UPCOMING EVENTS

Winter Session
January 19-February 13
**Winter Catalog available after December 19
Registration January 5
*Confirmation letters mailed after Jan 9

Spring Session
March 16-May 10
**Spring catalog available mid-February
Registration for Spring February 23

Special Program Coming in April!!

Annual Meeting & Dinner May 14

Mark Your Calendar!

MVILR (SUNY Poly)
Office Hours When Classes Not in Session 9:00am-4:00pm Monday-Thursday

DECEMBER GREETINGS
TO ALL MVILR MEMBERS AND FRIENDS

As 2014 draws to a close, this newsletter highlights the life-long learning experiences that are enjoyed by all members of the Mohawk Valley Institute for Learning in Retirement, more commonly called “MVILR”. It has been an eventful year for our organization. We have moved into new space, become part of the nanotechnology-driven college merger from SUNYIT to SUNY Poly, and appreciated the willingness of our members to volunteer their time and talent to support the work of the organization. More than 60 classes were offered in our Fall Session, and a list of almost 40 classes for our Winter Session is included in this newsletter. MVILR is a dynamic, ever-growing organization, and 2015 will bring new opportunities. Life-long learning is good in all ways, for each of us. May 2015 bring new adventures!

NOT A MEMBER YET? IT’S A GREAT TIME TO JOIN!

If you or “that special someone” hasn’t yet joined this invigorating organization, please consider a partial membership for the Winter and Spring Sessions. A Winter/Spring/Summer Membership is only $135.00, plus $20.00 for college parking. Our membership forms are online at www.sunyit.edu/mvilr, or can be received from our office. It’s the best gift you can give yourself, a friend, or family member.
In our newsletters, MVILR profiles are presented, so that you may get to know "who's who" at MVILR.

SPOTLIGHT ON
ORVILLE BROWN

It is a pleasure to introduce the MVILR membership to our new Work Study Student. Orville Brown. Orville has recently been approved to work with us as part of the college’s federal Work Study program and has begun working several hours a week in the office. Orville follows in the footsteps of other students who have helped MVILR in this capacity. Our Work Study position has been empty for many months, so Orville’s interest is working with us is greatly appreciated!

Orville is a junior transfer student from SUNY Canton, and is majoring in Accounting and Business. He is originally from Jamaica, and is a resident of Long Island with his family, when he’s not on the SUNY Poly campus. Be ready to say hello and get acquainted with Orville when we return in January.

The Director’s Corner

My message is short and sweet - THANK YOU! Thanks to the amazing Office Volunteers who have kept our office running smoothly in our busy fall season. Thanks to all members for being flexible and patient as we wait to hire a new Program Coordinator to replace Kim Brennan-Lee. (I can now report that the hiring process is in motion - another grateful reality.) And of course, thanks to Board Directors, Committee Members, Facilitators, & all Volunteers for contributing the time & energy given to make MVILR what it is.

May you and your family have a wonderful holiday season and may 2015 become the best year yet for MVILR! By all means, tell your friends and those you meet about MVILR so that we can build our membership even more. I look forward to continuing our walk of life long learning together!

Ann Maher, MVILR Executive Director

Parkway Center Partnership Unfolding

There are many organizations in our region that serve the needs of active retirees, and MVILR continues to explore ways to collaborate and share resources with other organizations in ways that benefit our members. One successful collaboration so far this year is between MVILR and the Parkway Center in Utica. During the fall session, MVILR hosted its first class for “Stay Young, Strong Bones”, a certified exercise program from Tufts University. Jim Pease, an active member of both organizations, is the class facilitator, and participants enjoy it so much that it is becoming an ongoing exercise opportunity for our members.

As we know, finding available space for some of our classes on campus is becoming a challenge. As an answer to one of our challenges, Joanne DeStefano will offer her Creative Watercolors class at the Parkway Center during winter term. The class will start at 9:00 to allow adequate travel time for participants to return to campus for a 10:40 class. We’ll try it and see how it works. Thank you, Joanne, for being flexible, and thank you, Parkway Staff, for a cooperative spirit! Life-long learning can be a team effort.

