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NEW NON-CREDIT ONLINE REGISTRATION SYSTEM

For Conservatory, Lifelong Learning, Personal Enrichment & Professional Development Programs

Search, register and pay for courses from your computer, tablet or smart phone day or night!

Go online at your own convenience to:

• Register for a course
• Manage your account
• Make a payment
• View and print receipts and so much more!

Login with your email address and create your own password. **No more calling in for your Login or PIN!** **Take a quick minute to search for your account.**

**Don’t have an account? It only takes a few minutes to create one.**

See page 6 for simple step-by-step instructions to create your account in the new system. Once you’ve created your account, you’ll be able to:

• Register online for more courses and programs than ever before.
• View the availability of your course and immediately register online.
• New robust search feature - search by course, keyword, age, day, time and more.
• Find a course you love but not ready for payment? Add it to your Wish List.
• Manage your own courses as well as your family’s all in one spot.
• Share your courses on Facebook at the click of a button. Invite your family and friends to join you!

Winter 2018 courses are viewable now at www.uregina.ca/cce.

Registration now open.
**New Location Information**

**WE’RE MOVING BACK FOR FALL 2018!**
We’re still at our temporary locations listed below and are ready to welcome you back for WINTER and SPRING 2018 classes. Our permanent home, the College Avenue Campus is in the process of being transformed and restored into an updated heritage campus. With great anticipation, we’ll be showcasing our FALL 2018 programs back at the new College Building! Watch for more news from us about the College Avenue Campus.

<table>
<thead>
<tr>
<th>Palliser Building (PAL)</th>
<th>Lifelong Learning Centre:</th>
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</thead>
<tbody>
<tr>
<td><strong>Non-Credit Student Services:</strong></td>
<td>• Administrative Staff</td>
</tr>
<tr>
<td>• Conservatory</td>
<td>• Classes (<em>excluding Fitness and Computer Use classes</em>)</td>
</tr>
<tr>
<td>• Lifelong Learning Centre</td>
<td></td>
</tr>
<tr>
<td>• Career &amp; Professional Development</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conservatory of Performing Arts:</th>
<th>CCE General Administrative Staff:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Administrative Staff</td>
<td>• Assistant Director</td>
</tr>
<tr>
<td>• Private Instruction</td>
<td>• Central Business Services</td>
</tr>
<tr>
<td>• Most Group Classes</td>
<td>• Central Marketing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regina Salseros Dance Studio</th>
<th>Lifelong Learning Centre:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Conservatory of Performing Arts:</strong></td>
<td>• Fitness Classes</td>
</tr>
<tr>
<td>• Flamenco Regina courses only</td>
<td>(<em>excluding Table Tennis</em>)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Westminster United Church (WM)</th>
<th>Lifelong Learning Centre:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Conservatory of Performing Arts:</strong></td>
<td>• Fitness Classes</td>
</tr>
<tr>
<td>• Some Ensembles</td>
<td>(<em>excluding Table Tennis</em>)</td>
</tr>
<tr>
<td>• Theatre &amp; Visual Arts Classes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education Building (ED) - U of R Main Campus</th>
<th>Lifelong Learning Centre:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lifelong Learning Centre:</strong></td>
<td>• Computer Use Classes</td>
</tr>
</tbody>
</table>

---
Renaissance Retirement Residence (RRR)
Lifelong Learning Centre:
• Table Tennis

First Nations University of Canada (FN)
Credit Student & Instructor Services:
• Career & Professional Development:
  • Undergraduate Programs

Career & Professional Development:
• Classrooms for:
  • Professional Certificates
  • Professional Seminars
  • Customized Training
  • Administrative Staff

Conservatory of Performing Arts:
• Conservatory Creative Preschool

Flexible Learning:

CCE Director’s Office:
• Director
• Administrative Assistant

PARKING & ACCESSIBILITY

Parking
Parking options are different at each location. Please see each specific building webpage on our website.

Accessibility
The Centre for Continuing Education has committed to make every possible physical accommodation, in accordance with the U of R policy, that may be required by its students and customers at these new locations. Any student with a disability who may need accommodations should discuss these with the course instructor (if applicable) and contact the Coordinator of the Centre for Student Accessibility at 306-585-4631.

For more detailed information about our new locations, visit www.uregina.ca/cce.
Conservatory of Performing Arts (CPA) & Lifelong Learning Centre (LLC)

REGISTRATION
There are three easy ways to register for CPA and LLC courses:

**Website:** Visit www.uregina.ca/cce for online registration.

**Phone:** 306-585-5748 and have your credit card ready to make payment.

**In Person:** We have moved! Stop by Student Services (non-credit) located on the main floor of the Palliser Building, Room 121, 2151 Scarth Street. Visit our website for office hours.

HOW TO ACTIVATE YOUR ONLINE ACCOUNT

1. Go to www.uregina.ca/cce and click on the link for Winter registration which will take you to the new registration system.

If you have already created an account in the Winter, you are ready to register. If you had an account in the previous registration system and have not used the new system yet, follow the steps below:

2. Select **Sign In**, then **Forgot Your Password**.
3. Enter the email address used to create your previous account.
4. Select **Submit** and a temporary password will be sent to your email.
5. Sign into your account with the temporary password. You will immediately be prompted to change it.
6. Update your account information and email or text preferences.
7. You are finished and ready to register!

If you are creating a new account:

1. Select **Create an Account**.
2. Follow the onscreen directions to add your email address, name, address, email or text preferences, and other information as requested.
3. Create your password.
4. Click Submit. You are finished and ready to register!

If you are experiencing difficulty, please call us at 306-585-5748. We’d be happy to help!
PRIVATE INSTRUCTION REGISTRATION

With our new online registration system you can now search, register and pay for lessons from your computer, tablet or smart phone!

Do much more online! Now you can:

• Register for private lessons
• Make payments
• Set up automatic monthly payments
• View and print receipts
• Manage your personal and family account and so much more!

Visit www.uregina.ca/cce to get started.

Checklist Before Registering Online:

Make sure you have:

• Your Private Instructor’s Name
• Day and Time of lessons (confirmed by your instructor)
• **Number** and **length** of lessons (confirmed by your instructor)
• There is an initial payment of $250 required at the time of registration.
  
  You are ready to REGISTER ONLINE!

If you are experiencing difficulty, please call us at 306-585-5748.
We’d be happy to help!

---

University of Regina Alumni Association Members are eligible for discounts!

Get the U of R Alumni Perks app at www.uregina.ca
Evening & Weekend Classes

If you’re looking for something fun and interesting to do, we run a number of classes designed to carve out some time for yourself in the evenings and on weekends. These classes are run by the Lifelong Learning Centre and Conservatory of Performing Arts.

Visit www.uregina.ca/cce for the most current course information.

MONDAY

Intermediate/Advanced Flamenco
Jan 8-Jun 14, 5:45-7:15pm

Music Theory for the Complete Beginner
Jan 22-Apr 9, 6:00-7:00pm

Campfire Guitar 1
Jan 22-Apr 16, 6:00-7:00pm

Frost in the Garden
Mar 5, 7:00-8:30pm

Campfire Guitar 2
Jan 22-Apr 16, 7:15-8:15pm

Spanish 1 (Evening)
Jan 22-Mar 19, 7:00-9:00pm

Intro to Flamenco Dance
Jan 8-Mar 26; Apr 9-Jun 11, 7:15-8:45pm

TUESDAY

Meditation: Transforming Heart & Mind
Jan 23-Mar 20, 7:00-8:00pm

DIY Green Cleaning Products
Mar 6, 7:00-9:00pm

DIY Garden Projects
Feb 27, 7:00-9:00pm

Preparation & Timing of Seed Planting
Feb 13, 7:00-9:00pm

Spanish Conversation (Evening)
Jan 23-Mar 13, 7:00-9:00pm

Weakness for Sweetness
Jan 23-Feb 6, 7:00-9:00pm

WEDNESDAY

Ukulele Level 1
Jan 24-Apr 11, 6:00-7:00pm

Creating a Colorful Foliage Garden
Apr 25, 7:00-9:00pm

Gardening for Birds, Bees & Butterflies
Apr 11, 7:00-9:00pm

Shade Gardening Solutions
Apr 18, 7:00-9:00pm

Spanish 3 (Evening)
Jan 24-Mar 14, 7:00-9:00pm

Speechcraft
Jan 24-Mar 14, 7:00-9:00pm

Stand-up Comedy 101
Jan 24-Mar 14, 7:00-9:00pm

Ukulele Level 2
Jan 24-Apr 11, 7:15-8:15pm

THURSDAY

Beginner Powwow
Various dates, 5:30-6:30pm
<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate/Advanced Flamenco</td>
<td>Jan 8-Jun 14; Apr 12-Jun 14</td>
<td>5:45-7:15pm</td>
</tr>
<tr>
<td>Ribbon Skirt</td>
<td>Various dates</td>
<td>6:30-8:00pm</td>
</tr>
<tr>
<td>Chinese Cooking</td>
<td>Feb 15-Mar 15</td>
<td>6:30-8:30pm</td>
</tr>
<tr>
<td>Adult Bagpipe Studies</td>
<td>Jan 4-May 31</td>
<td>7:00-7:50pm</td>
</tr>
<tr>
<td>Astronomy for Winter Stargazers</td>
<td>Jan 25-Mar 15</td>
<td>7:00-9:00pm</td>
</tr>
<tr>
<td>Spanish 2 (Evening)</td>
<td>Jan 25-Mar 15</td>
<td>7:00-9:00pm</td>
</tr>
<tr>
<td>Beginner 1 Flamenco Dance</td>
<td>Jan 11-Mar 29; Apr 12-Jun 14</td>
<td>7:15-8:45pm</td>
</tr>
<tr>
<td>Cello Level 2</td>
<td>Jan 25-Apr 12</td>
<td>6:00-7:00pm</td>
</tr>
<tr>
<td>Cello Level 3</td>
<td>Apr 19-Jun 21</td>
<td>6:00-7:00pm</td>
</tr>
<tr>
<td>Bagpipes for Beginners Level 2</td>
<td>Jan 18-Mar 29</td>
<td>8:00-8:50pm</td>
</tr>
<tr>
<td>Bagpipes for Beginners Level 3</td>
<td>Apr 12-Jun 14</td>
<td>8:00-8:50pm</td>
</tr>
<tr>
<td>FRIDAY</td>
<td></td>
<td></td>
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<tr>
<td>Beadwork Projects</td>
<td>Various dates</td>
<td>5:30-8:00pm</td>
</tr>
<tr>
<td>Contemporary (Dance) Technique B</td>
<td>Jan 19-Mar 23; Apr 13-Jun 15</td>
<td>6:15-7:45pm</td>
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<tr>
<td>SATURDAY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T’ai Chi</td>
<td>Jan 20-Mar 24</td>
<td>9:30-10:30am</td>
</tr>
<tr>
<td>Indigenous Saskatchewan History</td>
<td>Mar 10-24</td>
<td>10:00am-12:00pm</td>
</tr>
<tr>
<td>Spanish Travel Intensive</td>
<td>Jan 13-20</td>
<td>10:00am-2:00pm</td>
</tr>
<tr>
<td>Adult Choir – Vocal Technique/Theory AM</td>
<td>Jan 27-Apr 28</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>Adult Choir Rehearsal</td>
<td>Jan 20-May 26</td>
<td>10:45am-12:15pm</td>
</tr>
<tr>
<td>Adult Choir – Vocal Harmony PM</td>
<td>Jan 27-Apr 28</td>
<td>12:30-1:00pm</td>
</tr>
<tr>
<td>Table Tennis (Saturday)</td>
<td>Jan 20-Mar 24</td>
<td>1:00-2:30pm</td>
</tr>
<tr>
<td>Crashing through the Classics</td>
<td>Jan 20-Apr 7</td>
<td>4:30-5:30pm</td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemporary (Dance) Technique A</td>
<td>Jan 21-Mar 25; Apr 8-Jun 10</td>
<td>12:15-1:45pm</td>
</tr>
<tr>
<td>Contemporary (Dance) Choreography A</td>
<td>Jan 21-Mar 25; Apr 8-Jun 10</td>
<td>1:45-2:45pm</td>
</tr>
<tr>
<td>Cello Choir</td>
<td>Jan 14-Jun 3</td>
<td>2:00-3:00pm</td>
</tr>
<tr>
<td>MYC (Adult Group Keyboard Class)</td>
<td>Jan 7-Jun 17</td>
<td>2:30-3:45pm</td>
</tr>
</tbody>
</table>

For more personal enrichment daytime courses, see pages 38 and 46.
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 instructors 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.

