

Seniors' University Group

2024 WINTER COURSES



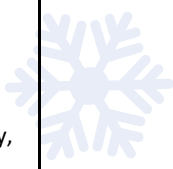
Registration opens January 8, 2024, and runs until January 12.
 Classes begin week of January 22. See last page for registration instructions.
 You must be a **SUG** member to register for courses.

COURSE	DATE	TIME	ROOM	CLASS SIZE	FEE
1: Middle East Current Affairs If you have an interest in Middle Eastern and Central Asian affairs, join us for weekly lectures about current issues in these regions. Instructor: Dr. Ray Cleveland	Wednesdays Jan 24 – Mar 6 No class: Feb 21	1:30 – 3:00 pm 6 sessions	CB 112	50	\$45
2: Ancient Cultures and Places See how archaeological research has helped us understand the cultures found in select places in various parts of the world through lectures, videos, and slide shows. Instructor: Dr. Ray Cleveland	Mondays Jan 22 – Mar 4 No class: Feb 19	1:30 – 3:00 pm 6 sessions	CB 112	50	\$45
3: Writing Memoirs & Creative Stories Some of us have memories of our lives that could be lost to our children and grandchildren if they aren't written down. Or perhaps you are a creative writer, driven to write. This course offers a comfortable setting to simply write, share, and discuss. With encouragement from like-minded individuals, you may create a poem, short story, or novel, or perhaps build a living legend for your family. Come join us. Instructors: Yolanda Schappert & Sidney Bowles	Wednesdays Jan 24 – Mar 13	1:30 – 3:30 pm 8 sessions	Zoom	12	\$80
4: Stories Told by Regina's Buildings These sessions will showcase some of the city's most important buildings and provide a glimpse into the lives of citizens who made them come alive – the businesspeople, politicians, educators, architects, and many others who created the history of Regina. Instructor: Don Black	Tuesday, Jan 23, Wednesday, Feb 21, Tuesday, Mar 19	7:00 – 8:00 pm 3 sessions	Zoom	No Limit	\$15
5: Spanish 2 This course is for those with basic Spanish vocabulary and pronunciation skills. You will be able to improve your fluency and learn more about exciting Hispanic culture. Prerequisite: Spanish 1 or some basic Spanish skills. Textbook: Spanish Now! Eighth Edition, Ruth Silverstein, ISBN 978-1-4380-7523-5, is required for this course. It is suggested to be purchased through the U of R Bookstore. Instructor: Edith Brockhill	Wednesdays Jan 24 – Mar 13	7:00 – 9:00 pm 8 sessions	CB 232	12	\$80 (text extra)

COURSE	DATE	TIME	ROOM	CLASS SIZE	FEE
<p>6: The Rise of Science in the 17th Century Dr. Diane Secoy will lecture on the development of science in Europe in the 17th century. Instructor: Dr. Diane Secoy</p>	<p>Tuesdays Jan 23 – Mar 5 No class: Feb 20</p>	<p>1:30 – 3:00 pm 6 sessions</p>	CB 112	50	\$45
<p>7: Forever in Motion Forever in Motion is a program to improve or maintain the health of older adults through physical activity and education. The program includes endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions. Our trained volunteers will assist you to exercise safely in class and on your own between weekly classes. Instructors: Marj Thiessen & Karen Cochran</p>	<p>Thursdays Jan 25 – Mar 21 No class: Feb 22</p>	<p>3:00 – 4:00 pm 8 sessions</p>	CB 230	25	\$20
<p>8: Improv - Express Yourself Through exercises, activities and games, participants will learn how to access their spontaneity and creativity, enhance their communication and listening skills, and develop a sense of play in an audience-free environment. Instructor: John McCallum</p>	<p>Tuesdays Jan 23 – Mar 19 No class: Feb 20</p>	<p>10:00 am – 12:00 pm 8 sessions</p>	CB 112	14	\$80
<p>9: Brain Health and Fitness Classes Did you know that you can make new brain cells your entire life? The Brain Health and Fitness Classes are designed for adults who are interested in keeping their brains healthy, but anyone is welcome to attend. This series of eight classes will be taught in a fun, interactive way. Each class will have an educational component, a coffee/snack break, and a chance to try a variety of fun activities. The course material and every aspect of the course are based on current brain research. Instructor: Dr. Holly Bardutz</p>	<p>Wednesdays Jan 24 – Mar 20 No class: Feb 21</p>	<p>10:00 am – 12:00 pm 8 sessions</p>	CB 112	20	\$80
<p>10: Yoga Relax your body by breathing optimally while participating in a flow of asanas to promote strength and flexibility for everyday functionality. Various experience levels will be accommodated. Instructor: Alice Samkoe</p>	<p>Mondays and Wednesdays Jan 22 – Mar 20 No classes: Week of Feb 19</p>	<p>11:00 am – 12:00 pm 16 sessions</p>	CB 230	12	\$80 Bring your own mat.

