

The **REGISTRATION FORM** is found in the center of the catalog.

1. Indicate whether you wish to **become a member** of the ILR or simply **take one class** as a non-member.  
(Members may register for up to 12 classes + unlimited bonus classes.  
Non-members may register for ONE class on space-available basis.)
2. Fill in all contact information neatly and thoroughly.
3. Members Only classes/trips will be noted as such in the catalog and on the registration form.
4. You may check **www.ilretirement.org** for information regarding class availability or email the ILR office at **info@ilretirement.org**.
5. Clearly mark the classes and trips AND WHICH SECTION (if more than one section) for which you are registering.
6. Registration Forms will be date-stamped and processed on a first-come, first-served basis. The first two weeks of the registration period are Members Only Registration. However, non-members should not wait to send in their forms. Non-members may indicate more than one choice (1, 2, 3...), in the event that classes are full.
7. The ILR will send a NAME TAG, INVOICE, and CONFIRMATION SLIPS for all classes/trips for which you are successfully registered. A WAITING LIST slip indicates that you are not yet registered for the class.

**PLEASE READ YOUR CONFIRMATION SLIPS CAREFULLY  
FOR IMPORTANT DETAILS**

8. Do not send money until you receive an invoice.

**PROMPT PAYMENT OF INVOICES UPON RECEIPT IS APPRECIATED.**

9. **FREE AT NINETY**—Persons aged 90+ are eligible to join the ILR for FREE! Just note your birthdate on the registration form & write in the word 'NINETY'.
10. **Donations**— *Donations are greatly appreciated.*

**YOUR ILR RELIES ON DONATIONS TO STAY OUT OF THE RED.  
THANK YOU!**

**Antarctica & Argentina: The End of the World (Sec. 1)**

AntArg-1

Verna Call

Come join an ocean cruise adventure (with no seasickness!) to the tip of South America, around the Horn, and on to spectacular views of Antarctica's peninsula and Elephant Island. But the trip is not all freezing cold temperatures. There will be time to enjoy Ushuaia's Beagle Channel and Tierra del Fuego National Park, the Falkland Islands, and a visit to a penguin colony, Patagonia, Pampas, and the summery cities of Buenos Aires and Montevideo in Uruguay - places full of wonder and excitement.

Wed. 10/09, 10/16; 11:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Antarctica & Argentina: The End of the World (Sec. 2)**

AntArg-2

Verna Call

See "Antarctica & Argentina" (Sec. 1) for description.

Wed. 11/13, 11/20; 11:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Aquaponics: "Growing Together" Project**

AquaGTP

Robert Arnhold, Marlena Toth

North Country Brewery and SRU have partnered to produce a sustainable growing system, aquaponics. It turns the waste of tilapia fish into plant food which is cycled via tubes of water through the roots of racks of lettuce and other edibles. The program employs students from SRU's "Rock Life" program, whose goal is to provide a fully-inclusive experience to those with intellectual or physical disabilities. This class meets off-site.

Thurs. 10/07; 9:00-11:00

Open to ILR members only (FREE)

**Astronomy: Diverse Galaxies**

AstDivGal

Krishna Mukherjee

Galaxies in our universe occur in different shapes and forms. This class will examine the Milky Way galaxy, study how astronomers determine its structure, and compare its composition to other types of galaxies. A related topic that will be examined is how galaxies form and what drives black holes at the center of galaxies.

Mon. 9/30, 10/07, 10/14, 10/21, skip, 11/04, 11/11; 2:00-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Be Healthcare Aware (Bonus) (Sec. 1)**

BeHealthAware-1

Mandy Crocker

This program will explain the different laboratory tests your doctor may prescribe, what they are for, and how to prepare for them. In addition, we will explore different radiology tests, how they are conducted, and their purposes. We will briefly review co-pays, deductibles, and authorization processes. Finally, we will discuss hospital admissions, the difference between in-patient and observation, and how that may affect you.

Tues. 10/08; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Be Healthcare Aware (Bonus) (Sec. 2)**

BeHealthAware-2

Mandy Crocker

See "Be Healthcare Aware" (Sec. 1) for description.

Tues. 11/05; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Beginning Genealogy**

BeginGen19

Margaret Hewitt

Have you always wanted to start a family tree? Want to discover your roots, but feel overwhelmed by where to start? In this class, we'll explore the building blocks of good genealogical research. The class will describe the physical and digital resources available that can contribute to your family research, and look at search strategies to locate the right records, both in person and online. Participants will leave with strategies to analyze all the clues in records and tips to overcome those dead-end "brick walls."

Thurs. 10/17; 10:30-12:30

Open to ILR members only (FREE)

### **Book Club**

BookCIF2019

Carol Holland, Sandy Stevenson

Love to read? Here's your chance to discuss a wide variety of books with other bibliophiles. We read fiction, non-fiction, memoirs, biographies, and histories, to name a few. And you get to choose the selections for the following semester! This fall's selections include: *Mistress of the Art of Death* by Ariana Franklin; *Where the Crawdads Sing* by Delia Owens; and *American Marriage* by Tayari Jones.

3rd Tues. 9/17, 10/15, 11/19; 12:30-2:00

Open to ILR members only (FREE)

### **Caregiving: The Joys & Challenges**

Caregive

Ruth Leo

Our plans may change by the need to become a caregiver for a loved one. How do caregivers of any age juggle the need to work to support one's self and others, keep up with the physical, financial, and emotional stresses of caregiving, and still have time for other family members/friends? What can be done to help caregivers by individuals, church groups, and support groups? The class will include first person presentations. In the second class, we will hear about nursing home care and hospice care from persons knowledgeable about the programs.

