CONSERVATORY OF PERFORMING ARTS
LIFELONG LEARNING CENTRE
CAREER & PROFESSIONAL DEVELOPMENT
FLEXIBLE LEARNING
ENGLISH AS A SECOND LANGUAGE
INSIDE THE GUIDE

CAREER & PROFESSIONAL DEVELOPMENT ................................................. 6
FLEXIBLE LEARNING ................................................................................. 14
ENGLISH AS A SECOND LANGUAGE ....................................................... 18
CONSERVATORY OF PERFORMING ARTS .............................................. 22
LIFELONG LEARNING CENTRE ............................................................... 32
Volunteer & Community Programs ......................................................... 34
Arts & Entertainment ................................................................................. 35
Computers & Technology ........................................................................ 36
Fitness & Movement .................................................................................. 37
Health .......................................................................................................... 40
Lifestyle ....................................................................................................... 41
Languages ................................................................................................... 44
Science ......................................................................................................... 48
Social Studies – History, Politics, Religion & More .................................. 48
Writing & Literature .................................................................................... 51
Thursday Noon Forums ............................................................................. 53
Seniors’ University Group (SUG) ............................................................... 56
Lifelong Learning Centre Course Checklist ............................................. 57
Lifelong Learning Centre Courses at a Glance ......................................... 58
WE’RE MOVING BACK TO COLLEGE AVENUE CAMPUS

CCE’s Fall 2018 Programming will be back at the College Building on the College Avenue Campus as of July 2018. There will no longer be any programming at First Nations University or the Palliser Building past July 1, 2018. Registration and Student Services will still be available at the Palliser Building and First Nations until the end of June.

Before visiting us in July or August, please check our website for our current location as we’ll begin moving July 2018.

Here’s a sneak peak of where you’ll find us in the College Building!

<table>
<thead>
<tr>
<th>LOWER LEVEL</th>
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<tbody>
<tr>
<td>Centre for Continuing Education</td>
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<tr>
<td>Conservatory Creative Preschool</td>
</tr>
<tr>
<td>Conservatory Private Lesson Studios</td>
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<tr>
<th>MAIN LEVEL</th>
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<tr>
<td>Centre for Continuing Education</td>
</tr>
<tr>
<td>Student Services (non-credit)</td>
</tr>
<tr>
<td>Conservatory of Performing Arts Administrative Offices</td>
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<tr>
<td>Lifelong Learning Centre Administrative Offices</td>
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<table>
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<tr>
<th>SECOND LEVEL</th>
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<tbody>
<tr>
<td>Centre for Continuing Education</td>
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<tr>
<td>Student &amp; Instructor Services (credit)</td>
</tr>
<tr>
<td>Director’s Office</td>
</tr>
<tr>
<td>Central Business Services</td>
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<tr>
<td>Career &amp; Professional Development Administrative Offices</td>
</tr>
<tr>
<td>Flexible Learning Division Administrative Offices</td>
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<table>
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<tr>
<th>THIRD LEVEL</th>
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<tbody>
<tr>
<td>Johnson Shoyama Graduate School of Public Policy</td>
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</table>

Parking at CAC
New this Fall is free community parking weekdays after 5:00pm.
Plus free weekends and stat holidays.

Check www.uregina.ca/cce for the most current parking and location information.
WE’VE POLISHED A GEM!

Thanks to the overwhelming support of our community, our historic College Avenue Campus remains the jewel of the Queen City. So many people have helped support our dream with such generosity. For that, we say ‘thank you!’

Continuing to serve as a hub of education, the College Building will re-open in the fall of 2018. The space will offer students, faculty, staff and visitors an accessible and modern learning environment. At the same time the building showcases the rich architectural heritage that we’ve treasured for so long.
The University is now focusing its efforts on the final, crowning piece of the project...saving Darke Hall.

Our goal to raise an additional $2 million will save this historic 500-seat performance centre.

We’re reaching out for your support.

If you would like to support our campaign to breathe new life into Darke Hall, please visit www.uregina.ca/giving.

With your help, the curtain will once again rise in Darke Hall.
CAREER & PROFESSIONAL DEVELOPMENT

PROFESSIONAL DEVELOPMENT PROGRAMS
Our professional development programs are a great addition to your resume and provide the most current and essential skills and knowledge in many career fields. Whether you have a desire to get promoted, stay competitive in your field or change careers completely, our programs are designed to help you achieve these goals.

INCREASE YOUR SKILLS & KNOWLEDGE
You’ll learn from expert facilitators with years of real-world business experience. You’ll also get mentorship and hands-on experience to help improve your performance and expand your career possibilities.

BECOME A STRONGER EXPERT IN YOUR FIELD
Stay on top of your professional game with a variety of subject-specific professional development courses.

DEVELOP YOUR LEADERSHIP STYLE
Learning formal leadership skills can give you the edge to land a leadership role or to be more effective in those moments when you need to rise to a challenge.

There are no admission requirements and our programs qualify for Canada-Saskatchewan Job Grant funding.
CORPORATE TRAINING

Designed specifically to meet the needs and objectives of your organization, Corporate Training is a great way to engage your employees, expand their skills and evolve your business. Whether it be a workshop, a course or an entire certificate program, Corporate Training is cost effective and flexible. Develop the skills and talents of your team to ensure a competitive advantage and long term success!

Corporate Training is:

- An effective way to develop your team and grow your business
- Designed to suit your budget, timelines and goals
- Delivered by industry experts
- Delivered when and where you choose

Corporate Training is great for:

- Professionals
- Corporations
- Administrative employees
- Trades people
- Government
- Non-profit organizations

“The U of R has been really attentive to what we were looking for. The level of attention, flexibility and accommodation they bring to customized learning is phenomenal.”

Nadine | Human Resource Consultant
PROFESSIONAL CERTIFICATES

Our Professional Certificates will help you achieve your career goals by giving you the skills and knowledge you need to make it happen. You’ll be able to apply your new expertise in a variety of professional ways from improving administrative efficiency to increasing the motivation of your team with enhanced leadership.

Professional Certificates can be completed in as little as four months or you can take up to three years if you prefer. Professional Leadership and Professional Management Certificate courses can also be taken as individual professional development seminars to brush up on your know-how or add new skills to your professional repertoire.

Graduates of our Professional Certificates become members of the University of Regina Alumni Association and gain access to member benefits.

Certificate Programs:

<table>
<thead>
<tr>
<th>Professional Management Certificate</th>
<th>Professional Leadership Certificate</th>
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<tbody>
<tr>
<td></td>
<td>Project Leadership Certificate</td>
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</table>

“Designation examination preparation is offered for both Certified Associate in Project Management CAPM® and Project Management Professional PMP®. These designations are highly sought after by many employers. Through offering exam readiness training, the ‘boot camp’ style delivery provides full and intensive project management study immersion prior to designation exam writing. The benefit of these classes is evident with the vast majority of CAPM® exam candidates achieving designation and an impressive 100% of all PMP® exam students to date being successful in obtaining that designation!”

Shari Hildred, PMP | Facilitator CAPM® and PMP® Prep Course

The Centre for Continuing Education at the University of Regina is an Endorsed Education Provider™ in partnership with the International Institute of Business Analysis (IIBA®).

Select Leadership Courses are CPHR Saskatchewan Certified.
## PROJECT MANAGEMENT

<table>
<thead>
<tr>
<th>Prerequisite Courses</th>
<th>Required Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundamentals of Project Management</td>
<td>Project Planning &amp; Scheduling</td>
</tr>
<tr>
<td>Principles of Effective Leadership</td>
<td>Project Quality Management</td>
</tr>
<tr>
<td>Business Communication</td>
<td>Stakeholder, Resource &amp; Communication Management</td>
</tr>
<tr>
<td>Fundamentals of Accounting for Non-Accountants</td>
<td>Project Risk Management</td>
</tr>
<tr>
<td></td>
<td>Cost &amp; Procurement Management</td>
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<tr>
<td></td>
<td>Project Management Practicum (must be taken last)</td>
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</tbody>
</table>

### BUSINESS ANALYSIS

<table>
<thead>
<tr>
<th>Required Courses</th>
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</thead>
<tbody>
<tr>
<td>Business Analysis: Planning &amp; Monitoring</td>
</tr>
<tr>
<td>Strategy Analysis</td>
</tr>
<tr>
<td>Elicitation &amp; Collaboration</td>
</tr>
<tr>
<td>Requirements Life Cycle Management</td>
</tr>
<tr>
<td>Requirements Analysis &amp; Design Definition; Solution Evaluation</td>
</tr>
<tr>
<td>Business Analyst Practicum (must be taken last)</td>
</tr>
</tbody>
</table>

### PROFESSIONAL MANAGEMENT

<table>
<thead>
<tr>
<th>Prerequisite Courses</th>
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<tbody>
<tr>
<td>Fundamentals of Project Management</td>
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<td>Principles of Effective Leadership</td>
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<tr>
<td>Business Communication</td>
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<tr>
<td>Fundamentals of Accounting for Non-Accountants</td>
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### PROFESSIONAL LEADERSHIP

<table>
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<tr>
<th>Required Courses</th>
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<tbody>
<tr>
<td>Principles of Effective Leadership</td>
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<tr>
<td>Creating Effective Work Groups</td>
</tr>
<tr>
<td>Coaching &amp; Mentoring Employees</td>
</tr>
<tr>
<td>Negotiation &amp; Conflict Resolution</td>
</tr>
<tr>
<td>Interpersonal Communication</td>
</tr>
</tbody>
</table>

### Elective Courses

#### Organizational Management:
- Negotiation & Conflict Resolution: Tue & Wed, Oct 23-24
- Customer Care: Tue & Wed, Nov 20-21
- Strategy & Risk Management: Winter 2019

#### Personal Management:
- Performance Management: Thu & Fri, Nov 1-2
- Leading in a Diverse Environment: Tue & Wed, Nov 27-28
- Effective Recruitment & Retention: Winter 2019

Dates may be subject to change.

For the most up-to-date information and details for Supply Chain Management Diploma courses, visit our website at www.uregina.ca/cce.
PROFESSIONAL SEMINARS

Brush up on your know-how or add new skills to your professional repertoire with a short seminar on specific topics. Our seminars can give you just what you need without having to spend a lot of time and money.

We offer a variety of one- and two-day seminars and boot camp style prep courses to help people of all career backgrounds build skills and knowledge through practical, hands-on learning. Professional Leadership and Professional Management Certificate courses can also be taken as individual professional development seminars to stay on top of your professional game.

Visit our website at www.uregina.ca/cce to view our seminar topics.

INSTITUTES

Saskatchewan Institute of Health Leadership (SIHL)
November 5-9, 2018 & April 11-12, 2019

The aim of the Saskatchewan Institute of Health Leadership program is to bring together professionals from all disciplines and all levels within the healthcare system. This Institute fosters leadership skills and the creation of a leadership community that works together to support and sustain good health. The Institute focuses on the leaders of today and tomorrow.

SIHL takes place over the course of five months, beginning with a five-day intensive opening retreat that includes lectures, workshops, team projects, personal leadership challenges and webinars. Institutes conclude with a two-day project retreat that includes project presentations, certificate presentation and celebration.
UNDERGRADUATE PROGRAMS

UNDERGRADUATE CERTIFICATE PROGRAMS

Whether you’re a current university student, a working professional or looking for a short program to help you get ahead, our Undergraduate Certificates are the perfect choice for a variety of career paths.

Gain a Competitive Edge in the Job Market
Equip yourself with industry-specific knowledge and skills that will help you stand out to employers. Enhance your resume with an Undergraduate Certificate that will open doors to new employment opportunities and greater success.

