLLABORATIONS BETWEEN ANABAPTIST AND MAINLINE CHURCH REFORMS (3 SESSIONS)

Course Topic: History



**Fridays, March 21, 28 and
April 4 | 10:00 am – 12:00 noon**

Description: Following the founding of Anabaptism in 1525, this series of three classes will explore positive relationships between early Anabaptists and leaders of church reform from the Lutheran, Catholic, Reformed, and Wesleyan traditions. Often Anabaptist history is treated in isolation or pitted as a radical break with the larger churches, but there were actually rich interactions and areas of mutual influence from the Reformation to the Great Awakening. As a result, each church came away with something it learned from the other and incorporated it into its devotional life.

Instructor: Hans Leaman received his bachelor's degree from Princeton University, a J.D. from Yale Law School, and a PhD from Yale University. He did postdoctoral research at the Max Planck Institute for the Study of Religious and Ethnic Diversity in Göttingen, Germany. Prior to completing his PhD, he practiced law in Washington, D.C. Hans currently serves as the Academic Dean and Associate Professor of History of Sattler College. He is a graduate of Lancaster Mennonite High School and attends Stumptown Mennonite Church in Bird-in-Hand, PA.

Fee: \$16 member/\$32 non-member

LH107

WORLD WAR II MEMORIES AND SECRETS IN HISTORICAL FICTION

Course Topic: Literature, Religion

Tuesday, March 25 | 10:00 – 11:15 am

Description: The author will talk about the historical research for her novel, *Love, Faith, and the Dented Bullet* (2021). In it, a Holocaust survivor from a Polish death camp comes to Lancaster County, where he meets a Mennonite farm girl with family secrets of her own. They form a special life-affirming bond. The author will share the research that went into creating this unusual but valid and historically accurate story.

Instructor: Carolyn Kleinman is a retired English and English as a Second Language teacher with bachelor's and master's degrees from the University of Minnesota. She is the author of two novels. Carolyn has always been a reader and a storyteller and enjoys writing books that explore how people respond to life-changing events. She lives in Lancaster with her husband Steven, and is proud of her two children, their spouses, and her four grandchildren.

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

LH108

MOROCCO: LAND AT THE EDGE OF THE WORLD

Course Topic: Arts & Culture

Tuesday, March 25 | 1:30 – 3:00 pm

Description: To the ancient Romans, Morocco marked the western limits of the empire. To its Muslim conquerors, Morocco was “the land of the setting sun.” To Hollywood, it was a hotbed of wartime intrigue, memorably brought to life in the movie “Casablanca.” This program provides a colorful glimpse of the history, arts, and culture of Morocco. From desert oases to the ski slopes of the High Atlas Mountains, from the bustling markets of Marrakech to the old Jewish quarter of Fes, Morocco offers the armchair traveler a wealth of wondrous sights and fascinating facts!

Instructor: John Maietta is a retired Army officer, lifelong history enthusiast, and a long-time instructor with Pathways Institute. In 2014 he received a master’s degree in applied history from Shippensburg University. He later taught courses in world history at Shippensburg and at York College. 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

LH109

EARLY AMERICAN DECORATIVE ARTS

Course Topic: Arts & Culture, History

Wednesday, March 26 | 10:00 – 11:15 am

Description: We are privileged to have one of the masters of the craft lead an art appreciation class for us on Early American decoration. Throughout our nation’s history, Americans have used the decorative arts to provide a rich and varied compliment to daily life. Early American decoration often focused on

making the practical pretty, with painted chairs, boxes, dinner-ware, and fraktur-decorated family trees. This presentation illustrates the beauty and diversity of many of the early methods used, as well as their historical context, and how the decorative arts used by our ancestors are being preserved today.

Instructor: Linda E. Brubaker is a juried member of the Historical Society of Early American Decoration, where she has attained the level of Master Craftsman and accredited teacher. Linda authored a book on one of the historical art forms she teaches, *Theorem Painting: Tips, Tools, and Techniques for Learning the Craft*. Formerly, Linda was featured as one of the Best 200 Traditional Craftsman for the special issue of *Early American Life*. She was also selected to craft a unique Christmas ornament for the White House under two different administrations.

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

LH110

FOODS: ORIGINS, MYTHS, AND IDIOMS

Course Topic: History

Thursday, March 27 | 10:00 am – 12:00 noon

Description: “You are what you eat” is a popular idiom. Historically, people gathered and grew food locally. Over time, land and sea voyages brought back new foods from disparate and distant places. Today’s presentation will focus on a select range of popular foods. For example, what are the starting points for: tomatoes, strawberries, Buffalo wings, French fries, Caesar salad, and PBJs? Does eating carrots really improve your eyesight? Is celery truly a negative calorie food? What about food-related expressions like, “Bring home the bacon”? Come along as we journey through the interesting beginnings, fables, myths, and sayings associated with a variety of popular foods.

Instructor: Conrad Stanitski, PhD, is a retired college chemistry professor and textbook author. He retired from the University of Central Arkansas as a distinguished professor and moved to

Lancaster, where he served as a visiting professor at Franklin & Marshall College. Conrad sings and plays clarinet and alto sax in local jazz ensembles.

