



PARK VISTA OF YOUNGSTOWN



MAHONING VALLEY
**LIFELONG LEARNING
INSTITUTE™**

Exploring The Vistas Of Learning™

COURSE SCHEDULE • SPRING 2015



| | |
|--------------------------|---|
| Spring Courses | 2 |
| Lecture Series | 6 |
| Additional Programs..... | 7 |

A Live Stream of TEDxYoungstown: Breaking Boundaries

Date: Friday, Jan. 23, 2015

Time: 9 a.m. to 4:30 p.m.

Admission: No charge, but lunch can be purchased at a minimal cost

Location: Park Vista North Lounge

Enjoy a live stream of TEDxYoungstown, an independently organized, local conference designed to stimulate dialogue around the concept of breaking boundaries. This day-long conference will feature 14 speakers, covering everything from how high school journalism can save our cities to the state of Ohio's national importance each election season.

Though the event is being held on Youngstown State University's campus, the Mahoning Valley Lifelong Learning Institute is broadcasting it at Park Vista for no charge. Breaks will be held throughout the day, and a lunch break will be held at noon during which attendees can purchase lunch from the Fifth Avenue Grille, located conveniently in the Park Vista North Lounge.

Pianistic Portraits

Presenter: Roman Rudnytsky

Date: Tuesday, Feb. 3, 2015

Time: 10 a.m. to noon

Admission: \$5 for non-residents

Enjoy a morning with some of the greatest composers of the 19th and 20th centuries. Presenter Roman Rudnytsky, an internationally known concert pianist, will paint a musical portrait with selections from Frederic Chopin, Franz Liszt, Claude Debussy and several others from around the world.

Romare Bearden: Storytelling Through Collage

Presenter: Felicia Zavarella Stadelman

Date: Thursday, Feb. 5, 2015

Time: 5 to 7 p.m.

Admission: \$10 for non-residents, includes wine and hors d'oeuvres

This session will focus on Romare Bearden, and his unique and melodic representations of jazz in collage format. It is part of the Masterwork Art Workshop Series, an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

U.S. Foreign Policy: Implications, Impact and Common Denominators 1970 - 2015

Presenter: Dr. Greg Ferro

Date: Tuesday, Feb. 10, 2015

Time: 9:30 a.m. to 1:15 p.m.

Admission: \$15 for non-residents, lunch included.

On Dec. 31, 2014, all but 9,000 members of the United States Armed Forces were withdrawn from Afghanistan. This course will investigate that act, and ask the question: What has the longest war in United States history taught us? Participants will also discuss the challenges and opportunities of United States foreign policy in the 21st century.

The Birthplace of William McKinley

Presenter: Mike Wilson

Date: Thursday, Feb. 12, 2015

Time: 10 to 11:10 a.m.

Location: McKinley Birthplace Home and Research Center, 40 S. Main St., Niles, 44446

This interactive presentation will provide a guided tour of the birthplace of America's 25th president, William McKinley. Participants will also have the chance to meet President McKinley and enjoy a presentation about his life.

Putting the Jungle Inn in Historical Perspective

Presenter: Dr. Fred Viehe

Date: Thursday, Feb. 19, 2015

Time: noon to 1 p.m.

Location: Tyler History Center, 325 W. Federal St., Youngstown, 44503

Admission: \$2 for parking; \$6 for lunch

Take a look back at the Jungle Inn in Niles, and see how it developed into one of the Mahoning Valley's biggest gambling dens in the 1940s. This course also evaluates the history of gambling in the United States, and what the experience of the Jungle Inn means for Ohio's recently opened racino.

Computer and Internet Basics

Presenter: Sara Churchill

Date: Tuesday, Feb. 24, 2015

Location: Public Library of Youngstown and Mahoning County Main Library
305 Wick Ave, Youngstown, 44503

Time: 9 to 10 a.m.; 10 to 11 a.m.; 11 a.m. to noon

Don't be afraid of your computer! This course will help you navigate your computer and the Internet with ease by reviewing the parts of a computer, using specific computer programs, saving a document and browsing the Internet. After covering the basics, attendees can suggest topics they would like to learn more about. The library will have laptops for attendees to use for hands-on practice. It is recommended for attendees to bring paper and pens for taking notes.

Finding Happiness:

A Journey with Voltaire and Johnson

Presenter: Adam Reinherz

Date: Tuesday, March 3, 2015

Time: 10 to noon

Admission: \$5 for non-residents

Do you know how to find happiness? Two authors do, and they want you to know. In 1759, both Samuel Johnson and Voltaire described the human condition and the attainment of happiness. Though one author was English, and the other French, each writer selected a nobleman as protagonist and allowed him to encounter myriad enterprises along the journey. Both narratives transport the reader through a virtual adventure. Whether you've found happiness, are still searching, or just looking to learn two insightful stories, this presentation is for you.

