Classes Begin — MONDAY, MARCH 16th 2015
Registration Begins — WEDNESDAY, FEBRUARY 25th
Open Registration Begins — THURSDAY, MARCH 5th
Classes End — FRIDAY MAY 8th

SPECIAL PROGRAMS

SAVE THE DATES!

MARCH 11 PRE-SEMESTER CLASSES
• Peregrine Falcon Program at 10:40
• Rod Serling Documentary at 1:00

APRIL 29TH EVENING EVENT!
Illusionist Leon Etienne LIVE! See p. 2

MVILR SPRING 2015
Course Catalog

WINTER REGISTRATION
Begins FEBRUARY 25th
OPEN REGISTRATION
Begins MARCH 5th
CONTENTS:
MVILR Membership Information:
pp. 3-5
Course Listings:
pp. 6-17
Course Registration Form:
pp. 19/20
Coupons for Course Fee:
pp. 2 and 21
Course Calendar:
Back Cover

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MVILR at SUNY Poly
100 SEYMOUR RD.
UTICA, NY  13502-1311

Phones: 315-792-7192
  315-792-7292
Fax: 315-792-7189

Exec. Director: Ann Maher
Work Study: Orville Brown

MVILR
Campus Center Suite 221
To access our space, enter the building through
the same doors and walk to the back of the foyer,
turn left into the corridor that is next to the elevator.

MVILR Rooms:

Classroom      Suite 221
Conference Room Suite 221
MVILR Multipurpose 1 Room 212
MVILR Multipurpose 2 Room 216

E-mail:
mvirl@sunyit.edu
maherb@sunyit.edu
Website:
www.sunyit.edu/mvilr
Facebook:
www.facebook.com/ mvilr
DON’T MISS THIS VERY SPECIAL EVENT FOR MVILR MEMBERS AND GUESTS ONLY!

WEDNESDAY APRIL 29
7:00 PM
KUNSELA AUDITORIUM
PURCHASE YOUR TICKETS SOON!

TICKETS ARE NOT AVAILABLE TO THE GENERAL PUBLIC*.

ONLY 250 TICKETS WILL BE SOLD!

TICKET PRICES
PRE-SALE TICKETS ARE $5.00 FOR MEMBERS, SUNY POLY STUDENTS AND STAFF AT THE DOOR (IF ANY ARE LEFT) TICKETS WILL BE $7.50

RESERVE YOUR TICKETS BY RETURNING THIS COUPON

You may send in your reservation and payment with your course registration, or purchase tickets in the office from Ann Stone or Donna Goodwin.

Name: __________________ Number of tickets requested at $5.00 per ticket. CASH OR CHECKS ONLY, made out to College Association.
SPRING 2015
MEMBERSHIP HANDBOOK

We hope this publication will answer many of your questions about MVILR membership. If you want to share information with friends who you think might want to learn about the program, please call the office; we’ll send out HOW TO CONTACT THE MVILR OFFICE:

MVILR at SUNY Poly
100 Seymour Rd.
Utica, NY 13502-1311
Phone: 315 792-7192 or 7292
Fax: 315 792-7189
Email: mvilr@sunyit.edu or maherb@sunyit.edu
Website: www.mvilr.sunyit.edu
Facebook: www.facebook.com/mvilr

WHERE IS THE MVILR OFFICE?

We are located in Suite 221 in the Campus Center. You’ll find us by walking to the end of the foyer and turning left through the double doors. Our suite of classrooms and offices is located at the end of the hall. Parking in Lot D, adjacent to the Campus Center, is the best option. Visitor parking is available in Lot E if using a car without a sticker.

WHAT YOU NEED TO KNOW

Name Badges:
Badges are important for ID and campus access. PLEASE WEAR YOUR BADGE WHILE ON CAMPUS. MVILR issues SUNY Poly ID cards for each MVILR member and facilitator. SUNY Poly cards are issued in the College Association Office, Room A217 Kunsela Hall; a photo ID is required when you get your card. The SUNY Poly card allows you to take books from the Cayan Library and to put money on the card for use in the Cafeteria, bookstore, and some area businesses. If you lose your SUNY Poly card, replacement cost is $15.

SUNY Poly Parking Stickers:
Stickers must be affixed to the vehicle as directed. If you would like additional or replacement parking stickers, they are available in the MVILR office for $20.

Questions?
Please call our Director our office at 792-7192, or stop in to see us.

MVILR Office Hours:
Monday – Friday 9 a.m.–4 p.m.
(When classes are in session)
Monday-Thursday 9:00-4:00, Friday 9-12
(When classes are not in session)

MVILR Time Blocks and Class Lengths:
Class times mimic SUNY Poly’s regular classes. You will receive scheduling information in your confirmation letter. Some courses may run longer than the normal 70 minutes which will be noted in the catalog. Facilitators are asked to end their sessions on time to make sure the room is ready for the next class.

Registering for Your Courses:
As an MVILR member, you may initially sign up for 24 academic hours during the Fall and Spring and 12 hours during the Winter Terms. Additionally, you may sign up for Special Interest Groups (SIG) and Health and Wellness (HW) courses (space permitting). Use the registration page to sign up for your classes. Number your course choices in priority order: #1 (top choice) through #5 (fifth choice); mark your SIG and HW choices 1, 2, 3, 4, 5 and please indicate the total number of courses you wish to register for. Complete the registration form and return it as soon as possible to MVILR.

Registration Forms: (Printed or Hand Written)
Forms can be returned in person, via mail or fax, using our registration form or hand written (if you’re having printer issues) for record-keeping purposes. Phone communications cannot be accepted. The registration process is first-come, first-served.

When the Weather Is Bad:
Since we serve a large geographic area, the decision to cancel classes can be complicated. In general, if Utica City Schools are closed, MVILR courses are cancelled. Sometimes weather worsens as the day goes on. We notify the major news agencies when we close. Please check closings on WKTV, www.wktv.com, our website or call MVILR for a recorded message (315-792-7192). Your personal judgment is your best guide; we do our best to contact facilitators to assist in the decision.

Textbooks:
Some MVILR facilitators send out a list of recommended reading. Books may be purchased off campus, at a used book store, through Amazon, Barnes and Noble, or from the facilitator. Some facilitators may also provide materials electronically or as handouts. Posting materials online is a goal.

Attendance:
Please make every effort to attend classes for which you register. Your attendance enhances every class, affects facilitators’ preparation, and has an impact on room requests to SUNY Poly. On occasion, a facilitator may need to change his/her class schedule for personal reasons. If/when that happens, facilitators are expected to inform their class members of the change needed and inform the office.
SPRING 2015 PLANNING

REGISTRATION

- Use the catalog registration form to indicate your classes of interest. You may register for up to 3 academic classes, and as many Special Interest Groups (SIG) and Health and Wellness as you’d like. This is our best attempt to assure that all members will receive opportunity for involvement.