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

LH111

FINAL ARRANGEMENTS: END OF LIFE PLANNING

Course Topic: Contemporary Issues

Tuesday, April 1 | 10:00 am – 12:00 noon

Description: This class provides up-to-date information on cremation, simple burial, green burial, shroud burial, burial containers, whole body donation including reliable organizations and providers, and outlines procedures and issues for voluntary refusal of food and drink when choosing a peaceful transition in the event of dementia. We intend to have a dialogue on all these issues.

Instructor: **Richard Leaman**, retired Physician's Assistant, has identified trustworthy donor organizations to consider. **Jerry Shank**, craftsman and retired administrator, has built cremains boxes and plain wooden caskets for simple burials. **Don Ziegler**, retired businessperson, wrote and taught end-of-life workshops. Richard, Jerry, and Don have developed workshops on Final Arrangements and Natural Dying to explore how to handle your body after death, and how to avoid extended pain and suffering in dementia.

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

LH112

HERE IT COMES! 2026 CELEBRATION IN PHILADELPHIA OF OUR NATION'S 250TH BIRTHDAY

Course Topic: Contemporary Issues, History

Wednesday, April 2 | 1:00 – 2:30 pm

Description: In 2026, the U.S. will celebrate its 250th year of independence: a semi- quincentennial, focused in Philadelphia. Learn what is planned,

starting in January 2026, with 52 weeks of firsts, a plethora of special exhibits, as well as a new wall mural commemorating American democracy, not to mention events that the Founding Fathers could not have fathomed (World Cup soccer games and the baseball All-Star Game). We will also turn some attention to comparing this event with the large-scale 1876 Centennial Celebration in Philadelphia.

Instructor: **Carol Nechemias**, PhD, is a retired Associate Professor of Public Policy and Political Science at Penn State Harrisburg, where she taught classes on Russian politics, public policy, gender and politics, as well as specialized seminars on a number of other related topics.

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

LH113

THE GENIUS OF RODGERS AND HAMMERSTEIN'S MUSIC

Course Topic: Arts & Culture

Thursday, April 3 | 10:00 – 11:30 am

Description: Learn about the music and lives of legendary composer, Richard Rodgers, and lyricist-dramatist, Oscar Hammerstein II, who created some of the best Broadway musicals of all time. Together they gave us *Oklahoma* (1943), *Carousel* (1945), *South Pacific* (1949), *The King and I* (1951), and *Sound of Music* (1959), among others. Their creative writing partnership has been called the greatest of the 20th century. In this course you'll enjoy some of their hit songs. You may just leave humming "Oh, What A Beautiful Morning" or "People Will Say We're In Love," or other songs that you will hear.

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

LH114

BASEBALL GREATS OF THE NEGRO LEAGUES

Course Topic: History

Monday, April 7 | 1:00 – 2:30 pm

Description: Since Major League Baseball (MLB) declared the Negro Leagues as part of Major League Baseball in December 2020, and incorporated their statistics into the MLB record book in May 2024, every baseball fan should learn about the Negro Baseball Leagues. The instructor will discuss the ten leading players from the Negro Leagues not yet inducted into the Baseball Hall of Fame in Cooperstown and offer his opinion on which of those players deserve inclusion. He will also discuss the process in place to recognize and add additional players from segregated baseball's Negro Leagues.

Instructor: Ted Knorr is a nationally known Negro Leagues researcher and founder of Negro League Commemorative Nights in Lancaster, Harrisburg, and York. Ted retired from Commonwealth of Pennsylvania after 38 years in state and local government and education. Ted is a graduate of Millersville State College (now University). He is a lifelong baseball fan and has been a member of the Society for American Baseball Research (SABR) since 1979.

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

LH115

LATIN AMERICAN COOKING CLASS

Course Topic: Wellness

Tuesday, April 8 | 3:00 – 5:00 pm

Description: Enjoy this hands-on cooking class, "A Night in Latin America." Cook international Hispanic cuisine under the supervision of Chef Tate Morgan and his assistants.

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: \$42 member/\$54 non-member
(includes \$30 fee for supplies and ingredients)

LH116

PRAYER, POLITICS, AND THE POWER OF PROTEST

Course Topic: Religion, History

Wednesday, April 9 | 10:00 – 12:00 noon

Description: This course will look at the role that faith and protest movements played in achieving the 15th and 20th amendments to the Constitution, giving African Americans and women the rights to vote. We will look at subsequent efforts to secure those voting rights, as in the Civil Rights movement. And we will consider the role that faith and social movements have played and continue to play in achieving long-lasting political change.

Instructor: Beth E. Graybill graduated from the University of Maryland with a PhD in American Studies. She manages the Pathways Institute program in Lancaster County, where she has worked since 2021. Beth is active in worship at Community Mennonite Church of Lancaster and has taught classes on the struggle for voting rights.

