

Rose Institute for Life Long Learning

The Rose Institute for Life Long Learning (RILL) is a program of Menorah Park Center for Senior Living and is made possible by the Eda and Louis Rosenkowitz Fund

RILL is an affiliate of the Elderhostel Institute Network



General Information

ALL CLASSES ARE HELD IN THE MILLER BOARDROOM AT MENORAH PARK. Transportation is provided to and from Menorah Park for the tenants of R.H. Myers Apartments, Stone Gardens, and Wiggins Place.

Classes are offered on Tuesdays, Wednesdays & Thursdays at 2:00 pm. Advanced registration is requested. Resident fee applies to the residents/tenants of Menorah Park, R.H. Myers Apartments, Stone Gardens, Wiggins Place and to the participants of the Mandel Adult Day Center.

There will be no class on October 12, 13, 19 & 20 and November 1, 22, 23 & 24.

Payment is due with the registration form. If paying by check, please make payable to **Menorah Park - RILLL**. Please return your completed registration form with payment to the receptionist at Menorah Park or mail to:

Menorah Park Center for Senior Living
Attention: Rose Institute
27100 Cedar Road
Beachwood, OH 44122

REGRETTABLY, NO REFUNDS WILL BE PROVIDED FOR CANCELLATIONS.

If you have any questions about the Rose Institute for Life Long Learning, please call **216- 831-5452 ext. 244**.

The goal of the Rose Institute for Life Long Learning (RILLL) is to offer a wide variety of structured, enlightening and stimulating, adult education classes to residents and family members of the Menorah Park campus, expanding the opportunities at Menorah Park for continual learning.

Course Offerings

~The Melvin J. Singer Fund Presents~

PRESIDENTIAL ASSASSINS

Beginning with John Wilkes Booth, twelve people have tried to kill former Presidents of the United States. Were they motivated by politics or were they mentally ill? Join us as we look at the "Deadly Dozen".

Instructor: Jerry Graham, M.A.
Date: Tuesdays, October 4 & 11
Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom
Fee: \$1 for residents; \$5 for non-residents

THE LIFE OF ABE LINCOLN

Abraham Lincoln, the 16th president of the United States, guided his country through the most devastating experience in our Nation's history - the Civil War. He is considered by many historians to have been the greatest American president. Come and enjoy a live portrayal of the life of Abe Lincoln from the Log Cabin to the White House.

Instructor: John King
We Made History
Date: Wednesday October 5
Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom
Fee: \$1 for residents; \$3 for non-residents

WOMEN IN HISTORY IV

In this two week class we will continue to explore the stories of famous women in history with the dramatic re-creation of the lives of Mary Todd Lincoln and Harriett Tubman.

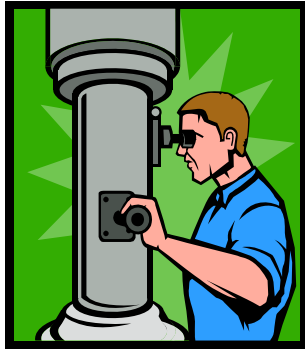
Instructor: Women in History
Date: Thursdays, October 6 & 27
Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom
Fee: \$1 for residents; \$5 for non-residents

Course Offerings

RHYTHMS FOR HEALTH - DRUMMING FOR WELLNESS

In this class you will learn basic techniques for hand drumming and some background information of how drumming is used to maintain health and wellness.

Instructor: Lalene Kay, M.M., ACC, MT-BC
Baldwin Wallace College
Date: Tuesdays, October 18 & 25
Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom
Fee: \$1 for residents; \$5 for non-residents



FAMOUS U.S. NAVAL SAYINGS

Most people can remember one or more famous naval sayings: “Don’t give up the ship”, “Damn the torpedoes”, “I have not yet begun to fight”. But what is the rest of the story? Who were these brave men that uttered these words and what did their actions accomplish? We will answer these questions and discuss the contributions of John Paul Jones, Oliver Hazard Perry, David Glasgow Farragut as well as others.

Instructor: Art Hildebrandt, Attorney
U.S. Navy, Retired
Date: Wednesdays, October 26 and November 2,
9 & 16
Time/Location: 2:00 - 2:50 p m ▪ Miller Boardroom
Fee: \$1 for residents; \$5 for non-residents

Course Offerings

THE EARLY MORMONS

An overview of the fascinating history of the early years of the Mormon religion. From New York to Ohio to Missouri to Illinois to Utah - we will follow their story. Golden plates, angels and polygamy make for an interesting saga.

Instructor: Father Andrew Harmon, M.A.
St. Matthew's Church

Date: Thursdays, November 3, 10 & 17

Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom

Fee: \$1 for residents; \$5 for non-residents



GEORGE GERSHWIN: AN AMERICAN ORIGINAL

Though all music rises out of what went before, George Gershwin perhaps came closer to being a true “original” than any other American composer. We will examine this musical giant in all his versatility, identifying the traits that led him from one category to another: “Original” to “Icon”.

Instructor: Marilyn Stranahan Burtner, M.A.
Baldwin Wallace College ILR

Date: Tuesdays, November 8, 15, 29 &
December 6

Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom

Fee: \$1 for residents; \$5 for non-residents

Course Offerings

STREAMS OF THOUGHT IN JUDAISM

This class will explore the development of Jewish thought and practice in America, the development of the various streams of modern thought and their theologies.

Instructor: Rabbi Ephraim Karp, Director
Spiritual Living, Menorah Park

Date: Wednesdays, November 30 &
December 7

Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom

Fee: \$1 for residents; \$5 for non-residents



TAPPING INTO WELLNESS

In this two week course, you will learn two skills; Emotional Freedom Techniques (simple tapping) and Sound Healing Techniques (singing) that will allow the body's energy systems to hum along at a higher vibration level of good health and wellness. Practice together with just a little "Energy Coaching" from our instructor.

Instructor: Carol Murphy, L.M.T.

Date: Thursdays, December 1 & 8

Time/Location: 2:00 - 2:50 pm ▪ Miller Boardroom

Fee: \$1 for residents; \$5 for non-residents

Registration Form

- PRESIDENTIAL ASSASSINS**
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\$1 for residents; \$5 for family members ▪ 2:00 - 2:50 pm

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Wednesday, October 5
\$1 for residents; \$3 for family members ▪ 2:00 - 2:50 pm

- WOMEN IN HISTORY IV**
Thursdays, October 6 & 27
\$1 for residents; \$5 for family members ▪ 2:00 - 2:50 pm

- RHYTHMS FOR HEALTH - DRUMMING FOR WELLNESS**
Tuesdays, October 18 & 25
\$1 for residents; \$5 for family members ▪ 2:00 - 2:50 pm

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_____ Total

Name _____ Apt. # _____



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