Denise, Project Management Certificate Student  
Zach, SIHL Student
Customized Training

Designed specifically to meet the needs and objectives of your organization, customized training is a great way to engage your employees, expand their skills and evolve your business. Cost effective and flexible, Customized Training helps you develop the skills and talents of your team to ensure a competitive advantage and long term success.

Customized 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

Customized Training is great for:

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

“Never have I participated in any type of learning that so directly related to improving my performance, that tied so many of the relevant threads together, and was so directly beneficial to my goal of growing as a leader both at work and in my personal life.”

Chris, Director, City of Regina
Customized Leadership Development Program
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. Graduates of our Professional Certificates become members of the University of Regina Alumni Association and gain access to member benefits. 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.

“What made the learning experience positive was all the students, regardless of age, were focused on learning. This focus erased the age level. Learning happens at all ages.”

Ernest, Band Administrator, Ocean First Nation Project Management Certificate Student

Certificate Programs:

• Project Management
• Professional Leadership
• Business Analysis
• Professional Management

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®).
## Professional Certificate Programs – Winter 2018 Schedule

### Project Management

#### Prerequisite Courses
- Fundamentals of Project Management
- Project Planning & Scheduling

#### Required Courses
- Project Quality Management
- Stakeholder, Resource & Communication Management
- Project Risk Management
- Cost & Procurement Management
- Project Management Practicum (taken last)

### Professional Leadership

#### Required Courses
- Principles of Effective Leadership
- Interpersonal Communications
- Coaching & Mentoring Employees
- Creating Effective Work Groups
- Negotiation & Conflict Management

#### Elective Courses (3 are required)
- Career Development:
  - Leading in a Diverse Environment
  - Transformational Leadership
  - Leading Change

- Personal Development:
  - Leading & Motivating Employees
  - Authentic Leadership
  - Developing a Personal Leadership Plan

### Business Analysis

#### Prerequisite Courses
- Fundamentals of Business Analysis

#### Required Courses
- Business Analysis: Planning & Monitoring
- Strategy Analysis
- Elicitation & Collaboration
- Requirements Life Cycle Management
- Requirements Analysis & Design Definition; Solution Evaluation
- Business Analysis Practicum (taken last)

### Professional Management

#### Prerequisite Courses
- Fundamentals of Project Management
- Principles of Effective Leadership
- Business Communications
- Fundamentals of Accounting for Non-Accountants

#### Elective Courses
- Organizational Management:
  - Strategy & Risk Management
  - Customer Care
  - Negotiation & Conflict Resolution
- Personal Management:
  - Performance Management
  - Leading in a Diverse Environment
  - Effective Recruitment & Retention

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, two and half-day seminars 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 & Partnerships

Institutes are designed for specific industries and have a dynamic program structure to give people a unique learning experience. Our institutes appeal to a wide range of professions within an industry making them ideal professional development programs for employees across entire organizations.

Institutes & Partnerships:
• Health Leadership
• Supply Chain Management

“SIHL changed my entire outlook on how I manage my work and personal life. I can relate more effectively with others, accomplish tasks & manage stress more efficiently. The program taught me to lead with assertiveness and confidence. So many times when I handle a situation, I connect my reaction with SIHL training.

You can’t help but come away from this experience with a better understanding of yourself.”

Mary Rose, SIHL Student
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 was a perfect adjunct to my other degrees in education and has enabled me to be more effective within multiple areas of education.”

*Coralee, Certificate in Inclusive Education graduate*
Certificate Programs:

- Administration Level I & II
- Public Relations
- Inclusive Education
- Liberal Arts (Certificate & Diploma)
- Local Government Authority & Advanced LGA
- Nonprofit Sector Leadership & Innovation

“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, Public Relations Certificate, Bachelor of Arts graduate
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.

“My favorite aspect of the U of R High School Accelerated Program was the [online] learning format. Having already taken a university class in high school will prepare you for post-secondary and ease your first year’s workload. This will give you an advantage over unprepared students fresh out of high school.”

Jose, Faculty of Science

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.
Flexible Learning

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.

Winter 2018 Online Course Subjects:

**Undergraduate**
- Administration
- Art
- Biology
- Business Administration
- Creative Technologies
- Cree
- Economics
- Education
- English
- French
- History
- Indian Art History

**Indigenous**
- Health Studies
- Indigenous Education
- Indigenous Environmental Science
- Indigenous Social Work
- Indigenous Studies
- Justice Studies
- Kinesiology
- Local Government Authority
- Media, Art & Performance
- Physics
- Political Science

**Graduate**
- Education
- Health Administration (JSGS)

- Psychology
- Public Relations
- Religious Studies
- Sociology
- Social Work
- Theatre
- Women’s & Gender Studies

“I came to the U of R to represent the Cougars Volleyball team and spent 5 years playing and studying full-time. During the summer months, I would be traveling around the world with the Australian National Volleyball team in important international events. This meant I had to be flexible in my schedule to ensure I could make practices, games, classes and exams each week. U of R [online courses] enabled me to [be flexible] and fulfill my academic requirements. I highly recommend online courses to any student looking to accommodate busy schedules, sports or family endeavours.”

Jacques, Bachelor of Kinesiology & U of R Men’s Volleyball Assistant Coach
Evenings & Saturdays

Evening and Saturday courses are perfect for those who have busy weekday schedules.

“During my co-work term, I was working a typical 8-5 shift, five days a week, for a year. I wanted to stay ahead of schedule by taking a few electives while working. Fortunately, a couple courses were evening classes and fit my schedule perfectly. There was no need to try to break up my work schedule to squeeze a class in the middle of the day and rush from work to school and back to work again. By taking evening classes, I can finish my final year with a lighter course load.”

Regilyn, Faculty of Engineering

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.

Winter 2018 Early Morning Courses:

ENGL 100   KHS 131   KIN 170   KIN 220

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.

Winter 2018 LIVE-streamed Courses:

PSYC 102
Blended Courses

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

Winter 2018 Blended Courses:

- HS 200 (LIVE/online)
- SOC 214 (LIVE/online)
- SW 202 (LIVE/online)
- SW 415 (LIVE/online)

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:

- Carlton Trail College
- Cumberland College
- Great Plains College
- Northlands College
- North West College
- Parkland College
- Saskatchewan Polytechnic (Moose Jaw & Saskatoon)
- Southeast College
- Faculty of Social Work (Saskatoon)

“The distance program for me was an experience that made it possible for me to stay in my hometown. I was able to live at home with little to no costs, while saving money to move to the bigger city and finish my education.”

Taylor, Faculty of Education (Parkland College)
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 2018 HSXL Courses:

ANTH 100 ENGL 100 (Dual or Special Credit)

“I believe that any online accelerated course for high school students that plans to pursue post-secondary education is valuable and well worth it. Not only do you gain a credit prior to even beginning University, but you also feel less stressed about any upcoming changes in environment between high school and post-secondary. Feeling less uncertain about where things are on campus, where you can access the library, and all the endless resources available to you as a University student are introduced ahead of time so you can have peace of mind while making a very large and impactful transition.”

Jewel, Faculty of Social Work

Summer University

Summer courses, offered May-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
• Lighten their fall and winter course load
• Keep up with their program while doing internships or co-op workterms

Summer University Course Options:

• Online
• On-campus
• Off-Campus
• Evenings & Saturdays
• Live-streamed
• Blended

Visit urflexible.ca for all Flexible Learning course options and details.
Language Instruction for Newcomers to Canada (LINC)

NEW The University of Regina offers free English language classes for newcomers to Canada. Immigration, Refugees and Citizenship Canada (IRCC) fully fund 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
- Part-time and evening classes available
- LINC Certificate upon completion of CLB 4
- 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.ca

  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:
- Choose your LINC program.
  - 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
  Wakpá Tower (South Residence), Room 113
  3737 Wascana Parkway
  Regina, SK S4S 0A2
  Mon-Thu: 11:00am-7:00pm
  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 build your English skills, we offer part-time adult classes called **Fundamentals for Success.**

**Benefits**
- Afternoon and evening classes
- Learning that meets your specific English-language needs
- Highly qualified instructors
- Small class sizes

**Classes**

- **Communicative Success: Focuses on listening and speaking**
  (A) Jan 15-Feb 14, 2018, Mon & Wed, 7:00-8:50pm, $300
  (B) Feb 21-Mar 21, 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**
  (A) Jan 16-Feb 15, 2018, Tue & Thu, 7:00-8:50pm, $300
  (B) Feb 20-Mar 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.)

**Intensive Classes**
- Apr (3 weeks/40 hours) $600

*(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.

**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 you do, tell them about studying in our 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-Jul 2018 (5 weeks) - Tuition Fee: $2,470

Language & Culture

• Mar 2018 (3 weeks) - Tuition Fee: $1,720
• Aug 2018 (3 weeks) - Tuition Fee: $1,720

(Please note: Semester dates and tuition fees are subject to change without notice. Food, accommodations and some extracurricular activities require additional fees.)

For more information, visit our website at www.uregina.ca/esl and click on “Short-Term Programs.”
Conservatory of Performing Arts

At the Conservatory of Performing Arts, we pride ourselves on creating unique and accessible experiences in the arts. Our courses range from typical lecture style programs to ensembles that broaden and develop skills for beginner and amateur performers. We believe the arts provide an excellent space for anyone to build confidence, be social, learn self-discipline and get creative. We offer courses in both traditional arts forms and contemporary genres and styles that run from 4-32 weeks in length. Watch our website for a complete list of current course offerings.

This will be our last year at the below locations. We are excited to announce we will be back at the College Avenue Campus (2155 College Avenue) for the start of the Fall 2018 term. At the Conservatory, we have been eagerly awaiting our return to this campus and look forward to purpose built spaces for our programs including a large ensemble room, dance studio, early learning lab, preschool, art room and private lesson studios.

NEW LOCATIONS:

Look at the course description online for the location of your winter class.

Find us in the following locations:

- **Palliser Building (PAL)** – Conservatory administration, Student Services, some group classes and private lessons
- **First Nations University of Canada (FN)** – Conservatory Creative Preschool
- **Westminster United Church (WM)** – most music ensembles, theatre and visual arts classes
- **Regina Salseros Dance Studios (RS)** – Dance courses only

“Being a student at the Conservatory has been a better experience than I’ve ever hoped for in voice lessons. The Conservatory welcomed me and the people within the community made me feel at home and helped me overcome my insecurity with my vocal techniques. My instructor made me feel so much more confident in myself and my talent. My past two years at the Conservatory have been my best vocal experience of my life.

- **Katelynn, Conservatory Voice Student**
Dates to Remember this Winter

Watch our website for more information about the following events:

**Wednesday, November 15**  
Registration for Winter Camps  
(Feb 20-23) and winter classes opens

**Thursday, January 4**  
Classes resume after the winter break

**Saturday, January 6**  
Conservatory of Performing Arts  
Open House

**Monday, January 15**  
Registration for Spring Camps  
(Apr 2-6) opens

**Saturday, January 20**  
Winter classes begin

**Thursday, March 15**  
Registration for Summer Camps  
(July/August) opens

**Monday, April 2**  
Registration for Fall 2018 Preschool  
opens for new families

**Tuesday, May 15**  
Early bird registration for some  
fall courses

Creative Kids Saskatchewan

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](http://www.creativekidssask.ca).
Private Lessons are core at the Conservatory and we offer a range of instruments in a variety of genres of music. For our private lesson students, we also boast group and ensemble courses to help further their learning and build ensemble skills.

