

HERITAGE & HORIZONS

Since 1987, *HERITAGE & HORIZONS* has offered educational programs for adults on a wide range of topics. The five-week series costs only \$15.00 for the entire series, or as often as you choose to attend.

DATES: September 27 *Five Tuesdays*
October 4
October 11
October 18
October 25
TIME: 9:30 to 11:50 am
(Doors open at 9:15 am)

HERITAGE & HORIZONS is the adult education division of Apostles Academy of Arts & Sciences, an inclusive community service program of Church of the Apostles United Church of Christ. All sessions take place at the church; please use the main church entrance (with portico).

HOW TO REGISTER

The modest registration fee of \$15.00 per person covers the cost of refreshments, mailings, speaker expenses, and other costs associated with providing this series.

To register, fill out the enclosed form and mail it, along with your registration fee, to:

HERITAGE & HORIZONS

Apostles Academy of Arts & Sciences
1850 Marietta Avenue
Lancaster, PA 17603

All persons are welcome.

HERITAGE & HORIZONS

Adult Learning
Opportunities
Since 1987

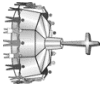
The Adult Education Division of
Apostles Academy of Arts & Sciences

29TH YEAR

Fall 2016



Sessions at:
Church of the Apostles, UCC.
1850 Marietta Ave • Lancaster, PA 17603
www.apostlesucc.org



Church of the Apostles
HERITAGE & HORIZONS
Apostles Academy of Arts & Sciences
1850 Marietta Avenue
Lancaster, PA 17603
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Return Service Requested

Non-Profit
Organization
U.S. POSTAGE
PAID
Permit No. 1065
Lancaster, PA

Introducing the Speakers

Don Walters, Ed.D. Professor of History Emeritus, Temple University

Dana M. Elia, MS, RDN, LDN Owner of Fusion Integrative Health & Wellness, LLC, Lancaster, PA

Michael Bender, DPT, OCS, CSCS, Owner and practitioner at Lancaster Physical Therapy and Sports Medicine

Ginger Shelley, Researcher of one-room schools, retired Director of Library Services at the Lancaster County Historical Society

Panel Discussion Participants

Rev. Randy Riggs, Rev. Dr. Susan Minasian, Rabbi Jack Paskoff, Shakeel Amanllah, and Mukaram Syed

Brian Norcross, DMA Senior Director of Instrumental Music and Conducting Studies, Franklin & Marshall College

Lynne McCabe, LSW Information & Referral Services, Supervisor, Lancaster County Office of Aging

Keith Sadler, Chief of Police, Lancaster Bureau of Police

Dr. Greg Carey, Professor of New Testament, Lancaster Theological Seminary

Kenneth Konlande, Air Force, Professional Photographer, Avid Birder

Taking Care of Yourself... Taking Care of Others Part 2

Each day will include a 20-minute break.

SEPTEMBER 27

9:30-10:30 am "Meet Your Lancaster Neighbors: Edward Hand, Henry Boehm, and James Buchanan" - *Dr. Don Walters*
10:50-11:50 am "Elder Nutrition" - *Dana M. Elia, MS, RDN, LDN*

OCTOBER 4

9:30-10:30 am "Maintaining Balance and Movement" - *Michael Bender*
10:50-11:50 am "School Days, School Days, Good Old Golden Rule Days" - *Ginger Shelley*

OCTOBER 11

9:30-10:30 am "Interfaith Coalition of Lancaster" - *Panel Discussion*
10:50-11:50 am "The History of the French Horn, and Other Fun Facts about Brass" - *Brian Norcross*

OCTOBER 18

9:30-10:30 am "Lancaster County Office of Aging" - *Lynne McCabe*
10:50-11:50 am "A Conversation with Lancaster's Top Cop" - *Lancaster Chief of Police Keith Sadler*

OCTOBER 25

9:30-10:30 am "Does Jesus Want You to be Happy?" - *Dr. Greg Carey*
10:50-11:50 am "A Lifetime of Photography" - *Kenneth Konlande*

Cut and mail with your registration fee (**\$15.00 per person**, checks payable to **Heritage & Horizons**), to
HERITAGE & HORIZONS

Apostles Academy of Arts & Sciences, 1850 Marietta Avenue, Lancaster, PA 17603

Your registration and \$15.00 fee enrolls you for all five weeks of our series, or as often as you choose to attend, and includes refreshments.

Name of 1st Participant: _____

Name of 2nd Participant (optional): _____

Email address: _____

Ideas for future courses or speakers: _____

Please note name/address change on reverse side.

I cannot attend this time, but please do / do not (circle one) keep my name on the mailing list.

In the future, please **email** me all registration materials.

I'd like more information about helping plan future programs.