- Prioritize your choices by numbering them, rather than simply using a check mark (#1 being first choice). You may indicate more than 3, but during the first round of registration, only three will be assigned. The others may be added during open registration as space allows. **Please indicate the total number of courses you want to take** to assist the registration team in their work.

- Please write your name on each side of the registration form. Registrations will be accepted by mail, fax, email, or hand delivered. Registrations cannot be taken over the phone. We need to have a written record of your selections to minimize mistakes. Additional registration forms may be printed from the website.

- All Registrations are **first-come, first-served, starting on the first day of registration.** Registration for this term begins **February 25th** and mailed forms will be dated for that date. Once registration begins, forms are dated the day they arrive in the office.

- **Open registration** for courses not yet full will begin **March 5th**. Sign-up sheets for open courses will be available in the suite starting **March 5th**, and remain available until courses are full. No registrations will be taken over the phone. Check the website for updates on classes that are wait-listed.

- Complete your registration form and return to MVILR. Remember to put MVILR on the top line of your envelope. The full mailing address: MVILR@SUNY Poly
  100 Seymour Road
  Utica, NY 13502-1311

Keep a record of your choices. **Remember to write your name on both sides of the registration form.**

AFTER YOU REGISTER

- The Registration Team will process registrations beginning Wednesday, February 25th, and we are confident the process will work as smoothly as it did in the winter. The first set of confirmation letters will be mailed **after** we have made all attempts to eliminate any waiting lists. If it is possible we will make room adjustments so as many people as possible are enrolled in the classes of their choice. Hopefully, this will eliminate the need to make phone calls and avoid unnecessary confusion during the first week of classes.

- College room assignments may not be made final until mid-March, when college room usage is confirmed. Your patience is appreciated. By scheduling most of the Spring Session classes within the MVILR Suite, we hope to minimize scheduling confusion. **If classes that you register for have a room change,** you will receive a confirmation notice with the new assignment. Email, our website, and ENews will also be used to maximize clear communication.

- In general, all Membership and Course Fees are **nonrefundable** unless that event or course is cancelled.

**CLASSES BEGIN ON MONDAY MARCH 16th**

- Please carry your course confirmation notice with you when you start classes to help you find your classroom. Course schedules are also posted in the following locations: MVILR hallway bulletin boards and office and bulletin boards in Donovan Hall and Kunsela Hall. Call our office at 792-7192 if you need assistance.

- Winter weather can be unpredictable. The College rarely cancels classes; the MVILR policy is to **cancel our classes if Utica City Schools close.** Watch television/websites for cancellation information, or call our office lines for a recorded message at 792-7192 or 792-7292.
SPECIAL PRE-SEMESTER PROGRAMS ON MARCH 11!

10:40 in the MVILR Classroom  Learn About the Peregrine Falcon Project in Utica

Have you heard about the Peregrine Falcons in Utica? Check out the website at www.uticaperegrinefalcons.com. Perhaps you will want to be a nest-watcher this spring! During this special ninety-minute presentation, Matt Perry, a wildlife expert and photographer, will lecture with photographs about the falcons that have been nesting on the Adirondack Bank Building in Utica. Matt is seeking volunteers for this amazing nature project! (No commitment, come simply to learn more and hear from an interesting photographer/speaker.) You may have read about Matt’s work in his monthly Mohawk Valley Living magazine features.

1:00 in the MVILR Classroom  Documentary: "Rod Serling: Submitted for Your Approval"

This is a 90-minute documentary about Rod Serling, with the focus being on his work and work life. It doesn't include a lot about his personal life, although commentators include his wife, brother, daughters and a high school teacher. This is the same video that was shown during the Spring 2014 Twilight Zone class and again prior to the Fall 2014 class. All MVILR members are invited; you need not have signed up for or attended any of the Twilight Zone classes.

MAKE A DAY OF IT AND PLAN TO HAVE LUNCH
WITH FRIENDS IN THE CAMPUS CENTER DINING HALL

WHO FACILITATES THESE COURSES? FACILITATOR BIO INFORMATION

MVILR is fortunate to have well-qualified and talented volunteers lead our courses each session. Short bios of each facilitator used to be included in the catalog. Due to space/cost considerations that practice was eliminated. Facilitator bio information is available in the MVILR Suite in a binder on the bookshelf if you are interested. We hope to find a better system in the future to honor the talent of our facilitators and to share their backgrounds with members in a more efficient way. Ideas are welcome!

THANK YOU TO ALL FACILITATORS!
Without you, there would be no MVILR classes.
Have a wonderful spring session!

All materials presented in courses at MVILR reflect the opinions of the facilitators and other presenters. They do not reflect the official policy of MVILR or of SUNY Poly which assumes no responsibility or liability for any injury or damage to persons or to property from any use of methods or ideas put forth. Participants should seek appropriate counsel or advice from suitable sources.

The Mohawk Valley Institute for Learning in Retirement admits students of any race, color, and national or ethnic origin.
## MVILR SPRING 2015 Courses

### Art, Music and Literature

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Poetry</td>
<td>Ruth Dandrea</td>
<td>Campus Ctr</td>
<td>MVILR Conf Rm</td>
<td>8 Weeks</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>

In this class we will (continue to) read and discuss the works of major American poets of the 20th century. We will also explore the work of new, young poets of the 21st century. Selected text is "The Penguin Anthology of Twentieth-Century American Poetry." However, most of the poems will be available in a variety of other anthologies or on-line. A list of works to be discussed will be provided prior to the start of class. (This class is open to all; participation in the first semester is not a prerequisite for attending the second.)

### At the Movies: Alfred Hitchcock

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<tr>
<th>Course Title</th>
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<th>Weekday</th>
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<tbody>
<tr>
<td>At the Movies: Alfred Hitchcock</td>
<td>Arnold Galin</td>
<td>Donovan G152</td>
<td>8 Weeks</td>
<td>Monday</td>
<td>12:40 PM</td>
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In this eight week course we will be covering the following Hitchcock movies:

* **Rope** (1948) Two brilliant young aesthetes, Brandon Shaw (Dall) and Phillip Morgan (Granger), strangle to death a former classmate, David Kentley (Dick Hogan), in their apartment. They commit the crime as an intellectual exercise; they want to prove their superiority by committing the "perfect murder."
  
* **The Lady Vanishes** (1938) The film is about a beautiful English tourist travelling by train in Europe who discovers that her elderly travelling companion seems to have disappeared from the train. After her fellow passengers deny ever having seen the elderly lady, the young woman is helped by a young musicologist, and the two proceed to search the train for clues to the old woman's disappearance.
  
* **Notorious** (1948) A woman is asked to spy on a group of Nazi friends in South America. How far will she have to go to ingratiate herself with them?
  
* **Frenzy** (1972) A serial murderer is strangling women with a necktie. The London police have a suspect, but he is the wrong man.

