

The Lifelong Learner newsletter promotes and provides communication about the Osher Lifelong Learning Institute at the University of Dayton (UDLLI) and related activities.

THE LIFELONG LEARNER

Winter 2014-15

DIRECTOR'S UPDATE

A Gift We Can All Share

Anniversaries – a time to celebrate the beauty, the gift and the blessing of enduring love.

Happy anniversary to you as we celebrate 20 years of lifelong learning at the University of Dayton!

Our theme for this anniversary year is *A Time to Grow, Reflect and Give Back*. We will accomplish this goal in many ways, in and out of the classroom, but in this celebratory year we would like to give, as a community, a gift to the University of Dayton – something we can all share.

This gift is a beautiful outdoor area right outside the River Campus Dining Room along the water, the perfect location to create what we are calling a Reflection Garden where we can sit or walk in quiet contemplation. In the true spirit of the University's Marianist tradition, this is a place to be shared – a place where the beauty of the world will allow our mind and our spirit to reflect on what we've learned and experienced in the classroom, as part of our conversations together.

The renderings for our vision are displayed in the UDLLI Resource Room on the second floor of Building 1700. If you have not seen them, I encourage you to do so at your earliest convenience. You'll also find brochures describing this project in the UDLLI Resource Room and special programs and continuing education office, or online at udayton.edu/continuing_education.

Our goal is to raise \$250,000 for pathways, benches, a water feature and natural landscaping to promote self-reflection and awareness. We announced this project back in May, and I am pleased to share with you that not only have we received 100 percent support from the members of your UDLLI board of advisers, but we are also excited to have an anonymous donor who has agreed to match the next \$50,000 raised.

It is our hope to complete our fundraising efforts in time for ground breaking in May 2015, with construction on the garden throughout the summer, and to begin our 21st year in September 2015 with a blessing and ribbon cutting ceremony.

I thank you all for your past, present and continued support of our program and for your support of this project. We have quite a year planned for you. Don't forget to register for the monthly anniversary events, a wonderful way to both celebrate our accomplishments these past 20 years as well as to introduce family and friends to the UDLLI. All of the events are open to the public, and with the exception of the April Gala, are free. You must preregister, however, so that we can be certain we have enough space and refreshments for all attendees. The article in this newsletter "UDLLI 20th Anniversary Celebrations – Fun for Everyone" talks about the events that have occurred to date and the four remaining events yet to come.

Thank you all so very much and HAPPY 20TH ANNIVERSARY!



Office of Special Programs
and Continuing Education
Director Julie Mitchell



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FROM THE PRESIDENT

UDLLI Connecting Generations & Cultures Program



UDLLI President
Tim W. Hrastar

A way to share your skills and expand your knowledge

The new Connecting Generations & Cultures program connects UDLLI to the Dayton area community and the community to UDLLI's highly educated, experienced and talented members like you. With age comes wisdom and experience that can be priceless to others. This program is designed to let you make a difference and share your experience and talents where they can do the most good in the community. UDLLI Connecting Generations & Cultures is all about understanding other generations and cultures, learning from each other and creating positive outcomes while working together. The connection possibilities are endless!

Our program is envisioned as a clearinghouse to match community needs with the experience and brainstorming skills you already possess in a wide array of professions from management to parenting. Your connection could be for a single project or an ongoing program. There may be several of you involved in the same activity, or it might be just you. We will do our best to match your interests, enthusiasm and time to an organization's objectives. For example:

- Meet with high school students about career opportunities.
- Connect to UD's international students to share American culture while learning about their homelands.
- Use your professional talents to problem-solve with a civic, cultural or educational institution.
- Engage in discussion and planning sessions for organizations in need of guidance.

These are just a few ideas. Our program is open to any organization in the Dayton area. You may even have a suggestion for a group we can connect with. Our UDLLI seminars allow our moderators to impart their knowledge to you and now you can do the same for others in our community. Everyone has something to offer.

In the past year we have experimented with this concept and our results were both exciting and gratifying. One of our members taught a class at a Dayton charter school called Communicating for Success, which dealt with issues surrounding how to succeed in the workplace and in life. It's being repeated this fall. We conducted a discussion session with this same charter school using the Kettering Foundation/National Issues Forums topic "Success in School." The students and UDLLI member participants found it fun and educational. Everyone learned something new from one another and some attitudes were even changed. One of our members also provided professional facilitation services for a nonprofit group for organizational and strategic planning.