Ease into a Degree
Complete a certificate program while you decide which degree you want to pursue. Your certificate program courses can count as electives toward your undergraduate degree of choice.

Complement Your Degree
Use your open electives to complete a certificate and earn an additional university credential while pursuing an undergraduate degree to help you broaden your career options.

Have the Flexibility You Need
We offer on-campus, online, day and evening courses with our programs, so you can fit courses into your busy schedule.

“ The Inclusive Education Program has benefited me. I’m more confident in the classroom. I work with students on the spectrum and these classes have helped with the one-on-one tutoring that I do with them. So it’s helped me in many aspects and the students benefit from a better teacher.”

Nicole | Certificate in Inclusive Education Student
Certificate Programs:

<table>
<thead>
<tr>
<th>Administration Level I &amp; II</th>
<th>Liberal Arts (Certificate &amp; Diploma)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Relations</td>
<td>Local Government Authority &amp; Advanced LGA</td>
</tr>
<tr>
<td>Inclusive Education</td>
<td>Nonprofit Sector Leadership &amp; Innovation</td>
</tr>
</tbody>
</table>

Many of my classmates were already working for private companies, government departments, non-profits and even the university itself. They saw the PR certificate as a great way to advance in their careers, and I enthusiastically agree.

Matt | PR Certificate Graduate, Bachelor of Arts
TRANSITION PROGRAMS

Get University Credit for Your Experience
If you have previous work or volunteer experience or skills training, you can potentially earn university credits to use toward your degree program with Prior Learning Assessment & Recognition (PLAR). Check with your faculty or Student & Instructor Services for faculty regulations and eligibility.

Get a Taste of University Life
The U of R High School Accelerated Program is a great way for students to make the transition from high school to university. See page 21 for more details.

Take University Courses for Personal Interest
The Casual Student Program is designed to allow the general public to take courses for personal interest. Not sure which degree program you want to take? Start as a casual student to explore your interests and help you choose the right program.

SCHOLARSHIP OPPORTUNITIES

- Centre for Continuing Education Certificate Awards (1 at $400 each)
- Canadian Public Relations Society – Regina Chapter Scholarship ($1,000)

Visit www.uregina.ca/safa/awards/SAMS for more information.

For program and registration details, visit www.uregina.ca/cce or call Student & Instructor Services at 306-585-5807.
At the University of Regina, we have a variety of flexible learning options that allow you to customize your program.

ONLINE COURSES
Take courses anytime, anywhere. We offer a wide variety of online courses every semester. There are over 70 courses available in both 2018 spring/summer and fall semesters.

"Throughout my degree I have taken a variety of online courses, ultimately due to the amount of flexibility that they provide. By nature, I am a very busy person, and online courses have allowed me to complete schoolwork when it is convenient for me. This has enabled me to balance my part-time job, as well as being a teaching assistant, and continue cheerleading while taking a full course load every semester.

I began taking online courses during my first summer semester as a way to get ahead in my program. I look forward to online summer courses, as it is a way to continue my studies in a relaxing setting, while still making the most of my summer. Thanks to online courses I have been able to complete a majority of my second major, Sociology, without actually being physically present at the university.

Overall my experience with taking online courses has been very positive. I would recommend that any student looking for more flexibility in their schedule take an online course, or anyone looking for an improved school and work life balance.

Lily | Bachelor of Arts"
EVENINGS & SATURDAYS
Evening and Saturday courses are perfect for those who have busy weekday schedules. Free parking on Saturdays and after 5:00pm on weekdays starting Fall 2018.

“Evening courses provided me flexibility in the sense that the class was once a week which allowed me to work through the course material at my convenience throughout the days of the week when I was not in class or working.”

Gideon | Bachelor of Arts

EARLY MORNINGS
Rise & shine to start your day early and get your pick of the best parking on campus. Early risers can start their courses at 7:30am.

Fall 2018 Early Morning Courses:

| ENGL 100 | KHS 139 | KHS 131 | KHS 231 |

LIVE-STREAMED COURSES
LIVE-streamed courses bring the U of R lecture to you. You can take these courses from YOURHOME (on your own device) or at sites throughout the province.

Fall 2018 LIVE-streamed Courses:

| PSYC 101 |
LIVE-STREAMED/BLENDED COURSES

Blended courses combine various learning options. These may include face-to-face, LIVE-streamed, online and/or video-conferenced instruction.

Fall 2018 LIVE-streamed/Blended Courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>JS 100</td>
<td>SW 100</td>
</tr>
<tr>
<td>SW 100</td>
<td>WGST 100</td>
</tr>
</tbody>
</table>

To see a complete and detailed list of all online, LIVE-streamed and blended courses, visit urflexible.ca. To register for courses login to UR Self-Service.

OFF-CAMPUS

Take courses at a college across Saskatchewan. We offer a number of University of Regina face-to-face and video-conferenced courses throughout the province.

Courses are offered at:

<table>
<thead>
<tr>
<th>College Name</th>
<th>College Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carlton Trail College</td>
<td>North West College</td>
</tr>
<tr>
<td>Cumberland College</td>
<td>Parkland College</td>
</tr>
<tr>
<td>Great Plains College</td>
<td>Southeast College</td>
</tr>
<tr>
<td>Northlands College</td>
<td>Faculty of Social Work (Saskatoon)</td>
</tr>
</tbody>
</table>

I took my first-year classes at the Southeast College in Weyburn through the University of Regina and had a great experience! The class sizes are small which makes it easier to get used to university classes. I also received a $1000 scholarship just for registering at the college in Weyburn. Since I chose to take my classes in Weyburn, I was close to home and with family all the time.

Paige | Faculty of Education
HIGH SCHOOL ACCELERATED (HSXL)
Get a head start on university! The U of R High School Accelerated (HSXL) program is a great transition to university life. Grade 11 and 12 students can take credit courses (one per semester) that will count towards a university degree program.

Benefits
• Earn university credit to kick-start your post-secondary studies
• Make the transition to university easier
• Receive Dual or Special Project credit in high school

Winter 2019 HSXL Courses:

| ANTH 100 | ART 220 | ENGL 100 |

My favorite aspect of UR Accelerated was the [online] learning format. Students have the time to sit down and write a clear, concise paragraph explaining their thoughts on a poem or story, or on another student’s contributions. The best part is that they do this without taking up anyone else’s time.

Jose | Former HSXL Student

SUMMER UNIVERSITY
Summer courses, offered in different parts of May through August, are growing in popularity. Each year, more and more U of R students take advantage of summer courses so they can:

• Get ahead and finish their degree sooner
• Catch up on courses in their program
• Keep up with their program while doing internships or co-op workterms

Summer University Course Options:

| Online | Blended | On-Campus | Off-Campus | Evenings & Saturdays |

Visit urflexible.ca for all Flexible Learning course options and details.
ENGLISH AS A SECOND LANGUAGE

LANGUAGE INSTRUCTION FOR NEWCOMERS TO CANADA (LINC)
The University of Regina offers free English language classes for newcomers to Canada. Immigration, Refugees and Citizenship Canada (IRCC) fully funds this basic language training program to help you successfully settle, adapt and integrate into your community in Regina.

Benefits
- English language skill improvement for daily life
- Instruction in reading, writing, speaking and listening
- Accelerated integration into Canadian culture
- Small classes
- TESL-accredited instructors
- Full-time, part-time, Saturday and evening classes available
- Free on-campus childcare available during the evening classes
- LINC Certificate upon completion of each CLB level
- Membership in the University of Regina student community

Eligibility
You are eligible to join the LINC program if you are at least 18 years of age and are a:
- permanent resident of Canada,
- protected person, or
- convention refugee.

You are NOT eligible for the LINC program if you are a:
- Canadian citizen,
- refugee claimant, or
- temporary resident.
Registration
To register, please follow these steps:

Step 1:
• Visit the Language Assessment and Referral Centre (LARC). (Remember to bring your confirmation of permanent residency or your permanent resident card.)

  LARC Office
  100-2445 13th Avenue
  Regina, SK S4P 0W1

  Phone:  LARC 306-525-5272
  Email:  larcregina.iws@gmail.com
  Website:  larc.saskatchewan.org

• You will be scheduled to take an English language assessment exam, called the Canadian Language Benchmarks Placement Test (CLBPT).

Step 2:
• Once you have taken the CLBPT exam, the staff at LARC will provide you with a referral card and a certificate with your CLBPT scores.

Step 3:
• If you choose to join the LINC program at the University of Regina, please come to the LINC office with your:
  1) CLBPT scores,
  2) confirmation of permanent residency or permanent resident card and
  3) Referral Card from LARC.

  LINC - ESL Program Office
  University of Regina
  Wakpā Tower, Room 113
  3737 Wascana Parkway
  Regina, SK S4S 0A2

  Mon-Wed: 11:00am-7:00pm
  Thu-Fri: 8:15am-4:15pm

  Email:  LINC@uregina.ca
  Phone:  306-585-4136

Schedule
To view class schedules, please visit:
www.uregina.ca/esl/linc
ADULT ENGLISH CLASSES

If you want to improve your English skills, we offer part-time adult classes called Fundamentals for Success.

Benefits

• Evening classes
• Learning that meets your specific English-language needs
• Highly qualified instructors
• Small class sizes

Classes

• Communicative Success: Focuses on listening and speaking
  (B) Jul 4-Aug 1, 2018, Mon & Wed, 7:00-8:50pm, $285 (Summer Session)
  (A) Sep 17-Oct 22, 2018, Mon & Wed, 7:00-8:50pm, $300
  (B) Oct 24 -Nov 28, 2018, Mon & Wed, 7:00-8:50pm, $300
  (Each session is 5 weeks/20 hours. Take session A or B or both for 10 weeks/40 hours of instruction.)

• Writing Success: Focuses on grammatical and organizational structures in writing
  (B) Jul 3-Aug 2, 2018, Tue & Thu, 7:00-8:50pm, $300 (Summer Session)
  (A) Sep 18-Oct 18, 2018, Tue & Thu, 7:00-8:50pm, $300
  (B) Oct 23-Nov 22, 2018, Tue & Thu, 7:00-8:50pm, $300
  (Each session is 5 weeks/20 hours. Take session A or B or both for 10 weeks/40 hours of instruction.)

(Please note: Fees are subject to change without notice. Fundamentals for Success classes may be canceled due to low registration.)

For more information, please visit www.uregina.ca/esl/short-term/fundamentals-success

CUSTOMIZED ENGLISH TRAINING PROGRAMS

If you lead a team of employees, professionals or academics who may benefit from English language training, the ESL Program will work with you to develop and deliver a customized program that empowers your team.

For more information, contact the Customized Programs Manager at 306-337-3235 or Loanne.Myrah@uregina.ca.
ENGLISH LANGUAGE & CULTURE

Do you have relatives or friends overseas who may be visiting Regina or are interested in coming here to learn English and experience western Canadian culture?

If so, tell them about our enriching short-term ESL programs – a fun way to learn English, use the language in real-life situations and participate in engaging sociocultural activities.

Participants range from 16-65 years of age. Applicants between the ages of 16-18 are considered minors and may have to meet additional application requirements.

Explore

• Jun 21-Jul 24, 2018 (5 weeks) - Tuition Fee: $2,470

Language & Culture

• Aug 5-25, 2018 (3 weeks) - Tuition Fee: $2,573

(Please note: Please note dates and fees are subject to change without notice.)

For more information, visit our website at www.uregina.ca/esl and click on “Short-Term Programs.”
Located on the edge of downtown Regina, the Conservatory of Performing Arts has offered high-quality, accessible arts education to learners of all ages and abilities for more than a century. We believe performing arts education has a positive impact on a person’s growth and success; our passion is providing opportunities for everyone to be actively engaged in the arts.