### Beyond Howdy Doody: A Survey of Children's TV

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<th>Course Title</th>
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<tr>
<td>Beyond Howdy Doody: A Survey of Children's TV</td>
<td>Lois Silverman</td>
<td>Donovan G152</td>
<td>8 Weeks</td>
<td>Tuesday</td>
<td>12:40 PM</td>
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</table>

Howdy Dowdy was the first television network children's show, but it wasn't the last. Participants will explore the TV shows that shaped generations of young viewers. Discussions and video viewing will include such shows as: Ding Dong School, Captain Kangaroo, Romper Room, Saturday morning cartoons, Mickey Mouse Club, Sesame Street, and more. An online computer group will add supplemental material to enhance the class experience.

### Book Talk Spring Session

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<tr>
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<th>Location</th>
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<tr>
<td>Book Talk Spring Session</td>
<td>Deb Favata</td>
<td>Campus Ctr</td>
<td>MVILR Classrm</td>
<td>4 (2) Weeks</td>
<td>Tuesday</td>
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This course will give us the opportunity to meet one local author each week, and learn what inspires each writer and the process s/he went through to get her/his book published. Books to be presented: April 14 - Paul Boehlert, *The Battle of Oriskany and General Nicholas Herkimer*; April 21 - Marlene Carvell, *Who Will Tell My Brother?*; April 28 - Joanne DeStefano, *I See Myself in Your Eyes*; May 5 - Walt Hagues, *An Artist's View of Inlet*.

### Conversational Spanish

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<th>Course Title</th>
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<th>Location</th>
<th>Length</th>
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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Conversational Spanish</td>
<td>Rose Hosp</td>
<td>Campus Ctr</td>
<td>MVILR Conf Rm</td>
<td>8 Weeks</td>
<td>Thursday</td>
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Learn some questions and vocabulary useful when traveling in a Spanish-speaking country.
In this course we will read and discuss Daniel Defoe's novel *Moll Flanders* (1722) and watch a BBC miniseries adaptation of the novel (1996). Members who can start reading the novel before the first day of class will be better able to discuss it, but that is not absolutely necessary. This class will meet for TWO HOURS, with a break between hour 1 and hour 2.

**Documentary: "Rod Serling: Submitted for Your Approval"**

Beth Stookey  
Campus Ctr  MVILR Classrm  
Single Session  Presemester  1:00 PM

SPECIAL CLASS - PRESEMESTER ON MARCH 11.
This is a 90-minute documentary about Rod Serling, with the focus being on his work and work life. It doesn't include a lot about his personal life, although commentators include his wife, brother, daughters and a high school teacher. This is the same video that was shown during the Spring 2014 Twilight Zone class and again prior to the Fall 2014 class. All MVILR members are invited; you need not have signed up for or attended any of the Twilight Zone classes.

**Explore the World of Pastels**

Constance Watkins  
Campus Ctr Art Studio  
4 (1) Weeks  Wednesday  9:20 AM

Learn what it’s like to work with soft and hard pastels. A beginner’s guide to working with pastels to create landscapes. Each week a new technique will be demonstrated. Students will be able to complete their own work. Supplies needed for this class will be a set of hard and soft pastels and the heaviest weight paper for pastel or watercolor painting. If necessary, any additional supplies will be discussed in class.

**Introduction to the Symphony Orchestra & the Violin & Viola (4-1)**

Anthony Milograno  
Campus Ctr  MVILR Classrm  
4 (1) Weeks  Wednesday  10:40 AM

Introduction to the Symphony Orchestra & the Violin & Viola: This course will introduce the sections and instruments of the Symphony Orchestra. The parts of the violin and violin bow will be discussed along with live performances by Anthony Milograno. He will perform an array of music, including selections from the Baroque, Classical, Romantic, and Modern periods.

**Introduction to the Symphony Orchestra & the Violin & Viola (4-2)**

Anthony Milograno  
Campus Ctr  MVILR Conf Rm  
4 (2) Weeks  Thursday  10:40 AM

In this (4-2) class Mr. Milograno will add new musical selections to his Introduction to the Symphony Orchestra & the Violin & Viola (4-1). This course will continue discussion of the sections and instruments of the Symphony Orchestra. He will perform a different array of music, including selections from the Baroque, Classical, Romantic, and Modern periods. Attendance in the (4-1) class is not required.

**Let's Read Aloud**

Henry Bamberger  
Campus Ctr  MVILR Conf Rm  
4 (1) Weeks  Monday  12:40 PM

Reading aloud and being read to is fun and offers interesting insights. Bring in your favorite short readings - prose or poetry, light or heavy, adult or children's - to share.

**Rock Poetry and Writing Imagery**

Gary Porcelli  
Campus Ctr  MVILR Conf Rm  
4 (1) Weeks  Thursday  10:40 AM

This is a course designed for the writer in all of us. Using the images offered by rock lyrics (Paul Simon, Ian Anderson, Bette Midler, Art Garfunkel, and many more), we will explore the impact of those images and how they can help to improve our own writing. The focus of the class will be to help writers to develop more informative, descriptive, and powerful fiction writing.
Rod Serling's "The Twilight Zone" 5
Beth Stookey
Donovan G152
8 Weeks	Tuesday	2:00 PM
For many of us, Rod Serling’s "The Twilight Zone" was an eagerly anticipated Friday night ritual. It ran for five seasons, from October 1959 through June 1964, with frequently recurring themes and motifs. Each week we will watch two of the 156 episodes with similar themes and compare, contrast and discuss. These will all be "new" episodes; none of the episodes shown in previous terms will be repeated. Tentative list of episodes: "Uncle Simon"/"I Sing the Body Electric"; "Twenty-Two"/"Shadow Play"; "Time Enough at Last"/"Mind Over Matter"; "The Bard"/"A World of His Own"; "Young Man's Fancy"/"A Stop at Willoughby"; "Hocus Pocus and Frisby"/"Black Leather Jackets"; "The Chaser"/"A Game of Pool"; "People Are Alike All Over"/"When the Sky Was Opened".

Sci-Fi Movie Discussion Group
Frank Calidonna
Campus Ctr MVILR Classrm
8 Weeks	Monday	2:00 PM
Before the mid-Twentieth Century Sci-Fi films were not unknown, but from the 1950s on, they exploded onto the movie scene. Technologies from WWII, our competition with Russia, fears of the effects of atomic testing, and some first-rate authors writing in this genre, spawned hundreds of Sci-Fi films. Having only eight sessions we will barely scratch the surface, but the eight will be bona fide classics. This is not a class, but a discussion group. We will view the films then allow time for discussion afterwards.

Shakespeare: A Touch of Harry Part 2
Fred Capozzella
Campus Ctr MVILR Conf Rm
8 Weeks	Wednesday	12:40 PM
This course will be a close reading of Henry IV Part II and Henry V. Any edition of the plays will do. We will review each play, essentially line by line, so do not panic! A Touch of Harry Part 1 is not a prerequisite.

