

**zt-Eagles @ Pymatuning State Park** -- Emily Borcz

**Fri. March 25; 10:00-3:00 \*\*\* Fee: \$5.00**

We will tour the park and surrounding areas to see nesting, perching, and soaring eagles.

**zt-Freeport Road Adventure** -- Steve Cicero

**Wed. May 11; 10:00-1:00 \*\*\* Fee: \$15.00**

Our trip takes us south from Butler, PA on Route 356 to visit Cooper Cabin and Lernerville Speedway to hear from expert guides.

**zt-Hiking @ Moraine State Park** -- Rich Thornhill

**Fri. May 06; 1:00-3:00 \*\*\* Fee: FREE**

Join us as we hike to the dam and solar panels at Moraine State Park.

**zt-Luncheon Out** -- Henry Anna, Teresa O'Malley

**Every Other Thurs., Mar 10, 24; Apr 7, 21; May 05, 19; 11:30-1:30 \*\*\* Fee: FREE**

Join us at area restaurants for good food and great companionship. Meets every other week.

**zt-Opera: Backstage Tour & Brown Bag Concert** -- Marianne Hooker

**Sat. April 09; 9:15-3:45 \*\*\* Fee: FREE**

Tour the Pittsburgh Opera headquarters to discover behind-the-scenes activity, costume shop, and details of opera production. We'll also enjoy the Opera's *Brown Bag Concert* series.

**zt-Opera: Blue** -- Dale Doran

**Sun. May 01; 12:00-6:00 \*\*\* Fee: \$43.00**

*Blue* centers on the hopes and fears of a young American Black couple as they raise their son. *Blue* explores race, violence, reconciliation and their impact.

**zt-Opera: Carmen** -- Dale Doran

**Sun. April 03; 11:00-5:00 \*\*\* Fee: \$43.00**

Bizet's *Carmen* depicts the gritty underbelly of life.

**zt-PNC Park Tour** -- Kathy Flood

**Fri. April 22; 11:00-1:30 \*\*\* Fee: \$10.00**

Join us for an interactive tour. We will enjoy a broad view of the 38,000 seat facility, its unique architecture, and the extensive history of Pittsburgh baseball.

**zt-Signs of Spring @ Munnell Run Farm** -- Kelcy Marini

**Fri. April 29; 1:00-2:30 \*\*\* Fee: \$3.00**

Join us for an interpretive hike to explore the many signs of spring at the farm. We will learn about the local flora and fauna and how they are indicators of the changing seasons.

**zt-Volant Picnic @ Volant Dam & Grist Mill** [\*\*Bonus] -- Gail Blakeley

**Sat. May 14; 12:00-2:00 \*\*\* Fee: FREE**

Bring lunch & enjoy some down time with ILR friends as we hear a short overview of the Volant dam & grist mill.

**zt-Wine Tasting & Lunch Series** -- Kathy Flood, Teresa O'Malley

**One Thurs. per month: March 31; April 28; May 26; 11:00-2:00 \*\*\* Fee: FREE**

This group will visit local wineries that offer wine tasting and then have lunch at the winery or nearby restaurant.

# IN-PERSON CLASSES AT FOWLER

**'All of Us' Research Program** [\*\*Bonus] -- Emmy Hackshaw, Kathryn Hartman

**Tues. April 26; 12:00-1:30; Also Zoom.**

What is 'All of Us,' and how is it helping to advance medicine? Why should I participate in medical research? How is 'All of Us' different than other research programs?

**Computer Literacy A: Basics** [\*\*Bonus] -- Delia Draghiciu, Bob Gropp

**Tues. & Thurs. March 08, 10, 15, 17, 22, 24, 29, 31; April 05, 07; 2:00-4:30**

Learn basic computer concepts, file organization, navigation, email, and using the internet for research, bill pay, banking, shopping, social media, and buying/selling online.

**Computer Literacy B: Microsoft Office** [\*\*Bonus] -- Delia Draghiciu, Bob Gropp

**Tues. & Thurs. April 05, 07, 12, 14, 19, 21, 26, 28; May 03, 05; 2:00-4:30**

Learn the ins-and-outs of Word documents, Excel spreadsheets, and PowerPoint slide shows.

**Developing an Attitude of Gratitude** [\*\*Bonus] -- Ruth Leo

**Mon. March 14; 2:00-3:30**

Winter doldrums, generation gap, world news -- we will learn how we can overcome our circumstances by identifying ways to express & teach gratitude.

**Faces & Places of Butler in the Civil War** -- Bill May

**Mon. March 07; 2:00-3:30**

Come hear stories of the local war monuments, amazing connections to the escape of John Wilkes Booth, & fascinating stories of the men from Butler who fought in the Civil War.

**Famous Diamonds of the World** -- Dale Perelman

**Tues. April 12; 12:00-1:30**

Learn basic gemology and the history and romance surrounding great diamonds of the world.

**Film: International Gems 3** -- Ken Harris

**Wed. March 09, 16, 23, 30; April 06, 13, 20, 27; May 04; 2:00-4:30**

We will screen 9 masterpieces of international filmmaking. Each film is subtitled in English and will be followed by an appreciation by the instructor and a guided discussion.

**Food for Healthy Aging** -- Susan Lumley

**Mon. May 23; 2:00-3:30**

Examine recent research on reducing your risk for dementia/Alzheimer's through dietary & lifestyle choices.

**Glacial Lakes of Western PA** -- Polly Shaw

**Mon. March 07; 12:00-1:30; Also Zoom.**

We will examine how Slippery Rock, Wolf, and Muddy Creeks, and a section near the historic McConnell's Run grist mill backed up and flooded the nearby valleys creating glacial lakes.