We learn not just in a classroom but also by connecting and by cooperating with other people to help solve problems and make things better than they are. The opportunities for connections and success are limitless. You will be hearing more about UDLLI Connecting Generations & Cultures soon. *We want both your input and your participation.* We will be available Wednesday, Jan. 14, 2015, at 9 a.m. and noon in the cafeteria for informal discussions about the program. We look forward to seeing you.

UDLLI 20TH ANNIVERSARY CELEBRATIONS — FUN FOR EVERYONE



Ice Cream Social Kickoff, Sept. 14



Guitar Musicale with Richard Prigozen, Oct. 16



Trivia Night with Jeff Meineke, Nov. 7

“It’s hard to believe,” said Julie Mitchell, director of the Office of Special Programs and Continuing Education, as she prepared to kick off the yearlong celebration of the 20th anniversary of the University of Dayton Osher Lifelong Learning Institute. From its inception in 1994 with fewer than 100 participants to its current program with 2,200 members, UDLLI has gained national recognition as an outstanding lifelong learning program. The Bernard Osher Foundation has twice endowed UDLLI with \$1 million endowments, establishing the program as a benchmark for other institutes throughout the country.

Mitchell, who has been the program’s director since the beginning, opened the anniversary celebration with an inaugural event Sept. 14, 2014. Father Jim Fitz began the event with a prayer service. An appropriately old-fashioned ice cream social followed, featuring the nostalgic music of a barbershop quartet.

George Kibler, UDLLI board member and chair of the anniversary committee, read an official proclamation issued by city of Dayton Mayor Nan Whaley, proclaiming Sept. 14, 2014, as the inauguration of the University of Dayton Osher Lifelong Learning Institute anniversary year. The framed proclamation is displayed in the Resource Room for all to see.

To celebrate the anniversary year, UDLLI participants in the fall program each received a new tote bag containing a water bottle, pen and a pedometer as commemorative gifts. The gifts will also be issued for the winter and spring programs. The anniversary committee has planned exciting and entertaining events to take place throughout the year, featuring concerts and lectures and a gala dinner in April.

The October event featured Richard Prigozen in the Guitar Musicale. Prigozen has taught and performed throughout the Miami Valley. He initiated the guitar program at Sinclair Community College. In the concert, Prigozen performed music from Mexico, Argentina, Brazil and Venezuela, along with Spanish mazurkas and German waltzes. A reception following the concert featured hors d’oeuvres and complimentary beverages.

In November UDLLI friends gathered for a rollicking evening in pursuit of answers to trivia questions posed by host and master of trivia Jeff Meineke. Meineke, who does his own trivia research, captured his attentive audience with his entertaining comments and questions on everything from presidential history to geography and rock stars. Prizes were awarded to the teams with the most correct answers. Free appetizers were served.

Coming up on Jan. 15, 2015, is Journey to Jazz with featured speaker and performer Hal Melia, who will talk about the history of jazz as he leads a quartet bringing that history to life.

On Feb. 19, Lincoln historian Dennis Langer will present Lincoln’s Path to Emancipation. The discussion will reveal how Lincoln studied and planned precisely how and when to bring freedom to the slaves of the Confederate states.

Most UDLLI members are familiar with the talent of vocalist Donna Reece. She will perform March 20, along with Dr. Alan Kimbrough and a jazz combo, to continue the theme of the ’20s in the Roaring ’20s Concert. Following the concert a reception will take place in the Kennedy Union Torch Lounge on the UD campus.

To close the anniversary year, the Roaring ’20s Gala Festivities will be held April 24 and will include dinner and music. Members must register for all events and their family and friends are welcome. The dinner in April is the only event for which there is a charge. Dinner is \$25 per person.

For more information and to register for any of the events, call the Office of Special Programs and Continuing Education at 937-229-2347.

In honor of the 20th anniversary, the University of Dayton Osher Lifelong Learning Institute is planning to construct a reflection garden behind the River Campus building and bordering the river. It will include flowers and other plants, a water feature, pathways and benches, encouraging quiet contemplation of the beauty of the area and the wonderful opportunities shared among all who visit there. A gift to all of us, the reflection garden is also a means of giving back to the University in appreciation for the support of the UDLLI program and its valuable contribution to the community.

BEHIND THE SCENES: 20-YEAR TIMELINE OF UDLLI POLICYMAKING

In celebration of UDLLI's 20th anniversary, the UDLLI policy advisory committee, chaired by Bill Schaff, compiled this 20-year timeline history of the development of the institute's policies.