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

LH117

THE UNKNOWN FREEDOM STRUGGLE: DISABILITY RIGHTS IN MODERN AMERICA

Course Topic: History

Wednesday, April 9 | 1:00 – 3:00 pm



Description: The campaign to end discrimination and institutionalization of individuals with cognitive and physical disabilities is the least known modern freedom struggle in American history. Prior to World War II, people with disabilities were routinely isolated, sterilized, and segregated in large state-operated institutions, based on eugenics. In the 1960s, an increasingly vocal protest movement emerged to advocate for the end of disability discrimination and the restoration of full rights of citizenship. This included the closure of several hundred scandal-plagued institutions like Pennsylvania's Pennhurst State School and Hospital (1908-1987), which will be discussed.

Instructor: **Dennis B. Downey**, PhD, Professor of History Emeritus at Millersville University, served as the guest editor and contributing author for the summer 2022 special issue of the journal, *Pennsylvania History*, "Exploring Disability History in Pennsylvania," as a multidisciplinary field of inquiry. His book, *Pennhurst and the Struggle for Disability Rights*, was chosen as the July 2022 selection for the National Council of Public History's reading group. Dennis Downey is a past president of the Pennsylvania Historical Association and the author/editor of ten books.

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

LH118

DISCOVERING STORIES OF THOSE WHO CAME BEFORE — AND PASSING THEM ON

Course Topic: History

Thursday, April 10 | 10:00 am – 12:00 noon

Description: Those who came before — who were they? What shaped their lives? While genealogical data is important, uncovering the stories of our ancestors brings them to life for us. Learning about the challenges they faced, the world events that influenced them, their loves and their griefs is an adventure that enriches our own lives. While sharing research into her own ancestors, Nancy Bieber will give suggestions to participants for exploring their family histories and offer ideas for sharing their stories.

Instructor: **Nancy Bieber** is a spiritual director, psychologist, and retreat leader. She is the author of two books of family stories: *Fianna's Story* and *Those Who Came Before: Stories of the Ancestors*, as well as *Decision Making & Spiritual Discernment*. With her husband, she enjoys traveling, grandparenting, and gardening. Check her website and blog at nancybieber.com

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

LH119

FAVORITE AND FAMILIAR INCOMING SPRING BIRDS

Course Topic: Nature

Monday, April 14 | 1:00 – 2:15 pm

Description: March begins the migration of neo-tropical birds to the North, with May being our peak month for viewing them. This illustrated class will cover the identification, general biology, and habits of favorite and familiar birds in Pennsylvania. In addition, the instructor will briefly cover the history of passenger pigeons and ivory billed woodpeckers, which seem to be just a few years away from returning from the dead.

Instructor: Jim Pauff grew up birdwatching in northern Ohio. He was awarded Master Birder status from Audubon in Austin, Texas, where he lived and taught college for many years. He has a master's degree from Bowling Green State University in Rhetoric and Composition. His PhD is in Interpersonal Communication. Since retiring to Lancaster County, Jim works as a part-time tour guide to the Amish.

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

LH120

AMERICAN TROUBADOUR: THE LIFE AND MUSIC OF STEPHEN FOSTER

Course Topic: Arts & Culture

Tuesday, April 15 | 10:30 – 11:45 am

Description: We're all familiar with the songs of Stephen Foster, from "Oh! Susanna" to "Beautiful Dreamer" to "My Old Kentucky Home." But Foster's short and tragic life (1826-1864) is little known. This tune-filled program explores the life and music of one of America's most popular composers in the mid-19th century. Breaking from European tradition, Foster stitched together the music of slaves and settlers to create a lively, fresh, and distinctively American sound.

Instructor: John Maietta is a retired Army officer, lifelong history enthusiast, and a long-time instructor with Pathways Institute. In 2014 he received a master's degree in applied history from Shippensburg University. He later taught courses in world history at Shippensburg and at York College. 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

LH121

SHORT STORY DISCUSSION CLASS: WOMEN WRITERS (3 SESSIONS)

Course Topic: Literature

**Tuesdays, April 15, 29 and May 13 |
1:30 – 2:30 pm**

Description: This course will continue the tradition of short story reading, analysis, and discussion begun by beloved former Pathways instructor, Louise Barnett. Stories are distributed in advance, so participants can read ahead and come prepared to discuss. This spring, the instructors selected short stories that explore the themes of self-expression or repression and ideas about marriage, motherhood, or the relationship between illusion and reality. The characters learn to navigate their circumstances with surprising outcomes. Through sheer force of will they prevail, sometimes leaving others in their wake. Each class will encourage the participation of all, after introductory remarks from the instructor.

Instructors: Roger Godin, PhD, (April 15), taught film and media studies at Franklin & Marshall College 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, (April 29), holds degrees in literature from Hamilton College and the University of Delaware. She taught English at the University of Delaware, the University of Caen (France), and Franklin & Marshall College (F&M). She is currently employed as a research contractor and editor on the Global Barometers Project at F&M.

Victoria Ehrhardt, PhD, (May 13), 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.