**WHAT WE OFFER**

<table>
<thead>
<tr>
<th>Private Music Lessons</th>
<th>Adult Beginner Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chamber Music Coaching</td>
<td>Scottish Piping and Drumming</td>
</tr>
<tr>
<td>Choir</td>
<td>Group Music, Drama and Arts Classes</td>
</tr>
<tr>
<td>Orchestra</td>
<td>Conservatory Creative Preschool</td>
</tr>
<tr>
<td>Drumline</td>
<td>Kindermusik Classes</td>
</tr>
</tbody>
</table>

Families with financial need can apply to Creative Kids Saskatchewan funding for their children ages 4-19 to take any of our camps, courses or lessons. Find more information about the application process at www.creativekidssask.ca.

**DATES TO REMEMBER**

Watch our website for more information about the following events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 4</td>
<td>Private Lessons starts for some students</td>
</tr>
<tr>
<td>Sat, Sep 8</td>
<td><strong>Conservatory of Performing Arts Open House</strong></td>
</tr>
<tr>
<td>Sat, Sep 15</td>
<td>First Day of Fall Term for most Group Classes</td>
</tr>
<tr>
<td>Sat, Sep 29</td>
<td>Culture Days Event</td>
</tr>
<tr>
<td>Mon, Oct 15</td>
<td>Registration for Winter Term and Camps starts</td>
</tr>
<tr>
<td>Sat, Oct 27</td>
<td>First Private Lesson Recital of the 2017-18 season</td>
</tr>
<tr>
<td>Mon, Nov 26</td>
<td>Start of Music Ensemble and some Group Class Fall performances</td>
</tr>
</tbody>
</table>
PRIVATE MUSIC LESSONS

Private Lessons are core at the Conservatory and we offer a range of instruments in a variety of genres of music.

Seven Key Reasons to Take Private Lessons at the Conservatory:

1. Individualize your goals and needs with one-to-one music instruction.
2. Learn from our highly qualified instructors.
3. Choose from a variety of genres including classical, musical theatre, jazz, pop, folk and more.
4. Be a part of our community and build friendships with peers and other families.
5. Take part in our monthly recital program at no extra cost.
6. It is never too early or late to learn an instrument (children as young as 3 can start in instruments like piano, violin or cello).
7. You can start lessons any time during the year from January to December.
Private music instruction at the Conservatory of Performing Arts is available for students of all ages and all levels in a wide variety of styles. We teach lessons in the following instrument families:

<table>
<thead>
<tr>
<th>Brass/Winds</th>
<th>Guitar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band students find that private lessons help improve their technique, performance and marks at school.</td>
<td>From the cool strumming of chords to the classical finger picking technique, our instructors have you covered.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Percussion</th>
<th>Piano/Theory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whether you are rocking out with your band or want to improve your percussion skills for the school band, our instructors can help.</td>
<td>Strong piano skills offer a great foundation for every other instrument and our instructors offer the best in piano instruction.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Strings</th>
<th>Voice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drawing on years of experience with professional orchestras, including the Regina Symphony Orchestra, our string instructors are passionate about sharing their craft with their students.</td>
<td>The most personal instrument, our instructors offer solid vocal technique and health to all singers interested in opera to pop.</td>
</tr>
</tbody>
</table>

**GROUP MUSIC FOR YOUTH**

**MUSICAL THEATRE & DRAMA**
With no prerequisites, we offer students interested in exploring theatre a great place to build and test their skills.
Drama
Our **Showtime** group (ages 11-14) stages two one-act plays each year. In **The Olympians** (ages 11-14) students learn how to safely do fight choreography and stage combat and put together stage shows for the term end.

Musical Theatre
**Junior Glee** (ages 6-8) focuses on singing and dancing to pop music and show tunes. **Senior Glee** (ages 8-12) produces two musical theatre productions each year. **Broadway Genius** (ages 13+) students work on writing/staging a brand new musical theatre production.

**YOUTH MUSIC ENSEMBLES**

**Drumline**
Our **Junior Drumline** is a low cost program for beginner to advanced percussionists (ages 8+) and runs April to November each year with a recruitment camp during the Spring School Break.

**Pipe Band**
Our **Conservatory Pipe Band** (ages 8+) is a traditional Scottish bagpipes and drum band. We also offer **Beginner Scottish Bagpipes or Drums** (ages 8+) for students to start learning in a small group setting. Beginners then join the band when they are ready.

**Choir**
Our **Conservatory Juventus Chorus** (ages 6-9) and **Junior Choir** (ages 8-14) are for all levels of singers to learn good technique and have fun.

**Strings**
In our **String Orchestra** (ages 7-14), budding junior violin, viola, cello and double bass players learn about ensemble work. Students in **Cello Drama! Junior** (ages 7+) and **Senior** (ages 13+) are advanced young cellists looking to expand ensemble skills.
GROUP CLASSES FOR THE WHOLE FAMILY

BUILD YOUR OWN MUSIC CLASS
Music Coaching (all ages) are shared private lessons for small ensembles with two or more musicians. View our current list of Private Instructors on our website to see the coaches and instruments available. Time and day are determined based on availability of coaches, space and ensemble members. See our webpage Group Classes > Music > Music Coaching to submit our Music Coaching Placement Form.

CRASHING THROUGH THE CLASSICS
Led by Clark Schaefele, these music listening courses will introduce you to some of the concepts and ideas in music history to improve your knowledge of music history. In Listening for Performers (ages 10+), performers will learn about terms and song structures they will encounter in the private lesson studio. In History of Classical Music (ages 10+), take a trip through Western music history by listening to new pieces each week from Baroque to the early 20th century.

INDIGENOUS ARTS CLASSES
Our Indigenous Arts classes are low cost programs designed for all generations of learners. Learn traditional techniques and teachings as you sew Ribbon Skirts/Shirts (ages 6+) or work on Beadwork Projects (ages 6+).

GROUP DANCE FOR ADULTS

CONTEMPORARY
Led by dancer and choreographer Karen Rose, our contemporary dance includes both Technique (drop-in options available) and Choreography classes. New this year we are offering Dance Fitness (workout class fusing techniques from a variety of dance forms) and Move! (improvisational dance class).

FLAMENCO
Run in partnership with Flamenco Regina, there are three tiers of Flamenco dance classes available: Beginner 1 (for those with no previous experience), Beginner 2, and Intermediate/Advanced (audition required before joining group).
GROUP MUSIC FOR ADULTS

MUSICIANSHIP & THEORY
Music Theory for the Complete Beginner is suitable for anyone interested in unlocking the mystery of western music notation. In our Jam Session, course players of all instrument areas gather to improve skills in listening and the creation of improvised music with facilitator Phillippe Bouchard.

SCOTTISH PIPES
For complete beginner we offer Beginner Bagpipes Level 1, 2 & 3 starting in the fall term. For those with prior experience, you can join our Bagpipe Studies to develop your skills in technique, tuning and new music.

STRINGS
Campfire Guitar Level 1 & 2 (Renée Coghill), Ukulele Level 1 & 2 (Gary Barbero), and our Cello Level 1, 2, & 3 (Joel MacDonald) classes are for complete beginners looking to learn a new instrument in a fun group setting. For amateur cellists, we offer a Cello Choir ensemble course every other week throughout the year to improve skills and build friendships with other adult cellists. For guitarists with previous chording experience, they can join our Campfire Guitar Finger Style to build technique in the finger picking guitar style.

VOICE
Our Adult Choir offers a welcoming space to experience the joy of singing in a choir. Our choir director, Lori Potter, also provides add-on Vocal Theory (AM) or Vocal Harmony (PM) Classes before and after weekly rehearsals for choir members to improve skills in music theory and small ensemble singing.
CONSERVATORY CREATIVE CAMPS

Our day camp program offers school aged children a fun and positive approach to learning some of the basics of performing and visual arts. Camps cover a wide range of activities, including music, drama, musical theatre, dance and more.

OUR CAMP VALUES

Creativity - Our camps encourage creative expression in a variety of art forms and are lots of fun!

Quality Education - Our camps provide a nurturing, exploratory and cooperative learning environment lead by experienced and qualified artists and educators.

Integrity – We help students develop creative work that gives them pride, challenging them to strengthen their abilities and confidence as growing artists.

Safety - We value the emotional, physical and mental safety of all children who attend our camps.

Inclusivity - We want children of all backgrounds and skill levels to feel valued and respected while attending our camps.

CAMP SESSIONS AVAILABLE

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>February Break, registration starts November 15.</td>
</tr>
<tr>
<td>Spring</td>
<td>March/April Break (depending on Easter), registration starts January 15.</td>
</tr>
<tr>
<td>Summer</td>
<td>July and August, registration starts March 15.</td>
</tr>
<tr>
<td>School’s Out</td>
<td>One-day camps during the school year when students are off school, registration starts May 15.</td>
</tr>
</tbody>
</table>
EARLY LEARNING

CONSERVATORY CREATIVE PRESCHOOL
The Conservatory of Performing Arts Creative Preschool (CCP) places an emphasis on the arts—music, dance, drama, drawing, painting and more—while still teaching the fundamentals of early language comprehension, numbers and all-important social skills. Our instructor, Jennifer Schindelka, is passionate about fine arts and believes that quality education encompasses a holistic experience that promotes the moral, intellectual, physical, emotional and social well-being of a lifelong learner. Our preschool has morning or afternoon options for families for 2 days (Tue/Thu), 3 days (Mon/Wed/Fri) or 5 days (Mon-Fri) a week from September-June. Ages 3-4.

KINDERMUSIK
This internationally recognized program offers an opportunity for parent and child to connect with each other in class each week and teaches parents songs and games that can be used throughout the week to nurture the development of language, social, emotional and physical skills. Led by Kindermusik licensed instructor Fallon Hantelman-Stewart our studio offers classes for newborns to ages 4.
KODÁLY METHOD

Explore and engage with the beauty of classical music through movement. Led by Allison Luff, we are offering two opportunities to engage in Kodály technique **Music & Movement** (ages 4-10) and **Sing & Play** (ages 5-10), these courses will prepare your child for future music studies and help your child express themselves through music.

MUSIC FOR YOUNG CHILDREN

**Music for Young Children** (ages 3-9) has provided enriching, empowering, and enjoyable music experiences since 1980. This child-centred music-learning system integrates keyboard, creative movement, rhythm, singing, ear training, sight reading, music theory and composition to develop a firm, fundamental understanding of music for both children and parents. Our MYC program is led by Megan Fries.

SUZUKI INSPIRED COURSES

The Suzuki method approaches music as a language and uses the approach of language training to build a musical vocabulary in children. Parents are integral to this method by creating a musically rich environment for their child and assisting at practice times. These courses are suitable for children as young as 3.

**Child/Parent Strings**
Students take Private Lessons in violin or cello and continue their learning in a group class component that meets weekly. This program is led by Karley Parovsky.

**Suzuki Piano**
Students pair their Private Lessons with Stela Popa or Lana Ramsay with a regular group lesson. Group lesson times vary by instructor.

**Suzuki Trumpet**
This introductory course uses songs, games, and other activities to build stamina and early technique, so your child will be equipped with the skills to play a brass instrument. There is no private lesson requirement with this class. This program is led by Al McWilliams.
**PROGRAMS AT A GLANCE**

Registration and Student Services will be available at the Palliser Building until June 30. Before visiting us in July or August, please check our website for our current location as we'll begin moving to the College Building at the College Avenue Campus July 2018.