Spanish Art - Part 2
Jeremy T. Medina
Donovan G219
4 Weeks	Tuesday	12:40 PM
In this course the participants set out to study, within the pertinent historical and social contexts, representa- tive works of all genres and periods of Spanish art, from the prehistoric Caves of Altamira to the paintings of Picasso, and including an introduction to the principle forms of Spanish architecture. Having reached the paintings of El Greco in Part 1, Part 2 of the course (four Tuesdays in April) will place particular emphasis on the masterpieces of such great painters as Velázquez, Zurbarán, Murillo, Goya, Sorolla, Picasso and Dalí, as well as a look at the modernist creations of Antonio Gaudí. The main objective is to guide the participants towards a real understanding and appreciation of the artistic expression of Spain, beyond the superficial platitudes of a typical tour guide, through detailed, collective analysis of its greatest masterpieces --in other words, to have fun. Anecdotes and bits of wisdom about Spain, gathered over Jeremy's 50 years of travel, living, and study in the country, will be sprinkled throughout. The result should be a deeper recognition of the value of what you may have already seen in person, or a burning desire to take the next flight out to start exploring on your own the artistic wonders of España. Some homework may be suggested. THIS IS PART 2 OF THE CLASS BEGUN IN THE WINTER SESSION. Attendance in the winter session is not a prerequisite for taking Part 2. THIS COURSE WILL MEET FOR THE FOUR TUESDAYS IN APRIL.
**Computer Science**

### Digital Photography for Beginners

**Facilitator:** Frank Calidonna  
**Location:** Campus Ctr MVILR Classrm  
**Length:** 8 Weeks  
**Weekday:** Monday  
**Time:** 12:40 PM

This course is for people who have just acquired a digital camera or are very new to digital photography. We will cover camera types and features, batteries, memory cards, camera settings, and camera specifications. Then we will go into file transfers, file types, picture organization, and image editing. We will also cover exposure, lighting, composition, and the basics of good picture taking. Various editing programs will be covered. Finally, we will also cover techniques for sharing your photographs via e-mails, web displays, scrapbooks, journals, and printing.

*This course is sponsored in part by a generous grant from the Sears Family Foundation in Rome.*

### Electronic Gadgets

**Facilitator:** Frank Calidonna  
**Location:** Kunsela B232  
**Length:** 4 (2) Weeks  
**Weekday:** Monday  
**Time:** 9:20 AM

We have an incredible array of portable devices at our disposal these days from smart phones, e-readers, pads, GPS units and others. Each will be covered in detail by members of the tech team. You are encouraged to bring your devices to class.

*This course is sponsored in part by a generous grant from the Sears Family Foundation in Rome.*

### Personal Technology Help

**Facilitator:** Jocelyn Ireland  
**Location:** Campus Ctr MVILR Conf Rm  
**Length:** 8 Weeks  
**Weekday:** Tuesday  
**Time:** 1:00 PM

Do you want to be more proficient with your mobile device? Curious about Facebook? Having trouble with your email? Jocelyn Ireland, Digital Literacy Librarian from the Utica Public Library, will be back for private technology tutoring for the spring session every Tuesday between 1:00 and 3:00! She is trained on a variety of electronic devices and programs. Tutoring sessions are by appointment only; this time, she'll be located in the conference room and will be happy to meet with individuals or small groups. If you and your friend(s) want to do a session together, that works for her. To schedule an appointment, please call Jocelyn at 735-2279 x219 or email jireland@uticapubliclibrary.org. (Reminder - the computer station in Multi-Purpose Room #1 is always available.)

### Very Basic Computer Skills

**Facilitator:** Frank Calidonna  
**Location:** Kunsela B232  
**Length:** 3 Weeks OF 4(1)  
**Weekday:** Monday  
**Time:** 9:20 AM

This class is for beginners with PC computers. No matter what software you are using, there are many basic skills needed to really have command of your computer that cross all software. We will cover file management, file types, organizing your files and folders. We will also talk about management of peripherals such as printers, modems, scanners, and thumb drives. You will learn how to identify various input devices using serial ports, parallel ports, USB, firewire ports, back-up, and storage. Common menu items such as cutting, pasting, selecting, etc. will be discussed. Take this class and you'll learn all the things you should know before you begin. **THIS CLASS WILL NOT MEET ON MARCH 23.**
Advanced Medicaid Planning
D. Victor Pellegrino  Campus Ctr  MVILR Classrm  4 (1) Weeks  Friday  9:20 AM
The purpose of this class is to cover advanced Medicaid planning techniques, including but not limited to the use of a gift and promissory note; service agreement; burial space agreements for children; spend-down techniques; transfer of residence to caretaker child; transfer of assets to a supplemental needs trust for a child with special needs, etc.; to avoid the imposition of a penalty period for assets transferred to family members within five years of applying for Medicaid. The use of reverse mortgages, home equity loans and strategies when a person has real estate, but very few liquid assets, will be examined. Strategies to protect life insurance, IRAs and annuities will also be discussed and emphasis will focus on crisis planning when there has been no planning prior to imminent placement in a nursing home.

All of My Legal Documents Are Signed, What Could Possibly Go Wrong?
D. Victor Pellegrino  Campus Ctr  MVILR Classrm  4 (2) Weeks  Friday  9:20 AM
The purpose of this course is to instruct someone who may already have a power of attorney, health-care proxy, living will, will, revocable trust or deeds transferring property to children or trusts, on how to review those documents to determine if they are up to date with current law, need to be revised and updated, or have even been properly funded. The class will focus on common errors and/or deficiencies in these legal documents and implementation that will prevent these documents from avoiding probate, doing asset protection and Medicaid planning, income tax, estate and gift tax planning, protecting assets that have been transferred, and in general accomplishing the purposes for which those documents were originally executed. This course will also be valuable if no estate planning has been done yet, because it will point out common errors that are made when planning an estate.

Combat Investing - How Not to Get Scammed
Elliott Friedman  Kunsela B117  4 (1) Weeks  Tuesday  10:40 AM
This informative, user-friendly “nuts and bolts” course will help empower you to effectively price bonds and learn about the various types of bonds and investments available. It will include a breakdown of the different types of mutual funds and how to analyze and decipher financial data from the prospectus on a mutual fund; IRA disasters and how to avoid them, TOD (Transfer on Death) to avoid probate will be discussed, along with learning how to read "The Wall Street Journal" and "Morningstar Mutual Fund Report." Confused on insurance annuities and how they work? A detailed comprehensive overview on what you must know will be explained. You will be surprised. This course may be worth its weight in gold!

People's Law
Leland McCormac  Donovan G152  8 Weeks  Friday  2:00 PM
Lectures by local attorneys and judges with an emphasis on issues related to local government and high-profile cases.
Exercise with Contra, Round and Barn Dancing

Gracie Schell  
Campus Ctr Racquetball Ct  
8 Weeks  
Tuesday  
12:40 PM

Can you walk forward, backward, circle right or left, and do an elbow swing? Then you can do these easy dances!! Contra, Round, & Barn Dancing is basically a lot like Square Dancing - with simple movements & lots of fun. No Partner? No Problem! Come anyway - everyone dances with everyone there. A Friday or Saturday night field trip to Cooperstown or Syracuse (via car pooling) to an actual Contra Dance will be offered also.