Mon. 9/09, 9/16; 12:30-2:30

Open to ILR members only (FREE)

### **Census 2020**

Census2020

Gene Bradshaw

The local recruiting manager for the 2020 Census, Gene Bradshaw, will be addressing the history and needs associated with the 2020 Census. Come learn about the Decennial Census process, the history, and how the census has evolved into modern use. Most importantly, learn how the outcome of the census can affect federal, state, and local government planning, as well as how you can further support the successful completion of Census 2020.

Wed. 9/11; 11:30-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Christianity: The First Thousand Years (Sec. 1)**

Christ1000-1

Albert Deep

How did an institution like Christianity - largely invisible in the first two centuries of its existence - go on to remake the civilizations it inhabited? Beginning with the life of Jesus, we'll discuss the dramatic spread and development over the first thousand years of its history. Moving through the formation of early institutions, practices, and beliefs to the transformation of the Roman world after the conversion of Constantine, we'll shed light on the Latin West, the Byzantine and Slavic East, the Middle East, and Central Asia. Finally, we'll devote time to learn of the lasting impact of the rise and spread of Islam, and early experiences of Christians under Muslim rule.

Wed. 10/02; 10:30-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Christianity: The First Thousand Years (Sec. 2)**

Christ1000-2

Albert Deep

See "Christianity" (Sec. 1) for description.

Thurs. 11/14; 11:00-1:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Climate in Crisis (Sec. 1)**

ClimCris-1

Paul Scanlon

This class will include a presentation on the latest scientific projections regarding the impact of climate change and what we can do to leave a more livable world for our children and grandchildren. There will be a Q&A time. This class will provide updates to the many solutions available to us, from changing our individual behavior, to actions being taken by institutions like SRU) and proposed federal legislation.

See "Evolution, Climate Change, & God's Creation," also.

Tues. 10/29; 12:30-1:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Climate in Crisis (Sec. 2)**

ClimCris-2

Paul Scanlon

See "Climate in Crisis" (Sec. 1) for description.

Tues. 11/12; 12:30-1:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Disney: Walt Disney & His Movies (Sec. 1)**

Disney19-1

Steve Cicero

The most famous entertainer of the 20th century, Walt Disney is a name recognized around the world. Who was this man and how did he create so many iconic images and stories. From the humble beginnings of Steamboat Willie, Walt created a global media empire now known simply as "Disney."

Mon. 9/09; 11:00-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Disney: Walt Disney & His Movies (Sec. 2)**

Disney19-2

Steve Cicero

See "Disney" (Sec. 1) for description.

Mon. 11/4; 10:30-11:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**EBay: Buying & Selling**

eBayBS

Mitch Olszak, Carol Colaizzi

We will be focusing on the advantages and disadvantages of buying & selling on eBay, with an emphasis on the interests of collectors. That site offers the opportunity to reach a worldwide community of buyers and sellers, but it comes with pitfalls. Attendees will learn about these, as well as gain tips about finding items they want and selling ones they no longer desire. Ample time will be given for Q&A. This is a repeat of the spring 2019 class.

Tues. 9/17; 2:00-4:00

Open to ILR members only (FREE)

### **Evolution, Climate Change, & God's Creation (Sec. 1)**

EvolCCGC-1

Verna Call

A presentation for those who are interested in finding the common ground between religion and science, especially concerning the issues of evolution and climate change. There will be an explanation and comparison of evolution as a scientific theory and creation from the Genesis story in the Bible. The class will also hear about the latest scientific research on global climate change and how being a good steward of God's creation can make a difference in the future of our society and world. See "Climate in Crisis."

Mon. 9/16; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Evolution, Climate Change, & God's Creation (Sec. 2)**

EvolCCGC-2

Verna Call

See "Evolution, Climate Change, & God's Creation" (Sec. 1) for description.

Tues. 11/12; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Extinction is Forever: The Local Avian Extirpation Process (Sec. 1)**

ExtinctFor-1

Gene Wilhelm

ExtinctFor-1

In May 2019, the UN Environmental Programme exposed the devastating impact humans have on nature, revealing that about 25% of the world's plant and animal life are threatened with extinction. Humans need a quick, radical change in how we think about biodiversity loss. So what can we do? This class will show you how.

Tues. 9/10; 9:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Extinction is Forever: The Local Avian Extirpation Process (Sec. 2)**

ExtinctFor-2

Gene Wilhelm

ExtinctFor-2

See "Extinction is Forever" (Sec. 1) for description.

Tues. 9/10; 1:00-4:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Film: Fanny & Alexander: A Swedish TV Miniseries**

FilmF&A

Kenneth Harris

In early 20th century Sweden, the young Alexander and his younger sister live in the delights of a prosperous and loving family, deal with the challenges following the death of a parent, and an unexpected and daring magical rescue into enduring happiness. This 5+ hour television film was originally broadcast over several nights and edited down by Ingmar Bergmann, the writer/director, into the Oscar-winning *Best Foreign Language Film* of 1984.