<table>
<thead>
<tr>
<th>START TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning (9:00-11:59am)</td>
<td>Creative Preschool AM</td>
<td>Creative Preschool AM</td>
<td>Creative Preschool AM</td>
<td>Creative Preschool AM</td>
<td>Creative Preschool AM</td>
<td>Creative Preschool AM</td>
</tr>
<tr>
<td>Afternoon (12:00-4:59pm)</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
</tr>
<tr>
<td>Early Evening (5:00-6:59pm)</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
</tr>
<tr>
<td>Late Evening (7:00-9:00pm)</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
<td>Creative Preschool PM</td>
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</tbody>
</table>

**SUNDAY**

- Campfire Guitar Level 1
- Cello Level 1
- Flamenco Beginner 1
- Finger Style Guitar Level 2
- Guitar Level 1
- Harp Level 1
- Jam Session Level 1
- Junior Drumline Level 1
- The Olympians

**MONDAY**

- Campfire Guitar Level 2
- Campfire Guitar Level 1
- Finger Style Guitar Level 1
- Guitar Level 2
- Harp Level 2
- Jam Session Level 2
- Junior Drumline Level 2

**TUESDAY**

- Campfire Guitar Level 1
- Cello Level 1
- Flamenco Beginner 1
- Finger Style Guitar Level 2
- Guitar Level 1
- Harp Level 1
- Jam Session Level 1
- Junior Drumline Level 1
- The Olympians

**WEDNESDAY**

- Campfire Guitar Level 2
- Campfire Guitar Level 1
- Finger Style Guitar Level 1
- Guitar Level 2
- Harp Level 2
- Jam Session Level 2
- Junior Drumline Level 2

**THURSDAY**

- Campfire Guitar Level 1
- Cello Level 1
- Flamenco Beginner 1
- Finger Style Guitar Level 2
- Guitar Level 1
- Harp Level 1
- Jam Session Level 1
- Junior Drumline Level 1
- The Olympians

**FRIDAY**

- Campfire Guitar Level 2
- Campfire Guitar Level 1
- Finger Style Guitar Level 1
- Guitar Level 2
- Harp Level 2
- Jam Session Level 2
- Junior Drumline Level 2

**SATURDAY**

- Campfire Guitar Level 1
- Cello Level 1
- Flamenco Beginner 1
- Finger Style Guitar Level 2
- Guitar Level 1
- Harp Level 1
- Jam Session Level 1
- Junior Drumline Level 1
- The Olympians
Learn to Live and Live to Learn

The Lifelong Learning Centre (LLC) offers daytime, evening and weekend special interest courses for adults of all ages and backgrounds. Our programs are casual in nature with the goals of stimulating the mind, enhancing socialization and promoting physical activity. We support personal and community enrichment through learning for the joy of learning and volunteering. LLC courses provide opportunities to acquire knowledge, maintain and improve critical thinking skills, share ideas and experiences with others... and the best part, there are no exams!

Our courses are intended to help you develop new understandings, embrace alternative concepts, meet interesting people and enjoy being a student. LLC provides an enjoyable, inclusive educational experience where no degree is required or granted.

Daytime courses provide retired, semi-retired and other individuals an opportunity to participate in a community of lifelong learners. Our evening and Saturday courses include a variety of themes in a vibrant, stimulating environment where frontiers of knowledge are expanded and lifelong friends are made.

We even offer gift certificates so you can give or receive the gift of learning.

Seniors’ University Group (SUG) Membership

The Seniors’ University Group mission is to promote the value and availability of lifelong learning opportunities for older learners in the community in collaborative partnerships with the Lifelong Learning Centre. The group was established in 1977 to work with the University of Regina to develop learning programs to enhance the quality of life of older adults living in Regina. Those wishing to receive SUG rates for LLC courses must be members of the Seniors’ University Group for the year the course is being offered. See page 56 for more details.
**DATES TO REMEMBER**

All events are at the College Avenue Campus and FREE unless otherwise noted.

**Fall Registration Opens May 15**

**BIG Book Sale**
Book donations are being accepted
Mon-Thu, Jul 30-Aug 23
9:30am-3:30pm
Tartan Curling Club
1464 Broadway Avenue

**LLC Fall Open House**
Sat, Sep 8, 10:30am-2:30pm
Come see what we have to offer and enjoy free presentations! Visit our website in mid-August for presentation details.

**Reflections of a Student at College Avenue**
Tue, Sep 18, 10:30am-11:30am
Facilitator Dr. George Maslany

**Spoken Word Poetry**
Tue, Sep 18, 7:00pm-8:30pm
Facilitator Ken Mitchell

**Fall Gardening Preparing for Winter**
Facilitator Sheila Bonnetteau
Wed, Sep 19, 7:00-9:00pm, Fee $30

Roy Romanow Provincial Lab Tours
Sep 13, 18 or 25, 1:00pm-2:45pm
Facilitator Ev Gaucher
Fee $5, Preregistration required

**Tales from the College Avenue Campus**
Thu, Sep 20, 11:00am-12:00pm
Facilitators Jean Freeman & Lyn Goldman

**Welcome & Orientation**
Thu, Sep 20, 12:00-1:00pm

**Classic Film: Sully**
Fri, Sep 21, 1:00-3:30pm

**Raising the Volume of Seniors’ Voices in SK Advocacy Workshop**
Oct 1, 10:00am-2:30pm
Held to celebrate International Day of Older Persons in collaboration with CARP and others.

**Film: Rosies of the North**
Fri, Nov 23, 1:00-3:30pm
Dr. Bill Brennan Facilitator

**College Avenue Campus Ghost Tour**
Tue, Oct 30, 7:00-9:00pm
Facilitators Don Black & James Youck
Fee: $10/person; $20/family

**International Volunteer Day & Christmas Celebration**
Wed, Dec 5, 1:30-3:30pm

For events details, visit www.uregina.ca/cce/lifelong or call 306-585-5748.

**DAYTIME PARKING**
Metered parking on College Avenue campus and free on-street parking with two-hour limit is available. Free community parking is available after 5pm. If you have questions please contact Student Services at 306-585-5748.

**IMPORTANT NOTES:**

No classes Oct 6 & 8, Nov 10 & 12

**Course Location Key:**

**CB:** College Avenue Campus,
2155 College Ave.

**RRR:** Renaissance Retirement
Residence 1801 McIntyre St.
VOLUNTEER & COMMUNITY PROGRAMS

ABORIGINAL GRANDMOTHERS CARING FOR GRANDCHILDREN SUPPORT NETWORK
Grandmothers caring for grandchildren are invited to monthly Support Network meetings to celebrate their strengths, share experiences and talk about issues of concern. Tea and bannock are always served at monthly meetings. Childcare and rides will be provided for those who call in advance. For more information or to register call 306-585-5766.

**Day & Time:** Fri, Sep 14, Oct 12, Nov 9, Dec 14, 9:30-11:30am
**Location:** College Building, Room 112 – 2155 College Ave.

INTERCULTURAL GRANDMOTHERS UNITING (IGU)
All older women who are interested in building bridges of understanding, respect, trust and friendship among First Nations, Métis and other women are welcome to attend these monthly meetings. For more information call 306-585-5705 or 306-585-5766.

**Day & Time:** Fri, Sep 21, Oct 19, Nov 16, Dec 21 (Christmas Party) 10:30am-12:30pm
**Location:** Indian Métis Christian Fellowship, 3131 Dewdney Ave.

GO FOR LIFE!
Make a difference to your community and your life by participating in learning programs and volunteer activities. Check out the FREE Forums and FREE Films being held at the Lifelong Learning Centre this fall. Volunteer to assist with the BIG Book Sale and much more to add life to your years and years to your life. Participate in **Raising the Volume of Seniors’ Voices in SK Advocacy Workshop** on October 1 which is being held in collaboration with CARP and others.

SPEAKERS BUREAU
The Lifelong Learning Centre has speakers available to talk to community groups and professionals about the joys of lifelong learning and volunteering, ageism and Age-Friendly Community Initiatives, older adult abuse prevention, retirement planning and much more. If you want to request a speaker for your group, or are interested in becoming one, call 306-585-5766 or 306-585-5806.

VOLUNTEER OPPORTUNITIES
We are looking for volunteers to assist with reception duties, promotional activities, newsletter production and more. Call 306-585-5766 if you would like to learn about volunteer opportunities at the Lifelong Learning Centre.
ARTS & ENTERTAINMENT

CLASSIC FILMS
Enjoy 4 excellent films with an introduction for each – **Letters to Juliet** (2010) with Amanda Seyfried & Vanessa Redgrave; **Titanic** (1997) with Leonardo DiCaprio & Kate Winslet, depicting the tragic story of the Titanic; **Niagara** (1953) starring Marilyn Monroe and Joseph Cotton; and **Sophie’s Choice** (1982), with Meryl Streep & Kevin Kline.

**FREE** film on Sept 21 - **Sully** (2016) with Tom Hanks & Aaron Eckhart, based on the true event of Jan 15, 2009.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Sep 21-Oct 19</td>
<td>1:00-3:30pm</td>
<td>$30/$20</td>
<td>Dermot Weightman</td>
</tr>
</tbody>
</table>

INTERNATIONAL CLASSIC FILMS OF MEXICO
Enjoy 4 excellent films from Mexico with an introduction for each. The films will be chosen with input from our Spanish instructors and UR International staff, from a collection made available to the Lifelong Learning Centre by the Consulate of Mexico in Calgary. Each film will be provided with English subtitles.

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<tr>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Oct 26-Nov 16</td>
<td>1:00-3:30pm</td>
<td>Free</td>
<td>Oscar Rivera</td>
</tr>
</tbody>
</table>

ROSIES OF THE NORTH
They raised children, baked cakes...and built world-class fighter planes. From 1939-1945, thousands of women donned trousers, packed lunch pails and took up rivet guns to participate in the greatest industrial war effort in Canadian history. Like many factories, the shop floor at Fort William’s Canadian Car and Foundry was transformed from an all-male workforce to one with forty percent female workers. Discussion and refreshments to follow film.

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<tr>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Nov 23</td>
<td>1:00-3:30pm</td>
<td>Free</td>
<td>Dr. Bill Brennan</td>
</tr>
</tbody>
</table>

STAND-UP COMEDY 101
Whether you just enjoy stand-up or would like to be a stand-up, whatever your goals, this course will focus on stand-up comedy as an art. Students will receive guidance and have fun writing and performing stand-up comedy in a safe workshop environment. This course may also be of interest to...
professionals looking to enhance their public speaking skill set through the use of comedy. “Willing” participants are guaranteed a spot in a showcase at a local venue.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>Darrel Lawlor</td>
</tr>
</tbody>
</table>

COMPUTERS & TECHNOLOGY

ANDROID TABLET 1 – THE BASICS
Get to know your Android tablet (Samsung, Google, Acer, etc.) Learn to connect to the Internet and email with WiFi. Become familiar with settings, buttons, and sounds. Learn to install free apps and to use taps and gestures. This is a hands-on course, so please remember to bring your Android tablet and ensure that it is charged. This class may be applicable to those using Android phones as well.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Oct 9</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

NEW CLOUD COMPUTING
What is Cloud Computing and what makes it different from traditional computing? In this class we will explain the differences between the private and public Cloud, and the advantages and disadvantages of using Cloud Computing. The Cloud is for everyone!

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<tr>
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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Oct 16</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

IPAD LEVEL 1: BEGINNER
iPads have revolutionized our interactions with each other and the world. This course will teach a basic familiarity with iPad use and management including the iPad Operating System (iOS), what the switches and buttons do, different touch screen gestures and adjusting iPad settings. Students will also add a WiFi connection, use the Internet and be introduced to basic e-mail tasks. This is a hands-on course, so please remember to bring your iPad and make sure that it is charged.