Technology Tips

Technology is a cost-efficient way for us to communicate with our membership, so email communication from our office is more frequent than traditional mail. If you are one of our members who does not use email regularly, be sure you are connected to an MVILR member/friend who is, so that you won’t miss our ENews and online messages. We have a website (www.sunyit.edu/mvilr) and Face book page; keeping them updated is an ongoing goal.

Another collaboration we appreciate is with Jocelyn Ireland, Utica Library’s Digital Literacy Librarian. Jocelyn has generously shared her time in 1-1 tutoring sessions with MVILR members, and is willing to continue the outreach if interest warrants. Thank you, Jocelyn! We will offer tutoring sessions with Jocelyn again in 2015.
MVILR WINTER SESSION COURSES*
January 19-February 13

*Plans as of December 04, 2014; subject to change
The full catalog will be distributed to all members by December 19th and posted on the website by January 5.

Art, Music and Literature

- Conversational Spanish
  Rose Hosp
- Creative Watercolors
  Joanne DeStefano
- Goddess at Ephesus
  Kathleen Bishop
- Othello
  Fred Capozzella
- Rod Serling's "The Twilight Zone" 4
  Beth Stookey
- Spanish Art - Part 1
  Jeremy T Medina
- The Searchers: Legend, Reality and the Old West
  Richard Gates

Computer Science

- Basic Computer Skills 2–The Internet
  Charleen Pernat
- Useful and Free Computer Programs
  Frank Calidonna

Financial & Legal

- People's Law
  Leland McCormac
- What Is Probate? How and Why To Avoid It
  D. Victor Pellegrino

Health & Wellness

- Exercise with Contra, Round and Barn Dancing
  Gracie Schell
- MVILR Walkers
  Jack Hosp
- Stay Young / Strong Bones
  Jim Pease
- Strategies & Support for Weight Loss
  Donna Beckett
- Try Curling
  P. Jones & F. Hicks
- Yoga
  Ruth Dandrea
- Zumba™ Gold
  Susanne Torres
- Zumba™ Gold Toning
  Debby Trzepacz

(See Remainder of List on next page)
MVILR WINTER Courses* (Cont’d)

*Plans as of December 04, 2014; subject to change

**Philosophy & Religion**

Handwriting Analysis  
Images of God: In the Universe & in Scripture

Louise White  
Ed Doyle, Jr

**Science**

The Excitable Heart Session

Myron Thurston III

**Social Sciences**

News, Views and You
Railroads, Robber Barons and Great Camps
Rock Docs Discussion Group
Trivial Pursuit
Weekly News Review

Richard Reister  
Meg and Chuck Higgerson  
Frank Calidonna  
Cheryl Pula  
Robert Robinson

**Special Interest Groups**

Bridge — Practicing and Having Fun
Downhill Skiing
Expressions in Sewing
From Bare to Beautiful: How to Decorate Your Space
Mah Jongg: Come and Play
Mah Jongg: Learn to Play
Movie Lovers Group
Open Knit/Crochet/Crafts - Winter Session
Sing along with Gracie
Snowshoeing

Nancy Horvath  
Bonnie Sanderson/William Bird  
Marianne Turczyn/Jessica Scialdo  
Sam Rudolph/Michael Sliski  
Gloria Schaeffer  
Gloria Schaeffer  
Beth Stookey  
Nancy Crisino  
Gracie Schell  
Jack Hosp

---

**North Country SOAR Pilot Program Discontinued**

MVILR courses will not be offered in North Country locations, by decision of the MVILR Board. North Country organizers will offer courses at locations in Boonville, Lyons Falls, and possibly Lowville, and welcome participation by anyone interested. For more information, please contact Elaine Place at 315-348-6536 or by email at eplace@frontiernet.net.