Wed. 10/30, 11/06, 11/13, 11/20;  
1:00-3:00

Open to ILR members only (FREE)

### **Film: Second Chance**

FilmSecond

Kenneth Harris

Our 28th film series features 7 movies previously screened in the early years of a class that has been offered continuously since 2006. We'll begin with *Babette's Feast* (in Danish, with English subtitles) then follow with *The Third Man*; *Sense & Sensibility*; *The Spy Who Came in from the Cold*; *The Sting*; *Renoir*; and end with Ken's all-time favorite, *Fanny & Alexander*, which is in Swedish, with English sub-titles. Each film is shown without interruption and followed by a discussion of aspects of movie-making of interest to the class.

Wed. 9/11, 9/18, 9/25, 10/02, 10/09, 10/16, 10/23; 1:00-4:00

Open to ILR members only (FREE)

**Focus on a Fixed Income (Bonus)**

FocusFix

Traci Conlon

This class will explain the basics of fixed income investments, the seven characteristics of, the advantages of laddering, and how fixed income may be part of your investment strategy.

Wed. 9/18; 10:00-11:30

Open to ILR members only (FREE)

**Frightening Films of the Silent Era (Bonus)**

FrightFilms

G. Warren Smith

Considered to be the first great American horror film, Robert Louis Stevenson's *Dr. Jekyll & Mr. Hyde* (1920), stars stage legend, John Barrymore. Stevenson blends historic charm with grim naturalism and recounts a visionary scientist's ill-fated attempts to unleash the human mysteries that dwell beneath the shell of a civilized soul. In *The Cat & the Canary* (1927), a decaying mansion and a stormy night assemble a pack of greedy relatives for a reading of a 20-year-old will. Before the fortune can be dispersed, the family must endure a night, unnerved by news that an escaped lunatic is at large.

Mon. 10/28, Tues. 10/29; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Furry CANINE Friends**

FurCanFr

Kathy Schweikart

Do you own a DOG? Several?

Are you considering adding a puppy or adopting an adult dog to complement your life? We will explore tips for finding your best-suited friend, house training ideas, and general canine preventative medicine across all age spectrums. Additionally, we will discuss common diseases and health issues occurring frequently in dogs, how to provide quality play, appropriate training, and behavioral insights. There will be ample opportunity for Q&A.

Mon. 10/07, 10/14; 12:00-1:30

Open to ILR members only (FREE)

**Furry FELINE Friends**

FurFeFr

Kathy Schweikart

Do you own a CAT? Several?

Are you considering adding a kitten or adopting an adult kitty to your household? We will explore tips to find your best-suited friend and general feline preventative medicine across all age spectrums. Additionally, we will discuss common diseases and health issues that occur frequently in cats, how to actively provide quality play, feeding tips, behavioral insights, and training suggestions. (Yes! Cats can be trained...maybe?) There will be ample opportunity for Q&A.

Mon. 9/23, 9/30; 1:00-2:30

Open to ILR members only (FREE)

**Games: Board, Dice, & Cards (Bonus)**

GamesFa19

Jessie McMenemy, Dale Doran

Don't be BOARD! Come out and have fun! Various games will be presented for your entertainment. Learn new games to add to your family's and friends' fun! You are invited to bring any games that you'd like to share. Our favorites will be on-hand.

Mon. 10/14, 10/21, 10/28; 10:30-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **GJR: The History of George Junior Republic**

GJRhistory

Laurie McCandless

This program will meet at GJR and will feature a 45-min discussion on the history of GJR, a visit to the history room, a highlight of old movie footage, and a tour of campus. GJR was founded by successful businessman William Reuben George in 1909. The name 'Junior Republic' reflects his intention to assist at-risk youth by offering them the chance to join a small society where they could learn what it means to be a responsible citizen. Since that time, GJR has served over 60,000 young men at the 500-acre campus in Grove City. Come hear the whole story!

Mon. 9/16; 9:00-1:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Great Atlantic Air Race of 1919: Britain vs. America (Sec. 1)**

GreatAir-1

Cliff Brown

No airplane had ever crossed the Atlantic Ocean before 1919 - one-hundred years ago this year. The competition for this honor was fierce, not only between the Americans and the Brits, but between the various British companies vying for the distinction. This presentation will explore why it hadn't been done before, how the war affected aviation, and how the feat was eventually accomplished.

Tues. 9/24; 2:30-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Great Atlantic Air Race of 1919: Britain vs. America (Sec. 2)**

GreatAir-2

Cliff Brown

See "Great Atlantic Air Race of 1919" (Sec. 1) for description.

Thurs. 10/03; 1:00-2:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Healthcare Planning in Retirement (Bonus)**

HealthPIR

Corina Wack

Making a plan now, while you are younger and healthier, is a wise thing to do - and it can save you money in the future. It can also give you the option to spend more money and have more fun in retirement, knowing you have coverage in place that can help with healthcare needs, if necessary. In this class, we will consider the key questions in planning for your healthcare needs: who takes care of you, how much will the care cost, and how can you fund it?

Tues. 9/24; 1:00-2:00

Open to ILR members only (FREE)

### **Here's Howe**

HeresHowe

Dick Beech

What's that I smell?? The George J. Howe Co. marked its 90th anniversary in the coffee, candy, and nuts business in 2017. Hear how the small market that started on Broad Street, Grove City in 1927 has grown to where an estimated 25 million people enjoy Howe's products every year.

Thurs. 11/07; 10:30-12:30

Open to ILR members only (FREE)

### **Hot Issues: Current Events (Bonus)**

HotIssFa19

Ray Yovanovich

Some controversies are "hot" and others just persistent. Participants will select those they consider timely and discuss one at each session. We exchange information and points of view without any intention of reaching agreement. Insight and enlightenment in a congenial setting are all we seek.