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

Enrollment Limit: 20

Fee: \$16 member/\$32 non-member

LH122

CELESTIAL LIGHTS: LEARNING ABOUT THE SUN AND THE STARS

Course Topic: Nature

Wednesday, April 16 | 10:00 am – 12:00 noon

Description: Ever wonder how the sun works? How does the sun produce all its power? We will use easy physics to understand how our sun converts the simplest atom, Hydrogen, into Helium, in order to give us life here on earth. Then we will look at the stars. Using a planetarium program, we will explore the night sky anywhere in the world. Instructor will also cover how early people mapped the stars and catalogued them with names we still use.

Instructor: **Lou Thieblemont** has presented popular classes at Pathways institute for some 20 years and has produced programs for WITF's "Mind Matters." He was a volunteer fire-fighter and former mayor of Camp Hill. Lou has always been fascinated by the sky, and worked as a commercial airline pilot for 37 years.

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

LH123

IN CONVERSATION WITH LANCASTER LEADERS: TRACY CUTLER, JESS KING, AND ED FOSTER (3 SESSIONS)

Course Topic: Contemporary Issues

Thursdays, April 17, 24, and May 1 | 10:00 – 11:00 am

April 17: Tracy Cutler serves as Executive Vice President at the Lancaster County Community Foundation which stewards a community endowment of more than \$200 million dollars. She directs brand, culture, and strategy for the Foundation, and leads innovative community-building initiatives including the annual ExtraGive®. Tracy co-founded the county-wide publication Fig® and served as partner in a design firm, working in communications for business, education and the arts. She has studied at the University of Delaware and Georgetown University School of Continuing Studies. Having lived in Portland, Oregon, and in France, the United Kingdom, and the Netherlands, Tracy lives in Lancaster city with her family.

April 24: Jess King, MBA, became the founding Executive Director of the Steinman Institute for Civic Engagement in 2023. Prior to this, she served for four years as Chief of Staff at the City of Lancaster, leading the mayoral administration's strategic priorities, communications, human resources, and grants under management of more than \$55 million. She entered public service after running for Pennsylvania's 11th Congressional District as a first-time candidate with a record-setting positive campaign. Jess was Executive Director of ASSETS Lancaster from 2010 – 2017, fostering entrepreneurship and community development. Born and raised in Lancaster County, Jess and her husband are parents of two teenage daughters.

May 1: Ed Foster, MBS, is the Executive Director at Lancaster Airport. His background includes nearly 24 years in airport management and 38 years in aviation. Most recently, Ed served as airport associate director for University Park Airport (Penn State) for 16 years. Previously, he taught aviation and served 30 years in the U.S. Army, retiring as Sergeant Major. Ed is on the national board of the American Association of Airport Executives. He was selected as the Airport Executive of the Year in 2022. He and his wife, Sonya, have three adult sons.

Instructor: Speakers will be interviewed by **Sherwood Lingenfelter**, retired professor of anthropology, who taught at Fuller Theological Seminary, Biola University and SUNY Brockport. Sherwood has authored numerous books on anthropology and mission. He lives at Landis Homes with his wife, Judith.

Fee: \$16 member/\$32 non-member

LH124

WHAT FRAGRANCE IS THAT?

Course Topic: Wellness

Thursday, April 17 | 1:00 – 2:30 pm

Description: This course will give participants a lightly fragrant experience of vintage and modern perfumes. Using several references, the instructor will share information about sources for preparation of perfume (including her trip to Grasse, France); use of flowers, etc. to create scents; and how “notes” in a perfume are used. Participants are welcome to bring a bottle/sample of a favorite perfume to discuss – how it was acquired, favorite use, memories, etc. Participants will be offered a take-home vial or cotton ball sample of one of several fragrances.

Instructor: Cheryl Harmon is a graduate of both Temple and Drexel Universities, with a bachelor’s in education and a master’s in library science. Before retiring in 2015, Cheryl worked in the PA Department of Education. A popular instructor for Pathways Institute, Cheryl has presented previous classes on poetry. She volunteers weekly at New Digs Ministry in Mechanicsburg, supplying gently used furniture and household goods to those in need.

Enrollment Limit: 25

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

LH125

GLOBAL CLIMATE CHANGE IN NORTH AMERICA’S MID-ATLANTIC REGION: THREATS & OPPORTUNITIES

Course Topic: Contemporary Issues

Tuesday, April 22 | 1:00 – 2:15 pm

Description: Human-caused global climate change resulting from the burning of fossil fuels (coal, oil, natural gas) and the release of methane (from wellheads, pipelines, and thawing permafrost) is arguably the most important issue facing humankind today, and for centuries, perhaps millennia, to come. What climate-change impacts can residents of the mid-Atlantic region expect in the coming decades? This talk will offer a summary and analysis of the latest scientific research on this complex and controversial topic, and what we can do.

Instructor: Michael J. Schroeder, PhD, is Professor of History Emeritus at Lebanon Valley College in Annville PA, and co-author of the widely used college textbook *The Twentieth Century and Beyond* (McGraw-Hill, 2007). He is intimately involved in community work related to watershed issues, historic preservation, and racial justice with the Lebanon County branch of the National Association for the Advancement of Colored People (NAACP).