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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 25</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

IPAD LEVEL 2: INTERMEDIATE
Explore Internet and email, photos and videos, cloud services and syncing, as well as apps and tips for more efficiently using your iPad device. This session is for users who have some experience using the iPad or who have taken the introductory Level 1 iPad class. This is a hands-on course, so please remember to bring your iPad and make sure that it is charged.
SOCIAL MEDIA FOR SENIORS
Whether it’s keeping up with the grandchildren (or old college friends) on Facebook or following a favorite author on Twitter, social media has become an integrated and constant part of our everyday lives. Join us to learn best practices about Pinterest, Facebook, Twitter, Instagram and Snapchat. **Note:** No Class Oct 8.

FITNESS & MOVEMENT

BELLYFIT SAGE: WISDOM IN MOTION
This course is designed for mature women, women of size, women in recovery and all women seeking a gentler, more customized form of movement that honors their sensuality, strength, and their varied levels of ability. Expect all the signature elements that Bellyfit offers, now at a slower more intentional pace that focuses on posture, balance, toning and strengthening. **Note:** No Class Nov 2.

FIT FOR YOUR LIFE
Join us for a gradual strength-training program designed for older adults. Health experts suggest weight training as an essential part of a healthy lifestyle. Hand-held velcro wrist and ankle weights from one to five pounds are supplied. The class instructs proper weight training with a muscle warm-up, stretching and cool down.

LINE DANCING
“In a rut strut.” Line dancing is a great activity for fun, exercise and memory. Learn easy, progressive steps to all types of music.
STRETCH & TONE EXERCISE
Promote healthy aging through exercise designed to increase flexibility. This class involves a warm-up, aerobics, stretching, toning and cool down. Mats and weights are supplied.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Sep 25-Nov 22</td>
<td>11:00am-12:00pm</td>
<td>$105/$90</td>
<td>Dorothy Fitzer</td>
</tr>
</tbody>
</table>

TABLE TENNIS
Experience table tennis in a relaxed atmosphere. Maintain your eye-hand coordination, agility and reflexes while enjoying this fun sport. Basic skills and game rules will be reviewed. Some previous experience required. Please bring athletic shoes for indoor use. **Please note:** No classes Sat, Oct 6 or Nov 10.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 25-Nov 20</td>
<td>1:00-2:30pm</td>
<td>$45/$35</td>
<td>Dorothy Fitzer</td>
</tr>
<tr>
<td>Sat, Sep 22-Dec 1</td>
<td>1:00-2:30pm</td>
<td>$45/$35</td>
<td>Dorothy Fitzer</td>
</tr>
</tbody>
</table>

T'AI CHI
Movements performed in T'ai Chi are slow, soft and graceful with smooth and even transitions between them. In this course you will learn the basic postures of T'ai Chi and enjoy the beauty and tranquility of nature. Offered in partnership with Confucius Institute. **Please note:** No class Oct 6 or Nov 10.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Sep 22-Dec 1</td>
<td>9:30-10:30am</td>
<td>$90</td>
<td>Master Chanwu Li</td>
</tr>
</tbody>
</table>

T'AI CHI CHIH
Tai Chi Chih is a moving meditation consisting of 20 individual movements Softness and effortlessness are guiding principles. It's primary goal is to accumulate, circulate and balance our intrinsic energy or Chi. Designed to promote feelings of well-being, relaxation and inner peace. **Please note:** No class Oct 8 or Nov 12.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 24-Dec 3</td>
<td>1:30-2:30pm</td>
<td>$85/75</td>
<td>Larry Firth</td>
</tr>
</tbody>
</table>
YOGA – ADVANCED
This class is designed for those who know basic diaphragmatic breathing, the rudiments of basic postures, are at ease with the asanas practiced in beginner’s class and want to stretch beyond the beginner level. Please bring a yoga mat and large towel or blanket. **Please note:** No class Oct 8, Nov 12.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 24-Dec 3</td>
<td>10:30-11:30am</td>
<td>$85/$75</td>
<td>Lani Knaus</td>
</tr>
</tbody>
</table>

YOGA – BEGINNERS
Introduce yourself to the world of yoga. You will learn gentle yoga poses and stretches that can safely be done at home. Those with some experience can practice at a slower pace. Please bring a yoga mat and large towel or blanket. **Please note:** No class Oct 8, Nov 12.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 24-Dec 3</td>
<td>12:00-1:00pm</td>
<td>$85/$75</td>
<td>Lani Knaus</td>
</tr>
</tbody>
</table>

YOGA – CHAIR
In this introductory course we will be adapting yoga practices with use of chairs and other props. This class is designed for individuals with chronic conditions who want to maintain their flexibility, balance and strength. Please bring a yoga mat.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 22</td>
<td>12:15-1:15pm</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>

YOGA – MULTI-LEVEL
If you have learned the basics, you are ready to move on. You will be guided to adapt the practice to your own level. Emphasis will be on breathing, classic yoga poses and relaxation techniques. Please bring a yoga mat and large towel or blanket.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 21</td>
<td>10:30-11:30am</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>
YOGA RESTORATIVE
This will be a gentle class for people who have low energy, chronic health problems, are recovering from illness or injury, or just want a gentler practice. It is suitable for beginners as well as continuing students. Most of the practice will be done lying on the floor. Please bring a yoga mat and large towel or blanket.

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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 21</td>
<td>12:00-1:00pm</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>

HEALTH

MEDITATION: TRANSFORMING THE HEART & MIND
Meditation practice can be transformative and serve as a means of cultivating a sense of inner peace. Using meditation techniques from the Buddhist tradition, you will learn about meditation posture, tips on establishing a daily practice and meditation techniques to help you deal with stress, cultivate present moment awareness, change harmful mental patterns and cultivate positive states of mind. This course is suitable for beginners as well as those who have experience with meditation.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>7:00-8:00pm</td>
<td>$90</td>
<td>Annette Marche</td>
</tr>
</tbody>
</table>

ROY ROMANOW PROVINCIAL LAB TOURS (CHOOSE ONLY ONE TOUR)
Join us for a tour of four lab sections covering Molecular Diagnostics, Bacteriology, Newborn Screening, Endocrinology, Toxicology, Immunoserology. Participants will meet at the Roy Romanow Provincial Lab at 1:00pm on the day of the tour. Each tour will last for a maximum of 1 hour in addition to the sign in and safety orientation process. Sign out and departure will take place between 2:30-2:45pm. **Space for each tour will be limited to 9 people so register early!** Please note: Participants must sign a waiver to be forwarded to the provincial lab 10 days prior to the tour and attend a mandatory orientation the day of the tour.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 13</td>
<td>1:00-2:45pm</td>
<td>$5</td>
<td>Ev Gaucher</td>
</tr>
<tr>
<td>Tue, Sep 18</td>
<td>1:00-2:45pm</td>
<td>$5</td>
<td>Ev Gaucher</td>
</tr>
<tr>
<td>Tue, Sep 25</td>
<td>1:00-2:45pm</td>
<td>$5</td>
<td>Ev Gaucher</td>
</tr>
</tbody>
</table>
WELLNESS WEDNESDAYS

FREE monthly program co-sponsored by Lifelong Learning Centre, and the Saskatchewan Health Authority.

Time: 12:00-1:00pm  
Location: College Building Room 112  
Cost: FREE

FUNERAL PLANNING

Join funeral service pre-planning specialist Brad Funston of Speers Funeral and Cremation Services for a presentation on helping you plan a funeral for a loved one, and also to help give you direction on how to pre-plan your own funeral, to help your loved ones avoid having to make stressful decisions at an emotional time.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Oct 17</td>
<td>Brad Funston</td>
</tr>
</tbody>
</table>

MATURING FEET, & THE FOOT IN DIABETES – WHAT IS THE CONNECTION?

The foot being an incredible engineering marvel also undergoes numerous changes from birth throughout life. We will talk about the different foot structures, conditions affecting the feet and appropriate footwear for the aging feet. On this International Diabetes Day, we will focus about the changes seen with diabetic feet.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Nov 14</td>
<td>Dr. Axel Rohrmann – Regina Family Foot Clinic</td>
</tr>
</tbody>
</table>

DEMENTIA FRIENDLY SASKATCHEWAN

Join Abby Wolfe, Public Awareness Coordinator, for a presentation on the Alzheimer Society of Saskatchewan’s Dementia Friendly Communities initiative. This initiative aims to reduce stigma and assist communities to become more supportive, inclusive and accessible for people living with dementia and their care partners. Attendees will learn more about dementia and how communities of all types and sizes can take steps to become more dementia friendly.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Dec 5</td>
<td>Abby Wolfe</td>
</tr>
</tbody>
</table>

LIFESTYLE

CHINESE COOKING

This course offers more than just cooking. It is a good place to make friends and have fun while enjoying Chinese cooking culture. The instructor will explain different food styles in various places in China, share recipes and demonstrate how to make both classical
and easy Chinese dishes. Offered in partnership with Confucius Institute. Materials fee is included in course fee. **Please note:** Class is held at Campbell Collegiate Room 120.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Oct 4-25</td>
<td>6:30-8:30pm</td>
<td>$160</td>
<td>Kitty Chan</td>
</tr>
</tbody>
</table>

**CRAFT BEER APPRECIATION**

This course covers a brief history of brewing focusing on craft beer in Saskatchewan and Regina. Participants will learn about traditional and non-traditional brewing processes, ingredients and techniques. Beer styles will be explained, including the more trendy styles of the day: IPA's, wild/sours and barrel/wood aged beers. Local craft brewery tours and limited samplings will be included in the course fee. Attendees are expected to provide their own transportation to the breweries, as well as a safe ride home. **Please Note:** Must be 19 years of age to attend. $100 materials fee is included.

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<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Oct 24</td>
<td>7:00-9:00pm</td>
<td>$150</td>
<td>Gary Falkenstein</td>
</tr>
</tbody>
</table>

**NEW FALL GARDENING PREPARING FOR WINTER**

Join Master Gardener Sheila Bonnetteau to discuss how to prepare your lawns, trees and shrubs, vegetable garden and flowerbeds before winter to ensure they thrive when spring arrives.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Wed, Sep 19</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonnetteau</td>
</tr>
</tbody>
</table>

**NEW HOUSEPLANTS AS A WINTER HOBBY**

During the winter months, maintaining indoor plants can be as rewarding as outdoor gardening. Master the steps to success for growing healthy and rewarding houseplants.

<table>
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<tr>
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<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Nov 13</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonnetteau</td>
</tr>
</tbody>
</table>
NEW ONLINE DATING: NAVIGATING YOUR SEARCH
This course will assist you in upping your dating game by learning how to improve your profile to increase the right kind of traffic, and gain an understanding of the 10 different types of people you’ll meet online. How to narrow down your search, identify red flags and stay safe and optimistic during your online journey! Come ready to meet others, chat about experiences and fill your toolbox with tips.

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<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Nov 21 &amp; 28</td>
<td>7:00-9:00pm</td>
<td>$50</td>
<td>Heather Renshaw</td>
</tr>
</tbody>
</table>

NEW PHOTOGRAPHY MADE EASY
Know your settings to get the most out of your camera. Understand and master composition for visually more stunning images. Learn techniques for better photographs. Must own a digital camera.