Wed. 9/11, 9/25, 10/09, 10/23, 11/06, 11/20; 12:00-1:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Illegal Dumping: Its Impact on Our Communities**

IllDump

Jerry Zona

The illegal dumping of trash is more than just an eyesore for our communities. Tax dollars wasted on cleanups, feelings of helplessness and indifference, and environmental contamination from toxic trash are significant problems. Join us to learn about: 1) the impacts of illegal dumping on the economy, environment, and society; 2) its causes and solutions; 3) how ordinary people can get involved to address it.

Tues. 11/19; 10:30-12:30

Open to ILR members only (FREE)

**Industrial History of McConnells Mill & Moraine State Parks**

IndHist

Polly Shaw

One hundred years ago, land that became Moraine State Park was involved in deep and surface coal mining. Come hear the fascinating history of the Muddy Creek Oil Field, three active iron furnaces on land directly adjacent to today's McConnells Mill State Park, and area lime kilns, including one adjacent to Hell's Hollow Falls.

Thurs. 9/19; 11:00-1:00

Open to ILR members only (FREE)

**Introduction to Watercolor Painting (Sec. 1)**

IntroWatFa2019-1

Stephen Harding

This beginner's class will present color, hue, intensity, and value with a focus on color mixing. The goal is to introduce and challenge students to explore how to create art works that satisfy and foster self-expression. Color pushed by water is NOT only for children!

Please only register for one Sec.

Mon. 9/09, 9/16; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Introduction to Watercolor Painting (Sec. 2)**

IntroWatFa2019-2

Stephen Harding

See "Introduction to Watercolor Painting" (Sec. 1) for description.

Mon. 10/07, 10/14; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**K9 Police Dog Demonstration**

K9Demo

Officer Michael McBride, K9 Officer Ranger

The Ellwood City Police Dept. K9 Officer 'Ranger' is a Czech-bred shepherd born in July 2012. Ranger has been on the force since 2015. The ECPD K9 Unit serves Lawrence and Beaver Counties, but is available for the use of any county. He is certified by the American Working Dog Association for Patrol and Narcotics, which includes tracking, article searches, and building searches. Come see a demonstration of Ranger's skills.

Mon. 9/30; 10:00-11:00

Open to ILR members only (FREE)

**Larry Berg: Medical Insurance & Drug Costs - What's the Answer?**

LarryBergFa19

Larry Berg

The discussion will encourage viewpoints about which path to take: universal coverage, medicare for all, private insurance, or what? We will also discuss how to control the cost of pharmaceutical drugs.

Tues. 10/22; 10:00-11:30

Open to ILR members only (FREE)

### **Latino Artists in the United States**

LatinoArt

Jim Hughes

We will look at art produced by Latinos in the U.S. The class will discuss specific works, and we will seek insights and reactions from participants. What is the nature of the Latino population and artists in the U.S.? Some of their art is not directly related to ethnicity. Other works produced by Latino artists deal with questions of personal identity, the mixing of cultures, Latino heritage and traditions, memories (both real and imagined), experiences crossing the border, and realities of life in the U.S.

Mon. 10/21, 10/28; 11:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Law: The History & Status of Women's Legal Issues**

LawWomen

Robert Kochems

This class is an open discussion format to explore the history and current responses of society to women's legal issues, including domestic violence (which will provide a mirror for many other issues), voting, and equal pay for equal work.

Wed. 10/23, 10/30, 11/06; 10:30-12:30

Open to ILR members only (FREE)

### **Lunch & Lecture**

Lun&LFa2019

Mary Alice Cobbett

Bring your brown bag lunch and join new friends for a series of stimulating presentations. The following topics will be presented: 9/12 "Finland: Land of Lakes, Languages, and Lingonberries" by Ruth Leo; 9/26 "Wild about Turkeys" by Stephanie Taylor; 10/10 "Japan" by Carol & Jack Frustorfer; and 10/24 "Cuba, What a Trip!" by Pam and Mike Pechalk.

Thurs. 9/12, 9/26, 10/10, 10/24; 11:30-1:30

Open to ILR members only (FREE)

### **Luncheon Out - Group A (Bonus)**

LunOAFa19

Teresa O'Malley, Henry Anna

Join us at area restaurants for good food and great companionship. GROUP A is always on the lookout for something new, exotic, and different. Contact and final arrangements will be made via e-mail. The first location will be predetermined; the group will select the remainder. You will need to pay for your own lunch. Please only register for one group.

Thurs. 9/19, 10/03, 10/17, 10/31; 11:30-1:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Luncheon Out - Group B**

LunOB

Ruth Hoffman, Frank Hoffman

Join us for good food and great companionship. Group B travels throughout Western PA and Eastern Ohio. The first restaurant is prearranged. The group will choose the remainder. Please check your e-mail for directions. Pay for your own lunch. Please only register for one group.

Thurs. 9/19, 10/03, 10/17, 10/31; 11:30-1:30

Open to ILR members only (FREE)

### **Military Intelligence**

MilitIntel

Ray Yovanovich

As an officer in U.S. Air Force Intelligence, Ray had a ring-side seat for major military operations from the Cuban Missile Crisis to the air war in Southeast Asia. He will share his insights on the training, guidance, and activities of intelligence personnel and the importance of "humint."