The current version of *UDLLI Bylaws* is Feb. 11, 2014; the current version of *UDLLI Policy and Procedures (P&P Manual)* is April 8, 2014. A copy of *UDLLI Bylaws* is available for review by UDLLI members in the River Campus second-floor Resource Room; *UDLLI P&P Manual* is maintained in the special programs and continuing education office.

The policy advisory committee will respond to all questions or recommended changes submitted by members. Call the Office of Special Programs and Continuing Education at 937-229-2605 for information.

Did You Know?

- **1994** – Operation of the now-named Osher Lifelong Learning Institute at the University of Dayton (UDLLI) began with Julie Mitchell as its director.
- **1994** – In September, the first *UDLLI Bylaws* document was published to explain the purpose, membership, officers and administrative directions to conduct the program.
- **2003** – The first *UDLLI Policy and Procedures Manual (P&P Manual)* was written as an adjunct to assist with “interpreting and implementing” the more broadly worded *UDLLI Bylaws* and gives specific operational instructions to guide UDLLI members and the board of advisers in day-to-day operations.
- **1994 to Present** – On an ongoing basis, the UDLLI policy advisory committee, consisting of members of UDLLI's board of advisers, was tasked from the beginning in 1994 to review any recommendation that might improve the UDLLI program and recommend subsequent changes to the bylaws.
- **2003 to Present** – On an ongoing basis, beginning in 2003, the committee was tasked to also review recommended changes or improvements to the *P&P Manual*.
- **2012/2013** – The policy advisory committee made an intense review (led by Bill Schaff) of past policy advisory committee meeting minutes and historical documents. This review is summarized in the “History of Amendments and Changes” in Addendum B of the current April 8, 2014, version of the *P&P Manual*.
- **2013** – Information gathered by the policy advisory committee after reviewing historical documents of meeting minutes and emails was used to reformat, update and rewrite the bylaws and policy manual.
- **2013** – The UDLLI Long Range Strategic Plan recommended actions be taken to improve UDLLI operations; these new recommended actions were included in the revised bylaws and policy manual.

- 2014 – The current version of *UDLLI Bylaws*, dated Feb. 11, 2014, was published. (A copy of *UDLLI Bylaws* is available for review by UDLLI members in the second-floor Resource Room at the River Campus.)
- 2014 – The current version of *UDLLI P&P Manual*, dated April 8, 2014, was published. (A copy of *UDLLI P&P Manual* is maintained in the UD special programs and continuing education office.)



UDLLI member Lynn Olive

TALKING WITH UDLLI: GETTING TO KNOW LYNN OLIVE

“I just love it,” is the way Lynn Olive expressed her opinion about the University of Dayton Osher Lifelong Learning Institute. Olive has been attending seminars at UDLLI since shortly after her retirement in 2009. Set adrift — as are most retirees after lifetimes of busy productivity working and raising families — Olive began wondering what’s so great about retirement, until she discovered UDLLI. The variety of topics was the first attraction. Olive began taking seminars in 2010.

After graduating from The Ohio State University, Olive taught for four years at Fairview High School in Dayton. Then, marriage and three children — twins (a boy and a girl) and another girl — consumed Olive’s time and interest for the ensuing years. Tragic circumstances touched the family when Olive’s husband was diagnosed with Parkinson’s disease. He later died, and Olive returned to employment, this time as a supervisor in retail sales, where she remained for 16 years, retiring in 2009. Her three children, now grown and living in Los Angeles; Olympia, Washington; and Columbus, Ohio, have produced Olive’s three grandchildren, all living on the West Coast. Olive visits them as often as possible, but they more often communicate electronically via Skype.

A lifetime of learning and growing was the natural preface for participation in the Lifelong Learning Institute, where Olive eagerly seeks out seminars in classical music and opera, and current events and history. Olive smiles as she recalls that history was not her favorite subject in school but now has become a passion, along with the arts, especially music.

As a frequent and eager student of UDLLI, Lynn Olive has made many friends among participants and moderators. “The moderators are wonderful,” she says. The biggest problem, says Olive — reflecting the views of many UDLLI members — is how to choose from the intriguing list of topics each term. This fall, Olive settled on **eight** especially interesting seminars, easily filling the five-day week and allowing this lifelong learner to continue to pursue her busy and fulfilling lifestyle.

PREVENTOLOGY: SLOWING THE PROGRESSION OF AGING

During UDLLI’s June 3 summer program, Jeffrey W. Petry, M.D., MMM, discussed strategies for slowing down the physical clock and living a longer, healthier life. Petry is the system medical and operations director for hospitalist medicine at Premier Health.