COURSE	DATE	TIME	ROOM	CLASS SIZE	FEE
<p>11: "Apocalypse!" This class will look at the origins of Jewish apocalyptic literature in the Hellenistic period (including texts like 1 Enoch and 4 Ezra), its adoption and use by Christians (the Revelation of John, the Apocalypse of Peter), and its continuance in Nag Hammadi texts like the Apocalypse of Adam and the Apocryphon of John. Along the way we'll briefly consider non-Jewish and non-Christian examples of ancient apocalyptic writing as well, such as the Egyptian "Oracle of the Potter" and the Hermetic "Asclepius."</p> <p>Instructor: Dr. William Arnal Dept. of Gender, Religion, & Critical Studies, U of R</p>	<p>Thursdays Jan 25 – Mar 7</p> <p>No class: Feb 22</p>	<p>10:00 – 11:30 am</p> <p>6 sessions</p>	CB 112	50	\$45
<p>12: Pioneer Kitchen Gardens: Take a trip back in time where a garden was key, not only to living - but to living well. Master Gardener Sheila Bonneteau will discuss the immigrant migration to our area and deconstruct a typical kitchen garden from the 1890's and all its facets. We will explore recipes and preserving techniques of the time and discuss famous gardeners and how they changed the philosophy and style of sustainable vegetable gardens.</p> <p>Instructor: Sheila Bonneteau</p>	<p>Friday Mar 8</p>	<p>1:30 – 3:00 pm</p> <p>1 session</p>	CB 112	50	\$10
<p>13: Using Colour in the Yard like a Pro: Join Master Gardener Sheila Bonneteau to discuss effective use of color to add tremendous appeal to your flower beds and annual containers. Learn the emotional links to colour and how it translates and impacts our spaces inside and out. Getting the colour scheme right is as important as the plants themselves. Take your containers and flowerbeds to the next level!</p> <p>Instructor: Sheila Bonneteau</p>	<p>Thursday Mar 21</p>	<p>7:00 – 8:30 pm</p> <p>1 session</p>	Zoom	No Size Limit	\$10
<p>14: The Spring Garden Chore List: Work smarter not harder this spring using Master Gardener Sheila Bonneteau's spring chore list that will ensure a thriving yard throughout the summer! The discussion will include amending soil correctly, hassle-free winter clean up, pruning trees and shrub basics, perennial maintenance and spring planning for a knockout season.</p> <p>Instructor: Sheila Bonneteau</p>	<p>Thursday Apr 4</p>	<p>7:00 – 8:30 pm</p> <p>1 session</p>	Zoom	No Size Limit	\$10

