Centre for Continuing Education
Program Guide
Fall 2017

CONSERVATORY OF
PERFORMING ARTS

LIFELONG LEARNING CENTRE

CAREER & PROFESSIONAL
DEVELOPMENT

FLEXIBLE LEARNING

ENGLISH AS A SECOND LANGUAGE

Visit us online.
www.uregina.ca/cce
# Inside the Guide

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW LOCATION INFORMATION</td>
<td>4</td>
</tr>
<tr>
<td>REGISTRATION</td>
<td>6</td>
</tr>
<tr>
<td>ADULT PERSONAL ENRICHMENT</td>
<td>8</td>
</tr>
<tr>
<td>Evening &amp; Weekend Classes</td>
<td>8</td>
</tr>
<tr>
<td>CAREER &amp; PROFESSIONAL DEVELOPMENT</td>
<td>10</td>
</tr>
<tr>
<td>FLEXIBLE LEARNING</td>
<td>18</td>
</tr>
<tr>
<td>ENGLISH AS A SECOND LANGUAGE</td>
<td>22</td>
</tr>
<tr>
<td>CONSERVATORY OF PERFORMING ARTS</td>
<td>26</td>
</tr>
<tr>
<td>Conservatory Creative Camps</td>
<td>28</td>
</tr>
<tr>
<td>Private Lessons Plus</td>
<td>28</td>
</tr>
<tr>
<td>Group Dance</td>
<td>32</td>
</tr>
<tr>
<td>Early Learning</td>
<td>33</td>
</tr>
<tr>
<td>Group Music for Kids</td>
<td>34</td>
</tr>
<tr>
<td>Group Music for Adults</td>
<td>38</td>
</tr>
<tr>
<td>Musical Theatre &amp; Drama</td>
<td>41</td>
</tr>
<tr>
<td>Visual Arts</td>
<td>43</td>
</tr>
<tr>
<td>LIFELONG LEARNING CENTRE</td>
<td>44</td>
</tr>
<tr>
<td>Volunteer &amp; Community Programs</td>
<td>46</td>
</tr>
<tr>
<td>Arts &amp; Entertainment</td>
<td>47</td>
</tr>
<tr>
<td>Computers &amp; Technology</td>
<td>48</td>
</tr>
<tr>
<td>Fitness &amp; Movement</td>
<td>50</td>
</tr>
<tr>
<td>Health</td>
<td>53</td>
</tr>
<tr>
<td>Lifestyle</td>
<td>55</td>
</tr>
<tr>
<td>Languages</td>
<td>58</td>
</tr>
</tbody>
</table>
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.
• Sign up to receive email or text message alerts. Get course reminders and updates where you want them.
• Share your courses on Facebook at the click of a button. Invite your family and friends to join you!

Fall 2017 courses are viewable now at www.uregina.ca/cce.
Registration opens July 15.
WE’VE MOVED!
While our home, the College Avenue Campus, is being transformed and restored into an updated heritage campus over the next year or so, we’ve relocated to a few different places:

**Palliser Building (PAL)**

**Non-Credit Student Services:**
- Conservatory
- Lifelong Learning Centre
- Career & Professional Development

**Conservatory of Performing Arts:**
- Administrative Staff
- Private Instruction
- Most Group Classes

**Lifelong Learning Centre:**
- Administrative Staff
- Classes *(excluding Fitness and Computer Use classes)*

**CCE General Administrative Staff:**
- Assistant Director
- Central Business Services
- Central Marketing

**Westminster United Church (WM)**

**Conservatory of Performing Arts:**
- Some Ensembles
- Theatre & Visual Arts Classes

**Lifelong Learning Centre:**
- Fitness Classes *(excluding Table Tennis)*

**Education Building (ED) - U of R Main Campus**

**Lifelong Learning Centre:**
- Computer Use Classes
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

Flexible Learning:
• Administrative Staff
• Instructional Designers
• Graphic Designers

Conservatory of Performing Arts:
• Conservatory Creative Preschool

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 Fall registration which will take you to the new registration system.