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<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Oct 17</td>
<td>9:30-11:20am</td>
<td>$80/$70</td>
<td>Don Heenan</td>
</tr>
</tbody>
</table>

NEW VEGETABLE GARDENING UNDER GROW LIGHTS
Bring the sunshine indoors and continue vegetable gardening during our long winters with the help of grow lights. Budget lighting systems, varieties of fruit and vegetables and techniques for success will be discussed. Vegetables grown under lights will be on display and can be sampled during this visual presentation.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Oct 30</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonnetteau</td>
</tr>
</tbody>
</table>

NEW VODKA APPRECIATION
Vodka is a wildly popular clear spirit that can be used in a multitude of drinks, from simple mixers to classic cocktails. Learn about the history of vodka, its subtle - but distinct - variations, and its flexibility to be enjoyed on its own or in combination with other spirits and blended drinks. Valerie Bradshaw will lead you through a full tasting of a variety of different vodkas and give you tips on how to become a better bartender using this neutral spirit. Materials fee is included.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Nov 7</td>
<td>7:00pm-9:00pm</td>
<td>$50</td>
<td>Val Bradshaw</td>
</tr>
</tbody>
</table>
LANGUAGES

Required textbooks can be purchased from Student Services. *The textbook is good for all levels of language courses and is not included in the course fee.

SPANISH

Spanish Travel Intensive
Booked that winter vacation? Here is your opportunity to discover Hispanic culture and people and learn Spanish to communicate while on vacation. Please note: Students are strongly encouraged to purchase the Berlitz Spanish Phrase Book and Dictionary (ISBN 9789812689641), available at local retail book stores. Please bring a bag lunch.

<table>
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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Sat, Nov 17-Nov 24</td>
<td>10:00am-2:00pm</td>
<td>$100</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

Spanish 1
Going to Spain? Mexico? South America? Here is your opportunity to learn Spanish and discover Hispanic culture and people. This informal introduction is for absolute beginners.

<table>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Oct 4-Nov 22</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish 1 (Evening)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

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.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Wed, Oct 3-Nov 21</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
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</table>

Spanish 2 (Evening)
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.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>
Spanish 3
This is your chance to improve your Spanish. The course is designed for those with good Spanish vocabulary and pronunciation skills. Learn more about the interesting Hispanic culture. **Prerequisite:** Spanish 2 or more than basic Spanish skills.

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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Oct 2-Nov 20</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish 3 (Evening)
This is your chance to improve your Spanish. The course is designed for those with good Spanish vocabulary and pronunciation skills. Learn more about the interesting Hispanic culture. **Prerequisite:** Spanish 2 or more than basic Spanish skills. **Please note:** No class Oct 8 and Nov 12.

<table>
<thead>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 24-Nov 26</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

Spanish 4
This class is designed for those with intermediate Spanish vocabulary and pronunciation skills. Using a variety of methods you will improve your fluency. **Prerequisite:** Spanish 3 or intermediate Spanish skills.

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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Wed, Oct 3-Nov 21</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish 5
This class is designed for those with intermediate Spanish vocabulary and pronunciation skills. Using a variety of methods you will improve your fluency. **Prerequisite:** Spanish 4 or advanced Spanish skills.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Oct 5-Nov 23</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
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</tbody>
</table>

Spanish Conversation 1
This class will allow students who have completed Spanish 5 or an equivalent advanced course to review and learn more grammar and vocabulary. Students will begin to learn how to carry on a basic conversation in Spanish.

<table>
<thead>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Oct 2-Nov 20</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>
Spanish Conversation 2
This course will allow students who have taken Spanish Conversation 1 and those who can carry on a basic conversation in Spanish, to put their knowledge of Spanish into practice. This will be done through conversations related to current events and other topics.

<table>
<thead>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Oct 4-Nov 22</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish Conversation (Evening)
This class will allow students who have completed Spanish 3 or an equivalent advanced course to put their knowledge of Spanish into practice through conversation related to current events and other topics. Students in this course should be able to carry on a conversation in Spanish.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 25-Nov 13</td>
<td>7:15-9:15pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
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</table>

FRENCH
French courses are offered in partnership with the La Cité, universitaire francophone.

French: La joie de vivre 1
Beginner French course in a relaxed group setting intended for older adults.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

French: La joie de vivre 2
For those who have completed French 1 and wish to pursue French further in a relaxed group setting, intended for older adults.

<table>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 25-Nov 13</td>
<td>1:30-3:30pm</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

French: La Joie de Vivre 3
For those who have completed French 2 and wish to pursue French further in a relaxed group setting, intended for older adults.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>
French: La vie en rose
For advanced beginner adults who have completed classes using the French Now workbook and wish to enhance their knowledge and communication skills in a relaxed group setting. Please note: Additional textbook is required for this course and can be purchased at Student Services Non-Credit.

<table>
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<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

CHINESE
Chinese courses are offered in partnership with Confucius Institute.

Customized Chinese Language Courses
The Confucius Institute at the University of Regina offers customized Chinese language courses for individuals, groups, corporations and government organizations from all industries. Course selection includes Chinese for Beginners, Chinese for Business, Chinese for Travel and HSK Chinese proficiency exam preparation. Courses can be scheduled at your convenience between Sep 15-Nov 16. Sessions are two hours long and course fee is $220 for 8 sessions. Please see course descriptions below.

To arrange your course: please email Confucius.Institute@uregina.ca or call 306-337-2653.

Chinese for Beginners
This course focuses on basic Chinese conversation skills, including pronunciation (Chinese Pinyin), vocabulary (i.e. numbers, food, color) and sentence patterns. You will learn to make simple conversation, such as greetings, telling time, shopping and ordering food.

Intermediate Chinese I
This course will allow students who have completed Chinese for Beginners to put their knowledge into practice. They will be able to advance their Chinese language proficiency through reading, writing, listening and speaking practices.

Chinese for Business
This course focuses on basic Chinese grammar, sentence structure and phrases. By the end of this course, you will be able to use appropriate expressions in casual or formal occasions including making introductions, checking in at hotels, exchanging business cards, making telephone calls and making appointments.

Chinese Hànyù Shuiping Kaoshi (HSK) Preparation Course
The new HSK is an international standardized exam that tests Chinese language proficiency. It assesses non-native Chinese speakers’ abilities in using the Chinese language in their daily, academic and professional lives. This course will help you to prepare for the HSK exam.
SCIENCE

ASTRONOMY: THE STARS OF AUTUMN
Autumn brings clear crisp evenings and bright stars and planets. Venus and Mercury will be well placed for evening sky gazers while Jupiter, Saturn and Mars will also make interesting targets. Learn how to find planets and how to identify stars and constellations. Expand your knowledge and understanding of the universe, our place in it and what you can see from our vantage point on Earth. Telescope viewing will take place after class when weather permits.

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<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>Chris Beckett</td>
</tr>
</tbody>
</table>

NEW SCIENCE OVERVIEW
This class will present a high level review of major science topics: Newton’s laws, Kepler’s laws, simple harmonic motion, Archimedes’ principle, ideal gas laws, the laws of thermodynamics and how they apply to everyday life. This course will concentrate on the science, with very little formula derivation and mathematics.

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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>1:30-3:20pm</td>
<td>$105/$90</td>
<td>George Maier</td>
</tr>
</tbody>
</table>

SOCIAL STUDIES: HISTORY, POLITICS, RELIGION & MORE

ANCIENT CULTURES & 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.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>9:30-11:20am</td>
<td>$105/$90</td>
<td>Dr. Ray Cleveland</td>
</tr>
</tbody>
</table>

NEW CANADA & THE GREAT WAR
On the 100th anniversary of the end of the “Great War” it is appropriate to consider how it changed Canada. Topics to be discussed will include Canada’s contribution to victory, the impact of the “Great War” at home, and its legacy for Canada and Canadians.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Oct 25-Nov 15</td>
<td>1:30-3:20pm</td>
<td>$80/$70</td>
<td>Dr. Bill Brennan</td>
</tr>
</tbody>
</table>
NEW CREATIONS & CATASTROPHE IN THE HEBREW BIBLE
This course will thematically explore the creation stories and catastrophic events in the Hebrew Bible. We will look at Genesis, the Flood, the Exodus, David and Solomon, the Exile and the return to Israel.

<table>
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<tr>
<th>Day, Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14 1:30-3:20pm</td>
<td>$105/$90</td>
<td>Esther Guillen</td>
</tr>
</tbody>
</table>

NEW COLLEGE AVENUE CAMPUS: HISTORY, HAUNTINGS & FOLKLORE
Join long-time Regina resident Don Black and project architect James Youck for this haunting (and perhaps haunted) evening at the College Avenue campus. There will be a very well-informed discussion of the building, followed by a tour, including stops at some of its more spectrally-charged areas. Families welcome!

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>Facilitators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Oct 30 7:00-9:00pm</td>
<td>$10 individual $20 Family</td>
<td>Don Black &amp; James Youck</td>
</tr>
</tbody>
</table>

NEW EXPLORATIONS IN PROGRESSIVE CHRISTIANITY
Does Christianity require an omnipotent deity, can it be in conversation with other faiths or answer contemporary social questions? Must the Bible be read literally? Can modern psychology illumine an ancient religion? This course draws on modern and ancient thinkers with particular attention to ‘voices from the margins’, to examine the ways Christianity is being embodied after 2000 years.

<table>
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<tr>
<th>Day, Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Oct 18 1:30-3:20pm</td>
<td>$80/$70</td>
<td>Cameron Fraser</td>
</tr>
</tbody>
</table>

NEW GENDER, CULTURE & MUSLIMS IN CANADA
This course will explore the history and lives of Muslims in Canada and advent of North American forms of Islam through the lenses of colonialism, immigration, multiculturalism and intersectional feminism. Please note: No class November 6.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 25-Nov 20 9:30-11:20am</td>
<td>$105/$90</td>
<td>Maysa Haque</td>
</tr>
</tbody>
</table>

NEW IMAGINING THE EXOTIC IN EUROPE, 1500-1750
Global exchanges and cross-cultural interactions flourished in the early modern period, a time of profound transformation for Europe. By exploring how European artists and their publics imagined other peoples and unfamiliar territories, this course will unravel the emergence of a visual culture of exoticism, and will cast light on how Europe constructed and manipulated visual concepts of otherness.
NEW INVADERS FROM THE EAST: MONGOLS, HUNS, GREAT WALLS
Fertile plains, rich cities, great rivers: all irresistible for nomads always in search of new pastures and conquests. The Chinese Emperors tried to prevent their raids by building the Great Walls - magnificent structures which did not stop these incursions.

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.

NEW SEXUALITY AFTER FIFTY
Our sexuality is what provides us with the sense of who we are as women and men. In our intimate relationships with others we experience and develop our sexual identity. We will discuss how being over fifty may be a time to consider retirement but rewiring our thinking about sexuality can be a silver lining.

NEW SPINNING WHEEL TO IPHONE
The modern world is founded on ideas that in many cases have been percolating for centuries. This class will look at several areas of the modern world and how we got here from much more humble and disparate roots. Themes will include transportation, communication, illumination and computer.

NEW THE THIRD REICH: DEFINING A DICTATORSHIP
On January 30, 1933, Hitler was appointed Chancellor of Germany. He did not seize
power, but was given it. Yet, within six months, Hitler had seized control of the state, made illegal all political parties but his own, and even freed himself from the German parliament. He had a dictatorship; and, Germany had the Third Reich. This class will look to explain what entailed.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 25-Nov 13</td>
<td>1:30-3:20pm</td>
<td>$105/$90</td>
<td>Dr. Clay Burlingham</td>
</tr>
</tbody>
</table>

**WRITING & LITERATURE**

**AS I REMEMBER**

Ever wonder what your parents or grandparents lives were really like? Everyone has an interesting story of his/her life or family that could be lost if it is not written down. This course offers a comfortable setting to do just that, with time for discussion and encouragement from like-minded individuals. Build a living legend for your family. Come join us.