“We are living longer not because we have altered the way we age,” Petry says, “but because we have altered the way we live.” Accumulation of damage, he continued, to our building blocks of life — DNA, proteins, carbs, fat — begins early and eventually exceeds the body’s self-repair capabilities unless we make good, conscious life choices. Genetics are important; however, environmental factors influence our aging.



Jeffrey W. Petry, M.D., MMM

For the adult generation, here is some of the advice Petry offered:

Vaccinations: Of significance, you should receive the flu, pneumonia and shingles vaccinations. If you've had chicken pox, you can get shingles. The older you are, the more pain you can have with shingles, and the pain can stay after the rash leaves.

Health exams: Have your physician arrange for cholesterol, blood pressure and blood sugar counts, in addition to having your fracture risk assessed. See physicians for regular colorectal cancer and cervical cancer screenings, regular eye exams and hearing exams. See your dentist for regular checkups.

Ensure that you see your primary care physician and specialists for all health exams. Avoid lifeline health screenings and television ads that sell remedies for improved health — “it's hope in a bottle,” Petry says. For example, do not go to a hearing aid dealer for a screening, even if it's free. Some hearing losses do not benefit with a hearing aid.

Exercise: Walk briskly 30 minutes a day to increase your heart rate. Aim for a 15- to 18-minute mile. Develop routines by playing mind games with yourself — swap TV for exercise.

Diet: For your daily calorie intake, if you have a sedentary lifestyle, you should eat the equivalent of 10 calories per pound of body weight. To maintain low cholesterol, try a daily serving of a homemade, low-calorie cereal called “Glop.” Mix ¼ cup of oat bran, ¼ cup of bran buds, 1 tablespoon of ground flax seeds, ¼ cup of blueberries, cinnamon, skim milk and optional sweetener. You can eat oatmeal, which is also good for reducing cholesterol, but is not as effective.

Supplements: Take daily supplements, but be sure to consult with your physician before starting. Per day, take one multivitamin with trace minerals, 81 mg of aspirin (check with your physician first), 1,000 mg of vitamin C, 2 gm fish oil (to help prevent a heart attack), 1,500 mg of calcium carbonate (if you are a woman) and 800 units of vitamin D. These are all better absorbed when taken with food.

Other advice for slowing the progression of aging: Maintain a healthy attitude and nurture your discipline. Don't smoke and limit your alcohol intake; wear a helmet for activities recommending one; fasten your seat belts; and use crosswalks. Don't spend more than you make; accept yourself; and maintain a balance of faith, family and career.

UDLLI INVITES YOU TO JOIN ITS TEAM OF MODERATORS

Director Julie Mitchell and the curriculum committee invite you to become a moderator either now or in the future — and enjoy the benefits of sharing your knowledge with other lifelong learners. Simply submit a seminar proposal anytime throughout the year to jmitchelli@udayton.edu, and UDLLI will add you to the list for consideration for the next available program session.

The following information will help you understand the UDLLI program, the moderator's role and the seminar proposal process.

What is the program schedule?

The fall, winter and spring programs last four to six weeks each, with weekly two-hour seminars Monday through Friday starting at 9:30 a.m., 12:30 p.m. and 3 p.m. Saturday seminars vary from two to six hours in length. The summer session offers two days of workshops.

What is the seminar format?

Seminar formats may include lecture, discussion groups, demonstrations, Q-and-A, guest speakers and even group exercises. Moderators do not give tests or outside assignments. Audio-visual media are available, and moderators can use their own laptop or bring a PowerPoint

presentation on a flash drive and use the desktop computer. Room setup is classroom style with movable tables and chairs to accommodate various arrangements.

Do moderators receive compensation?

Moderators become Friends of the Institute for the academic year in which they teach. They and their spouses may attend seminars at no cost during the calendar year in which they moderate. The current term fee is \$80 per person for an unlimited number of seminars for each of the fall, winter and spring sessions, and \$50 per person for the two summer days. Moderators receive a complimentary \$30 parking permit during the session being taught. UDLLI invites moderators to an orientation and reception, in addition to an appreciation luncheon.

Do moderators receive assistance?

Each moderator is assigned a seminar liaison who assists during the seminar with handouts, attendance reporting and other tasks requested by the moderator. The special programs and continuing education office provides duplication services for handouts. Either the liaison or the office can assist the moderator with the audio-visual equipment.