If you have already created an account in the fall, 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
- The **number** and **length** of lessons agreed to with your Private Instructor
- If you are registering for **16 or more lessons**, you are ready to **REGISTER ONLINE**!

If you are registering for **fewer than 16 lessons** or you require a **different payment plan** than what is available online, contact Student Services (non-credit) at 306-585-5748 or sis.noncredit@uregina.ca. We would be happy to help you with your private lesson registration and payment plan!
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  
Sep 18-Dec 14, 5:45-7:15pm

Music Theory for the Complete Beginner  
Sep 18-Nov 27, 6:00-7:00pm

Campfire Guitar 1  
Sep 18-Dec 11, 6:00-7:00pm

Campfire Guitar 2  
Sep 18-Dec 11, 7:15-8:15pm

Spanish 3 (Evening)  
Sep 18-Nov 20, 7:00-9:00pm

Intro to Flamenco Dance  
Sep 18-Dec 11, 7:15-8:45pm

Intermediate Beekeeping  
Sep 18-Nov 20, 7:30-9:30pm

TUESDAY

Bagpipes For Beginners Level 1  
Sep 19-Nov 21, 7:00-7:50pm

Bourbon & American Whiskey Appreciation  
Sept 19-Oct 3, 7:00-9:00pm

Craft Beer Appreciation  
Nov 7-Dec 5, 7:00-9:00pm

Spanish Conversation (Evening)  
Sep 19-Nov 7, 7:00-9:00pm

WEDNESDAY

Beadwork Projects  
Various dates, 5:30-8:00pm

Ukulele Level 1  
Sep 20-Nov 22, 6:00-7:00pm

Spanish 2 (Evening)  
Sep 20-Nov 8, 7:00-9:00pm

Floral Design: Weddings & More  
Oct 4-18, 7:00-9:00pm

Stand-up Comedy 101  
Sep 20-Nov 8, 7:00-9:00pm

Preparing Your Yard & Garden for Fall  
Sep 20, 7:00-9:00pm

All About the Planting & Care of Fall Bulbs  
Sep 27, 7:00-9:00pm

Ukulele Level 2  
Sep 20-Nov 22, 7:15-8:15pm

THURSDAY

Intermediate/Advanced Flamenco  
Sep 18-Dec 14, 5:45-7:15pm

Beginner Powwow  
Various dates, 5:30-6:30pm

Ribbon Skirt  
Various dates, 6:30-8:00pm
Chinese Cooking
Oct 5-26, 6:30-8:30pm

Adult Bagpipe Studies
Sep 21-May 31, 7:00-7:50pm

Astronomy: The Stars of Autumn
Sep 21-Nov 9, 7:00-9:00pm

Spanish 1 (Evening)
Sep 21-Nov 9, 7:00-9:00pm

Beginner 1 Flamenco Dance
Sep 21-Dec 14 7:15-8:45pm

Cello Level 1
Sep 21-Nov 23, 7:30-8:30pm

SATURDAY

In the Write Space
Sep 16-Oct 14, 9:00am-12:00pm

T’ai Chi
Sep 16-Nov 25, 9:30-10:30am

Meditation
Sep 23-Nov 25, 10:00-11:00am

Spanish Travel Intensive
Oct 28-Nov 4, 10:00am-2:00pm

Adult Choir – Vocal Technique/Theory AM
Sep 30-Nov 25, 10:00-10:30am

Adult Choir Rehearsal
Sep 16-Dec 9, 10:45am-12:15pm

Adult Choir – Vocal Harmony PM
Sep 30-Nov 25, 12:30-1:00pm

Table Tennis (Saturday)
Sep 16-Nov 25, 1:00-2:30pm

SUNDAY

Cello Choir
Sep 17-Jun 3, 2:00-3:00pm

For more personal enrichment daytime courses, see pages 37 and 44.
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 which will improve your performance and expand your career.

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 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.
Customized Training Solutions

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 in this ever changing business environment.

**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:**
- Working 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 tie 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 access 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.