<table>
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<tr>
<th>Day</th>
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<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14</td>
<td>1:30-3:20pm</td>
<td>$85/$65</td>
<td>Bob Juby &amp; Ivan Millard</td>
</tr>
</tbody>
</table>

**CONTEMPORARY SOCIAL, POLITICAL & SCIENCE CONCERNS**

On the last Monday of each month at 1:45 pm our group chooses the focus of the next meeting. It may be a book or a theme, and controversial issues predominate. Enjoyment and participation are the requirements. Liege Felicitor, happy reading!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 24, Oct 29, Nov 26, Dec 10, Jan 28, Feb 25, Mar 25, Apr 29, May 27, Jun 24</td>
<td>1:45-3:45pm</td>
<td>$85/$65</td>
<td>Al Fricker</td>
</tr>
</tbody>
</table>

**CREATIVE WRITING**

The best way to learn how to write is to write! This class allows you to share your writing and listen to the words of others who have a variety of interests and experiences. The opportunity to learn by listening supports the development of one’s writing skills and encourages individual participation in a supportive group setting. Participants take turns moderating weekly sessions which feature writings based on topics suggested a week in advance. There is no instructor, and no previous writing experience is necessary.

<table>
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<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 27-Nov 15</td>
<td>1:30-3:20pm</td>
<td>$85/$65</td>
<td>Alice Kellendock</td>
</tr>
</tbody>
</table>
CREATIVE WRITING CRITIQUE
Writers in this group meet monthly to assist each other to improve their writing through participant feedback and discussions about challenges faced during the writing process. Prior to each session, participants email a piece of their writing to other group members who will read and prepare written feedback.

<table>
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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 17, Oct 15, Nov 19, Dec 17, Jan 14, Feb 18, Mar 18, Apr 15, May 13, Jun 17</td>
<td>1:30-3:30pm</td>
<td>$85/$65</td>
<td>Jayne Whyte</td>
</tr>
</tbody>
</table>

NEW MURDER AS A FINE ART: AN INTRO TO DETECTIVE FICTION
This course introduces the history and forms of detective fiction from Edgar Allan Poe to the present. How and why did it emerge in the 1840s? Why are the Holmes stories so important to the history of the genre? How has it evolved over the past 175 years? What was the golden age of the detective story and just how golden was it? Is it literature? Through lectures and discussions, students will be encouraged to read widely and form their own answers to these questions – and to ask their own. The goal is to help you to read detective fiction with a greater understanding and pleasure. **Please note:** Students are asked to contact the instructor for a reading list prior to the start of the course.

<table>
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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Wed, Sep 26-Nov 14</td>
<td>1:30-3:20pm</td>
<td>$105/$90</td>
<td>Dr. Nils Clausson</td>
</tr>
</tbody>
</table>

PRAIRIE SAGES BOOK DISCUSSION GROUP
This group meets once a month for nine months. Discussions are led by class members. A list of the 2018 books will be e-mailed to students and be available at the LLC reception desk.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 18, Oct 16, Nov 13, Dec 11, Jan 15, Feb 19, Mar 19, Apr 16, May 21*</td>
<td>1:30-3:30pm</td>
<td>$85/$65</td>
<td>Elizabeth Paul</td>
</tr>
</tbody>
</table>

*May 21 meets at 10:30am & 1:30pm

NEW THE SPOKEN WORD
Join award winning poet Ken Mitchell to discuss, examine the history, importance, re-emergence and trends of spoken word poetry and to hear his thoughts on poetry - ‘The Spoken Word’. This talk will focus on the spoken word and oral tradition of
literature. This is intended to be an interactive lecture which will include discussion and oral performance of poems from the traditional literary canon, as well as some of Ken’s own. We hope this encourages the spoken word in class.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Sep 18</td>
<td>7:00-8:30pm</td>
<td>Free</td>
<td>Ken Mitchell</td>
</tr>
</tbody>
</table>

NEW STORY SHARE
Everyone has a story to tell! Societies are based on the shared story people tell themselves and each other. This informative and interactive gathering will demonstrate the sourcing and sharing of personal, historical, community and cultural stories in the oral tradition. Participants will have the opportunity to create and share their stories in a comfortable and receptive environment – and even have fun doing so! (NOT a story WRITING class!)

<table>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu Oct 25-Nov 15</td>
<td>9:30-11:20am</td>
<td>$80/$70</td>
<td>Vincent Murphy</td>
</tr>
</tbody>
</table>

THURSDAY NOON FORUMS

Day: Thu, 12:00-1:00pm  
Room: College Building Room 112, 2155 College Avenue  
Course Fee: $5 (unless otherwise stated)

WELCOME & ORIENTATION – FREE
All new and continuing students at the Lifelong Learning Centre are invited to join us for an orientation and update on new and exciting developments at the Lifelong Learning Centre and with the Seniors’ University Group. Bring your lunch and we’ll provide beverages. Interested students will be taken on a tour to see classrooms.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Sep 20</td>
<td>LLC Staff &amp; SUG Board Members</td>
</tr>
</tbody>
</table>

HUDSON BAY JACKETS
Join Sherry Farrell-Racette for a glimpse of the research project she is currently working on: 18th to early 19th century painted hide coats from Hudson Bay. They’re pretty fabulous!

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<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Sep 27</td>
<td>Sherry Farrell-Racette</td>
</tr>
</tbody>
</table>
# Transplanted Roots
A personal memory of transplanted roots as experienced by Donna Lukomski who survived the horrors of World War II as a young child with what remained of her family and their survival in refugee camps in India, Siberia and Africa, to their final destination and new home in Canada.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Oct 4</td>
<td>Donna Lukomski</td>
</tr>
</tbody>
</table>

## Saskatchewan Research Council
Join representatives from the Saskatchewan Research Council for an overview of exciting happenings and research currently underway.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Oct 11</td>
<td>SRC</td>
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</table>

## The Economics of Marijuana Legalization
Join Dr. Jason Childs from the Department of Economics for a compelling discussion on the economic benefits of legalization of cannabis in Canada.

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<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>Oct 18</td>
<td>Dr. Jason Childs</td>
</tr>
<tr>
<td>11:45-12:30</td>
<td></td>
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</tbody>
</table>

## Experiments with Electricity: Frankenstein, Mary Shelley & The New Science
2018 marks 200 years since the first publication of Mary Shelley’s Frankenstein. Join Dr. Alexis McQuigge from the Department of English at the University of Regina as she discusses the novel’s origins and cultural legacy.

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>Oct 25</td>
<td>Dr. Alexis McQuigge</td>
</tr>
</tbody>
</table>

## Why a Carbon Tax is Good for the Environment & The Economy
Dr. King will explore why economists greatly prefer carbon taxes as a way of tackling global warming, as well as the implications of a carbon tax for economic activity in the oil and gas sector in Saskatchewan.

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Nov 1</td>
<td>Dr. Harvey King</td>
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</tbody>
</table>
INTERNET SECURITY
Join Mohammad Al-bayti for an introduction and overview of basic principles of cybersecurity, including virus scanning, identifying phishing scams and ensuring privacy.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>Nov 8</td>
<td>Mohammad Al-bayati</td>
</tr>
</tbody>
</table>

ALL OVER IRELAND
Caed Mille Failte! Take a grand ‘All Over Ireland’ tour with traveler and storyteller Vincent Murphy. Travel to Ireland not as a tourist but as a ‘visitor’. Vincent will take you places and introduce you to the marvelous Irish magic of heart-warming and amusing adventures. Enjoy the music, see the sights, meet the people - and enjoy the stories.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>Nov 15</td>
<td>Vincent Murphy</td>
</tr>
</tbody>
</table>

TRAVEL SAFETY TIPS
Join Conflict Negotiation professor & Krav Maga martial arts expert Dr. Chris Street to learn basic tips on travel safety.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Nov 22</td>
<td>Dr. Chris Street</td>
</tr>
</tbody>
</table>

Bring this coupon for FREE ADMISSION to one Thursday Noon Forum listed on pages 53-55.
Limit one free forum per person this term.
Original coupon only please. Copies not accepted.
Please print your name, phone number and email address below.

Name: ________________________________
Phone: _______________________________
Email: ______________________________

☐ Yes, please add me to your email list.
GENERAL INFORMATION

LIFELONG LEARNING CENTRE FEE SHARING OR WAIVING POLICY

Fee sharing or waiving is available to make it possible for Seniors’ University Group (SUG) members to take LLC daytime courses regardless of income. Information is available upon request by calling 306-585-5748.

DONATING TO THE LIFELONG LEARNING CENTRE

If you wish to support the Lifelong Learning Centre you can donate by:

Online: www.uregina.ca/cce/lifelong

Mail: Lifelong Learning Centre, Centre for Continuing Education
      University of Regina, 3737 Wascana Parkway, Regina, SK S4S 0A2

In Person: Lifelong Learning Centre, College Building, Rm 114, 2155 College Ave.

Cheques payable to University of Regina. Tax receipts will be issued for donations of $20 and over.

SENIORS’ UNIVERSITY GROUP (SUG)

SUG membership is open to those 50 years of age and over who pay the annual membership fee which is $30 for the year April 1, 2018 to March 31, 2019. You can join or update your membership for 2018-2019 when you register for courses and receive SUG membership benefits which include:

• Lower fees for daytime LLC courses
• Vibrant learning and research community
• Live & Learn newsletter
• Invitations to special lectures and social events
• Vote for SUG Board members
• Join a committee or run for a position on the Board
• Access UR libraries at no charge

The Seniors’ University Group has recently established informal groups interested in doing things together including tours to places of interest in Regina and beyond. Email SUG@urgina.ca if you would like to get more information about these groups and the activities they have planned.

To get borrowing privileges for University of Regina libraries, you will need to bring your receipt and confirmation of SUG membership to the Archer Library. Staff there will provide you with a Library Card to make it possible for you to borrow books.
LIFELONG LEARNING CENTRE COURSE CHECKLIST