Tues. 11/05, 11/12, 11/19; 2:00-3:30

Open to ILR members only (FREE)

**Murder in the Morass: The West Pittsburgh Swamp Killings**

MurderMor

Robert Presnar

This is an interactive slide show lecture concerning a series of enigmatic decapitation murders that took place in the vicinity of the West Pittsburgh swamp during the 1920s and 1930s. The program will follow each investigation and the evidence compiled by law enforcement officials who were confounded by the bizarre cases. It will include information concerning similar murders in surrounding communities.

Mon. 9/23; 2:30-4:00

Open to ILR members only (FREE)

**Newfoundland: Its Heart & Soul (Sec. 1)**

Newfound-1

Janice Brown

Newfoundland, Britain's oldest colony, and Canada's newest province, is a place of extremes. The land is bleak and rugged, yet beautiful; the culture is ethnically narrow, yet exuberantly vivid; and the people themselves, though economically disadvantaged, have a lively cheerfulness that is infectious. During the 9/11 crises, passengers on planes redirected here found hospitality that reflects the heart of this special place, where the winter severity of the natural environment has produced hardy resilience and - paradoxically - a sunny outlook and deep kindness.

Thurs. 10/03; 11:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**Newfoundland: Its Heart & Soul (Sec. 2)**

Newfound-2

Janice Brown

See "Newfoundland" (Sec. 1) for description.

Tues. 10/15; 12:30-2:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**No Pension? No Problem! (Bonus)**

NoPen

Corina Wack

You worked through every scenario that retirement could throw at you. You diversified your portfolio. You saved and saved some more. Now, you just have to turn your assets into a stream of income that can provide the retirement you've always wanted. That's what sound retirement strategy is about, right? The problem is, without guarantees, this stream of income will face the risk of running out or diminishing in value due to common challenges that every retiree needs to be aware. In this class, we will examine these challenges and present solutions to overcome them.

Wed. 9/11; 10:00-11:00

Open to ILR members only (FREE)

**Numismatics: The Art, History, & Politics of Coin Collecting (Bonus)**

NumiCoins

Mitch Olszak

This session will focus on the art, history, and politics of U.S. coinage. It will look at the symbolism used in coin designs and how those designs have changed over the years. It will look at coin production and how political and economic factors come into play. The general value of coins will be explored, along with some popular numismatic misconceptions. Attendees with old coins and questions about them are welcome to bring them along to discuss.

Thurs. 9/19; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Opera Preview: Don Giovanni (Bonus)**

OPdg2019

G. Warren Smith

In preparation for attending Mozart's opera *Don Giovanni*, or if you are simply curious about this opera, join us for this brief orientation. The legendary womanizer Don Giovanni adventures across Europe with his resourceful servant Leporello to take advantage of women and indulge his hedonistic desires. In Seville, after abandoning his latest conquest, the playboy plans to seduce even more women, including noblewoman Donna Anna and peasant Zerlina. Unfortunately, (Spoiler Alert!) his luck runs out.

This class is free for non-members who are also registered for "zt-Don Giovanni Opera (Bonus)".

Thurs. 10/17; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$0.00 when registered for "zt-Don Giovanni"

### **Opera Preview: Florencia en El Amazonas (Bonus)**

OPfeea2019

G. Warren Smith

In preparation for attending *Florencia en El Amazonas*, or if you are simply curious about this opera, join us for this brief orientation. Mexican composer Daniel Catan's *Florencia* was an enormous hit when it was premiered in Houston in 1996, and it's easy to see why. The plot involves a riverboat sailing up the Amazon to the opera house in Manaus. There is a violent storm, and at the end, no one can leave the ship because there's been an outbreak of cholera in Manaus.

This class is free for non-members who are also registered for "zt-Florencia en El Amazonas Opera (Bonus)".

Thurs. 11/14; 2:00-4:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$0.00 when registered for "zt-Florencia"

### **Orthopedic Health**

OrthoHeal

Charles Spingola

Those bones, those bones, those aching bones! Have you ever been diagnosed with arthritis, a fracture, or other muscle, joint, or tendon injury? What orthopedic options are available to you? Is surgery always the answer? What are some of the alternative treatments that are currently popular? When is it time for joint replacement? What are they talking about with 'minimally invasive,' joint resurfacing, joint replacements, and arthroscopy? What nonsurgical treatments are available and do they work? These and other questions will be discussed in this series of classes.

Mon. 9/23, Tues. 9/24, Wed. 9/25; 11:00-12:30

Open to ILR members only (FREE)

### **Osteoporosis**

OsteoF19

Larry Cimperman, Agnes Gallagher

Learn important ways to rebuild bone naturally using the right foods and nutritional supplements. Learn the reason why bone-building medicines don't work. Most importantly, learn how to intelligently read your bone DEXA scan. This is a repeat of last semester's class.

Tues. 10/29; 11:00-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Project FeederWatch & Backyard Bird Watching**

ProFeed

Gail Blakeley

Join us for tips on identifying backyard birds and attracting them to your yard by providing supplementary food, water, native plants, and shelter. Find out about useful bird resources. In addition, learn how you can turn backyard birdwatching into scientific discoveries through the Cornell Lab of Ornithology's "Project FeederWatch" program.

Thurs. 11/07; 10:00-12:30

Open to ILR members only (FREE)

### **Quilt Guild**

QuiltFa19

Jean Wanchick

Here's your chance to learn new skills and meet other quilters! The Guild members will discuss and plan the Guild's program. Bring your suggestions! We share our work, learn tips & tricks, and enjoy socializing.