To register, please visit www.MVLLI.org, or call 330.746.2944, ext. 1553.

All courses will be held in the Park Vista Gathering Room unless otherwise noted.

Please register one week in advance of each session. Payment can be made through either cash or check on the day of the event.

Claude Monet: Reflections

Presenter: Felicia Zavarella Stadelman

Date: Tuesday, March 10, 2015

Time: 5 to 7 p.m.

Admission: \$10 for non-residents,
includes wine and hors d'oeuvres

The most consistent and dedicated of the impressionist artists, Claude Monet was committed to recording the effects of light and atmosphere and never giving up on his ideals. It is part of the Masterwork Art Workshop Series, an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

What All the Great Religions and Philosophies Have in Common

Presenter: Vince Lisi

Date: Thursday, March 12, 2015

Time: 9 a.m. to noon

Location: Park Vista North Lounge

Admission: \$5 for non-residents

Join Vince Lisi as he explores religions and philosophies from around the world, evaluating what each holds as its main message, and how each of these messages relate to each other.

Youngstown – The Decline of a Steelmaking Giant: A Study in Landscapes

Presenter: Dr. David Stephens

Date: Thursday, March 19, 2015

Time: 10 to 11:30 a.m.

Admission: \$5 for non-residents

Though the mills now sit dormant, Youngstown was once the vibrant hub of steelmaking in America. Dr. David Stephens will use the imagery of the area's changing cultural landscape to provide perspective on the rise and eventual decline of Youngstown as a steelmaking giant.

Die Fledermaus

Presenter: David Vosburgh

Date: Sunday, March 22, 2015

Time: 1 to 4 p.m.

Location: Bliss Hall, Youngstown State University,
One University Plaza, Youngstown, 44555

Admission: Advance purchase price \$10 for all;
\$5 parking

One of the most beloved box-office attractions of the operatic repertoire, "Die Fledermaus" (The Bat), is a witty and tuneful comedy that takes the audience back to Old Vienna. The composer, Johan Strauss, Jr., was known as the Waltz King, and he composed many delightful melodies for this, the most beloved of all operettas.

The opera is scheduled to begin at 2 p.m. in Ford Theater at Bliss Hall. A pre-opera discussion with David Vosburgh, stage director and scenic designer for "Die Fledermaus," will begin at 1 p.m. in Bliss Recital Hall.

Staying Independent

Presenter: Cara Carramusa

Date: Thursday, March 26, 2015

Time: 10 to 11:30 a.m.

This program will take participants through a few simple steps for aging successfully and independently. Cara Berg-Carramusa, MS, PT, GSC, a physical therapist, and an advocate for fall prevention, will lead the group through some easy steps for promoting independence and safety in the home. She will also discuss how to minimize problems that older adults may encounter through the journey of aging.

Louis Comfort Tiffany: Color and Light

Presenter: Felicia Zavarella Stadelman

Date: Thursday, April 2, 2015

Time: 5 to 7 p.m.

Admission: \$10 for non-residents,
includes wine and hors d'oeuvres

Louis Comfort Tiffany built an industry to satisfy his creative energy. No American artist before or since has enjoyed such a universal reputation for versatility, creative genius and uniqueness of vision. It is part of the Masterwork Art Workshop Series, an interactive art program in which those attending will not only learn about a featured classic artist, but also create art inspired by their work. At the end of every class, each student will receive a biographical overview of the artist and their featured work, and a note card memento.

Blessed Mother Teresa

Presenter: Dr. Agnes Martinko

Date: Tuesday, April 7, 2015

Time: 9:30 to 11:30 a.m.

Admission: \$5 for non-residents

After World War II the media focused on India and its independence from Britain. Everyone, from scientists to rock stars, visited India and its gurus to glean their wisdom and soon, yoga and meditation groups became popular in the United States. But, it was an Albanian nun who, through her ministry to the poor, unwanted and unloved, won the hearts of the people and brought true exposure to those poor living in India. Mother Teresa was awarded the Nobel Peace Prize and was acknowledged as an outstanding woman for her dedication to the poorest of the poor. This session will evaluate Mother Teresa's life and her impact on the people of India.

Zumba Gold

Presenter: Donna Fox and Brenda Hughes

Date: Tuesday, April 14, 2015

Time: 10 to 10:45 a.m.

Admission: \$5 for non-residents

Take a peek inside the cardio-dance workout that swept the nation. Instructors will take participants through the benefits of exercise and the origins of Zumba, as well as provide a session of Zumba Gold, muscular toning and a relaxing stretch.

The Six Most Interesting Presidents of the 20th Century

Presenter: Dr. Greg Ferro

Date: Tuesday, April 21, 2015

Time: 9:30 a.m. to 1:15 p.m.