**Hidden Records: Finding 'Image-only' Genealogy Records Online** -- Margaret Hewitt

**Mon. March 21; 2:00-3:30; Also Zoom.**

If your online genealogy search only includes records that are indexed, then you can easily be missing valuable information. Come learn how to find and use image-only records online.

**Hot Topics** [\*\*Bonus] -- Ray Yovanovich

**WEEKLY: Every Thurs. Mar 10, 17, 24, 31; Apr 07, 14, 21, 28; May 05, 12, 19, 26; 12:00-1:30**

We will gather WEEKLY to exchange information and points-of-view without any intention of reaching agreement - insight and enlightenment are all we seek in a congenial setting.

**How to Prepare Your Home for Sale** [**\*\*Bonus**] --Kris Callen, Jen Reilly

**Mon. March 28; 12:00-1:30; Also Zoom.**

Come learn the ins-and-outs of home sale. First? How to know when it's time to make your move.

**Importance of Listening to Veterans** -- Todd DePastino

**Mon. May 02; 12:00-1:30; Also Zoom.**

Todd is a historian focused on listening, and the stories he's heard are largely about war — some beautiful and heartbreaking, others gut-wrenching.

**In the Footsteps of Lewis & Clark** -- Jessie McMenamin

**Tues. March 08; 12:00-1:30**

Come follow Lewis, Clark, and their 'Corps of Discovery' as they explored the Louisiana Purchase from St. Louis, MO westward.

**InterUrban Railway: PHB&NC Route** -- Polly Shaw

**Mon. May 16; 2:00-3:30; Also Zoom.**

The interurban railway traveled the popular route from Pittsburgh to Harmony, Butler, Evans City, Ellwood City, and New Castle between 1908 and 1931,

**Introduction to Beekeeping** [**\*\*Bonus**] -- Tammy & Galen Mayle

**Tues. May 03; 12:00-1:30**

Join us as we explore all the facets of becoming a keeper-of-bees.

**Now What!? The Accidental Discovery of the Clarion Iron Furnace** -- Eric Scuoteguazza

**Mon. April 18; 12:00-1:30; Also Zoom.**

Built in 1829, the Clarion Iron Furnace was the first of its kind. Learn about the furnace & its contribution to PA's iron industry. Discover how our historical treasures are protected.

**Pandemics: Past & Present** -- Kathy Flood

**Tues. March 29; 12:00-1:30; Also Zoom.**

The plague, polio, coronaviruses, and more have left their impact on humanity.

**Quebec City: Past & Present** -- Verna Call, Tom Call

**Mon. April 04, 11; 12:00-1:30; Also Zoom.**

Come join us for fascinating stories and hidden histories of the past and present life of Quebec City and nearby Isle of Orleans.

**Stolen Art: Nazi Art Thefts in Film** -- Ruth Leo

**Mon. March 28; April 04; 2:00-4:00**

Come discuss the interweaving of Nazism with stolen European Jewish art treasures. Two films will be shown and discussed: *The Monuments Men*; and *The Woman in Gold*.

**Tomb of the Unknown Soldier: Centennial** -- Dennis McMahon III

**Tues. May 24; 12:00-1:30**

Come hear the fascinating history of the Tomb of the Unknown Soldier at Arlington National Cemetery as it celebrates its Centennial.

**Tummy Trouble: Gluten, Celiac, & Other GI Problems** -- Kathy Flood

**Tues. May 10; 12:00-1:30; Also Zoom.**

The difference between gluten intolerance and celiac disease will be discussed as well as other related food intolerances.

**Underground Railroad: Through Western PA to Canada** -- Bill May

**Mon. March 21; 12:00-1:30**

Take a trip on the Underground Railroad and travel virtually from station to station and hear stories of escape by fugitive slaves through Western PA to Canada.

**Understanding ADHD** -- Martin Bright

**Tues. March 22; 12:00-1:30**

We will come to a deeper understanding of this disorder, its variations, how it presents at various stages of life, and treatment options.

**Voyage into the Mediterranean: Wonders of Antiquity** -- Verna Call

**Mon. May 16, 23; 12:00-1:30; Also Zoom.**

Welcome to an adventure into the ancient cultures of civilizations along the Eastern Mediterranean.

**Washington's Trail—1753** -- Martin O'Brien

**Mon. April 11; 2:00-3:30**

This will be a discussion of the actions of the French forces to solidify their claim to New France, including Western PA, in the late 1700's.

**Yoga for Everyone** -- Gail Weinand

**Mon. April 18, 25; May 02, 09; 2:00-3:30**

Come join our group for simple yoga postures and chi-motion moves in a chair or standing. We will also practice breathing exercises and relaxation techniques.

## TRIPS

***\*\*Please see Confirmation Slips for Important Details\*\****

**zp-Wind-up Picnic & Annual Member Meeting** [**\*\*Bonus**] -- Rich Thornhill

**Sat. June 04; 4:00-6:00 \*\*\* Fee: FREE**

Join us for socializing, free food, and our annual membership meeting.

**zt-Biking @ Allegheny River Trail** -- Rich Thornhill

**Fri. May 20; 1:00-3:00 \*\*\* Fee: FREE**

This trail was built on a portion of the old PA Railroad that ran from Pittsburgh to Buffalo. It is bordered on the west by the Allegheny River and on the east mostly by woodland.

**zt-Climate Change in Western PA @ Munnell Run Farm** -- Kelcy Marini

**Fri. March 18; 1:00-2:30 \*\*\* Fee: \$3.00**

Explore with us how climate change is operating in our region, and what we can do to make a difference.

**zt-Dinosaur Tour at the Carnegie Museum of Natural History** -- Kathy Flood

**Fri. , March 11; Meet at 11:00. \*\*\* Fee: \$11.00**

This is a tour of the dinosaur exhibit. Admission includes both museums.

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