- Ancient Cultures & Places $105/SUG $90
- Android 1 $30
- As I Remember $85/SUG $65
- Astronomy $125
- Bellyfit Sage $85/SUG $75
- Canada and the Great War $80/SUG $70
- Chinese Cooking $160
- Classic Films $30/SUG$20
- Cloud Computing $30
- College Avenue Campus: History, Hauntings & Folklore $10/Family $20
- Contemporary Social, Political & Science Concerns $85/SUG $65
- Craft Beer Appreciation $150
- Creations and Catastrophes in the Hebrew Bible $105/SUG $90
- Creative Writing $85/SUG $65
- Creative Writing Critique $85/SUG $65
- Explorations in Progressive Christianity $80/SUG $70
- Fall Gardening Preparing for Winter $30
- Fit for Your Life $105/SUG $90
- French: La joie de vivre 1 $155/SUG $140 + Textbook
- French: La joie de vivre 2 $155/SUG $140 + Textbook
- French: La joie de vivre 3 $155/SUG $140 + Textbook
- French: La vie en rose $155/SUG $140 + Textbook
- Gender, Culture & Muslims in Canada $105/SUG $90
- Houseplants as a Winter Hobby $30
- Imagining the Exotic in Europe: 1500-1750 $80/SUG $70
- Invaders From the East $105/$90
- International Classic Films of Mexico - Free
- iPad 1 $30
- iPad 2 $30
- Line Dancing $85/SUG $75
- Meditation: Transforming Heart & Mind $90
- Middle East Current Affairs $105/SUG $90
- Murder as Fine Art $105/SUG $90
- Online Dating $50
- Photography Made Easy $80/SUG $70
- Prairie Sages Book Discussion Group $85/$SUG 65
- Rosies of the North - Free
- Roy Romanow Provincial Lab Tour 1 $5
- Roy Romanow Provincial Lab Tour 2 $5
- Roy Romanow Provincial Lab Tour 3 $5
- Science Overview $105/SUG $90
- Sexuality After Fifty $80/SUG $70
- Social Media for Seniors $60/SUG $50
- Spanish 1 $155/SUG $140 + Textbook
- Spanish 1 (Evening) $175 + Textbook
- Spanish 2 $155/SUG $140 + Textbook
- Spanish 2 (Evening) $175 + Textbook
- Spanish 3 $155/SUG $140 + Textbook
- Spanish 3 (Evening) $175 + Textbook
- Spanish 4 $155/SUG $140 + Textbook
- Spanish 5 $155/SUG $140 + Textbook
- Spanish Conversation (Evening) $175
- Spanish Conversation 1 $155/SUG $140
- Spanish Conversation 2 $155/SUG $140
- Spanish Travel Intensive $100
- Spinning Wheel to iPhone $80/SUG $70
- Stand-Up Comedy 101 $125
- Story Share $80/SUG $70
- Stretch & Tone Exercise $105/SUG $90
- Table Tennis (Saturday) $45/SUG $35
- Table Tennis (Tuesday) $45/SUG $35
- The Spoken Word Poetry - Free
- Tai Chi $90
- Tai Chi Chih $85/SUG $75
- The Third Reich: Defining a Dictatorship $105/SUG $90
- Vegetable Gardening Under Grow Light $30
- Vodka Appreciation $50
- Yoga - Advanced $85/SUG $75
- Yoga - Beginners $85/SUG $75
- Yoga - Chair $85/SUG $75
- Yoga - Multi-Level $85/SUG $75
- Yoga - Restorative $85/SUG $75

HOW TO REGISTER:

By phone: 306-585-5748
Online: www.uregina.ca/cce/lifelong
In person:
Until June 30: Room 121, Palliser Building, 2151 Scarth St.
After July 1: Student Services Office, College Building, Room 118, 2155 College Avenue
### LIFELONG LEARNING CENTRE COURSES AT A GLANCE

**MONDAY**
- **AM**
  - Yoga: Advanced (10:30-11:30am, Sep 27-Nov 15, CB 230)
  - Stretch & Tone (12:00-1:00pm, Sep 25-Nov 13, CB 230)
  - Yoga - Chair (12:15-1:15pm, Sep 27-Nov 22, CB 230)
  - Yoga - Restorative (1:00-2:00pm, Sep 26-Nov 14, CB 230)
  - Yoga - Multi-Level (1:00-3:00pm, Oct 4-Nov 22, CB 230)
  - T’ai Chi (1:30-3:30pm, Sep 24-Oct 22, CB 230)
  - T’ai Chi Chih (1:45-3:45pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**TUESDAY**
- **AM**
  - Yoga - Beginners (9:30-10:30am, Sep 25-Dec 3, CB 230)
  - Social Media for Seniors (10:15-12:00pm, Sep 25-Dec 3, CB 230)
  - Creative Writing (2:00-4:00pm, Sep 24-Oct 22, CB 230)
  - Contemporary Social, Political & Science Concerns (3:00-5:00pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing (1:30-3:30pm, Sep 24-Nov 26, CB 230)
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**WEDNESDAY**
- **AM**
  - Yoga: Chair (9:30-10:30am, Sep 25-Nov 13, CB 230)
  - Creative Writing (10:15-12:00pm, Sep 25-Dec 3, CB 230)
  - Creative Writing (2:00-4:00pm, Sep 24-Oct 22, CB 230)
  - Contemporary Social, Political & Science Concerns (3:00-5:00pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing (1:30-3:30pm, Sep 24-Nov 26, CB 230)
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**THURSDAY**
- **AM**
  - Yoga: Advanced (9:30-11:30am, Sep 27-Nov 15, CB 230)
  - Stretch & Tone (12:00-1:00pm, Sep 25-Nov 13, CB 230)
  - Yoga - Chair (12:15-1:15pm, Sep 27-Nov 22, CB 230)
  - Yoga - Restorative (1:00-2:00pm, Sep 26-Nov 14, CB 230)
  - Yoga - Multi-Level (1:00-3:00pm, Oct 4-Nov 22, CB 230)
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  - T’ai Chi Chih (1:45-3:45pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**FRIDAY**
- **AM**
  - Yoga: Chair (9:30-10:30am, Sep 25-Nov 13, CB 230)
  - Creative Writing (10:15-12:00pm, Sep 25-Dec 3, CB 230)
  - Creative Writing (2:00-4:00pm, Sep 24-Oct 22, CB 230)
  - Contemporary Social, Political & Science Concerns (3:00-5:00pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing (1:30-3:30pm, Sep 24-Nov 26, CB 230)
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**SATURDAY**
- **AM**
  - Yoga: Chair (9:30-10:30am, Sep 25-Nov 13, CB 230)
  - Creative Writing (10:15-12:00pm, Sep 25-Dec 3, CB 230)
  - Creative Writing (2:00-4:00pm, Sep 24-Oct 22, CB 230)
  - Contemporary Social, Political & Science Concerns (3:00-5:00pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing (1:30-3:30pm, Sep 24-Nov 26, CB 230)
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

**SUNDAY**
- **AM**
  - Yoga: Chair (9:30-10:30am, Sep 25-Nov 13, CB 230)
  - Creative Writing (10:15-12:00pm, Sep 25-Dec 3, CB 230)
  - Creative Writing (2:00-4:00pm, Sep 24-Oct 22, CB 230)
  - Contemporary Social, Political & Science Concerns (3:00-5:00pm, Sep 24-Oct 22, CB 230)
- **PM**
  - Creative Writing (1:30-3:30pm, Sep 24-Nov 26, CB 230)
  - Creative Writing Critique (1:30-3:30pm, Sep 24-Nov 26, CB 230)

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**Contact Information:**
- [www.uregina.ca/cce/lifelong](http://www.uregina.ca/cce/lifelong)
- 306-585-5748
- SIS.Noncredit@uregina.ca

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**Important Notes:**
- No classes on Oct 6 & 8, Nov 10 & 12
- Table Tennis on Tuesday, Sep 18, Oct 16, Nov 13, Dec 11
- Prairie Sages Book Discussion on Sep 18, Oct 16, Nov 13, Dec 11
- Creation & Catastrophes in the Hebrew Bible on Sep 18, Oct 16, Nov 13, Dec 11
<table>
<thead>
<tr>
<th>COURSES AT A GLANCE</th>
<th>WHEN</th>
<th>ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEDNESDAY EVENINGS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall Gardening Preparing for Winter</strong></td>
<td>7:00-9:00pm, Sep 19</td>
<td>CB 234</td>
</tr>
<tr>
<td><strong>Craft Beer Appreciation</strong></td>
<td>7:00-9:00pm, Sep 26-Oct 24</td>
<td>CB 234</td>
</tr>
<tr>
<td><strong>Contemporary Social, Political &amp; Science Concerns</strong></td>
<td>1:30-3:00pm, Oct 3-Nov 20</td>
<td>CB 110</td>
</tr>
<tr>
<td><strong>Saskatchewan Winter Berries</strong></td>
<td>1:30-3:00pm, Nov 2-21</td>
<td>CB 110</td>
</tr>
<tr>
<td><strong>Gardening Tips</strong></td>
<td>1:30-3:00pm, Dec 12</td>
<td>CB 110</td>
</tr>
<tr>
<td><strong>Fit for Your Life</strong></td>
<td>4:00-5:00pm, Sep 25-Nov 22</td>
<td>CB 230</td>
</tr>
</tbody>
</table>

**TUESDAY EVENINGS**

<table>
<thead>
<tr>
<th>COURSES</th>
<th>WHEN</th>
<th>ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>iPad 1</strong></td>
<td>6:30-8:30pm, Sep 25</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>iPad 2</strong></td>
<td>6:30-8:30pm, Oct 2</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>Android 1</strong></td>
<td>6:30-8:30pm, Oct 9</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>Cloud Computing</strong></td>
<td>6:30-8:30pm, Oct 16</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>The Spoken Word</strong></td>
<td>7:00-8:30pm, Sep 18</td>
<td>CB 139</td>
</tr>
<tr>
<td><strong>College Avenue Campus: History, Hauntings, &amp; Folklore</strong></td>
<td>7:00-9:00pm, Oct 30</td>
<td>CB 139</td>
</tr>
<tr>
<td><strong>Vegetable Gardening Under Grow Lights</strong></td>
<td>7:00-9:00pm, Oct 30</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>Houseplants as a Winter Hobby</strong></td>
<td>7:00-9:00pm, Nov 13</td>
<td>CB 232</td>
</tr>
<tr>
<td><strong>Spanish Conversation (Evening)</strong></td>
<td>7:15-9:15pm, Sep 25-Nov 13</td>
<td>CB 110</td>
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</table>

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<thead>
<tr>
<th>COURSES</th>
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</thead>
<tbody>
<tr>
<td><strong>Chinese Cooking</strong></td>
<td>6:30-8:30pm, Thu, Oct 4-25</td>
<td>Campbell Collegiate, Rm 120</td>
</tr>
<tr>
<td><strong>Astronomy the Stars of Autumn</strong></td>
<td>7:00-9:00pm</td>
<td>CB 112</td>
</tr>
<tr>
<td><strong>Meditation: Transforming Heart &amp; Mind</strong></td>
<td>7:00-8:00pm, Thu, Sep 27-Nov 15</td>
<td>CB 234</td>
</tr>
<tr>
<td><strong>Spanish 1 (Evening)</strong></td>
<td>7:00-9:00pm, Sep 27-Nov 15</td>
<td>CB 234</td>
</tr>
</tbody>
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<tbody>
<tr>
<td><strong>Fit for Your Life</strong></td>
<td>4:00-5:00pm, Sep 25-Nov 22</td>
<td>CB 230</td>
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</tbody>
</table>

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<tr>
<th>COURSES</th>
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</thead>
<tbody>
<tr>
<td><strong>Creative Writing Critique</strong></td>
<td>10:00-11:00am, Oct 3-Nov 21</td>
<td>CB 249</td>
</tr>
<tr>
<td><strong>Spanish Conversation 1</strong></td>
<td>9:00-10:00am, Oct 2-Nov 20</td>
<td>CB 230</td>
</tr>
<tr>
<td><strong>Creative Writing</strong></td>
<td>1:00-2:00pm, Sep 25-Nov 20</td>
<td>CB 111</td>
</tr>
<tr>
<td><strong>Table Tennis</strong></td>
<td>1:00-2:00pm, Sep 25-Nov 20</td>
<td>CB 111</td>
</tr>
<tr>
<td><strong>Spinning Wheel to iPhone</strong></td>
<td>1:00-2:00pm, Sep 25-Nov 20</td>
<td>CB 112</td>
</tr>
<tr>
<td><strong>Internet Security</strong></td>
<td>1:00-2:00pm, Sep 25-Nov 20</td>
<td>CB 249</td>
</tr>
</tbody>
</table>

NOTE: No classes on Oct 6 & 8, Nov 10 & 12

CB – College Building
2156 College Avenue
RRR – Renaissance Retirement Residence
1801 McIntyre Street

Lifelong Learning Centre registration and Student Services will still be available at the Palliser Building until June 30.

Before visiting us in July or August, please check our website for our current location as we’ll begin moving to the College Building at the College Avenue Campus July 2018.

Please visit our website for most current course information. www.uregina.ca/cce
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