Finding Your Path to Longevity and Wellness

Steven Kalies  
Campus Ctr MVILR Classrm  
4 (2) Weeks  
Wednesday  
9:20 AM

The focus of this course will be to explore the many factors that lead to a longer, healthier life. The course will review current diets from Paleo to Vegan and the research that supports them. Other variables that influence diet and lifestyle, such as exercise, will also be explored. Finally, the course will investigate why so many diet and wellness programs fail and how to create an individualized wellness program for you. This plan will hopefully be a beginning step to a lifelong, enhanced quality of life.

MVILR Walkers

Jack Hosp  
Campus Ctr Walking Track  
8 Weeks  
T & Th  
9:20 AM

This class meets on both TUESDAY AND THURSDAY at 9:20 a.m. Participate in one or both sessions per week. Walk at your own pace, for as long as you like during the class period. Bring dry walking shoes and a bottle of water. Warm-up exercises will be offered at the beginning of each class.

Post-Traumatic Growth after War

Jackie Warmuth  
Campus Ctr MVILR Classrm  
4 (1) Weeks  
Tuesday  
2:00 PM

Learn more about the statistics of service members returning from current conflicts (Iraq and Afghanistan). What are the similarities and differences of service members returning from war with physical injuries compared to Post Traumatic Stress Disorder (PTSD)? Learn how Sitrin Health Care Center is dedicated to providing compassionate, professional health care, and continues to seek innovative solutions to meet the medical, social, behavioral, and recreational needs of such service members. Acquire knowledge on how health care can promote post-traumatic growth and empower warriors physically and mentally through holistic means. The program hopes to include gold star families, learning more about their courageous struggles.

Stay Young / Strong Bones

Jim Pease  
Campus Ctr Aerobics Rm  
8 Weeks  
Monday  
9:20 AM

The Stay Young / Strong Bones Program was developed at Tufts University by Dr. Miriam Nelson. This program is designed to address specific age-related problems, health, wellness, and vibrant aging. Reduced ability to perform daily activities is the primary concern for many people today. Strength, balance, and flexibility training is an extremely powerful antidote to the loss of muscle, bone density, and the development of chronic diseases. Retired Senior Volunteer Program (RSVP) Exercise Leaders are trained by RSVP staff certified in instruction from Tufts University. The fee for this class is $20.00 payable to the Parkway Center and will include 8 weeks of the Spring Session and continue on Mondays thru June, July and August. Dumbbells and ankle weights should be brought to class to accomplish the chair and standing exercises planned. Floor exercises using a mat will be included as an option.

Strategies & Support for Weight Loss

Donna Beckett  
Campus Ctr MVILR Conf Rm  
4 (1) Weeks  
Wednesday  
10:40 AM

This course is designed to provide a weekly opportunity to come together and share strategies to help make healthy diet choices. We will share successes and look at ways to overcome the challenges we face in maintaining a healthy eating program in today's fast-paced lifestyle.
Philosophy & Religion

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great Religions</td>
<td>Marsha Mason</td>
<td>Campus Ctr MVILR Classrm</td>
<td>4 (2) Weeks</td>
<td>Thursday</td>
<td>9:20 AM</td>
</tr>
</tbody>
</table>

You will enjoy hearing community leaders speak to us about religious beliefs and customs:

- 4/16 - Sabor Abdul Salaam on Islam
- 4/23 - Rev. Dr Mark Caruana, Pastor American Baptist Church
- 4/30 - Father Joe Salerno on Catholicism
- 5/7 - Kalman Socolof on Judaism.

Handwriting Analysis

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two Sessions</td>
<td>Louise White</td>
<td>Campus Ctr MVILR Conf Rm</td>
<td>Two Sessions</td>
<td>Tuesday</td>
<td>10:40 AM</td>
</tr>
</tbody>
</table>

Basic ideas of graphoanalysis by Bunker will be illustrated and students may have their handwriting analyzed.

RESCHEDULED FROM WINTER SESSION. Class limited to 15 due to topic; the first 15 who register will come on March 17 and 24; a second group will be scheduled for March 31 and April 7.

Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth

<table>
<thead>
<tr>
<th>Course Title</th>
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<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Weeks</td>
<td>Rev. Brian McCaffrey</td>
<td>Campus Ctr MVILR Conf Rm</td>
<td>8 Weeks</td>
<td>Friday</td>
<td>10:40 AM</td>
</tr>
</tbody>
</table>

The course will follow the chapters’ outline of the book of the same title written by Richard Morgan and Jane Thibault and published in 2014 by Upper Room Publishing. People will be encouraged to read the book and to do personal journaling between classes. In class will consist of some lecture, videos, and mostly discussion.

Week 1 - INTRODUCTION; Week 2 - FACING AGING AND DEATH; Week 3 - LIVING WITH LIMITATIONS; Week 4 - DOING INNER WORK; Week 5 - LIVING IN AND OUT OF COMMUNITY; Week 6 - PRAYER AND CONTEMPLATION; Week 7 - REDEEMING LOSS AND SUFFERING; Week 8 - LEAVING A LEGACY.

Books are available for purchase at typical book store outlets.

Science

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini-Medicine</td>
<td>Cynthia DeTraglia</td>
<td>Kunsela Auditorium</td>
<td>6 Weeks</td>
<td>Thursday</td>
<td>12:40 PM</td>
</tr>
</tbody>
</table>

PLEASE NOTE THIS IS A SIX WEEK COURSE. Classes will be held on March 26, April 2, April 9, April 16, April 23, and April 30. NO CLASSES ON MARCH 19 OR MAY 7

Here is an opportunity to meet and discuss medical options with a variety of specialists and physicians. We'll take an energetic and positive approach to topics and look for proactive opportunities in health care. A different physician addressing different specialties will be presented each week. Scheduled presenters are:

- March 26: Dr. Martin Morell, Rheumatologist
- April 2: Dr. John DeTraglia, General and Vascular Surgeon
- April 9: Dr. Prasanna Venkatesh Kumar, Interventional Cardiologist
- April 16: Phylis Ellis, Director, Oneida County Health Department
- April 23: Dr. Anthony Lapinsky, Orthopaedic Spine Surgeon
- April 30: Dr. Richard Chimielewski, Osteopathic Physician

*This course is sponsored in part by a generous grant from the Slocum-Dickson Foundation.*
Peregrine Falcon Program with Matt Perry

Nancy Horvath  
Campus Ctr  
MVILR Classrm  
Single Session  
Presemester  
10:40 AM

SPECIAL CLASS - PRESEMESTER ON MARCH 11.

Matt Perry, a wildlife expert and photographer, will lecture with photographs about the falcons that have been nesting on the Adirondack Bank Building in Utica.

Science Times

David Bulman  
Kunsela C002  
8 Weeks  
Monday  
12:40 PM

The class will include a review and discussion each Monday on articles carried in the previous Tuesday edition of the "New York Times, SCIENCE TIMES" section, ranging in content from current astronomy, to health, to zoology. The interesting and enlightening discussions examine the social, economic, and political impacts of science and should stir your curiosity, excite your imagination, and perhaps even amuse you.