**CHILD/PARENT STRINGS (AGES 3-8)**

Our Child/Parent Strings program runs as a supplement to private instruction in violin or cello for young beginners. There are two group class components in this program: a weekly 45-minute Group Class (all students) and a 45-minute Musicianship Class (only after the first year). Class start times depend on your child’s playing level; fee pro-rated depending on start date. Please ask your private violin/cello instructor if your child should join this group.

**MUSIC COACHING (ALL AGES)**

This course involves small ensemble coaching for pre-formed groups of musicians, singers or theory students. From adult cello quintets to theory students prepping for exams, our Music Coaching sessions are customized to your ensemble’s goals and objectives. Coaching sessions are treated as shared individual lessons with one of our Private Lesson instructors and booked as blocks of 10 hours minimum per term. Please see our website under Music Coaching for the registration procedure for these coaching sessions.

**SUZUKI PIANO (AGES 3-8)**

Using the concept “All children can learn,” the Suzuki method of teaching music uses the methodology of language training to develop the language of music in your child, seeking to develop the whole child through the study of music, with the main goal of creating beautiful hearts. Children will learn to play the piano through their natural senses - hearing, touch and imitation with the close involvement of one of their parents. Suzuki Piano group classes are offered through the studios of Lana Ramsay and Stela Popa.
### Course Name | Age | Day | Time | Fee
--- | --- | --- | --- | ---
Child/Parent Strings Group Class* | 3-8 | Tue, Jan 9-Jun 5 | 45-minute sessions between 5:00-7:15pm | Pro-rated based on start date
Music Coaching | All | Depends on instructor | Depends on instructor | $60/hr or min of $600/term
Suzuki Piano (Group) | 3-8 | Depends on instructor | Depends on instructor | $100-$270 + materials

*With Musicianship Class (second year or higher only).

### PRIVATE INSTRUCTION (ALL AGES)
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:

#### Brass/Winds
Band students find that private lessons help improve their technique, performance and marks at school.

#### Guitar
From the cool strumming of chords to the classical finger picking technique, our instructors have you covered.

#### Percussion
Whether you are rocking out with your band or want to improve your percussion skills for the school band, our instructors can help.

#### Piano/Theory
Strong piano skills offer a great foundation for every other instrument and our instructors offer the best in piano instruction.

#### Strings
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.

#### Voice
The most personal instrument, our instructors offer solid vocal technique and health to all singers interested in opera to pop.
These are the 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.

To start taking private lessons, please fill out our form found under *Private Lessons > Private Lessons Placement Form* on our website and we will find the perfect match for your needs and abilities. An up-to-date list of our instruments and instructors is available on our website.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
<td>All</td>
<td>Depends on instructor</td>
<td>Depends on instructor</td>
<td>$28/half-hour</td>
</tr>
</tbody>
</table>

**Conservatory Creative Camps**

**NEW SCHOOL’S OUT CREATIVE CAMPS (AGES 7-12)**

These day camp sessions happen during the school year when teachers are still working but students have the day off. Kids will have a fun and creative day learning through music in these short, intensive workshops designed for all levels of musicians. Schedules are determined by the Regina Catholic and Regina Public School calendars. *School’s Out Creative Camps* has early drop-off/late pick-up 45 minutes before and after camp.
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sing Holiday Classics</td>
<td>7-12</td>
<td>Fri, Nov 24 OR Fri, Dec 1</td>
<td>9:00am-3:30pm</td>
<td>$40 + $10 materials</td>
</tr>
<tr>
<td>Xylophone Orchestra Pop</td>
<td>7-12</td>
<td>Fri, Jan 26</td>
<td>9:00am-3:30pm</td>
<td>$40 + $10 materials</td>
</tr>
<tr>
<td>Xylophone Orchestra Rock</td>
<td>7-12</td>
<td>Fri, Feb 16</td>
<td>9:00am-3:30pm</td>
<td>$40 + $10 materials</td>
</tr>
<tr>
<td>Make &amp; Play a Spirit Flute</td>
<td>7-12</td>
<td>Fri, Mar 9 OR Mon, Mar 12</td>
<td>9:00am-3:30pm</td>
<td>$40 + $30 materials</td>
</tr>
<tr>
<td>Boomwhacker Orchestra</td>
<td>7-12</td>
<td>Fri, May 18</td>
<td>9:00am-3:30pm</td>
<td>$40 + $10 materials</td>
</tr>
<tr>
<td>Drum On!</td>
<td>7-12</td>
<td>Fri, Jun 15</td>
<td>9:00am-3:30pm</td>
<td>$40 + $10 materials</td>
</tr>
</tbody>
</table>

**WINTER & SPRING CAMPS (AGES 3-14)**

Mark your calendars for the 2018 Winter and Spring Creative Camp sessions! Our camp days consist of learning about an art focus for the week, preparing for a short performance/showcase on Friday, taking outdoor breaks (weather permitting), working on arts activities and playing arts games to activate learning in the camp’s focus and more! For both the Winter and Spring Camp sessions we will have sibling discounts available. See our Day Camps page on our website for the camp themes. Early drop-off and late pick-up is available 1 hour before and after camps. The Winter Camp session runs Tuesday-Friday during the February Break and the Spring Camp Session runs Monday-Friday during the March/April Easter Break.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Day Camps*</td>
<td>3-6</td>
<td>Tue-Fri, Feb 20-23 OR Mon-Fri, Apr 2-6</td>
<td>8:45am-12:00pm OR 1:00-4:15pm</td>
<td>$120 - $150/wk</td>
</tr>
<tr>
<td>Full Days Camps</td>
<td>6-8, 8-12 &amp; 11-14</td>
<td>Tue-Fri, Feb 20-23 OR Mon-Fri, Apr 2-6</td>
<td>8:45am-4:15pm</td>
<td>$200 - $250/wk</td>
</tr>
</tbody>
</table>

*Please note the Half Day Camps content is the same in the AM and PM, please register only for one session.
During the Spring Camp session we also run two special Recruitment Camps.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Drumline Recruitment (pg. 36)</td>
<td>8+</td>
<td>Tue-Wed, Apr 3-4</td>
<td>8:45am-12:00pm</td>
<td>Free*</td>
</tr>
<tr>
<td>Pipe Band Recruitment (pg. 36)</td>
<td>8+</td>
<td>Tue-Wed, Apr 3-4</td>
<td>1:00pm-4:15pm</td>
<td>Free*</td>
</tr>
</tbody>
</table>

*Registration Required

**Group Dance**

**CONTEMPORARY DANCE (AGES 16+)**

Our Contemporary Dance program is led by dancer and choreographer, Karen Rose, and is designed to be suitable for all experience levels from beginners with no prior dance experience to seasoned dancers looking for a casual environment to stretch their muscles and maintain their bodies. Rose’s Technique classes explore basics of contemporary dance from floor work, transitional movement phrasing and traveling combinations like jumps, turns and leaps. Also integral to contemporary technique is the use of breath, the development of presence and the physical expression of human spirit. In Choreography classes, Rose will work with the dancers to create choreography, resulting in a dance piece that will be performed at the end of each session. You are not required to join both the Technique and Choreography classes on the same day, however it is encouraged. There is no difference between A, B and C sessions except the time of day. You are welcome to join one or multiple sessions offered throughout the Winter and Spring Terms. Drop-in options will also be available.

**INTRODUCTION TO FLAMENCO DANCE (AGES 16+)**

Let us introduce you to this energetic music and dance form from southern Spain! In this class you’ll learn basic flamenco dance technique including footwork, arm and hand movements and rhythmic clapping. Sevillanas, a popular Spanish fiesta dance, will be introduced in this class. Introduction to Flamenco is a prerequisite to Beginner 1 Flamenco. If you have previous Flamenco experience please contact advanced@flamencoregina.com to schedule a placement audition for Intermediate/Advanced Flamenco group. **Requirements:** Secure footwear that has a block heel and closed toe is preferred; the instructor will make recommendations at the first class.
<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate/Advanced Flamenco**</td>
<td>16+</td>
<td>Mon &amp; Thu, Jan 8-Jun 14</td>
<td>5:45-7:15pm</td>
<td>$150</td>
</tr>
<tr>
<td>Introduction to Flamenco Dance</td>
<td>16+</td>
<td>Mon, Jan 8-Mar 26; Apr 9-Jun 11</td>
<td>7:15-8:45pm</td>
<td>$195/session</td>
</tr>
<tr>
<td>Contemporary Technique C</td>
<td>16+</td>
<td>Mon, Jan 22-Mar 26; Apr 9-Jun 10</td>
<td>10:15-11:45am</td>
<td>$135</td>
</tr>
<tr>
<td>Beginner 1 Flamenco Dance*</td>
<td>16+</td>
<td>Thu, Jan 11-Mar 29; Apr 12-Jun 14</td>
<td>7:15-8:45pm</td>
<td>$195/session</td>
</tr>
<tr>
<td>Contemporary Technique B</td>
<td>16+</td>
<td>Fri, Jan 19-Mar 23; Apr 13-Jun 15</td>
<td>6:15-7:45pm</td>
<td>$135</td>
</tr>
<tr>
<td>Contemporary Choreography B</td>
<td>16+</td>
<td>Fri, Jan 19-Mar 23; Apr 13-Jun 15</td>
<td>7:45-8:45pm</td>
<td>$90</td>
</tr>
<tr>
<td>Contemporary Technique A</td>
<td>16+</td>
<td>Sun, Jan 21-Mar 25; Apr 8-Jun 10</td>
<td>12:15-1:45pm</td>
<td>$135</td>
</tr>
<tr>
<td>Contemporary Choreography A</td>
<td>16+</td>
<td>Sun, Jan 21-Mar 25; Apr 8-Jun 10</td>
<td>1:45-2:45pm</td>
<td>$90</td>
</tr>
</tbody>
</table>

*Prerequisite required. **Previous experience required before joining the class.

Early Learning

PRESCHOOL (AGES 3-4)
At the Conservatory of Performing Arts we believe that engagement in the fine arts is an essential piece of the healthy development of all young people. Our instructor, Jennifer Schindelka, supplements the curriculum recommended by the Saskatchewan government by drawing on Conservatory of Performing Arts resources to foster an early foundational love for the creative arts. The Preschool is located at the First Nations University of Canada (near the U of R Campus) and will return to the College Avenue Campus (2155 College Avenue) in Fall 2018. If you are interested in registering for Preschool, you must first head to our website to fill-in our Pre-Registration Form, which is submitted directly to our instructor. We have limited spots available for January start. Fall 2018 registration opens for new families April 2, 2018. Families are waitlisted based on the submission date of our Pre-Registration Form.
## KINDERMUSIK (AGES NEWBORN-4 YEARS)

Kindermusik is all about you and your child! You will be guided each week by our Kindermusik instructor, Fallon Hantelman-Stewart, through age-appropriate activities that introduce you and your child to music concepts, through a combination of movement, storytelling and imaginative play. Each session comes with a storybook, CD, instrument and sometimes more, which you can bring home and use again and again to promote further learning. Choose from 4-week (*Wiggle & Grow®*), 8-week (*Village®*) or 12-week options (*Our Time®* and *Imagine That!®*) and pick the course that works best for you and your family. See course descriptions online to learn more about the specific themes and curricula.