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

LH126

MID-EAST PEACEMAKING IN ISRAEL AND PALESTINE

Course Topic: Contemporary Issues

Wednesday, April 23 | 10:00 – 11:30 am

Description: In this course you will learn about the current situation in Israel and Palestine from a biblical Christian perspective. The instructor will also offer a prospect for peace and reconciliation in this war-torn area.



Instructor: Jonathan Kuttab is co-founder of Nonviolence International and a co-founder of the Palestinian human rights group, Al-Haq. A well-known international human rights attorney, he practices law in the U.S., Palestine, and Israel. Jonathan was the head of the legal committee negotiating the Cairo Agreement peace accord of 1994. He serves on the board of Bethlehem Bible College and is president of the board of Holy Land Trust. Jonathan is co-founder and board member of the Just Peace Advocates.

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

LH127

MYSTERIOUS AND HISTORIC LITITZ, PENNSYLVANIA

Course Topic: History

Wednesday, April 23 | 1:00 – 2:30 pm

Description: Founded in 1756, Lititz is nestled in beautiful Lancaster County, PA. The area boasts a robust heritage, unique architecture, thriving downtown shops and eateries, and beautiful parks. This class will take participants on a unique journey into the lesser-known history of the town of Lititz. Tales of strange happenings, unique places, the supernatural, and unexplained phenomena will be discussed.

Instructor: Cory Van Brookhoven is a third-generation Lititz historian. Since 2013, he has served as the President of the Lititz Historical Foundation and has penned over 150 local history stories. He also enjoys collecting antiques, visiting roadside attractions, and is a drive-in movie enthusiast. *Mysterious Lititz* (2024) is his fourth book.

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

LH128

SAFE DRIVING FOR AGING ADULTS

Course Topic: Wellness

Thursday, April 24 | 1:00 – 2:30 pm

Description: This classroom course from an experienced driver and driving teacher will address concerns about how aging affects driving risks. Driving in traffic or work zones, in inclement weather or at night may become more challenging as we age. This course will promote defensive driving and safe driving practices. (*Note: this is NOT a PennDot approved mature driving class, so not eligible for a car insurance discount.*)

Instructor: Tom DiCola started driving for a living at age 17 for the U.S. Postal Service. He operated large vehicles in Vietnam, drove commercially for a local oil company, and ran a courier service. Later, he started his own driving instruction business that served high school and college students. He also gave instruction to recovering and older adult hospital patients.

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

LH129

PREVENTING A TERRORIST NUCLEAR ATTACK

Course Topic: Contemporary Issues

Tuesday, April 29 | 10:00 am – 12:00 noon

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 conclusions.

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

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

LH130

JOURNEY OF A CAREGIVER

Course Topic: Wellness

Wednesday, April 30 | 10:00 am – 12:00 noon

Description: There are 33 million caregivers in this county. However, as an individual caregiver, you are the one caring for a loved one that matters! Not a medical course, this will focus on how you provide care to one in cognitive (and physical) decline. Do

you experience Compassion Fatigue? Have there been periods of isolation? You are invited to join the instructor in an effort to provide some strategies and techniques for your caring tool kit. He expects that you will leave with a sense of hope and strength in your journey.

Instructor: Chuck Reynolds, MA, taught graduate-level courses at Marywood University and Eastern University while working as a nonprofit executive. He trained as a Compassionate Care volunteer and served for some years with LGH/Penn Medicine in the Emergency Department. Until recently, Chuck was the primary person caring for his soul mate for many years. He also completed a 12-week Grief Share program and bereavement offerings with Hospice. This makes him uniquely qualified to address this issue.

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

LH131

THIS IS WHAT IMMIGRATION LOOKS LIKE HERE: FRONTLINE REALITIES IN SOUTH-CENTRAL PENNSYLVANIA

Course Topic: Contemporary Issues

Wednesday, April 30 | 1:00 – 3:00 pm

Description: This presentation will go beyond the rhetoric to discuss the realities of immigration on the frontlines. Learn about immigration from an immigration attorney, discover the realities of navigating this complex system, and equip yourself with knowledge about one of the most discussed topics in our society today. Information will be presented by representatives from the Pennsylvania Immigration Resource Center (PIRC), a nonprofit based in York which provides free legal services to immigrants in removal proceedings, undocumented refugees, and immigrant survivors of violence.

Instructors: Ben Hooper is a supervising attorney with PIRC's Removal Defense Programs. Since joining PIRC in 2018, Ben has represented immigrants in

Pennsylvania detained at York and at Moshannon Valley Immigration Enforcement Center, and other prisons in the eastern U.S. Ben's work has focused on applicants for asylum and protection under the United Nations Convention against Torture, defending individuals with refugee status from removal and advocating for immigrants with limited English-language proficiency. Ben has been a legal aid attorney for 25 years. He earned his law degree from Northeastern University, and a bachelor's in Political Science at Binghamton University. Ben lives in Lancaster, Pennsylvania with his wife, Victoria, and their dog and two cats.