Utica Zoo-Education, Conservation and Recreation

Andria Delisle Heath and Mary Hall  
Off Campus  
4 (2) Weeks  
Tuesday  
2:00 PM

The Utica Zoo's Mission is "to foster an understanding and appreciation for wildlife species and their ecosystems through education, conservation, and recreation", and for 100 years we have been doing just that. Join us at the Utica Zoo this spring as we look back at our last 100 years and look forward to our next 100! You will meet some of our education animal ambassadors, learn about our ongoing conservation initiatives and see the zoo from a whole new perspective. This program will include hands-on animal interactions and outside explorations.

Social Sciences

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day of Infamy</td>
<td>Cheryl Pula</td>
<td>Campus Ctr MVILR Classrm</td>
<td>4 (1) Weeks</td>
<td>Monday</td>
<td>9:20 AM</td>
</tr>
<tr>
<td>Five Undersung Heroes</td>
<td>Erwin Deimel</td>
<td>Campus Ctr MVILR Classrm</td>
<td>4 (1) Weeks</td>
<td>Tuesday</td>
<td>10:40 AM</td>
</tr>
<tr>
<td>Irish Patriots–Struggle for Irish Independence</td>
<td>Lynn Henry</td>
<td>Donovan G219</td>
<td>8 Weeks</td>
<td>Friday</td>
<td>10:40 AM</td>
</tr>
</tbody>
</table>

In the course, IRISH PATRIOTS: THE STRUGGLE FOR IRISH INDEPENDENCE 1168–1948, we'll look at Ireland's struggle with English rule for over 700 years with violent wars, political oppression, and an undercurrent of growing Gaelic nationalism. The Irish patriots, their motivation, and their actions will be presented along with the historical...
(Irish Patriots, cont’d)

events. The actions and importance of Gerrold Og Fitzgerald, Hugh O’Neill, Earl of Tyrone, Henry Gratten, Theobald Wolfe Tone, Daniel O’Connell, Michael Davitt, Charles Stewart Parnell, Eamon deValera, and Michael Collins will be discussed. It’s a story of greed, brave men and women, wisdom, self-sacrifice, perseverance, patience and political conspiracies. Please join us.

**News, Views and You**

Richard Reister  
Campus Ctr  MVILR Classrm  
8 Weeks  
Tuesday  
12:40 PM

This class is a freewheeling discussion of current events. Keep up with the news and bring in your opinions.

**On Being Progressive/Liberal**

Steven Crane  
Campus Ctr  MVILR Conf Rm  
4 (1) Weeks  
Tuesday  
10:40 AM

A second course on political terms to follow the course on Conservative. We will review the Progressive/Liberal term, with the exception that we will find the terms difficult to pin down, but we will do our best.

**Oneida Indian Nation Culture and History**

Kandice Watson  
Campus Ctr  MVILR Classrm  
8 Weeks  
Friday  
2:00 PM

Oneida Indian Nation Culture & History will explore various issues related to the Nation and their history in this area. A variety of topic areas will be covered, including: The Creation Story, Sovereignty, Indian Boarding School Era, Indian Mascot Use, Oneida involvement in US Wars, and will conclude with a trip to the Oneida Indian Nation’s Shako:wi Cultural Center in Oneida.

**Seneca Falls: Everything You Wanted to Know**

Kathleen Bishop  
Campus Ctr  MVILR Classrm  
4 (2) Weeks  
Thursday  
10:40 AM

This course will provide an overview of the 1800s women's movement for the vote and the importance of Seneca Falls in this movement. The women who will be discussed include some of the lesser-known women of the movement. A trip to Seneca Falls will be scheduled after the course is over so that participants will have the option of visiting this remarkable small city in upstate NY. Further information will be provided for the trip once details have been finalized.

**The Bomber Boys**

Cheryl Pula  
Campus Ctr  MVILR Classrm  
4 (2) Weeks  
Tuesday  
9:20 AM

This course takes you into the world of World War II aviation with a discussion of the 8th Air Force, "The Mighty Eighth" in World War II Europe. Learn about the history of the famous B-17 Flying Fortress and the kids (average age 20) that flew them in the treacherous daylight bombing missions over Europe. The typical bomber crew flew only three missions before being shot down, and in the first two years of the war, the Eighth suffered 80% casualties, a higher number than the U.S. Navy and U.S. Marine Corps combined in the entire war. Learn about the various crew members, their training and responsibilities; a history of probably the most famous bomber of the war and why the "bomber boys" preferred that plane to all the others.

**Traveling Down Under**

Shirley Knop  
Campus Ctr  MVILR Classrm  
4 (2) Weeks  
Friday  
12:40 PM

Join us on the road touring the islands of Tasmania and New Zealand Down Under. Tasmania is an island state of Australia and New Zealand is an island nation with two large islands. We circumnavigated both by car and campervan in 2014.
### Special Interest Groups

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Facilitator</th>
<th>Location</th>
<th>Length</th>
<th>Weekday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beginning Birding</strong></td>
<td>Henry Bamberger</td>
<td>Campus Ctr MVILR Classrm</td>
<td>4 (2) Weeks</td>
<td>Thursday</td>
<td>9:20 AM</td>
</tr>
<tr>
<td>This course is for the person who is — or wishes to become — a beginning birder (or bird-watcher). We will have one preparatory classroom session beginning at 9:20 a.m. and three birding walks, weather permitting. The bird walks will begin at 8:30 a.m. and end early enough for participants to be able to attend classes at 10:40 a.m.</td>
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<tr>
<td><strong>Bridge — Practicing and Having Fun</strong></td>
<td>Nancy Horvath</td>
<td>Campus Ctr MVILR Rm 216</td>
<td>8 Weeks</td>
<td>Wednesday</td>
<td>12:40 PM</td>
</tr>
<tr>
<td>You are welcome in this class at any level of skill, as long as you want to play Bridge. You don't need a partner. The other group members will partner with you, and we change regularly. We focus on practicing and having fun. We often discuss the bidding and the play in order to learn from each other. We are trying to create an atmosphere in which people feel relaxed and comfortable as they play.</td>
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<tr>
<td><strong>Card Making 3</strong></td>
<td>C. Bandych &amp; L. Weatherup</td>
<td>Campus Ctr MVILR Conf Rm</td>
<td>4 (2) Weeks</td>
<td>Monday</td>
<td>10:40 AM</td>
</tr>
<tr>
<td>This course will be co-facilitated by Carol and Linda. Create spring greeting cards for a variety of occasions. Learn several techniques including tea bag folding, stamping and embossing. There is a $10.00 materials fee for this course.</td>
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</tbody>
</table>
Expressions in Sewing 101
Marianne Turczyn & Jessica Scialdo  Campus Ctr  MVILR Conf Rm  4 (2) Weeks  Monday 2:00 PM
We invite you to join us in the wonderful world of sewing. Learn new skills or sharpen your current skills. The requirement is that you must have a good working sewing machine (bring to classes) and basic supplies; i.e., gray or tan sewing thread (pretty universal colors), scissors, seam ripper, extra bobbins, machine needles & extension cord. Materials list available for 1st class upon your registration. Can't wait to see you!