What is the format for presenting a proposal?

Prospective moderators submit a one-page proposal to Julie Mitchell at jmitchell1@udayton.edu. The proposal includes: the moderator's name, address, phone number and email address; a short biography; the seminar title with a description of what students will learn; and room setup and audio-visual needs.

How does the selection process work?

Director Julie Mitchell presents the proposals to the curriculum committee for review. The goal is to have 30 percent new seminars per session and 80 percent academic, such as history and literature, versus nonacademic, such as cooking or exercise. The winter program accommodates 40-45 seminars and the spring and fall programs about 65-70 seminars.

For the prospective moderators selected, the Office of Special Programs and Continuing Education sends confirmations to each, along with a form requesting specific information for publication in the program brochure.

ARE YOU AN ISTJ, ESFP, INTP OR ANOTHER COMBINATION?

Our Golden Personalities, moderated by John Whitaker during the UDLLI 2014 fall program, focused on the Myers-Briggs Type Indicator (MBTI), the most widely used personality instrument (test) in the world. Whitaker, who was certified to use the MBTI in 1989, has applied the indicator in counseling and teaching in business, religious and educational settings for 25 years.

Whitaker administered the MBTI test to each seminar participant and reported to each the outcome — his/her personality type — using four letters, such as ISTJ, ESFP or one of 14 other combinations. The personality type indicates the person's preferences or dominant behaviors. It's a measure of how one goes about his or her daily life.

The MBTI identifies your preferences on four scales; each scale represents two opposite preferences:

- *Extroversion* means you gain your energy by being with people or focusing on the outer world; *Introversion* means you gain energy by being alone or focusing on the inner world.
- *Sensing* means you focus on the present and on concrete information; *iNtuition* means you focus on the future and possibilities.



John Whitaker, Doctor of Ministry from United Theological Seminary

- *Thinking* means you base decisions on logic and objectivity; *Feeling* means you base decisions on values and person-centered concerns.
- *Judging* means you like a planned and organized approach and prefer to have things settled; *Perceiving* means you like a flexible and spontaneous approach to life and prefer open options.

The short multiple-choice MBTI test, which takes only several minutes to complete, was developed over many years by Katharine Briggs and her daughter Isabel Briggs Myers, who had an interest in Carl Jung’s behavior theories. In 1943, the MBTI Form A was copyrighted (it is now in version Form M); in 1962, Educational Testing Service published the MBTI and its manual; and in 1975, Consulting Psychologists Press Inc. became the publisher, making the MBTI accessible to qualified users through a publisher’s catalog.

Whitaker explains, “There are 16 personality types, and any type can be born into any family.” For example, an Extroverted, Thinking couple may have an Introverted, Feeling child. “The key as we age is to learn how to develop our opposite traits – our less dominant traits,” he says, to create a balance in your life.

Whitaker said most counselors, social workers, human resources personnel, pastors, etc., are Feeling types, noting that Feeling types survive better when they develop their Thinking side, or a thicker skin, so to speak. If two people who are the same type marry, “they may be more compatible,” Whitaker says. “However, the two may not learn to stretch themselves in their less dominant areas.” A Judging person likes clear limits and categories but needs to develop his or her Perceiving side to make room for creativity. A Sensing person prefers using learned skills and makes few factual errors but should stretch his or her iNtuition side in order to see the big picture.

Most of us, by this stage of our lives, Whitaker noted, have already developed our less dominant sides. For example, an Introvert may have learned how to demonstrate Extroversion when in a board room or social gathering. Here are a few of Whitaker’s suggestions for stretching ourselves to achieve balance in our golden years – some ideas for exploring areas that may not be comfortable to us.

- Read a science fiction novel or engage in imaginative play.
- Study a new subject requiring critical thinking.
- Create new roles and responsibilities.
- Play scientific or math games.
- Participate in a team sport.
- Explore nature – birds, butterflies, trees.
- Enjoy taking something apart and putting it back together.
- Read stories of famous people and true adventure.
- Cultivate unused potential – music, writing, storytelling, journaling.
- Get involved in a domestic art – cooking, sewing, gardening, art.

Of significance, Whitaker says, there’s no need to master any of these suggestions. The idea is to make stretching fun! Says seminar attendee Laureene Bollinger, “Most importantly, I’ve learned that I’m okay, and you’re okay, and we need each other to balance out the world.”

NEW TOOLS FOR SEMINAR LIAISONS!