4th Tues. 9/24, 10/22, 11/26; 1:00-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Remember the ALAMO!**

RemAlamo

Jessie McMenamain

Few battles in American history are as celebrated as the Battle of the Alamo. For 13 days in 1836, a small band of rebels defended an old Spanish mission called "The Alamo" against overwhelming odds. This class will present the background to the battle, some well-known participants, as well as some of the results of this courageous event.

Thurs. 10/31; 11:00-12:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Senior Living Options (Bonus)**

SeniorLivOpt

Marsha Cummings

What will the next five years hold? This is a question that may cross our minds, but unfortunately, none of us knows the future. We can be better prepared for the unknown by educating ourselves about the resources and options available for living arrangements and in-home services. Attend this session to learn an overview of what is available for consideration for ourselves or for those we love, when care, safety, and independence are a priority.

Tues. 10/17; 11:00-12:00

Open to ILR members only (FREE)

### **Shakespeare at 400 (Sec. 1)**

Shakes400-1

Ruth Cole

The essential question is why Shakespeare is still so important 400+ years after his death. His biography, times, and works will be explained and examined. Plays will range from early to late in Shakespeare's works, Richard II to Hamlet. Ideas and events relating the Bard to modern times will be part of the program. Lively questions and discussion will be encouraged with multiple points about his longevity from page to stage, from texts to technology.

Tues. 10/01, 10/08; 12:30-2:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Shakespeare at 400 (Sec. 2)**

Shakes400-2

Ruth Cole

See "Shakespeare at 400" (Sec. 1) for description.

Thurs. 10/31, 11/07; 1:00-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Stewards of Children (Bonus)**

StewChild

Mary Jane Surrena

"Stewards of Children" is a 5-step program to teach you to be aware of what's happening around you and the action you can take to help the children in our lives. We will also cover the stories of several individuals and how their lives were changed by the action of others. Cost covers the official program booklet.

Mon. 10/28; 1:00-2:30

Tuition/Fees: ILR members - \$10.00  
non-members - \$25.00

### **The Link between Animal Cruelty & Domestic Violence (Sec. 1)** Susan McKinnis

TheLink-1

There exists a strong connection between animal abuse and domestic violence. We will review some history in protecting people and animals, identify 'red flags' of abusers and investigate ways that the bond between animals and humans can be therapeutic and beneficial. Comfort animals will be on hand.

Tues. 10/01; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **The Link between Animal Cruelty & Domestic Violence (Sec. 2)**

TheLink-2

Susan McKinnis

See 'The Link' (Sec. 1) for description.

Tues. 10/15; 10:30-12:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **The Power of Food**

ThePower

Martin Bright

Food has the ability to comfort, heal, or hurt; to unite or divide us. We will examine this essential element of culture from psychological, sociological, and physiological perspectives. How has our connection with food changed across generations, and how does it vary from culture to culture? How has the composition, preparation, and savoring of food changed, and what are the effects on our everyday life, as well as the larger society? What are the effects of mindless eating?

Tues. 10/22; 11:30-1:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **The Sprint Triathlon**

TheSprint

Larry Klemens

Participants will get a brief overview of the sport. The focus will be on the 'Sprint Triathlon,' which is a very attainable goal for most and does not require excessive hours of training. Topics include safety, key factors to performance, training methods, and equipment for all three disciplines. In addition, participants will learn about resources that can help you train, find races, and find equipment. The fundamentals of developing a training plan will also be discussed.

Mon. 11/11; 12:00-1:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Tomb of the Unknown Soldier**

TombUnkSold

Dennis McMahon III

Come hear the fascinating history of the Tomb of the Unknown Soldier at Arlington National Cemetery from 1SG McMahon, Tomb Guard #320. We will also discuss what it takes to become a sentinel at the Tomb.

Mon 11/04; 12:00-1:30

Open to ILR members only (FREE)

### **Tourism V: Allegheny, Armstrong, Crawford Co & Kiski-Allegheny Valley**

TourV

Gail Blakeley

During these 4-sessions, the tourism specialists for Crawford, Armstrong, and Allegheny Counties, and Allegheny-Kiski Valley will highlight the places and events that make their counties special. But wait! The grandchildren also need things to do that are healthy, educational, and fun. Activity suggestions will be given which are geared toward the entire family. Presenters: 9/12—Stacey George, Dir. of Crawford Co. Convention & Visitors' Bureau & Asst. Dir. Kevin Parsons; 9/26-P.J. Wilhelm, Executive Director of Armstrong Co. Tourist Bureau; 10/10 - Chuck Culleiton, Treas. & Jim Thomas, Pres. of Allegheny-Kiski Valley Historical Society; and 10/24 - Bill Flanagan, Chief Corporate Relation's Officer & host of 'Our Region's Business' on WPXI Channel 11 PGH will present Allegheny Co. tourism.

Thurs. 9/12, 9/26, 10/10, 10/24; 2:00-3:30

Open to ILR members only (FREE)

### **What is News?**

WhatNews

Mark Mann

For four years, the term 'fake news' has been tossed around in the US, but what is news and who determines its value? In this class, four editors of regional newspapers will discuss how they decide what is news and how to cover it. They are: Andie Hannon, managing editor (Butler Eagle); Luka Krueta, news editor (Oil City Derrick); Renee Carry, editor (Sharon Herald); and Dan Erwin, editor (New Castle News).