### KINDERMUSIK VILLAGE® - FOUNDATIONS (NEWBORN-18 MONTHS)

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cock-a-doodle-MOO!</td>
<td>Sat, Jan 20-Mar 17</td>
<td>11:40am-12:25pm</td>
<td>$110 + $45 materials</td>
</tr>
</tbody>
</table>

### KINDERMUSIK WIGGLE & GROW® - LEVEL 2 (AGES 18 MONTHS-3 YEARS)

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go, Go, Go!</td>
<td>Sat, Jan 20-Feb 10</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
<tr>
<td>Rhyme Around Town</td>
<td>Sat, Feb 24-Mar 17</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
<tr>
<td>Down on the Ground</td>
<td>Sat, Apr 7-Apr 28</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
</tbody>
</table>

### KINDERMUSIK OUR TIME® - LEVEL 2 (AGES 18 MONTHS-3 YEARS)

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Away We Go!</td>
<td>Tue, Jan 23-Apr 24</td>
<td>5:30-6:05pm</td>
<td>$155 + $65 materials</td>
</tr>
<tr>
<td>Away We Go!</td>
<td>Sat, Jan 20-Apr 21</td>
<td>9:00-9:35am</td>
<td>$155 + $65 materials</td>
</tr>
</tbody>
</table>
KINDERMUSIK IMAGINE THAT!® (AGES 3-4)

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toys I Make, Trips I Take</td>
<td>Tue, Jan 23-Apr 24</td>
<td>6:20-7:05pm</td>
<td>$165 + $70 materials</td>
</tr>
<tr>
<td>Toys I Make, Trips I Take</td>
<td>Sat, Jan 20-Apr 21</td>
<td>9:50-10:35am</td>
<td>$165 + $70 materials</td>
</tr>
</tbody>
</table>

NEW MUSIC FOR YOUNG CHILDREN (AGES 3-9)

Music for Young Children (MYC) 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 instructor Megan Fries. MYC instructors meet specific piano-performance and music-theory qualifications, receive special program training and are assessed to ensure consistently high music education standards. By the end of the Moonbeams levels, children are well prepared for early intermediate piano studies or study in another instrument area.

At registration you are required to pay for your last month ($130) and the mandatory materials fee ($220). Monthly payments of $130 start January 1-May 1 with classes running until June.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunshine Level 1</td>
<td>3-4</td>
<td>Thu, Jan 4-Jun 14</td>
<td>10:30-11:45am</td>
<td>$130/mn + $220 materials</td>
</tr>
<tr>
<td>Sunbeams Level 1</td>
<td>5-6</td>
<td>Thu, Jan 4-Jun 14</td>
<td>4:00-5:15pm</td>
<td>$130/mn + $220 materials</td>
</tr>
<tr>
<td>Moonbeams Level 1</td>
<td>7-9</td>
<td>Thu, Jan 4-Jun 14</td>
<td>7:30-8:45pm</td>
<td>$130/mn + $220 materials</td>
</tr>
</tbody>
</table>

Group Music for Kids

CELLO DRAMA! SENIOR (AGES 13+)

Join the cello community at the Conservatory! This course provides young cellists the opportunity to stretch their ensemble skills and have fun while building community with other musicians. Cello Drama! Senior is designed for those in RCM Grade 6 or higher and is led by Simon Fryer, RSO Principal Cellist. Cello Drama! offers cellists of beginner to advanced skills the opportunity to supplement weekly private lessons or String Orchestra with further engagement in their instrument.
CONSERVATORY JUVENTUS CHOIR (AGES 6-14)

Conservatory Juventus (yoo-VEHN-tuhs) Choir develops vocal skills and performance techniques with an emphasis on fun and friendships. Choir is suitable for all levels of singers. In the $50 materials fee there is an optional $25 fee for a burgundy polo shirt, please select during registration if you are new to choir.

NEW JUNIOR DRUMLINE (AGES 8+)

Join the drumming community at the Conservatory in our Junior Drumline. This low cost program is made-up of young musicians from all levels interested in building their skills and socializing with other budding percussionists. From 7:00-8:00pm Beginner Level students work with our Drumline instructors, Les Schaeffer and Chris Worthington, to learn the basics of this unique percussion style in the four main instruments: bass drum, snare drum, tenor drum and cymbals. From 8:00-9:00pm Intermediate/Advanced Level students with previous experience in a school band or in private drum lessons, join to learn and practice performance repertoire. The Drumline performs at music festivals and sporting events throughout the summer and fall. See our Conservatory Creative Camps (pg. 32) for information about our free Spring Recruitment Camp each year.

SCOTTISH PIPE & DRUM (AGES 8+)

You DO NOT need to be Scottish to participate! First-year students taking Beginner Bagpipes or Drums, learn on a practice chanter if learning the bagpipes or the practice pad if learning the drums. As well, students are exposed to what the Conservatory Pipe Band does – they get to meet and interact with the band members, engage in common activities and learn about the band before they start to play in it. The Conservatory Pipe Band has Saskatchewan’s most experienced pipe band musicians as instructors and is the only youth pipe band in Regina! Please note: Students are welcome to join Beginner Bagpipes or Drums or Conservatory Pipe Band at any time of the year, fee pro-rated based on start date.

STRING ORCHESTRA (AGES 7-14)

Young string players are welcome to join our String Orchestra and develop their ensemble skills while building lifelong friendships with their peers. Students will generally have 2-5 years of playing experience with the violin, viola, cello or double
bass before joining this group. You will be required to arrive early before your child’s first rehearsal to take part in a Meet & Play placement that will determine which section of the orchestra your child will play in. These are 5-minute meetings with our String Orchestra Director and RSO Violinist, Christian Robinson, in which your child will play a less than 2-minute piece, play a scale and take part in some basic sight reading.

**SUZUKI TRUMPET (AGES 5-10)**

*Suzuki Trumpet* courses, led by Suzuki certified instructor Allen McWilliams, use songs, games and other activities to build stamina and early technique, so your child will be equipped to play a brass instrument! Parents attend class and are included in weekly lessons to help promote learning outside of the classroom. There is no private lesson requirement to join this class.

**Please note:** Level 2 is for students who participated in this course in Fall 2017, all new students will join Level 1. Students will be required to rent a pocket trumpet for this course ($25-$30/month); however, please wait for recommendations from the instructor before you rent your trumpet.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juventus Junior Choir</td>
<td>6-14</td>
<td>Sun, Jan 21-May 27</td>
<td>2:45-4:00pm</td>
<td>$135 + $50 materials</td>
</tr>
<tr>
<td>String Orchestra**</td>
<td>7-14</td>
<td>Tue, Sep 19-May 15</td>
<td>5:30-7:00pm</td>
<td>$195 + $30 materials</td>
</tr>
<tr>
<td>Suzuki Trumpet Level 2*</td>
<td>6-10</td>
<td>Wed, Jan 24-May 2</td>
<td>5:00-5:45pm</td>
<td>$175 + $25 materials</td>
</tr>
<tr>
<td>Suzuki Trumpet Level 1</td>
<td>5-8</td>
<td>Wed, Jan 24-May 2</td>
<td>6:00-6:30pm</td>
<td>$150 + $25 materials</td>
</tr>
<tr>
<td>Beginner Bagpipes or Drum</td>
<td>8+</td>
<td>Wed, Jan 4-May 30</td>
<td>7:00-7:50pm</td>
<td>Fee prorated based on start date</td>
</tr>
<tr>
<td>Conservatory Pipe Band**</td>
<td>8+</td>
<td>Wed, Jan 4-May 30</td>
<td>7:00-9:00pm</td>
<td>Fee prorated based on start date</td>
</tr>
<tr>
<td>Junior Drumline Lessons</td>
<td>8+</td>
<td>Thu, Apr 12-Nov 8</td>
<td>7:00-8:00pm</td>
<td>$75</td>
</tr>
<tr>
<td>Junior Drumline Rehearsal (Intermediate and Advanced Levels)</td>
<td>8+</td>
<td>Thu, Apr 12-Nov 8</td>
<td>8:00-9:00pm</td>
<td>$75</td>
</tr>
<tr>
<td>Cello Drama! Senior**</td>
<td>13+</td>
<td>Sat, Jan 6-May 12</td>
<td>1:45-3:00pm</td>
<td>$275 + $20 materials</td>
</tr>
</tbody>
</table>

*Prerequisite required. **Previous experience required before joining the class.
Group Music for Adults (16+)

ADULT CHOIR + SMALL GROUP LESSONS

Join the Conservatory Adult Choir with director Lori Potter! This choir is suitable for all levels of singers. You will improve your singing skills with a friendly community of adult learners. Before or after choir rehearsal, the director offers small group classes to further learning. In Vocal Technique/Theory AM work on learning music theory basics. In Vocal Harmony PM, participants sing in small ensembles like trios, quartets and more. These AM/PM classes are for a maximum of 6 students. The Winter term runs January-May. The choir runs in two terms (Fall term and Winter term), you can sign-up for a full year in September or by term in the fall and winter.

BAGPIPE STUDIES

Bagpipe Studies is for adults who can play the bagpipes and who want to expand their repertoire and learning. It includes the study of several new tunes, a simple piobaireachd, canntaireachd [Gaelic vocables] and further work on bagpipe sound and playing technique. Led by Iain MacDonald, the class is taught in 3 sections of 10 weeks each starting in the Fall term. New bagpipe players can join in January for the Winter term or March for the Spring term.

BAGPIPES FOR BEGINNERS

Scottish piping is a unique and culturally rich musical style performed around the world. You DO NOT need to be Scottish to participate! Participants who started with Iain MacDonald in Level 1 in the Fall term will continue their learning in Level 2 offered in the Winter term and Level 3 offered in the Spring term.

CAMPFIRE GUITAR

Learn how to strum and sing along to your favourite songs. Campfire Guitar 1 will introduce beginner adult students to their first chords, singing while playing and tuning their instrument all in a fun and supportive environment. Students must supply their own guitar. Campfire Guitar 1 or equivalent playing experience is a prerequisite to Campfire Guitar 2.
CELLO CHOIR

Held every other Sunday throughout the year, this Cello Choir is for adult amateur cellists who want to play cello music together in a non-competitive, supportive group; everyone, from beginners to advanced players, is welcome. Join instructor Joel MacDonald and be part of creating a community of cellists who play, learn, share and grow with their music. Join anytime of the year. Fees are prorated based on enrolment date. Please call to register: 306-585-5748.

CELLO FOR BEGINNERS

Continuing on from Level 1 offered in the Fall term, aspiring cellists under the guidance of Joel MacDonald will continue moving up through the levels to gain further proficiency in their instruments. Level 2 is offered in the Winter term. Level 3 is offered in the Spring term.

NEW MUSIC APPRECIATION – CRASHING THROUGH THE CLASSICS

Learn to listen critically to music from a wide range of eras and time periods with instructor Clark Schaefele. This class will provide a brief introduction to different genres and styles of music expression and socio-economic factors influencing composers, and include a guided listening to pieces from some of the genre’s greatest minds. No previous music experience is required before joining this class.
NEW MUSIC FOR YOUNG CHILDREN – MY CHOICE 1
(ADULT GROUP KEYBOARD CLASS)

Although Music for Young Children (MYC) focuses mainly on early learning with children, we are excited to be offering their curriculum dedicated to beginner adult learners. Learn keyboard and music theory in this supportive and fun group environment. Our MYC program is led by instructor Megan Fries. MYC teachers meet specific piano-performance and music-theory qualifications, receive special program training, and are assessed to ensure consistently high music-education standards. At registration you are required to pay for your last month ($130) and the mandatory materials fee ($220). Monthly payments of $130 start January 1-May 1 with classes running until June.

MUSIC THEORY FOR BEGINNERS

Join us for Music Theory for the Complete Beginner and learn the basics of reading music notation. The ABC’s of music can be used in many applications after the course: songwriting, further study in an instrument (like guitar or piano) or music appreciation. This 10-week course will help you understand more about this unique language all in a fun, supportive environment.