As you probably know by now, a good seminar liaison is a key to a smoothly running program. One of the liaison's most important jobs is to make the opening remarks during the first session of a UDLLI seminar. To make sure everybody gets the same message – especially students new to our program – UDLLI has prepared standard slides to make the opening remarks job easier.

The slides can either be played continuously and repetitively before class, or presented individually at the start of class. Depending on the liaison's preference, the slides can be shown on the computer or using the document camera. The slides were developed by liaisons for liaisons and will receive their "world premiere" during liaison and audio-visual training to be held before the UDLLI winter program on Wednesday, Jan. 7, 2015. Liaisons assigned to the winter program will receive invitations.

Interested in being a liaison? If you'd like to know more about the critical role of the liaison, stop in the UDLLI office and ask for a copy of our new *Seminar Liaison Handbook*. The job is important, easy and rewarding – and we'll train you! To apply, simply fill out a volunteer opportunities form, available in the UDLLI office, or call the office at 937-229-2605.

MID-DAY ARTS CAFÉ — ANOTHER EDUCATIONAL OPPORTUNITY FOR UDLLI MEMBERS

Presented by the Victoria Theatre Association, and now in its fifth year, the Mid-Day Arts Café series continues to highlight the professional arts organizations in the Dayton area. Starting with a box lunch, one Tuesday a month, a participating arts organization presents an hourlong session in the Benjamin & Marian Schuster Performing Arts Center, providing a little insight into its mission, productions and events, and maybe even a preview performance. Come prepared with those questions you've been wanting to ask!

The monthly series started in October 2014 and continues through May 2015. Here are the remaining 2015 Mid-Day Arts Café presentations:

January 13 - The Zoot Theatre Company (Mathile Theatre)

February 24 - Dayton Opera (Mathile Theatre)

March 10 - Dayton Contemporary Dance Company (Wintergarden)

April 21 - Musica, Dayton's Chamber Choir (Mathile Theatre)

May 19 - The Human Race Theatre Company (Mathile Theatre)

Note that performances are subject to change.

Lunch options:

Each Mid-Day Arts Café begins with a box lunch provided by Citilites at the Schuster Center at 11:30 a.m., and the presentation starts promptly at noon. This year's new lunch options include: turkey on ciabatta; ham and cheese on croissant; curried chicken salad on croissant; Mediterranean wrap; vegan wrap; chicken Caesar salad; and gluten-free chicken Caesar salad.

How to attend:

For cost information and to make your reservations, call Ticket Center Stage at 937-228-3630 or 888-228-3630.



ENCORE VIENNA PLUS! MAY 29 – JUNE 10, 2015

As part of the University of Dayton Office of Special Programs and Continuing Education 2015 education travel program, UD retired professors Edward Hatch (German) and Linda J. Snyder (Music) invite you to join them May 29 through June 10, 2015, on another exciting and educational exploration abroad.

This 19th edition of the Encore Vienna travel program is your opportunity to immerse yourself in the historical and cultural traditions of beautiful Vienna, Salzburg, Munich and Bavaria. The program allows ample time for enjoying world-class concerts and opera, fine restaurants, elegant pastry shops, cathedrals and castles, charming old wine cellars, great museums, exhibitions, parks and shopping.

Most sites of interest are within walking distance of our comfortable accommodations (12 nights) in the heart of these great, unforgettable cities. On-site guided tours provide insight into local history, as well as the lives and works of famous composers such as Haydn, Schubert, Beethoven, Strauss and Mozart.

The program features a full week in Vienna during its famous spring music festival and includes additional tours to Melk, Eisenstadt, *The Sound of Music sites*, Bavarian King Ludwig's famous fairy tale castles Neuschwanstein and Linderhof, charming Oberammergau and deluxe motor coach travel through the Alps and Bavarian countryside. Note to opera lovers: During our stay in Vienna, the Vienna State Opera will present *Das Rheingold*, *Siegfried*, *Die Walküre*, *Fidelio* and *Salome*.

The program concludes in Munich with a farewell dinner at the famous Hofbräuhaus.

For additional information, contact:

Prof. Edward Hatch at edward.hatch@gmail.com

Dr. Linda J. Snyder at LSnyder1@udayton.edu

Office of Special Programs and Continuing Education at 937-229-2347

YOU ARE INVITED TO JOIN THE DAYTON CELEBRATION CHORUS

Formed in 2003 as the Schuster Center Celebration Chorus, this adult community chorus serving Dayton and Miami Valley residents was placed under the sponsorship of the University of Dayton's Office of Special Programs and Continuing Education in 2014 – and renamed the Dayton Celebration Chorus.