Expressions in Sewing 102
Marianne Turczyn & Jessica Scialdo  Campus Ctr  MVILR Conf Rm  4 (2) Weeks  Wednesday 2:00 PM
Come along with us to expand your sewing skills and to brighten your table, to corral your pins, to add a splash of color to your sofa or chair and to check out the hot dog in a bun! Bring sewing machine in working condition & basic sewing supplies, i.e., gray or tan sewing thread (pretty universal colors), scissors, seam ripper, extra bobbins, machine needles & extension cord. Make your reservation, seats are limited. (Valet service for your machine is available at front door, just call office.) We hope you will continue the journey with us!

Friendship and Dining
Marsha Mason  Local Restaurants  Dining (4)  W & TH 5:00 PM
Visit four of the finest local restaurants, make new friends, you'll have a good time. Dinners are at specific dates and times as listed: Wednesday 3/25 - Phoenician; Wednesday 4/1 - Aqua Vino; Wednesday 4/15 - Trackside; THURSDAY 4/23 - Willows.
Cost is $105 per person (make checks payable to College Association) to be sent in with your registration form. You may bring guests for these dinners. For questions or further assistance, please feel free to call me at 866-6079 or email: marmas21@aol.com. Write the dates down - they are NOT consecutive. Sorry, absolutely no refunds.

Introduction to Clock Repair
Tom Talbot  Campus Ctr  MVILR Conf Rm  8 Weeks  Thursday 2:00 PM
This will be a hands-on course providing instruction in the basics of clock repair. The scope and direction of the course will be determined by the needs of the participants. Each student is asked to bring a mechanical spring- or weight-driven clock to repair, a small covered plastic container such as Tupperware for small parts, and a pad such as a sink liner to protect the work table. Specialized tools will be provided by the facilitator. Sources for parts, tools, and books will also be provided. This class will run from 2:00–3:30 p.m.

Learn to Crochet
Charleen Pernat  Campus Ctr MPR1  8 Weeks  Wednesday 12:40 PM
Do you want to learn to chain, single crochet, double crochet, or perhaps you need a review of these techniques? In this class, we will cover these and other beginner techniques so you will have a chance to try them with others who share a passion for crochet. Bring your yarn and a hook to get started.

Mah Jongg: Come and Play
Gloria Schaeffer  Ongoing  Thursday 1:00 PM
Come and join the Mah Jongg players who have "graduated" from "Mah Jongg: Learn to Play" and have moved on to the next level. The group meets Thursdays throughout the year.

Mah Jongg: Learn To Play
Gloria Schaeffer  Campus Ctr MVILR Rm 216  8 Weeks  Thursday 2:00 PM
Mah Jongg, which means "sparrow," is a western version of an old Chinese game. The game consists of 152 engraved Chinese symbols and character tiles. Beginners learn the basics of a challenging game. It is played with four persons. We use Mah Jongg cards produced by the National Mah Jongg League as the basis of the game. The League charges $8 annually per card. Gloria Schaeffer will order cards for any registrant new to the class.
Movie Lovers Group
Beth Stookey  Campus Ctr MVILR Conf Rm  Ongoing  Friday  10:00 AM
Weekly, ongoing, year-round group meets every Friday at 10:00 a.m. in the MVILR Suite. Participants take turns bringing in a movie to watch and discuss. No need to commit to bringing a movie. Come once a week, come only when it's a movie that interests you. Regular email will be sent updating the schedule of movies to be shown. All MVILR members welcome!

Sing Along with Gracie
Gracie Schell  Campus Ctr MPR1  8 Weeks  Tuesday  2:00 PM
I provide the songbooks, you provide the voice, and together we can sing a number of songs in this class!! Using any of three different songbooks, we each pick out songs we’d just like to sing. (Don’t worry, I’ll lead them.) Sometimes we might use some small percussion instruments or even have someone play the MVILR piano!!

Unique Paper-Folded Box
Carol Bandych and Linda Weatherup  Campus Ctr MVILR Conf Rm  4 (1) Weeks  Monday  10:40 AM
Create unique 3” by 3” boxes from two 12” X 12” sheets of scrapbook papers. Learn how to make a surprise pull-out that fits perfectly in the box. All supplies provided - there is a $10 materials fee for this course.
**A Wonderful Way to Honor Someone**

Did you know that MVILR accepts donations that honor or memorialize someone special in your life? You can simply send a check, made out to the College Association, with a notation that says “In Memory of ...” or “in Honor Of ...”.

Legacy giving is a powerful way to support life-long learning at MVILR, and to remember someone’s life in a special way. Thank you for considering this opportunity.

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**Growing the MVILR Membership**

The MVILR Membership Committee does a tireless job of recruiting members for our fine organization, and yet some people still don’t know about MVILR. You can help! We ask that you consider telling friends, relatives, and colleagues about us. Our best advertising comes from our current members. If you know about a retiree group that would like a presentation, let us know and perhaps you can help us schedule something.

Recommend our partial membership package for Winter and Spring; it is a great way to try us out. Help us to spread the word - membership materials are available in the office and on our website.

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**Collaborations and Support**

MVILR has been the fortunate recipient of grant awards from the Slocum-Dickson Foundation and the Sears Family Foundation of Rome in recent years. Their support is greatly appreciated, and in this catalog, we are proud to showcase how grant support helps us to offer classes that align with grant goals. The MVILR Development Committee envisions more grant projects in 2015. If grant procurement is something you enjoy, the Development Committee would like to talk with you. Contact Lynn Henry, Development Committee Chair, for more information.

The Parkway Center (formerly known as the Parkway Senior Center) is working collaboratively with MVILR in ways that benefit both organizations. MVILR members began participating in the Parkway’s “Stay Young, Strong Bones” program in the Fall Session, to the great enjoyment of many. Members can continue to access the SYSB program at MVILR, and are welcome to participate in sessions offered by the Parkway at other locations as well.
(Please mark your choices in order of preference 1,2,3... We will make every effort to enroll you in the courses you have selected. (Please write name on all registration pages.)