Admission: \$15 for non-residents, includes lunch

From Theodore Roosevelt and the Panama Canal to Dwight D. Eisenhower and the Interstate Highway System, this course will evaluate the 20th century's most fascinating presidents, and their impact on the daily lives of so many Americans. Also discussed will be the moral lessons learned from many of these presidents.

The Papacy and Pope Francis

Presenter: Sister Mary McCormick

Date: Thursday, April 30, 2015

Time: 10 to 11 a.m.

Admission: \$5 for non-residents

The papacy of Pope Francis has taken the church and the world by storm. In this session, Sister Mary McCormick will look at the ways that Pope Francis is both keeping with the long tradition of Roman Catholicism and renewing the Church. She will also briefly review what the papacy means in Catholicism.

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The History of Wick Park and its Neighborhood: A Walking Tour

Presenter: Bill Lawson
Date: Tuesday, May 5, 2015
Time: 10 a.m. to Noon
Location: Wick Park, 260 Park Ave.,
Youngstown, 44504

Learn about the rich history of Wick Park, from its beginning as a family retreat to its days as a recreational area. Explore the neighborhood and discover the lasting impact of the organizations that flourished near the park. This walking tour will lead guests around the park and the immediate surrounding neighborhood.

Gentle Yoga

Presenter: Roselyn Ragozine
Date: Tuesday, May 12, 2015
Time: 10:30 to 11:30 a.m.
Admission: \$5 for non-residents

Gentle yoga is designed for participants who want all of the benefits of yoga, but prefer to be off of the floor. A chair will be provided for seated and standing support. The instructor will guide each participant through proper posture for each pose to assure correct body alignment.

Preventing Aging Through Lifestyle

Presenter: Tiffany Hughes
Date: Tuesday, May 19, 2015
Time: 10 to 11 a.m.
Admission: \$5 for non-residents

Memory decline is one of the most feared changes associated with aging in our society. There is a common myth that nothing can be done to maintain memory and thinking skills, but emerging research shows that our social environment may influence our cognitive health. This presentation will provide an overview of various social influences on memory at every age.

The United States Supreme Court: 2000 to 2015

Presenter: Dr. Greg Ferro
Date: Tuesday, May 26, 2015
Time: 9:30 a.m. to 1:15 p.m.
Admission: \$15 for non-residents, includes lunch

So many important issues have arrived at the door of the United States Supreme Court in the past 15 years. One thing is certain, though, that from *Bush v. Gore* to the Affordable Health Care Act, the United States Supreme Court has shown its power. This course will give participants an inside look at the United States Supreme Court and provide a better understanding of how its decisions are handed down.

Each course listed is part of one of the following lecture series:

- The Richard and Charlotte Gelhaar Lecture Series on Arts & Culture
- The Jack & Jaye Harris Lecture Series on History and Political Science
- The Ruth Kyle Lecture Series on Faith & Religious Life
- The Wellness & Rehabilitation Lecture Series

ADDITIONAL PROGRAMS

The Disease Support Network

The Parkinson's Support Group is for those who suffer from or care for those diagnosed with Parkinson's Disease. It meets the second Thursday of each month at 2 p.m. in the Park Vista North Lounge.

The Low-Vision Support Group is for those who suffer from or are caretakers for those with low vision. It meets the second Tuesday of each month at 10 a.m. in the Park Vista North Lounge.

The Caregiver Support Group is designed to provide information and lend support to those individuals caring for loved ones who are ill. Meetings are held the last Thursday of each month at 6 p.m. in the Private Dining Room.

Special Interest Clubs

The Transcendental Interest Group is a regular meeting of those individuals who wish to deepen their connection to their own inner wisdom. Through group discussion and activity, members gain a greater understanding of the impact of the "ah-ha" moments that lead to insight, inspiration and creative ideas. The group meets on the second Wednesday of every month at 6:30 p.m. in the Park Vista North Lounge. It is coordinated by Dr. Agnes Martinko.

The Readers' Club is for everyone who loves to read! Join friends to talk about the latest book or your favorite novel. The club meets on the second Monday of each month at 7 p.m. in the Park Vista North Lounge.



PARTNERS





Park Vista of Youngstown
1216 Fifth Ave.
Youngstown, OH 44504

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The Mahoning Valley Lifelong Learning Institute will help older adults of all ages and abilities remain engaged in discovery, enriching their lives through an accessible scholarly curriculum that allows them to explore the world while staying close to home.

At Park Vista, we believe you are never too old to learn. That is why we are pleased to present these educational programs for our residents and the community.

Established in 1947, Park Vista of Youngstown provides the full continuum of care for older adults. Our residents enjoy many cultural and educational opportunities along with a wide variety of lifestyle choices. We hope you join us and while you are here, we would love to give you a tour of Park Vista's beautiful 18+ acre campus.