The chorus is directed by Linda J. Snyder, UD professor emerita of music and president-elect of the National Association of Teachers of Singing. The chorus sings both sacred and secular choral literature with an emphasis on American music. Performance venues for the chorus have included the Schuster Center, Kroc Center, Dayton Art Institute, Victoria Theatre, The Greene, Fifth Third Field, churches, retirement communities and more.

Auditions are not required and there is no limit on the number of participants. Registration is \$30 per session and rehearsals are held Tuesday evenings at St. John's Lutheran Church at the corner of Fifth and Ludlow streets in downtown Dayton, with accessible parking.

The holiday session was Nov. 5 to Dec. 16 with performances at downtown Dayton's Grande Illumination, the Dayton Philharmonic Orchestra's Hometown Holiday program, Bethany Village and the Christmas for the City festival at Beaver Creek Church of the Nazarene.

Spring Session: The chorus begins its spring session in March, and performances include the annual spring concert at St. John's plus singing the national anthem for a Dayton Dragons game.

UDLLI members are invited to join the Dayton Celebration Chorus. Research shows that singing is great for the body, mind, spirit and soul. For more information or to register, contact the Office of Special Programs and Continuing Education at 937-229-2347.

NEW HORIZONS MUSIC PROGRAM — AN ACTIVE MUSIC MAKING OPPORTUNITY

The University of Dayton's New Horizons Music Program, directed by Linda Hartley, Ph.D., and sponsored by UD's Office of Special Programs and Continuing Education, is a fun opportunity for people 50 years of age or older. The program is unique as it emphasizes the learning or relearning of active music making in a relaxed atmosphere. While the typical community music ensemble tends to cater to those who are musically accomplished, UD's New Horizons Music Program accommodates those who want to try something new or want to begin polishing those skills that might be a bit rusty. We believe that it's never too late to start!

The New Horizons Music Program provides a combination of education and instruction, a venue to meet new friends and a chance to participate in a variety of events as an important part of a group — all while learning to play an instrument! In addition, playing an instrument has health benefits such as the manipulation of finger, hand and arm movements, breathing endurance, rhythmic feeling, utilization of both sides of the brain and strengthening of facial muscles.



In existence since 2000, UD's New Horizons Music Program includes lessons in beginner- and intermediate-level concert band, intermediate/advanced-level jazz band and a variety of small groups. University of Dayton music education students assist New Horizon staff members with instruction. Most recently, the band performed a minicamp with Watts Middle School bands on Nov. 16, 2014, and a concert in the Middletown Area Senior Center.

Rehearsals are held on Thursday mornings at Temple Beth Or in Kettering. The 2015 winter session begins Jan. 12 and continues until April 23, 2015. Registration for the session starts Dec. 19, 2014.

To obtain more information or to register, contact the Office of Special Programs and Continuing Education at 937-229-2347. Or, to register online, go to udayton.edu/continuing_education, then search on New Horizons Music Program.

WINTER PROGRAM PREVIEW OF NEW SEMINARS

The UDLLI winter program, Jan. 12 to Feb. 23, 2015, offers 43 seminars — 21 of which are new. Here is a sample of just five of the new seminars — one for each day of the week! UDLLI mailed a program brochure to each member describing all of the winter seminars and registration procedures. If you did not receive a brochure, call the Office of Special Programs and Continuing Education at 937-229-2347.

Financial Workshop for Retirees

Retirement can be complicated. In this seminar, we help you make sense of planning and living a successful retirement by going back to the fundamentals. Topics covered will be the foundations of investing, the rules of the road, building an investment income, making your money last and protecting what's important.

6 Mondays, January 12 – February 23 (No seminar on January 19)
3–5 p.m. at River Campus

Brandon Blackford, AAMS, CRPC, has spent over three years as a financial adviser with Edward Jones, where he helps families with retirement income planning and asset preservation. He is also actively involved in the community, serving on two nonprofit boards and an advisory board for Mount Vernon Nazarene University.

Components of Fitness ... Build Your Own Program

Each week we will learn a component of fitness and how it fits or doesn't fit participants' program goals.

6 Tuesdays, January 13 – February 17
12–2 p.m. at Personally Fit, 3578 Kettering Blvd., Suite 300
Seminar Limit: 15

Becky Cobb is co-owner and president of Personally Fit, a Dayton-based personal training and wellness center that has been in the fitness business for more than 25 years. She is a certified personal trainer through the American College of Sports Medicine. She also holds certification in the Functional Movement Screen.