UKULELE FOR BEGINNERS

An introduction to Hawaii’s small but mighty guitar-like musical instrument, students will learn to strum, chord and accompany songs in a fun and supportive class environment. Please note: Level 1 and Ukulele for Seniors are the same in content; the only difference is the time of day. Level 2 continues to build on the skills learned in Level 1 or Seniors. Learn more music and gain public exposure by performing at some of Regina’s care home and senior residences. Students must supply their own ukulele and chromatic tuner. Instruments should be purchased before the first class; we recommend a model that runs from $65-$85.
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cello Choir**</td>
<td>Sun, Jan 14-Jun 3</td>
<td>2:00-3:00pm</td>
<td>Fee prorated based on start date.</td>
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<tr>
<td>MYC – My Choice 1</td>
<td>Sun, Jan 7-Jun 17</td>
<td>2:30-3:45pm</td>
<td>$130/mn + $220 materials fee</td>
</tr>
<tr>
<td>Campfire Guitar 1</td>
<td>Mon, Jan 22-Apr 16</td>
<td>6:00-7:00pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Music Theory for the Complete Beginner</td>
<td>Mon, Jan 22-Apr 9</td>
<td>6:00-7:00pm</td>
<td>$100 + $20 materials</td>
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<tr>
<td>Campfire Guitar 2*</td>
<td>Mon, Jan 22-Apr 16</td>
<td>7:15-8:15pm</td>
<td>$160</td>
</tr>
<tr>
<td>Ukulele for Seniors</td>
<td>Wed, Jan 24-Apr 11</td>
<td>1:30-2:30pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Ukulele Level 1</td>
<td>Wed, Jan 24-Apr 11</td>
<td>6:00-7:00pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Ukulele Level 2*</td>
<td>Wed, Jan 24-Apr 11</td>
<td>7:15-8:15pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Adult Bagpipe Studies**</td>
<td>Thu, Jan 4-May 31</td>
<td>7:00-7:50pm</td>
<td>$280</td>
</tr>
<tr>
<td>Bagpipes for Beginners Level 2*</td>
<td>Thu, Jan 18-Mar 29</td>
<td>8:00-8:50pm</td>
<td>$160</td>
</tr>
<tr>
<td>Bagpipes for Beginners Level 3*</td>
<td>Thu, Apr 12-Jun 14</td>
<td>8:00-8:50pm</td>
<td>$160</td>
</tr>
<tr>
<td>Cello Level 2*</td>
<td>Thu, Jan 25-Apr 12</td>
<td>6:00-7:00pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Cello Level 3*</td>
<td>Thu, Apr 19-Jun 21</td>
<td>6:00-7:00pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Adult Choir Rehearsal</td>
<td>Sat, Jan 20-May 26</td>
<td>10:45am-12:15pm</td>
<td>$185 + $15 materials</td>
</tr>
<tr>
<td>Vocal Technique/ Theory AM</td>
<td>Sat, Jan 27-Apr 28</td>
<td>10:00-10:30am</td>
<td>$95</td>
</tr>
<tr>
<td>Vocal Harmony PM</td>
<td>Sat, Jan 27-Apr 28</td>
<td>12:30-1:00pm</td>
<td>$95</td>
</tr>
<tr>
<td>Crashing through the Classics</td>
<td>Sat, Jan 20-Apr 7</td>
<td>4:30-5:30pm</td>
<td>$120</td>
</tr>
</tbody>
</table>

*Prerequisite required.

**Previous experience required before joining the class.

Please note: Fees for adult courses do not include taxes.
NEW BROADWAY GENIUS – SINGERS, DANCERS & ARTISTS WANTED
(AGES 13+)

Starting in the fall a group of enthusiastic students wrote an original musical theatre production under expert guidance from Senior Glee Club instructor Chip McDaniel. Now, we are looking for a cast of students to help us bring this new musical to life. We are looking for chorus/ensemble cast roles and students to help with other duties like working as a stage hand, set painting and more. You will work as a team and build on your individual strengths to mount the show. Performance will be on May 17; on this day there will be an extended rehearsal at 4:00pm to prepare for the show.
GLEE CLUB JUNIOR & SENIOR (AGES 6-12)

Under the guidance of experienced instructors, students will sing and dance to jazz, pop, show tunes and much more in these exciting entry level musical theatre courses. In Junior Glee students ages 6-8 will stage short musical revues and Senior Glee students ages 8-12 perform Musical Theatre International KIDS Broadway Junior productions. For both Junior and Senior Glee, no previous experience is required to join the program – all levels of performers are welcome. Please note: Senior Glee is currently full but we are accepting students on a waitlist to join. Groups will stage a performance in the Winter term on May 17; on this day there will be an extended rehearsal at 4pm to prepare for the show.

SHOWTIME (AGES 10-14)

Discover more about the acting process from beginning to end by producing a One Act play. Showtime students learn theatre basics with instructor Vanessa Nezamloo while building community and friendships with other young actors. Learn what it means to be a theatre artist and improve your acting skills. This group will stage a performance in the Winter term on May 15; on this day there will be an extended rehearsal at 4:00pm to prepare for the show. No previous acting experience required.
NEW THE OLYMPIANS (AGES 10-14)

In *The Olympians*, learn the skill of stage combat and fight choreography. Be inspired by gladiators, medieval times, mythological worlds and fantasy and fiction writing like Percy Jackson or the Hunger Games. In cooperation with our instructor Vanessa Nezamloo, students learn about safety guidelines for this unique brand of acting, then bring an original story to life. Students present their story and newly acquired skills to family and friends at a stage show at the end of the term. No previous acting experience required.

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Showtime (10 spots remaining)</td>
<td>10-14</td>
<td>Wed, Jan 24-May 16</td>
<td>6:00-7:30pm</td>
<td>$225 + $30 materials</td>
</tr>
<tr>
<td>The Olympians</td>
<td>10-14</td>
<td>Wed, Jan 24-May 16</td>
<td>7:30-9:00pm</td>
<td>$225 + $30 materials</td>
</tr>
<tr>
<td>Senior Glee Club (full, but waitlist being accepted)</td>
<td>8-12</td>
<td>Thu, Jan 25-May 17</td>
<td>5:00-7:00pm</td>
<td>$275 + $30 materials</td>
</tr>
<tr>
<td>Junior Glee Club A (4 spots remaining)</td>
<td>6-8</td>
<td>Thu, Jan 25-May 17</td>
<td>5:30-6:45pm</td>
<td>$175 + $30 materials</td>
</tr>
<tr>
<td>Junior Glee Club B (8 spots remaining)</td>
<td>6-8</td>
<td>Thu, Jan 25-May 17</td>
<td>6:45-8:00pm</td>
<td>$175 + $30 materials</td>
</tr>
<tr>
<td>Broadway Genius</td>
<td>13+</td>
<td>Thu, Jan 25-May 17</td>
<td>7:30-9:00pm</td>
<td>$175 + $30 materials</td>
</tr>
</tbody>
</table>

*Please note: students who registered in the Fall term registered for a full year of class. Please do not register again if you joined us for the Fall term.*
Visual Arts

BEADWORK PROJECTS (ALL AGES)

Anyone, from children to seniors, is welcome to come and learn how to do beadwork with Katelyn Ironstar. Each 4-week class will focus on a new project (specific projects TBD). The class will include First Nations traditional teachings surrounding beadwork and introductions to different techniques, like the appliqué stitch and lane stitch commonly used for powwow regalia and smaller projects. All gender orientations are welcome to attend any of the sessions. Children under 8 must attend with an adult.

RIBBON SKIRT/SHIRT - SESSIONS 4-6 (ALL AGES)

In this class participants will learn how to make a ribbon skirt or shirt with Tanya Sayer of Spirit Wear. The ribbon skirt (for women) and shirt (for men) is worn for every day wear as well as traditional activities like a ceremony, round dance, feast, powwow or special occasion. Anyone wishing to learn is welcome to participate. Teachings and protocols will also be shared throughout the class. Each 4-week class will complete 1 ribbon skirt or shirt within the session; sign up for multiple sessions to make more than 1 ribbon skirt/shirt. If you wish to make a shirt, please bring a button-up shirt that you would like to sew ribbon onto. If you wish to make a skirt, fabric and materials will be provided.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ribbon Skirt/Shirt Sessions 4-6</td>
<td>All ages</td>
<td>Thu, Jan 25-Feb 15; Mar 1-22; &amp;/OR Apr 12-May 3</td>
<td>6:30-8:00pm</td>
<td>$15/session</td>
</tr>
<tr>
<td>Beadwork Projects</td>
<td>All ages</td>
<td>Fri, Jan 26-Feb 16; Mar 2-23; &amp;/OR Apr 13-May 4</td>
<td>5:30-8:00pm</td>
<td>$20/session</td>
</tr>
</tbody>
</table>
Lifelong Learning Centre

Learn to Live and Live to Learn

The Lifelong Learning Centre’s (LLC) mission is to offer special interest programs for adults of all ages and backgrounds, to stimulate the mind, enhance socialization and promote physical activity. We support personal and community enrichment through the joy of learning and volunteerism. LLC courses provide opportunities to acquire knowledge, maintain and improve critical thinking skills, while sharing experiences and ideas with others... and the best part, there are no exams!

Our spectrum of daytime, evening and Saturday courses are intended to help you develop new understandings, embrace alternative concepts, meet interesting people and enjoy being a student again. The Lifelong Learning Centre 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 themes such as stand-up comedy, astronomy, languages, wine appreciation and gardening, in a vibrant, stimulating environment where frontiers of knowledge are expanded and lifelong friends are made.

Registration for winter 2018 opens Wednesday, November 15 and fitness programs begin the week of January 15, with many shorter courses starting later.

We even offer gift certificates so you can give or receive the gift of learning. Call 306-585-5748 for details about gift certificates or to register for a course!

Seniors’ University Group (SUG) Membership

The Seniors’ University Group promotes the value and availability of lifelong learning opportunities for older learners in the community in a collaborative partnership with the Lifelong Learning Centre. If you are 50+, you can become a SUG member and receive discounts on select Lifelong Learning Centre courses. SUG membership fee for 2017-18 is $30. See page 72 for more details.
DATES TO REMEMBER
All events are at 2151 Scarth Street and FREE unless otherwise noted below.

Winter Registration Opens
November 15, 2017

LLC Winter Open House
Thursday, November 30
10:30am-2:30pm & 6:00-7:30pm
Check our website in late October for presentation details:
www.uregina.ca/cce/lifelong
Come see what we have to offer. Take a tour and enjoy free presentations!

International Volunteer Day & Christmas Celebration
Thursday, December 7, 1:30-3:30pm

Welcome & Orientation
Thursday, January 18, 12:00-1:00pm

FREE Classic Films
The Second Best Exotic Marigold Hotel
Friday, January 19, 1:00-3:30pm

International Women’s Day Free Forum: Women’s Campaign for the Vote on the Prairies
Thursday, March 8, 12:00-1:00pm
With Dr. Bill Brennan

DAYTIME PARKING AT THE PALLISER BUILDING
UR Parking Services has agreed to waive parking fees for Lifelong Learning Centre (LLC) students who wish to park at the College Avenue Campus (CAC) until LLC moves back in fall 2018. This parking will be available to LLC students as space permits in Lot 20 M Area. These are the non-electrified spots in this parking lot.

There are three conditions for students to receive complimentary parking:

1. You must let Student Services staff know you want to use this parking lot and provide them with your license plate number – or numbers if you have more than one vehicle you will drive when coming for LLC courses.

2. You must be registered in one or more LLC courses or forums to get on the list for FREE Parking to be provided to UR Parking Enforcement Officers so they will know you are authorized to park in Lot 20 M Area and not issue a ticket or tow your vehicle.

3. There must be space available in Lot 20 M Area which is being used by construction crew and others.

Once you have registered your vehicle license plate number you will remain on the list until June 30, 2018. For fall 2018 when the Lifelong Learning Centre will be back at the College Avenue Campus you will need to purchase a parking permit to continue parking in the lot behind CAC.