Tues. 10/22; 1:30-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Wine Tasting & Lunch (Bonus)**

WineT&LFa19

Henry Anna, Teresa O'Malley

We will meet 3 times over the term at various wineries or wine-tasting rooms. We will taste their wares and then have lunch, either at the wineries themselves, or at a restaurant nearby. Participants will pay for their own lunch and wine-tasting fees. Some include: Narcissi, Deer Run, Volant Mills, and Winfield. We invite suggestions. Contact is by email or phone. We will attempt to arrange carpooling.

Thurs. 9/05, 10/10, 11/07; 11:00-2:30

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **Writer's Circle**

WritCirF19

Andy Johnson

This class focuses on developing the writer's skills in the creative writing genres of poetry, short story, longer fiction, vignettes, and character studies. We will actively engage each other as we learn creative writing techniques and styles, as well as editing techniques. Writers of all levels will be encouraged to submit their prepared manuscripts to the ILR's literary magazine, *The Eclectic*. A \$15 fee is for printing expenses.

Thurs. 9/19, 9/26, 10/03, 10/10, 10/17, 10/24. 2:00-4:00

Tuition/Fees: ILR members - \$15.00  
non-members - \$30.00

### **zh-Holiday Luncheon (Bonus)**

zh-Hollun19

Christine Francis

Come and enjoy the company of friends as we celebrate the holidays at Nico Luciano's in Slippery Rock. BYO-wine. Class fee covers the price of lunch and tax. Please bring a dessert to share.

Mon. 12/02; 11:30-1:00

Tuition/Fees: ILR members - \$17.00  
non-members - \$25.00

### **zt-Biking the Oil Creek State Park Trail (Bonus)**

zt-BikingOCSPT

G. Warren Smith

This is a 9.7 mi asphalt trail through scenic Oil Creek Gorge. At its north end it leads to the site where Col. Edwin Drake struck oil in 1859. The discovery set off a frenzy of prospecting up and down Oil Creek. Trees were cleared from the hillsides so that oil derricks could be built. Now, the wooded hills of Oil Creek Gorge look almost as they did before the boom. We'll start at Petroleum Center, stopping for lunch at the Drake Museum Trailhead, and return. The trail parallels the historic Oil Creek & Titusville RR, mostly on the opposite side of the creek.

Sat. 9/21; 9:00-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

**zt-Don Giovanni Opera (Benedum Center)(Bonus)**

zt-Dgopera

G. Warren Smith

*Don Giovanni* retells the dubious adventures of legendary nobleman Don Giovanni, who travels throughout Spain seducing countless women. His wealth and power protect him from facing the consequences of his deeds, until one day he goes too far, committing a murder which eventually leads to his downfall. Pre-opera lecture at 1 PM. Class fee covers ticket.

See also "Opera Preview: *Don Giovanni*."

Sun. 10/20; 11:15-6:00

Tuition/Fees: ILR members - \$45.00  
non-members - \$55.00

**zt-Fall Foliage Walk (Bonus)**

zt-FallFolWalk

Gail Blakeley

Immerse yourself in the beauty and rapture of the fall season on a guided walk at Jennings Environmental Education Center. Experience the extraordinary transformation occurring in the fall forest community, such as beautifully colored leaves, migrating birds, abundance of animal food sources, and much more.

Fri. 10/11; 2:00-4:00.

Open to ILR members only (FREE)

**zt-Flight 93 National Memorial in Shanksville, PA**

zt-Flight93Mem

Dale Doran

Travel by motorcoach to the Flight 93 National Memorial in Shanksville, PA, a memorial to those who perished on that flight on 9/11/2001. The visit will include the Visitor Center exhibits, flight path, bookstore and shop, as well as the Memorial Plaza with its Wall of Names. We will stop to eat at the Oakhurst Tea Room in Somerset (PYOL). Fee covers transportation.

Fri. 10/04; 8:15-7:00

Open to ILR members only  
Tuition/Fees: ILR members - \$47.00

**zt-Florencia En El Amazonas Opera (Benedum Center)(Bonus)**

zt-FEEAopera

G. Warren Smith

The plot of the opera involves a riverboat sailing up the Amazon to the opera house in Manaus. Onboard are the diva Florencia (in disguise) who, 20 years before, left the area with Cristobal, the man she loved; a writer named Rosalba, who is writing a biography of Florencia, but does not recognize her; a middle-aged couple trying to rekindle the love they once had; and the captain, his nephew, and a mysterious river creature named Riolobo. Pre-opera lecture at 1 PM. Class fee covers ticket. BYOL.

See also "Opera Preview: *Florencia en El Amazonas*."

Sun. 11/17; 11:15-6:00

Tuition/Fees: ILR members - \$45.00  
non-members - \$55.00

**zt-Joy Cone Company Tour**

zt-Joy2019

Laurie McCandless

We all scream for Ice Cream! Come tour the sugar cone division of Joy Cone company in Hermitage, PA. Joy has been baking the highest quality ice cream cones since 1918 and is now the largest cone company in the world. Each participant will receive a box of cones at the conclusion of the tour.

Fri. 11/15; 8:30-12:00 + optional lunch together.

Open to ILR members only (FREE)

### **zt-Keystone Safari: Behind the Scenes**

zt-KeySaf

Laurie McCandless, Susan Boland

Keystone Safari is a 143-acre interactive animal park located in Grove City. Our admission includes a 45-minute guided tour with up-close encounters with the reticulated giraffe family, reindeer, new babies, and a variety of other animals. In all, there are over 100 animals in the park, which we'll be able to see on our own before and after the tour. For a nominal additional fee, you can purchase food to feed some of the animals. The park is open until 6:00 PM, so your price of admission allows you to stay until closing, if you'd like.