COURSE	DATE	TIME	ROOM	CLASS SIZE	FEE
<p>15: Utopias: Fantastic Dreams and Practical Visions</p> <p>Utopias are books which envision a better world. Utopian writing is a major tradition in literature and philosophy, from before Plato and Aristotle, to the Renaissance and on to the most recent dystopian books and movies. The first hour of each class will explore some selected utopian texts. The focusing question will be: according to these important works, what would be necessary to enable or empower progress to a better society? And, as well, what are the impediments to such progress? After the coffee-break at 2:30, the last segment of the class will explore selected utopias and the popular songs associated with them. The last class will sum up with a musical history of utopia.</p> <p>Instructor: Dr. Alex MacDonald Professor Emeritus, Campion College, U of R</p>	<p>Non-consecutive Fridays, Jan 26, Feb 9, Mar 1, Mar 15</p>	<p>1:30 – 3:30 pm 4 sessions</p>	<p>CB 112</p>	<p>50</p>	<p>\$40</p>
<p>16: Wine 101</p> <p>Do you enjoy a glass of wine? Are you sometimes intimidated by a restaurant wine list or by all the choices in the wine store? Would you like to learn just a little bit more about wine? Then this is the class for you! Join certified specialist of wine, Greg Harasen, for this 3-night introduction to the world of wine. You'll learn how wine is made and how to taste it to better understand your own preferences. Then you'll take a virtual tour of the world's major wine producing regions and the wines that have made them famous.</p> <p>Instructor: Greg Harasen</p>	<p>Thursdays, Jan 25, Feb 1, Feb 8</p>	<p>7:00 – 9:00 pm 3 sessions</p>	<p>Zoom</p>	<p>No Size Limit</p>	<p>\$30 (cost of wine extra)</p>
<p>17: Food and Wine Pairing</p> <p>What's the best wine to complement your favorite restaurant meal? Which bottle will make your next dinner party especially memorable? What wine goes with popcorn or nachos? Join certified specialist of wine, Greg Harasen, to find the answers to these and many more questions. Over two nights, you'll learn the principles of pairing wine with food, and then you'll get a chance to apply your knowledge by selecting wines for some common, simple recipes. Taking the Wine 101 class is an excellent prerequisite, but not essential.</p> <p>Instructor: Greg Harasen</p>	<p>Thursdays, Feb 22, Feb 29</p>	<p>7:00 – 9:00 pm 2 sessions</p>	<p>Zoom</p>	<p>No Size Limit</p>	<p>\$20 (cost of wine extra)</p>
<p>18: Canadian Wines</p> <p>The Canadian wine industry has undergone monumental growth over the last 30 years and now produces wines that can rival any in the world. Join certified specialist of wine, Greg Harasen, for this two-night exploration of Canadian wines and become a Canadian wine fan ... if you aren't one already! Taking the Wine 101 class is an excellent prerequisite, but not essential.</p> <p>Instructor: Greg Harasen</p>	<p>Thursdays, Mar 14, Mar 21</p>	<p>7:00 – 9:00 pm 2 sessions</p>	<p>Zoom</p>	<p>No Size Limit</p>	<p>\$20 (cost of wine extra)</p>

COURSE	DATE	TIME	ROOM	CLASS SIZE	FEE
<p>19: International Films: Transnational Cinema Cultures This course will survey the works of diasporic and transnational filmmakers who straddle between homeland and host and multiple host-lands or diasporic societies. Students will be introduced to issues that centre on and relate to themes of journey, identity, gender, culture, cultural diversity, mobility, displacements, alienation, movement and flows of people, and migration. The student will be introduced to aesthetic structures of transnational cinematic narratives of postcolonial and third world films, and how their individual filmmakers function interstitially between the homeland and host-nations. Filmmakers shall be selected from a few film cultures in Africa, Asia and North America.</p> <p>Instructor: Babatunde Onikoyi, PhD Candidate and Sessional Lecturer, Department of Film, Media, Art, & Performance Faculty, Advisory Board Member: Humanities Research Institute, U of R</p>	 Fridays, Jan 26 – Mar 22	10:00 am – 12:30 pm 8 sessions	CB 112	50	\$40
<p>20: Getting to know the birds of spring This class will be one hour of Trevor talking about birds and showing slides, to help people learn how do identify and get to know the behaviour and field marks of some of our common spring arrivals. He would include a little bit about binoculars, and how to use them as well as field guides, online applications, and other general tips about birding.</p> <p>Instructor: Trevor Herriot</p>	Tuesday, Apr 2	1:30 – 2:30 pm 1 session	CB 112	50	\$10

HOW TO REGISTER FOR COURSES:

Registrations accepted during the week of January 8th to 12th only. We cannot accept early registrations. Courses begin the week of January 22, 2024. (Refunds for cancelled courses only.)

REGISTERING ONLINE:

E-mail SUGRegina@sasktel.net giving your full name, phone number, and the name(s) of the course(s) you want to attend. Space permitting, the Registrar will place you in the course and email you back, asking you to e-transfer the course fees. If the course has filled, you will receive an email stating that, and we will automatically place you on a waiting list.

REGISTERING IN PERSON:

Registrations can be made in person from **January 8th, 9th, and 10th** at the College Ave. building, Room CB112 between **10:00 am to 3:00 pm** for these three days only. We will accept cash, cheques, debit and credit cards for the in-person registrations. Memberships can be purchased at the same time as course registrations.

You must have a Seniors' University Group membership to register for courses.

PURCHASING A MEMBERSHIP ONLINE:

E-transfer \$5.00 to SUGRegina@sasktel.net. Immediately after sending your membership fee, **email the same address** with your full name, mailing address, phone number, and date of birth (we need that to verify eligibility for membership: 50+.) Or, see "Registering in Person" above.

Please bear with us while we search for the most suitable registration system for SUG's membership. We understand that these procedures are a bit "clunky," but we are working hard to streamline the process.