If you have questions please contact Student Services 306-585-5748.

IMPORTANT NOTES:
No classes Feb 17 & 19

Course Location Key:

PAL – Palliser Building, 2151 Scarth Street
WM – Westminster United Church, 3025 13th Avenue
RRR – Renaissance Retirement Residence 1801 McIntyre Street
CP – College Park II, Multipurpose Room, 1601 Badham Blvd
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, Jan 12, Feb 9, Mar 9, Apr 13, May 11, Jun 8, 9:30-11:30am
Location: Palliser Building Room 109 – 2151 Scarth Street

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, Dec 15 (Christmas Party), Jan 19, Feb 16, Mar 16, Apr 20, May 18, Jun 15, 10:30am-12:30pm
Location: Indian Métis Christian Fellowship, 3131 Dewdney Ave.

EVERYBODY COUNTS IN CARING COMMUNITIES
People can make a difference in their community by working together to develop and implement programs and policies to promote intergenerational learning. You can make a difference to your well-being, the well-being of others in your life and the larger community through the Lifelong Learning Centre. Learn more about how you can get involved at the Big Book Sale, Open House, our Live and Learn Celebration and other events and courses being held this fall, or call 306-585-5766.

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: **Alfie** (1966) with Michael Caine, Julia Foster & Shelley Winters, Delightful Comedy; **Coal Miner’s Daughter** (1980) with Sissy Spacek & Tommy Lee Jones, Drama; **North by Northwest** (1959) Cary Grant and James Mason, Alfred Hitchcock thriller; and **Fried Green Tomatoes** (1991), with Jessica Tandy & Cathy Bates, Comedy/Drama.


<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Fri, Jan 19-Feb 16</td>
<td>1:00-3:30pm</td>
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<td>$20</td>
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<th>Location</th>
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<tbody>
<tr>
<td>Ian MacDonald</td>
<td>PAL 109</td>
<td>60</td>
<td>6819</td>
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</table>

NEW 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Fri, Mar 2-Mar 23</td>
<td>1:00-3:30pm</td>
<td>FREE</td>
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<tr>
<td>TBD</td>
<td>PAL 109</td>
<td>60</td>
<td>6854</td>
</tr>
</tbody>
</table>

MASTERPIECES OF POPULAR MUSIC OF THE 20TH CENTURY
This course will examine several examples of popular 20th century music. Ron will play recordings of music he considers to be superior with explanations of his rationales. Discussion and debate will follow and be encouraged.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 22-Feb 12</td>
<td>1:30-3:20pm</td>
<td>$80</td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ron Bocking</td>
<td>PAL 109</td>
<td>60</td>
<td>6832</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</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 24-Mar 14</td>
<td>7:00-9:00pm</td>
<td>$125</td>
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</table>

<table>
<thead>
<tr>
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<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Darrel Lawlor</td>
<td>PAL 109</td>
<td>25</td>
<td>6816</td>
</tr>
</tbody>
</table>

COMPUTERS & TECHNOLOGY

HI TECHNOLOGY – THE BASICS

This 4-week series of courses will focus on a different topic each week. Instructors will lead discussions, answer questions and examine and explain terminology and features of iPhones, Androids, social media and even computer hardware issues.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tr>
<td>Thu, Feb 22-Mar 15</td>
<td>1:30-3:00pm</td>
<td>$70</td>
<td>$60</td>
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</tbody>
</table>

<table>
<thead>
<tr>
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<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Various</td>
<td>PAL 109</td>
<td>60</td>
<td>6871</td>
</tr>
</tbody>
</table>
**FITNESS & MOVEMENT**

**NEW BEAUTY FIT DANCE**
Naomi Hunter will be offering a fun fusion class of light dance, cardio and some strength work mixed with Pilates and yoga. This class will appeal to those who were enrolled in Roselle Bancescu’s program this past fall.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Fri, Jan 19-Mar 16</td>
<td>10:30-11:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**  
Naomi Hunter  
**Location**  
WM Gym  
**Course Limit**  
25  
**Barcode**  
6857

**CHAIR YOGA**
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</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 17-Mar 14</td>
<td>4:30-5:30pm</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**  
Barb McCaslin  
**Location**  
CP Multipurpose Room  
**Course Limit**  
20  
**Barcode**  
6776

**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Jan 16-Mar 15</td>
<td>4:00-5:00pm</td>
<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

**Instructor**  
Dorothy Fitzer  
**Location**  
WM Gym  
**Course Limit**  
30  
**Barcode**  
6775
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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Jan 16-Mar 13</td>
<td>9:30-10:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Dorothy Fitzer | WM Gym  | 30           | 6779    |

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</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Jan 16-Mar 15</td>
<td>11:00am-12:00pm</td>
<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Dorothy Fitzer | WM Gym  | 30           | 6780    |

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 class Sat, Feb 17.

<table>
<thead>
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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tr>
<td>Sat, Jan 20-Mar 24</td>
<td>1:00-2:30pm</td>
<td>$40</td>
<td>$35</td>
</tr>
</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Dorothy Fitzer | Renaissance Retirement Residence | 30 | Tue: 6782; Sat: 6781 |

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 Feb 17.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jan 20-Mar 24</td>
<td>9:30-10:30am</td>
<td>$85</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Master Chuanwu Li | WM Gym  | 20           | 6834    |
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 Feb 19.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 15-Mar 19</td>
<td>12:00-1:00pm</td>
<td>$85</td>
<td>$70</td>
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</tbody>
</table>

**Instructor**
Barb McCaslin

**Location**
WM Gym

**Course Limit**
25

**Barcode**
6778

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 Feb 19.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon, Jan 15-Mar 19</td>
<td>10:30-11:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**
Barb McCaslin

**Location**
WM Gym

**Course Limit**
25

**Barcode**
6777

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.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Wed, Jan 17-Mar 14</td>
<td>10:30-11:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**
Tracy Hagan

**Location**
WM Gym

**Course Limit**
25

**Barcode**
6735

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.
HEALTH

MEDITATION: TRANSFORMING THE HEART & MIND
Meditation practice can be transformative and serve as a means of cultivating a sense of inner peace. These sessions will begin with a brief presentation on a meditation technique from the Buddhist tradition, followed by a guided meditation. 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. These weekly meditation sessions will help you gain practical experience in the art of meditation. Please Note: No class Feb 6.

Day    Time            Fee    SUG Fee
---    ---             ---    ---
Wed, Jan 17-Mar 14  12:00-1:00pm $85    $70

Instructor: Tracy Hagan
Location: WM Gym
Course Limit: 15
Barcode: 6734

Day    Time            Fee    SUG Fee
---    ---             ---    ---
Tue, Jan 23-Mar 20  7:00-8:00pm $85    N/A

Instructor: Annette Marche
Location: PAL 110
Course Limit: 15
Barcode: 6823
NEW THINK, TALK, PLAY, ACT!
Improvisation is the way we think, speak, relate and act in response to the ‘unforeseen’ moment. It is fundamental to living happy and well. Using improv games and conversations, we will explore self-expression and group responsiveness in fun ways. Join retired community developer and improv enthusiast, Richard Kotowich, for the laughter, relationships, occasional silliness and thoughtful reflections that may well increase your well-being and connection to others.

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<th>Day</th>
<th>Time</th>
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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Thu, Jan 25-Mar 15</td>
<td>10:30am-12:00pm</td>
<td>$105</td>
<td>$85</td>
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</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Richard Kotowich | PAL 212 | 12           | 6851    |

WELLNESS WEDNESDAYS
FREE monthly program co-sponsored by Lifelong Learning Centre and Regina Qu’Appelle Health Region Seniors’ Healthy Living Program.

Time: 12:00-1:00pm
Location: Palliser Building Room 109 - 2151 Scarth Street
Cost: FREE

REGINA FIRE & PROTECTIVE SERVICES
City of Regina Fire and Protective Services, Public Education Officer Candace Giblett will conduct this fire safety presentation focusing on fire prevention and escape planning.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 17</td>
<td>Candace Giblett</td>
<td>6842</td>
</tr>
</tbody>
</table>

PHILIPS LIFELINE
Join Terri Berglund for an informative discussion about Philips Lifeline services, including how the client wears a personal help button with fall detection capabilities giving them the ability to get help in and around their home or across Canada.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Feb 14</td>
<td>Terri Berglund</td>
<td>6841</td>
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</tbody>
</table>

IT’S NOT RETIREMENT IT’S REWIREMENT
In this presentation, Rebecca Genoe from the Faculty of Kinesiology and Health Studies, will share recent research findings about retirement. The changing nature of retirement and how an active lifestyle during retirement can contribute to well-being will be explored.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Mar 14</td>
<td>Rebecca Genoe</td>
<td>6846</td>
</tr>
</tbody>
</table>
PROV LAB PRESENTATION & TOUR
Join us for this great opportunity for an orientation, overview and tour of the provincial lab. Space will be limited so pre-registration will be required for this tour. Tours will begin mid-morning.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Apr 18</td>
<td>Provincial Lab</td>
<td>6860</td>
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</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. Over four weeks we will cover different elements of Chinese cuisine. 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. Cost of food is included in the course fee. Please note: No class Feb 22.

<table>
<thead>
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<th>Day</th>
<th>Time</th>
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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Thu, Feb 15-Mar 15</td>
<td>6:30-8:30pm</td>
<td>$155</td>
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<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kitty Chan</td>
<td>Campbell Collegiate, Room 120</td>
<td>12</td>
<td>6835</td>
</tr>
</tbody>
</table>

NEW CREATING A COLORFUL FOLIAGE GARDEN
There’s so much more to a garden than just flowers! Learn to create a whole other dimension with foliage plants and their wide array of textures, forms and colours. Whether you are planning a garden from scratch or are interested in adding more foliage to your existing space this visually based presentation is sure to inspire.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, April 25</td>
<td>7:00-9:00pm</td>
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<thead>
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<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Sheila Bonnetteau</td>
<td>PAL 109</td>
<td>60</td>
<td>6850</td>
</tr>
</tbody>
</table>

NEW DIY GARDEN PROJECTS
Get inspired and spend the winter creating great garden art and practical DIY projects that will enhance any yard or patio. Be inspired by a visual presentation that highlights what will work and what won’t in the DIY project world flooding the internet. Items will be on display to view and discuss.
NEW DIY GREEN CLEANING PRODUCTS
Learn to clean green as concerns for health become more prevalent and people become more aware of the harsh effects cleaning chemicals are having on our environment. Learn how to mix cleaners for everyday cleaning needs, like simple household items that are as effective as heavy chemical laden cleaners. Green cleaners will be demonstrated and everyone will go home with a sample to use. Bring a small container to hold liquid.

NEW GARDENING FOR BIRDS, BEES & BUTTERFLIES
Transform your backyard gardens into living ecosystems that promote declining pollinator populations. Discussion will include handy cost saving tips and suggestions for native plants that thrive in our climate.
**NEW PREPARATION & TIMING OF SEED PLANTING**

Come learn what seeds to plant and when. Learn some techniques that Master Gardener D’Arcy Shenk has learned over 50 years of growing plants. Some varieties are easier to grow than others. Handouts will be given to help you remember what to grow and when.