Elizabeth Miller joined PIRC in 2022 as Development Director, previously serving the organization in a variety of capacities for 10 years. She received her bachelor's degree in sociology from Goucher College, with a concentration in Social Justice and a minor in Communications and Media Studies. She earned her master's degree in Social Justice & Human Rights from Arizona State University, with a concentration in nonprofit management. Liz is a Lancaster native, and most recently worked with Mennonite Economic Development Associates. She is passionate about human rights issues, specifically those surrounding immigrant rights and gender equity. Miller serves on the board of the Lancaster-based Feakins Foundation.

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

LH132A OR LH132B

LEARNING ABOUT DEAF CULTURE AND AMERICAN SIGN LANGUAGE (2 SESSIONS)

Course Topic: Contemporary Issues, Wellness

Thursdays, May 1 and 8 | LH132A: 1:00 – 2:00 pm or LH132B: 2:30 – 3:30 pm

Description: This interactive class will familiarize you with Deaf culture and history from the instructor's knowledge and personal experience. The controversy over the use of the oral (focusing on speech) or the manual (focusing on sign

language) approaches to educating the Deaf will be explored. In addition, eugenics movements and the Deaf will be covered. Participants will also learn some basic American Sign Language in small groups. (We are offering this course twice – as LH132A and LH132B – to accommodate more attendees; register for either A or B time slots.)

Instructor: **Carolyn Hanes** was Professor of Sociology and Criminal Justice at Lebanon Valley College for 42 Years. She was raised as the hearing child of deaf adult parents (CODA). Carolyn lives at Landis Homes with her husband, Richard Goedkoop, and her dog, Pal.

Enrollment Limit: capped at 18 for each session

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

LH133

TRIVIA FOR BABY BOOMERS (2 SESSIONS)

Course Topic: History

Tuesdays, May 6 and 13 | 10:00 – 11:30 am

Description: Join in the fun with this light-hearted competition specially adapted to the baby-boomer generation. Most questions will focus on the rich culture of our years; others are timeless. Geography, history, film, literature, newsworthy events, politics, and science are all fair game. Compete either as a solo or team of two (maximum). There will be three rounds of ten questions each. The contestant with the highest overall score will be awarded a modest prize appropriate to this intellectual exercise.

Instructor: **Bob Bennett** brings his personal affection for trivial knowledge to this endeavor. As a retired salesman of biological products used in medical research, Bob makes no claim of academic standing or expertise in this field. However, for many years he has delighted in Scrabble, difficult crossword puzzles, and recalling arcane facts. He approaches this event confident of ensuring a delightful experience for all.

Fee: This course is free for all attendees!

LH134

THREE VIEWS OF GETTYSBURG

Course Topic: History

Tuesday, May 6 | 1:00 – 3:00 pm

Description: This popular presenter will discuss three different views of the Battle of Gettysburg. The instructor supplements his previous books based on years of Civil War historical research with the recently written, *Emotional Gettysburg*, in which Bruce recounts heroic deeds of the conflict that threatened our country's very existence. He will close with what Gettysburg means for us today.

Instructor: Bruce E. Mowday is an award-winning author and newspaper reporter. He has written more than 25 books on various subjects, four related to Gettysburg. *Civil War Monitor* magazine published an article by Bruce on this subject. The Congress of Civil War Round Tables has named Bruce an excellent "5-Star" speaker. Bruce has appeared on numerous television and radio shows and is a frequent speaker for various civic and historical groups.

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

LH135

PUTTING WORDS IN YOUR MOUTH! TELEPROMPTING AND PUBLIC SPEAKING

Course Topic: Technology

Thursday, May 8 | 10:00 – 11:30 am

Description: Words are the stepping-stones of life. Words matter, and your words are important! In this class you will see a demonstration of teleprompting from an expert in the business. Additionally, you will learn about professional speaking tools and techniques, and gain skills to make your words produce results. You will hear how others use words and the most important word in Public Speaking!

Instructor: Niel Bech realized as a shy fifth grader that, "Words are my life," when he volunteered to go first delivering an oral talk. Words led him to a theological seminary to become a preacher. Niel developed and managed a Teleprompting business for 40 years, growing it into a Speech Services Company. So words also gave him a career as a speech consultant, for public speakers and videos.

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

LH136

THE AMERICAN JEWISH EXPERIENCE IN THE 20TH AND 21ST CENTURIES (2 SESSIONS)

Course Topic: Religion, History

Fridays, May 9 and May 16 | 1:00 – 2:15 pm

Description: This course from a renowned expert will discuss how American Jews responded to the Holocaust, Israel, politics, antisemitism, and other aspects of American life from the 1930s through today.

Instructor: Jack Fischel is Professor of History Emeritus at Millersville University and the author/ editor of nine books on aspects of Jewish politics and culture.

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

LH137

IF "LAW" IS OUT TO RUN MY LIFE, AT LEAST I OUGHT TO KNOW HOW TO READ IT

Wednesday, May 14 | 10:00 am – 12:00 noon

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 this popular law professor for an interactive adventure through court history and judicial



opinions, all designed to strip away the law's shroud of mystery and invite you to consider for yourself what law is, how it works, and what it means to do it well. If it's ever occurred to you that you have a right to understand something that's designed to regulate your life, then this is a course for you. No background is necessary. Just come curious and willing to learn.