Fascinating Facts: Exploring the Myths and Mysteries of Judaism

In a lighthearted style that allows for both easy conversation and in-depth discussion, this seminar debunks common misconceptions and introduces little-known but important facts about Judaism and seeks to intrigue, surprise and inform people about the richness and scope of Jewish heritage.

6 Wednesdays, January 14 – February 18
9:30–11:30 a.m. at River Campus

Rabbi Nochum Mangel directs Chabad-Lubavitch of Greater Dayton. He is a popular lecturer and author and has a number of articles published on chabad.org.

What Made Dick Tick? The Ups and Downs of Richard Nixon

One of the most complex and flawed presidents, Richard Nixon himself once described his career as a series of crises. The ultimate constitutional crisis of the Watergate cover-up would destroy that career. We will look at his life and career from childhood through resignation, considering the personal and political characteristics that led to his downfall. Nixon's campaigns, political roles and administration will be examined, with a close look at the Watergate scandal.

6 Thursdays, January 15 – February 19
3–5 p.m. at River Campus

***Alzada Roberts** is a graduate of the University of Illinois and the University of North Carolina. A retired history teacher, she has previously moderated seminars for UDLLI on the Spanish-American War, World War I, presidential elections and Jim Crow America.*

Culinary Seminar

Dorothy Lane Market Culinary Director Carrie Walters will select various market chefs to give cooking classes during this four-week seminar. The participants will observe and enjoy samples of the chefs' culinary creations!

4 Fridays, January 9 – 30 (This seminar begins a week earlier)

9:30–11 a.m. at the Dorothy Lane Market Culinary Center, Far Hills Avenue and Whipp Road

Fee: \$40 to be paid to the moderator at the first seminar

***Rosemary Starr** has been an active participant in the Osher Lifelong Learning Institute for the past 20 years and is a past board member. She is also a former registered nurse.*

ITEMS GOOD TO KNOW

- At the beginning of the fall program, you received the *UDLLI Member Handbook* which is full of useful information. Additionally, handbooks will be given to new members at the beginning of the 2015 winter and spring programs. Handbooks may also be picked up in the office.
- UDLLI 20th anniversary tote bags were distributed at the beginning of the fall program and will be distributed to new members at the beginning of the 2015 winter and spring programs. The gift bags contain a pedometer, water bottle and an ink pen! You may likewise obtain a tote bag from the office.
- If you, or someone you know, would be interested in serving as an adviser on the 2016 UDLLI board of advisers, please contact Julie Mitchell at 937-229-2605.
- UDLLI welcomes your comments, questions and concerns. Your input is crucial to the success of the overall program and can be given to Julie Mitchell at 937-229-2605.
- To view UDLLI's online program brochure, visit go.udayton.edu/UDLLI. For more information or to be added to our mailing list, contact the Office of Special Programs and Continuing Education at 937-229-2347.

MARK YOUR CALENDAR . . .

- **UDLLI 2015 Winter Program**, January 12 – February 23, 2015
- **New Horizons Music Program**, January 12 – April 23, 2015
- **Informal discussion on UDLLI Connecting Generations & Cultures program**, January 14, 2015, River Campus Cafeteria, 9 a.m. and 12 p.m.
- **UDLLI 20th Anniversary event, Journey to Jazz**, January 15, 2015, River Campus Dining Room, 5:30 p.m.
- **UDLLI 20th Anniversary event, Lincoln's Path to Emancipation**, February 19, 2015, River Campus Auditorium, 5:30 p.m.
- **UDLLI 2015 Spring Program**, March 16 – May 8, 2015
- **UDLLI 20th Anniversary event, Donna Reece – The Roaring '20s Concert**, March 22, 2015, Jesse Philips Humanities Center, Sears Recital Hall, 3 p.m.
- **Dayton Celebration Chorus Spring Session**, March 2015
- **UDLLI 20th Anniversary event, The Roaring '20s Gala Festivities**, April 24, 2015, River Campus Meyer Room, 5:30 p.m. Business attire requested.
- **UDLLI 2015 Summer Program**, May 14 and June 3, 2015
- **Encore Vienna Plus**, May 29 – June 10, 2015

For additional information or to register for any of the above, contact the Office of Special Programs and Continuing Education at 937-229-2347.

Photo Gallery

UDLLI CELEBRATING 20 YEARS OF LIFELONG LEARNING AT THE UNIVERSITY OF DAYTON