### Art, Music and Literature
- American Poetry
- At the Movies: Alfred Hitchcock
- Beyond Howdy Doody: A Survey of Children's TV
- Book Talk Spring Session
- Conversational Spanish
- Defoe's Moll Flanders: Text and Film
- Documentary: "Rod Serling: Submitted for Your Approval"
- Explore the World of Pastels
- Introduction to the Symphony Orchestra & the Violin & Viola (4-1)
- Introduction to the Symphony Orchestra & the Violin & Viola (4-2)
- Let's Read Aloud
- Rock Poetry and Writing Imagery
- Rod Serling's "The Twilight Zone" 5
- Sci-Fi Movie Discussion Group
- Shakespeare: A Touch of Harry Part 2
- Spanish Art - Part 2

### Computer Science
- Digital Photography for Beginners
- Electronic Gadgets
- Personal Technology Help
- Very Basic Computer Skills

### Financial & Legal
- Advanced Medicaid Planning
- All of My Legal Documents Are Signed, What Could Possibly Go Wrong?
- Combat Investing - How Not to Get Scammed
- People's Law

### Health & Wellness
- Exercise with Contra, Round and Barn Dancing
- Finding Your Path to Longevity and Wellness
- MVILR Walkers
- Post-Traumatic Growth after War
- Stay Young / Strong Bones
- Strategies & Support for Weight Loss

### Philosophy & Religion
- Great Religions
- Handwriting Analysis
- Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth
Science

- Mini-Medicine
- Peregrine Falcon Program with Matt Perry
- Science Times
- Utica Zoo-Education, Conservation and Recreation

Social Sciences

- Day of Infamy
- Five Undersung Heroes
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- On Being Progressive/Liberal
- Oneida Indian Nation Culture and History
- Seneca Falls: Everything You Wanted to Know
- The Bomber Boys
- Traveling Down Under
- Victorian Home
- Weekly News Review
- Who’s Spying? Foreign Intelligence Agencies
- World War I

Special Interest Groups

- Beginning Birding
- Bridge — Practicing and Having Fun
- Card Making 3
- Expressions in Sewing 101
- Expressions in Sewing 102
- Friendship and Dining
- Introduction to Clock Repair
- Learn to Crochet
- Mah Jongg: Come and Play
- Mah Jongg: Learn To Play
- Movie Lovers Group
- Sing Along with Gracie
- Unique Paper-Folded Box

Special Programming & Events

- An Evening with Illusionist Leon Etienne

EVENING TICKET PERFORMANCE ON APRIL 29. See page 2 of catalog.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Name</th>
<th>Cost</th>
<th>Total Amount</th>
<th>Payable To</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOXES 4(1)</td>
<td></td>
<td>$10.00 EACH</td>
<td></td>
<td>Carol Bandych</td>
</tr>
<tr>
<td>CARD-MAKING 4(2)</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>STAY YOUNG STRONG BONES</td>
<td></td>
<td>$20.00</td>
<td></td>
<td>PARKWAY CENTER</td>
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<tr>
<td>Mah Jongg</td>
<td></td>
<td>$8.00</td>
<td></td>
<td>Gloria Schaeffer</td>
</tr>
<tr>
<td>Friendship and Dining</td>
<td></td>
<td>$105.00/person</td>
<td></td>
<td>College Association</td>
</tr>
</tbody>
</table>
A New Fundraiser
To Support MVILR

Have you seen the merchandise display in the hallway display case? It contains sample items that can be ordered as part of a renewed fundraising project for our organization. This ongoing project offers quality merchandise, produced locally, that is priced to benefit MVILR.

Here’s how it works:

The MVILR merchandise will be available to order in the office any day. Orders will be picked up from the office and sent on the first Tuesday of each month. They will be returned in approximately two weeks. Those who have ordered will be called when it comes in. Merchandise can then be picked up in the office. Questions, call Pam Cuda.

PLANNING FOR FALL 2015 SESSION WILL BEGIN IN MARCH!

Members of the Curriculum Committee hold weekly meetings during Spring Session to plan our course offerings for next Fall’s Session. Facilitators who wish to offer a class, new or returning, will need to submit a written course proposal for consideration and processing. ALL COURSE PROPOSALS MUST BE RECEIVED BY MAY 1 FOR PROPER PLANNING PURPOSES! Adjustments are made over the summer months, but in order to have a quality plan in place, the Curriculum Committee works hard with the MVILR staff to be organized and to be collaborative. It will be our goal to create the best plan for holding classes in appropriate spaces.

Fred Capozzella and Cynthia DeTraglia co-chair the Curriculum Committee. Feel free to contact them if you have ideas to share, or have a course to propose.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mar 16, 23, 30, Apr 6, 13, 20, 27, May 4</td>
<td>Mar 17, 24, 31, Apr 7, 14, 21, 28, May 5</td>
<td>Mar 18, 25, Apr 1, 8, 15, 22, 29, May 6</td>
<td>Mar 19, 26, Apr 2, 9, 16, 23, 30, May 7</td>
<td>Mar 20, 27, Apr 3, 10, 17, 24, May 1, 8</td>
</tr>
<tr>
<td>9:20</td>
<td>STAY YOUNG STRONG BONES</td>
<td>THE BOMBER BOYS 4-2</td>
<td>AMERICAN POETRY</td>
<td>BEGINNING BIRDING 4-2</td>
<td>MEDICAID PLANNING 4-1</td>
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<td>MVILR WALKERS</td>
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<td>CONVERSATIONAL SPANISH</td>
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<td>PATH TO LONGEVITY 4-2</td>
<td>GREAT RELIGIONS 4-2</td>
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<td>DAY OF INFAMY 4-1</td>
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<td>UNIQUE FOLDED BOXES 4-1</td>
<td>HANDWRITING ANALYSIS *See p. 12</td>
<td>INTRO TO SYMPHONY 4-1</td>
<td>INTRO TO SYMPHONY 4-2</td>
<td>MOVIE LOVERS (10 a.m.)</td>
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<td>PROGRESSIVE/LIBERAL 4-1</td>
<td>STRATEGIES FOR WEIGHT LOSS 4-1</td>
<td>ROCK POETRY AND WRITING 4-1</td>
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<td>BOOK TALK 4-2</td>
<td>WHO’S SPYING? 4-2</td>
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<td>ALFRED HITCHCOCK</td>
<td>NEWS, VIEWS &amp; YOU</td>
<td>WEEKLY NEWS REVIEW</td>
<td>MINI-MEDICINE 6 Weeks</td>
<td>TRAVELING DOWN UNDER 4-2</td>
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<td>DIGITAL PHOTOGRAPHY</td>
<td>SPANISH ART 4 wks/April</td>
<td>LEARN TO CROCHET</td>
<td>MAH JONGG:COME &amp; PLAY (1:00)</td>
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<td>SHAKESPEARE HARRY PT 2</td>
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<td>TECHNOLOGY ASSISTANCE 1:00-3:00 TUESDAYS</td>
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<td>POST-TRAUMATIC GROWTH 4-1</td>
<td>MOLL FLANDERS 4-2</td>
<td>MAH JONGG: LEARN TO PLAY</td>
<td>ONEIDA INDIAN CULTURE</td>
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<td>EXPRESSIONS IN SEWING 101 4-2</td>
<td>ROD SERLING’S “TWILIGHT ZONE”</td>
<td>EXPRESSIONS IN SEWING 102 4-2</td>
<td>INTRO TO CLOCK REPAIR</td>
<td>PEOPLE’S LAW</td>
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<td>UTICA ZOO 4-2</td>
<td>FRIENDSHIP AND DINING 5 PM*</td>
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Courses in bold are off-site. Please check the website and e-news for any schedule changes.