Instructor: Randy Lee teaches Constitutional Law, Professional Responsibility, and Torts (civil liability law) at Widener Commonwealth Law School in Harrisburg. During his time there, Randy has received outstanding teacher awards from both Widener's alumni and also from its graduating students. A popular presenter, Randy has written over sixty articles and spoken throughout the country on everything from Springsteen to Dickens.

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

LH138

ADDICTION AND OLDER ADULTS

Course Topic: Wellness, Contemporary Issues

Wednesday, May 14 | 1:30 – 3:00 pm

Description: As the population of older adults continues to grow, the issue of addiction in this demographic has become increasingly significant. This presentation from a leader in the field will explore the unique challenges and factors contributing to substance use disorders among older adults, including physical health issues, social isolation, and mental health concerns. Join us to gain insights into the complexities of treating addiction in older adults and learn how we can better support this vulnerable population toward healthier, fulfilling lives.

Instructor: Dr. Ming R. Wang, MD, is an addiction medicine physician at Caron Treatment Centers. He also serves as medical director for the Older Adult Programs. He is a fellow of the American Society of Addiction Medicine and the Pennsylvania Society of Addiction Medicine. Dr. Wang is a clinical assistant professor at Penn State College of Medicine. He also teaches the local and regional residents and medical students who rotate at Caron Treatment Centers.

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



LH139

REDUCING YOUR RISK OF ALZHEIMER'S AND OTHER DEMENTIAS

Course Topic: Wellness

Thursday, May 15 | 10:00 – 11:15 am

Description: Alzheimer's disease is the most common form of dementia, affecting more than five million Americans. This session is designed to help understand when a brain is changing due to dementia or due to other factors such as normal aging or a high-stress lifestyle. Resources to be discussed are how to reduce your risk without medication, and a brief discussion of how to support those living with diagnosis.

Instructor: Stephanie (Teffie) Landmann is a Certified Occupational Therapy Assistant who holds five certifications in PAC (Positive Approach to Care for dementia) and is a PAC Mentor. Teffie is a sought-after public keynote speaker on this topic, and has traveled both in the U.S and internationally to educate and help change the culture of dementia care. At Landis Homes, she is now the Director of Dementia Friendly-Experience, fulfilling her passion for helping folks living with dementia by training and mentoring to make a greater positive impact.

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

LH140

THE ART AND CRAFT OF LEATHERWORKING

Course Topic: Wellness

Thursday, May 15 | 2:00 – 3:30 pm

Description: Enjoy a step-by-step, leather-craft workshop creating personalized and durable bookmarks. Make two imprinted leather bookmarks with a variety of embellished designs. Led by a skilled leather craftsman who will discuss the art and craft of leatherworking. All tools and materials provided. (\$20 materials fee)

Instructor: Henry Breneman is a retired schoolteacher who has been working with leather for the past 55 years. He demonstrated leatherworking at Landis Valley Farm Museum for 49 years. Henry loves to craft historical leather reproductions and has done so for Landis Valley and Valley Forge historical sites. Henry works in maintenance at Willow Valley Communities where he also leads leatherworking classes.

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

Fee: \$32 member/\$44 non-member

Enrollment Limit: 25

Off-Site Excursions

LH301

BLACKBOARDS AND A BANQUET: AMISH SCHOOL VISITS AND MEAL

Tuesday, April 8 | 8:30 am – 2:00 pm

Description: We begin with a 30-minute presentation by Beth in the conference room about Amish education, as background for our school visits. Then we board the bus for a short ride over to the nearby Airport View Amish school, where we will observe for about 45 minutes, under Richard's direction. Next we reboard the bus for another school visit at the Fairland Road Amish School. At each school, we will sit on benches to observe classroom lessons, and the children may sing for us. Then we arrive at our meal stop, the Amish farm of Alan and Amanda King in Manheim, for a noon feast in their cozy banquet room. We will be served a hearty, home-cooked meal of homemade bread, peanut butter spread, mashed potatoes, buttered noodles, green beans, ham loaf, beef pot roast, coleslaw, pickled vegetables, ice cream, apple and lemon sponge pies. It will be a memorable excursion (but please no pictures of the Amish).

Instructor: **Richard Cook** graduated from Roberts Wesleyan College, Eastern Baptist Seminary, and Princeton Seminary. He pastored American Baptist churches for 38 years in PA, NJ, MI, and OH. Richard served for many years on the Pathways Institute advisory board and curriculum committee in Lancaster. He has led numerous visits to Amish schools. **Beth Graybill** has been researching Amish topics for the past 20 years.

Location: Classroom session is in the Crossings Meeting Room, 2nd floor (Crossings) at Landis Homes. The bus leaves Crossings main entrance around 9 am.

Enrollment Limit: 29

Fees: \$55 member/\$71 non-member (includes transportation, guide, and meal)

Special Notes: Minimal walking and standing. The meal stop, but not the schools, is ADA-accessible.