<table>
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<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Feb 13</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Instructor** | **Location** | **Course Limit** | **Barcode**
D’Arcy Shenk   | PAL 109       | 60             | 6828     

**NEW SHADE GARDENING SOLUTIONS**

An abundance of large trees and shady areas in your yard can be a challenge. Discussion will include shade plants that flourish and the techniques that will turn your frustrating shaded areas into a beautiful garden oasis.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, April 18</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Instructor** | **Location** | **Course Limit** | **Barcode**
Sheila Bonnetteau | PAL 109       | 60             | 6849     

**NEW SPEECHCRAFT**

Do you have a story to tell? Are you a member of a group and not confident in expressing your ideas? Do you want to get better at communicating with others? Do you want to learn about running meetings well? This 8-week workshop will help you develop communication and leadership skills in a safe, supportive environment. With the help of a team of Toastmasters presenters and mentors, you will advance your social skills, gain confidence in public speaking, develop new speaking skills, learn to think more quickly, become an effective listener and improve job prospects. After you have completed Speechcraft, you will have the opportunity to join a Toastmaster club so that you can continue your learning. The course fee includes your manual.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
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<tr>
<td>Wed, Jan 24-Mar 14</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Instructor** | **Location** | **Course Limit** | **Barcode**
Toastmasters Presenters & Mentors | PAL 110 | 10             | 6821     

**NEW WEAKNESS FOR SWEETNESS**

Sweet Wines include Sauternes from France, Port from Portugal, Sherry from Spain and Ice Wine from Germany and Canada. Join Val Bradshaw for three evenings of study into the differences between fortified wine, botrytis wine and wine made from grapes that are

www.uregina.ca/cce/lifelong       306-585-5748        SIS.Noncredit@uregina.ca
frozen on the vine. **Students must have a set of 6 Arcoroc ISO Standard Tasting Glasses** which can be purchased at the first class at a cost of $50 per set (cash only). If you already have a set, you can bring them to use in this course. **Please note:** The $150 price listed for this course, includes $70 materials fee for consumables used during class.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>7:00-9:00pm</td>
<td>$150</td>
<td>N/A</td>
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</table>

**Instructor**  
Valerie Bradshaw, WSET

**Location**  
PAL 109

**Course Limit**  
20

**Barcode**  
6827

**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 learn Spanish and discover Hispanic culture and people. This intensive introduction will give you the basic tools you need 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>
<thead>
<tr>
<th>Day</th>
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<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Sat, Jan 13-20</td>
<td>10:00am-2:00pm</td>
<td>$100 + textbook</td>
<td>N/A</td>
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</tbody>
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**Instructor**  
Edith Brockhill

**Location**  
PAL 110

**Course Limit**  
16

**Barcode**  
6844
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>
<thead>
<tr>
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<th>Time</th>
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<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Jan 23-Mar 13</td>
<td>1:00-3:00pm</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

Instructor
Sergio Quezada
Location
PAL 213
Course Limit
25
Barcode
6789

Spanish 1 (Evening)
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.

Please note: No class Feb 19.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 22-Mar 19</td>
<td>7:00-9:00pm</td>
<td>$170 + textbook</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor
Edith Brockhill
Location
PAL 213
Course Limit
25
Barcode
6795

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 24-Mar 14</td>
<td>9:30-11:30am</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
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</table>

Instructor
Sergio Quezada
Location
PAL 213
Course Limit
25
Barcode
6790

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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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 25-Mar 15</td>
<td>7:00-9:00pm</td>
<td>$170 + textbook</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor
Edith Brockhill
Location
PAL 213
Course Limit
25
Barcode
6796
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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<tr>
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<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Jan 26-Mar 16</td>
<td>9:30-11:30am</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
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</tbody>
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<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>25</td>
<td>6791</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.

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<tbody>
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</tr>
</thead>
<tbody>
<tr>
<td>Edith Brockhill</td>
<td>PAL 213</td>
<td>25</td>
<td>6797</td>
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</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</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
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<td>1:00-3:00pm</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
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</tbody>
</table>

<table>
<thead>
<tr>
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<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>25</td>
<td>6792</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.

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<tr>
<th>Day</th>
<th>Time</th>
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<td>Wed, Jan 24-Mar 14</td>
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<td>$150 + textbook</td>
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</table>

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<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>25</td>
<td>6793</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>
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<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Tue, Jan 23-Mar 13</td>
<td>$150</td>
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<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>10</td>
<td>6787</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>
<tr>
<th>Day, Time</th>
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<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu, Jan 25-Mar 15</td>
<td>$150</td>
<td>$135</td>
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</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>10</td>
<td>6788</td>
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</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>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
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<td>Tue, Jan 23-Mar 13</td>
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<table>
<thead>
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<th>Instructor</th>
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<th>Course Limit</th>
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</thead>
<tbody>
<tr>
<td>Edith Brockhill</td>
<td>PAL 213</td>
<td>10</td>
<td>6794</td>
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</tbody>
</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.

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<tr>
<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maud Beaulieu</td>
<td>PAL 110</td>
<td>16</td>
<td>6783</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.

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<thead>
<tr>
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</tbody>
</table>

Instructor: Maud Beaulieu
Location: PAL 110
Course Limit: 16
Barcode: 6784

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.

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<tr>
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</table>

Instructor: Maud Beaulieu
Location: PAL 110
Course Limit: 16
Barcode: 6785

French: La Joie de Vivre 4
For those who have completed French 3 and wish to pursue French further in a relaxed group setting, intended for older adults.

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</table>

Instructor: Maud Beaulieu
Location: PAL 110
Course Limit: 16
Barcode: 6786

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 January 15-March 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 Hányǔ 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 FOR WINTER STARGAZERS
Winter brings frigid days but the clearest skies as the Winter Milky Way glows dimly amongst the ice blue stars of the longest nights. Join us and learn how to find the constellation Orion and the great Orion Nebula plus Sirius, the brightest star in the night sky. Guest lecturers will join us in person and over the internet as we expand our understanding of the cosmos and all it has to offer those who look up. Telescope and binocular viewing will take place after class when weather permits. Please dress appropriately as it can be very cold when it is clear.

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<tr>
<td>Thu, Jan 25-Mar 15</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
---|---------|-------------|---------|
Chris Beckett | PAL 109  | 60         | 6772    |
NEW LIGHT, WHAT IS IT?
In this class, we will study the many aspects of light. Where does light come from? How does the eye see objects and colours? Are there only three colours or many colours? Is light a particle or wave or something else? How does light fit into the electromagnetic spectrum? We will take a brief look at mirrors, lenses, telescopes and microscopes. This course will concentrate on the science, with very little formula derivation and mathematics.

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<td>$105</td>
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</tbody>
</table>

Instructor |
George Maier |
Location |
PAL 212 |
Course Limit |
16 |
Barcode |
6826 |

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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<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor |
Dr. Ray Cleveland |
Location |
PAL 109 |
Course Limit |
60 |
Barcode |
6798 |

NEW INDIGENOUS HISTORY OF SASKATCHEWAN
This course explores the history of Indigenous peoples in Saskatchewan and provides an overview of their diverse cultures and experiences. Discussions will include the diversity of culture and traditional lifestyles of Indigenous peoples in Saskatchewan and the intergenerational impacts of colonial policies and ideologies such as the Indian Act and the Residential School System, and its ongoing effects on Indigenous peoples, families and communities. Participants will expand their understanding of Indigenous cultures and the historical context that continues to shape some of the most important contemporary issues affecting Indigenous peoples in Canada.

<table>
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<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Mar 10-24</td>
<td>10:00am-12:00pm</td>
<td>$80</td>
<td>NA</td>
</tr>
</tbody>
</table>

Instructor |
Jennifer Billan |
Location |
PAL 109 |
Course Limit |
60 |
Barcode |
6815 |
NEW MESOAMERICA: MAGNIFICENT CIVILIZATION & CULTURE
In what is now mostly covered by a thick jungle, existed a truly wonderful civilization and culture with their own writing, religion and costumes which were ultimately destroyed by the Spanish invasions. Let’s look into the “People of the Jaguar” and other tribes and see what they left us.

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</tbody>
</table>

Instructor: Adrien Tatarinoff
Location: PAL 212
Course Limit: 35
Barcode: 6770

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.

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<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Dr. Ray Cleveland
Location: PAL 109
Course Limit: 60
Barcode: 6799

ORIGINS OF MODERN ANTI-SEMITISM & THE HOLOCAUST
This course will focus on the religious and cultural roots of antisemitism, the rise of racist and political antisemitism in Europe, Hitler’s rise to power and the process of the destruction of European Jewry, and finally an analysis of the various religious and cultural responses to the events of this period. We will also explore the connection between the Holocaust to Zionism and the creation of the State of Israel.

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<tr>
<td>Thu, Jan 25-Feb 15</td>
<td>1:30-3:20pm</td>
<td>$80</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Dr. Jackie Kuikman
Location: PAL 109
Course Limit: 60
Barcode: 6825

NEW THE FRENCH REVOLUTION, 1789-1815
The moment that became a movement. Officially, the French Revolution began on July 14, 1789, with the storming of the Bastille Prison in Paris. This course will look at what went into the making of that moment, and particularly how it transpired into something that did not end until June 18, 1815.

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</table>

Instructor: Dr. Clay Burlingham
Location: PAL 109
Course Limit: 60
Barcode: 6822
NEW THEORIES OF RELIGION
In the modern era, religion has often been seen as a problem, and an unusual feature of human behavior that requires an explanation of some kind. This class will explore several of the most important theories or explanations of religion that emerged in the 19th and 20th centuries, including the ideas of Karl Marx, Emile Durkheim, Sigmund Freud and others.

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<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Bill Arnal
Location: PAL 109
Course Limit: 60
Barcode: 6839

NEW UNDERSTANDING HUMAN RIGHTS
The belief that people are entitled to receive respect and dignity from others and from the public authorities under which they live is a long-standing one. Yet the arrival of human rights as a dominant aspect of good states has been remarkably recent. It is now considered essential to liberal democracy. How did this transition in political value occur and what does it mean for us in Canada?

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<tbody>
<tr>
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<td>9:30-11:20am</td>
<td>$80</td>
<td>$65</td>
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</tbody>
</table>

Instructor: John Whyte
Location: PAL 109
Course Limit: 60
Barcode: 6831

NEW WORDS OF WISDOM
In this course, we will reflect on words of wisdom from various traditions, such as Buddhism, Confucianism and Stoicism, and also from philosophy and psychology. The aim is to understand ourselves better and find ways of living more fulfilling lives. Course participants are invited to share their own favorite words of wisdom during class time.

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<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Anne Van Ransbeek
Location: PAL 212
Course Limit: 35
Barcode: 6836

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.
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.
NEW FROST IN THE GARDEN
Join award-winning poet, Ken Mitchell, for a lecture on Canadian literature, focusing on its relationship with the landscapes and the regions that give it its character.

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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Mon, Mar 5</td>
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</tbody>
</table>

Instructor | Location | Course Limit | Barcode |
-----------|----------|--------------|---------|
Ken Mitchell | PAL 109  | 60           | 6870    |

THURSDAY NOON FORUMS

Day: Thu, 12:00-1:00pm
Room: Palliser Building Room 109 - 2151 Scarth Street
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>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 18</td>
<td>LLC Staff &amp; SUG Board Members</td>
<td>6800</td>
</tr>
</tbody>
</table>

KEN MITCHELL’S ROBBIE BURNS DAY
Join Ken Mitchell for a Robbie Burns celebration with poetry and discussion. ...why IS Robbie Burns so popular in Moscow?

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Jan 25</td>
<td>Ken Mitchell</td>
<td>6852</td>
</tr>
</tbody>
</table>

STAND-UP 101 SHOWCASE
Students from Lifelong Learning Centre Stand-Up Comedy 101 classes will showcase their newly acquired standup comedy talents. Given that this is a voluntary exercise, the quantity and quality of chuckles remains to be seen. Bring your lunch. It should be good for a laugh or two!

<table>
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<tr>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Feb 1</td>
<td>Darrel Lawlor</td>
<td>6802</td>
</tr>
</tbody>
</table>
THINGS TO SEE & DO IN SASKATCHEWAN
Join Rose Le Calvez from Tourism Saskatchewan for a presentation on things to see and do in Saskatchewan next summer! Focus will be on food, drink, day trips and several interesting upcoming events. Although February is still winter, we’ll be talking more about summer fun than ice fishing.