Tues. 9/17; 10:00-1:00

Tuition/Fees: ILR members - \$10.00  
non-members - \$25.00

### **zt-Marilyn Horne Museum & Kinzua Bridge State Park**

zt-MarHorKinzua

Dale Doran

The Marilyn Horne Museum is a lavish, interactive exhibit exploring the life & career of one of the world's greatest mezzo-sopranos. This circa 1931 Art Deco building is in the heart of Bradford, PA's historic district. The Kinzua Bridge S.P. is home of the reinvented Kinzua Viaduct (once the longest and tallest RR structure) that was partially destroyed by a 2003 tornado. Visitors can stroll 600' out to enjoy the Kinzua Gorge or gaze through the glass platform. The Visitor's Center features exhibits, etc. Lunch included.

Fri. 10/18; 8:00-6:30

Open to ILR members only  
Tuition/Fees: ILR members - \$59.00

### **zt-Moraine Cruise at Lake Arthur**

zt-MorCruFa19

Teresa O'Malley, Henry Anna

Ahoy! Please join us on beautiful Lake Arthur, Moraine State Park where we will enjoy a boxed lunch as we cruise the *Nautical Nature* on the lake.

Sat. 9/07; 11:30-1:00

Tuition/Fees: ILR members - \$22.00  
non-members - \$37.00

### **zt-National American Defenders of Bataan & Corregidor Museum**

zt-NatAmDefBatCor

Dale Doran

This museum center in Wellsburg, WV, possesses the largest collection of artifacts in the world related to the fall of Bataan and Corregidor, a key event in the war in the Pacific (1941-1945). Its exhibits tell the stories of those who served our country and fought on and around the Philippine Islands despite overwhelming odds against success. The museum is dedicated to preserving their legacy and encourages visitors to reflect upon the futility of war in settling international disputes.

Fri. 10/25; 9:00-3:00

Tuition/Fees: ILR members - \$0.00  
non-members - \$15.00

### **zt-Pennsylvania Trolley Museum**

zt-PennTrolley

Henry Anna, Teresa O'Malley

Join us for a tour of the Pennsylvania Trolley Museum in Washington, PA and a 4-mile round trip ride on the rails on a working streetcar from the bygone days. The museum includes 9 structures/features, among them a car barn, original shelters, and a picnic area. LOYO: either brown bag or enjoy a meal at the nearby Meadows Tavern. Price covers admission only.

Sat. 10/05; 11:00-5:00

Tuition/Fees: ILR members - \$10.00  
non-members - \$25.00

**zt-Phipps Conservatory: Fall Flower Show**

zt-PhippsFall

Laurie McCandless

Phipps Conservatory and Botanical Gardens is a Pittsburgh gem. We will visit while the Conservatory is abloom with breathtaking chrysanthemums. Included with our admission is a one-hour guided Conservatory tour focusing on the Phipps' history, its plant collections in 14 greenhouses, and the Fall Flower Show. After the tour, you can return to any areas in which you'd like to spend more time. The Conservatory is open until 10 PM on Fridays and your admission covers until closing.

Please keep this in mind when carpooling.

Fri. 11/1; 8:15-whenever

Tuition/Fees: ILR members - \$18.00  
non-members - \$30.00

**zt-Pittsburgh Zoo: Let's Go Wild!**

zt-PittZoo19

Carol Holland, Sandra Wakefield, Dale Doran

Enjoy a behind-the-scenes experience that fosters understanding, respect, and appreciation of wildlife with a visit to the Pittsburgh Zoo. Get an eye-to-eye view of warty pigs, Philippine crocodiles, and clouded leopards. Discover the giant anteater, the elusive fossa, the world's largest rat, and the pygmy hippo. Take in the scenic bird's-eye-view of the African savanna before heading to the aquarium and Water's Edge, home of the impressive polar bear and playful sea otter. The zoo provides 77 acres of fun!

Registration deadline of August 29!!

Fri. 9/13; 8:30-4:00

Tuition/Fees: ILR members - \$14.00  
non-members—\$29.00

**zt-St. Anthony Chapel**

zt-StAnth

Dale Doran

St. Anthony Chapel is home to the largest collection of publicly venerable Christian relics, 5,000 in total, outside of the Vatican. They were personal property of Suitbert Godfrey Mollinger (1828-1892), a Belgian-born noble/physician turned priest who gained an international reputation as a source of hope and healing. While in seminary, he left Europe to serve as a missionary in the U.S., where he would later be ordained and settled in what is today known as the Troy Hill neighborhood of Pittsburgh.

Fri. 9/20;10:45-12:30

Open to ILR members only (FREE)

**zt-Turning Lives Around: Tours of Women's Shelter & Men's Mission**

zt-TurnShellMiss

Gail Blakeley

The City Rescue Mission is a social services organization that meets the physical, emotional, and spiritual needs of people in crisis (not drug rehab). We will tour the Men's Recovery Program, community feeding program, and youth facility. The Mission is funded 100% through donations from private sources. The Lawrence Co. Crisis Center & Women's Shelter has temporary emergency shelter for up to 36 individuals. They serve victims of domestic violence, sexual assault, elder abuse, and human trafficking, including men and boys. Their work includes preventing violence and abuse through public education and awareness. Both facilities are in New Castle. These tours include some walking and steep stairs. Email Gail with any questions Gail2@zoominternet.net.

Fri. 9/27; 9:45-2:15

Open to ILR members only (FREE)