LH302

FULTON THEATER BACKSTAGE TOUR

Tuesday, April 22 | 9:30 am – 12:00 noon

Description: Join us as we visit the Fulton Theatre in downtown Lancaster for a backstage tour of this National Historic Landmark. Historically known as the Fulton Opera House, it is the second oldest working theater in the U.S. Fulton Theater employs scenic construction artists, light and sound technicians, stage and house managers, musicians, and actors. Tours delve into the Fulton's rich history, as well as offering a glimpse into how today's theater staff create the productions and special effects we know and love.

Location: The bus leaves Crossings main entrance at 9:30 am for Lancaster City.

Enrollment Limit: 29

Fees: \$30 member/\$46 non-member (includes transportation, guide, and tip)

Special Notes: Tour includes up to 75 minutes of walking and standing. Venue is ADA-accessible.

LH303

INTRODUCTION TO THE MENNONITE LIFE CENTER: AMISH AND MENNONITE GENEALOGY, HISTORY, AND CULTURE

Wednesday, May 7 | 8:30 am – 1:00 pm

Description: This tour will visit the *Mennonite Life* library and archives, museum exhibit, and visitors center on the edge of Lancaster. We will watch their introductory video about Amish and Mennonites, entitled “We Believe.” Their archivist will speak about doing genealogy research on your PA German forebearers and show us around the library. Their curator will give us a guided introduction to the museum exhibit, “Decorated and Plain: A Mennonite and Amish Sampler,” which we will tour. We will have the opportunity to browse the on-site bookstores, craft, and gift shops. Afterward, we will stop at an Amish countryside shop for a snack on the way home.

Location: The bus leaves Crossings main entrance at 8:30 am for the Mennonite Life center at 2215 Millstream Road.

Enrollment Limit: 29

Fees: \$30 member/\$46 non-member (includes transportation and admissions but not lunch)

Special Notes: Tour includes up to an hour of walking and standing. Stops are ADA-accessible.

LH304

ORIGINS OF THE UNDERGROUND RAILROAD IN LANCASTER COUNTY

Monday, May 19 | 8:00 am – 1:00 pm

Description: This half-day tour will explore sites and stories about the origins of the Underground

Railroad from 1780 until the early 1860s. Beginning with several historic sites in Wrightsville and Columbia, the excursion features a well-known safe house near the Susquehanna River. The tour ends in Lancaster, stopping at the new Thaddeus Stevens & Lydia Hamilton Smith Center for History and Democracy, which is not yet open to the public. There, you will have a sneak peek inside this museum and education center before its grand opening at the end of 2025. Much of our touring will be on the bus with narration about Underground Railroad history. We will get off the bus for one stop in Columbia and several stops in Lancaster. (This tour covers different stops from our Underground Railroad tour in the fall.)

Instructor: Historian **Randy Harris** will be our conductor and will share stories from his 25 years of research into Underground Railroad heritage in our region. Randy is on the staff of Lancaster History, working on the exhibits and artifacts for the new Stevens & Smith Center. Individually and with other historians, Randy has been responsible for securing the designations for more than 20 sites across Pennsylvania as part of the National Underground Railroad Network to Freedom, a program of the National Park Service, including 13 sites in York and Lancaster county. Randy and his wife, Rev. Martha Harris, live in Lancaster City.

Location: The bus leaves Crossings main entrance at 8:00 am

Enrollment Limit: 29

Fees: \$40 member/\$56 non-member (includes transportation and admissions)

Special Notes: Tour includes several, 20-minute stops of walking or standing, some of which are not ADA-accessible. (Lunch is not included.)

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 neighbors to call home. CWS welcomes refugees and immigrants from around the world, connecting new neighbors to housing, jobs, English classes, legal support, and other services. CWS volunteers can empower new neighbors with tutoring, transportation support, friendship, neighborhood orientation, providing welcome meals, and more – with opportunities for individual and group volunteers. One of the most important things we can do right now is to combat misinformation and negative rhetoric with factual information and our own stories of welcome. Join CWS in providing hope and home to the refugees and immigrants who are making our community stronger.

Please contact Bruce Etter at better@cwsglobal.org to learn more.

LH402

VOLUNTEER WITH SCORE TO HELP BUILD LOCAL SMALL BUSINESSES AND NONPROFITS

Join SCORE as a volunteer mentor to business entrepreneurs in the local Lancaster community. Use your expertise and experience to make a meaningful difference in the life of a small businessperson or an aspiring entrepreneur. Know the satisfaction of helping a local community member achieve their goals. Information is available at: <https://www.score.org/lancaster-lebanon>

Please contact Bob Thomas at bob.thomas@scorevolunteer.org to learn more.

LH403

VOLUNTEER WITH PATHWAYS INSTITUTE

Pathways Institute relies upon the knowledge and abilities of volunteers for many facets of the program. You can teach a course, help at events, serve as a class host, or help guide a field trip. Our volunteer opportunities provide personal enrichment and help enhance the quality of life for program participants. Call the office at 717-381-3577 or email pathways@landis.org to express your interest.



1001 East Oregon Road
Lititz, PA 17543-9205

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717.381.3577
pathways@landis.org
ThePathwaysInstitute.org
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