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Feb 8</td>
<td>Rose Le Calvez</td>
<td>6803</td>
</tr>
</tbody>
</table>

NEWFOUNDLAND & LABRADOR
Join Kay Antrobus for a presentation on her trip to Newfoundland and Labrador. Starting at Deer Lake, she travelled to Gros Morne National Park to learn about plate tectonics, then up the west side of the island, visiting 17th century Basque and French fishing villages. She then went by boat to an inland fjord and by ferry across to Labrador and Battle Harbour Island. Returning to Newfoundland, she visited Grenfell Mission in St Anthony and the Viking archaeological site at L’Anse aux Meadow, and on to St John’s to climb Signal Hill.

<table>
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</thead>
<tbody>
<tr>
<td>Feb 15</td>
<td>Kay Antrobus</td>
<td>6804</td>
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</table>

JAMES WEBB SPACE TELESCOPE
The search for Life, the Universe and Everything: A new telescope will launch in 2018 to search for life elsewhere in our solar system and the universe beyond. The successor to the Hubble will utilize 18 hexagonal mirror segments for a combined mirror size of 6.5-meter-diameter (21ft, 4in). It will also probe the formation of first galaxies and other worldly oceans in our solar system. However, like Hubble, the James Webb Telescope’s most remarkable discoveries will be surprises we hardly even imagine today.

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<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Feb 22</td>
<td>Chris Beckett</td>
<td>6805</td>
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</tbody>
</table>

URBAN BEEKEEPING
Join Yens Pedersen for an introduction to the world of urban beekeeping. Urban beekeeping is one of the most interesting, fastest growing and rewarding hobbies trending today. Yens will provide valuable insights for those who are interested in keeping bees in the city or for those who are even simply just interested in bees!

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mar 1</td>
<td>Yens Pedersen</td>
<td>6806</td>
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</tbody>
</table>
HUMAN & NON-HUMAN ANIMALS IN FOLKLORE & MYTH
This lecture engages folktale and myth in a number of different cultural and historical locations to think about non-human animals and their intersection and relationships with and importance to human animals. Please note: This is on a Wednesday.

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<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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<tbody>
<tr>
<td>Wed, Mar 7</td>
<td>Darlene Jushka</td>
<td>6801</td>
</tr>
</tbody>
</table>

INTERNATIONAL WOMEN’S DAY CELEBRATION - FREE
Women’s Campaign for the Vote on the Prairies: One of the impacts the Great War had on Canada was that women finally had the right to vote. Dr. Bill Brennan will discuss the early campaign for women’s suffrage in Western Canada and why success was finally achieved during World War I.

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Mar 8</td>
<td>Dr. Bill Brennan</td>
<td>6807</td>
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</table>

SERVICE DOGS
Join service dog handlers David Reed and Jody Salway and their service dogs Keeper and Clover to learn all about service dogs. They will discuss breeds, training, applications and the history of service dog use.

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<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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<tbody>
<tr>
<td>Mar 15</td>
<td>Jody Salway &amp; David Reed</td>
<td>6843</td>
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</tbody>
</table>

Bring this coupon for FREE ADMISSION to one Thursday Noon Forum listed on pages 69-71.
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.
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, Palliser Building, Room 113, 2151 Scarth Street

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

SENIORS’ UNIVERSITY GROUP (SUG)

The Seniors’ University Group mission is to promote the value and availability of lifelong learning opportunities for older learners in the community in a collaborative partnership 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 for older adults living in Regina.

Those wishing to receive SUG rates for LLC courses must be current members of the Seniors’ University Group.

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, 2017 to March 31, 2018. You can join or update your membership for 2017-18 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
Lifelong Learning Centre Course Checklist

Keep track of what you want to take at the Lifelong Learning Centre this Fall.

- Ancient Cultures & Places $105/SUG $85
- As I Remember $85/SUG $60
- Astronomy for Winter Stargazers $125
- Beauty Fit Dance $85/SUG $70
- Chair Yoga $85/SUG $70
- Chinese Cooking $155
- Classic Films $30/SUG $20
- Creating a Colorful Foliage Garden $30
- Creative Writing $85/SUG $60
- DIY Garden Projects $30
- DIY Cleaning Products $30
- Fit for Your Life $105/SUG $85
- French: La joie de vivre 1 $150/SUG $135 + Textbook
- French: La joie de vivre 2 $150/SUG $135 + Textbook
- French: La joie de vivre 3 $150/SUG $135 + Textbook
- French: La joie de vivre 4 $150/SUG $135 + Textbook
- Frost in the Garden - Free
- Gardening for Birds, Bees & Butterflies $30
- Hi Technology - The Basics $70/SUG $60
- Indigenous History of Saskatchewan $80
- International Classic Films of Mexico - Free
- Light, What is it? $105/SUG $85
- Line Dancing $85/SUG $70
- Masterpieces of Popular Music of the 20th Century $80/SUG $65
- Meditation: Transforming Heart & Mind $85
- Mesoamerica: Magnificent Civilization & Culture $105/SUG $85
- Middle East Current Affairs $105/SUG $85
- Origins of Modern Anti-Semitism & the Holocaust $80/SUG $65
- Preparation & Timing of Seed Planting $30
- Shade Gardening Solutions $30
- Spanish 1 $150/SUG $135 + Textbook
- Spanish 1 (Evening) $170 + Textbook
- Spanish 2 $150/SUG $135 + Textbook
- Spanish 2 (Evening) $170 + Textbook
- Spanish 3 $150/SUG $135 + Textbook
- Spanish 3 (Evening) $170 + Textbook
- Spanish 4 $150/SUG $135 + Textbook
- Spanish 5 $150/SUG $135 + Textbook
- Spanish Conversation (Evening) $170
- Spanish Conversation 1 $150/SUG $135
- Spanish Conversation 2 $150/SUG $135
- Spanish Travel Intensive $100
- Speechcraft $125
- Stand-Up Comedy 101 $125
- Stretch & Tone Exercise $105/SUG $85
- T’ai Chi $85
- Table Tennis (Saturday) $40/SUG $35
- Table Tennis (Tuesday) $40/SUG $35
- The French Revolution 1789-1815 $105/SUG $85
- Theories of Religion $105/SUG $85
- Think, Talk, Play, Act! $105/SUG $85
- Understanding Human Rights $80/SUG $65
- Weakness for Sweetness $150
- Words of Wisdom $105/SUG $85
- Yoga - Advanced $85/SUG $70
- Yoga - Beginners $85/SUG $70
- Yoga - Multi-Level $85/SUG $70
- Yoga - Restorative $85/SUG $70

FREE WELLNESS WEDNESDAYS
- Regina Fire & Protective Service Jan 17
- Philips Lifeline Feb 14
- It’s Not Retirement It’s Rewirement Mar 14
- Provincial Lab April 18

THURSDAY NOON FORUMS
- LLC Welcome/Orientation (Jan 18) FREE
- Ken Mitchell (Jan 25) $5
- Stand-Up 101 Showcase (Feb 1) $5
- Things to See & Do in Saskatchewan (Feb 8) $5
- Newfoundland & Labrador (Feb 15) $5
- James Webb Space Telescope (Feb 22) $5
- Urban Beekeeping (Mar 7) $5
- Human & Nonhuman Animals in Folklore & Myth (Mar 7) $5
- International Women’s Day Presentation (Mar 8) - Free
- Service Dogs (Mar 15) $5

HOW TO REGISTER:
By phone: 306-585-5748
Online: www.uregina.ca/cce/lifelong
In person: Student Services Office, Palliser Building Room 121
**Lifelong Learning Centre Courses at a Glance**

**MONDAY**

<table>
<thead>
<tr>
<th>AM</th>
<th>PM</th>
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<tbody>
<tr>
<td>Line Dancing</td>
<td>Creative Writing Critique</td>
</tr>
<tr>
<td>Yoga - Beginners</td>
<td>Creative Writing Critique</td>
</tr>
<tr>
<td>Yoga - Advanced</td>
<td>Creative Writing Critique</td>
</tr>
<tr>
<td>Ancient Cultures &amp; Places</td>
<td>Ancient Cultures &amp; Places</td>
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<tr>
<td>French: La joie de vivre 1</td>
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<tr>
<td>Spanish 3</td>
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**TUESDAY**

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<tr>
<th>AM</th>
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<tr>
<td>Light, What is it Really?</td>
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<td>Middle East Current Affairs</td>
<td>Middle East Current Affairs</td>
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**WEDNESDAY**

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<td>Mesoamerica: Magnificent</td>
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**THURSDAY**

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<tr>
<td>Beauty Fit Dance</td>
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<td>Yoga - Beginners</td>
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<td>Origins of Modern</td>
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<tr>
<td>Political &amp; Science Concerns</td>
<td>Political &amp; Science Concerns</td>
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<tr>
<td>Spanish Conversation 1</td>
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**FRIDAY**

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<td>Yoga - Beginners</td>
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**NOTE:**

No classes on 1:30-3:20pm Feb 17.

**www.uregina.ca/cce/lifelong**

306-585-5748

SIS.Noncredit@uregina.ca

LIFELONG LEARNING CENTRE

Palliser Building  2151 Scarth Street

Westminster United Church, 3025-13th Avenue

Renaissance Retirement College Park II

CP   –  1801 McIntyre Street

Palliser Building  2151 Scarth Street

Westminster United Church, 3025-13th Avenue

Renaissance Retirement College Park II

CP   –  1801 McIntyre Street

Palliser Building  2151 Scarth Street

Westminster United Church, 3025-13th Avenue

Renaissance Retirement College Park II

CP   –  1801 McIntyre Street
NOTES: No classes on Feb 17 & 19

**MONDAY**

**AM**
- "Light, What is it Really?"
- "Ancient Cultures & Places"
- "Yoga - Advanced"

**PM**
- "Creative Writing Critique"
- "Spanish Conversation 1"

**TUESDAY**

**AM**
- "Line Dancing"
- "French: La joie de vivre 1"
- "PAL 109"
- "Yoga - Beginners"
- "WM Gym"

**PM**
- "Spanish Conversation 2"
- "PAL 212"
- "Spanish 5"
- "Masterpieces of Popular Music"

**WEDNESDAY**

**AM**
- "Civilization & Culture"
- "Spanish 4"
- "PAL 213"

**PM**
- "Hi Tech - The Basics"
- "French: La joie de vivre 3"
- "Spanish Travel Intensive"
- "Indigenous Saskatchewan History"
- "T'ai Chi"

**THURSDAY**

**AM**
- "Beaut Fit Dance"
- "PAL 110"
- "Spanish 1"
- "Spanish 2 (Evening)"
- "Creative Writing"

**PM**
- "Classic Films"
- "Contemporary Social, Political & Science Concerns"
- "Frost in the Garden"
- "Chair Yoga"
- "Foliage Garden"

**SATURDAY**

**AM**
- "Anti-Semitism & Holocaust"
- "Spanish Travel Intensive"
- "Spanish 1 (Evening)"

**PM**
- "Words of Wisdom"
- "Fit for Your Life"
- "Stand-up Comedy 101"
- "DIY Green Cleaning Products"
- "DIY Garden Projects"

**WEDNESDAY EVENINGS**

- "Creating a Colorful Foliage Garden"
- "Gardening for Birds, Bees & Butterflies"
- "Shade Gardening Solutions"
- "Spanish 3 (Evening)"

**THURSDAY EVENINGS**

- "Chinese Cooking"
- "Astronomy for Winter Stargazers"
- "Table Tennis"

**WELLNESS WEDNESDAYS**

- "DIY Green Cleaning Products"
- "DIY Garden Projects"
- "Weakness for Sweetness"

**THURSDAY NOON FORUMS**

- "Welcome & Orientation"
- "Stand-Up 101 Showcase"
- "Things to See & Do in Saskatchewan"

**PM**

- "Table Tennis"
- "International Women’s Day Presentation"

Please visit our website for most current course information. www.uregina.ca/cce
WINTER NON-CREDIT REGISTRATION
NOW OPEN

www.uregina.ca/cce

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