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®).

“The Project Management Certificate program prepared me to meet the challenges and expectations of an innovative organization. I am able to contribute to new projects that propel my organization, and my career forward.”

- Ernest, Band Administrator
  Ocean First Nation
### Professional Certificate Programs

#### Professional Leadership

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Mon &amp; Tue,</th>
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<tbody>
<tr>
<td>Principles of Effective Leadership</td>
<td>Sep 11-12</td>
</tr>
<tr>
<td>Coaching &amp; Mentoring Employees</td>
<td>Oct 12-13</td>
</tr>
<tr>
<td>Interpersonal Communications</td>
<td>Oct 26-27</td>
</tr>
<tr>
<td>Creating Effective Work Groups</td>
<td>Nov 8-9</td>
</tr>
<tr>
<td>Negotiation &amp; Conflict Management</td>
<td>Nov 23-24</td>
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<table>
<thead>
<tr>
<th>Elective Courses (3 are required)</th>
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<tbody>
<tr>
<td>Career Development:</td>
<td></td>
</tr>
<tr>
<td>Leading in a Diverse Environment</td>
<td>Sep 25-26</td>
</tr>
<tr>
<td>Transformational Leadership</td>
<td>Dec 7-8</td>
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<tr>
<td>Leading Change</td>
<td>Winter 2018</td>
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</tbody>
</table>

| Personal Development:                                 |               |
| Leading & Motivating Employees                        | Dec 18-19     |
| Authentic Leadership                                  | Winter 2018   |
| Developing a Personal Leadership Plan                 |               |
|                                                        | Spring/Summer 2018 |

#### Business Analysis

<table>
<thead>
<tr>
<th>Prerequisite Courses</th>
<th>Thu &amp; Fri,</th>
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<tbody>
<tr>
<td>Fundamentals of Business Analysis</td>
<td>Sep 7-8</td>
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<table>
<thead>
<tr>
<th>Required Courses</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Business Analysis: Planning &amp; Monitoring</td>
<td>Sep 19-20</td>
</tr>
<tr>
<td>Strategy Analysis</td>
<td>Oct 3-4</td>
</tr>
<tr>
<td>Elicitation &amp; Collaboration</td>
<td>Oct 19-20</td>
</tr>
<tr>
<td>Requirements Life Cycle Management</td>
<td>Nov 6-7</td>
</tr>
<tr>
<td>Requirements Analysis &amp; Design Definition; Solution Evaluation</td>
<td>Nov 21-22</td>
</tr>
<tr>
<td>Business Analysis Practicum (taken last)</td>
<td>Dec 5-6</td>
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</tbody>
</table>

#### Project Management

<table>
<thead>
<tr>
<th>Prerequisite Courses</th>
<th>Thu &amp; Fri,</th>
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</thead>
<tbody>
<tr>
<td>Fundamentals of Project Management</td>
<td>Sep 7-8</td>
</tr>
<tr>
<td>Project Planning &amp; Scheduling</td>
<td>Nov 21-22</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Required Courses</th>
<th>Tue &amp; Wed,</th>
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</thead>
<tbody>
<tr>
<td>Project Quality Management</td>
<td>Sep 23-24</td>
</tr>
<tr>
<td>Human Resource &amp; Communication Management</td>
<td>Oct 20-21</td>
</tr>
<tr>
<td>Project Risk Management</td>
<td>Nov 23-24</td>
</tr>
<tr>
<td>Cost &amp; Procurement Management</td>
<td>Nov 23-24</td>
</tr>
<tr>
<td>Project Management Practicum (taken last)</td>
<td>Dec 11-12</td>
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</table>

#### Professional Management

<table>
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<tr>
<th>Prerequisite Courses</th>
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</thead>
<tbody>
<tr>
<td>Fundamentals of Project Management</td>
<td>Sep 7-8</td>
</tr>
<tr>
<td>Principles of Effective Leadership</td>
<td>Sep 11-12</td>
</tr>
<tr>
<td>Business Communications</td>
<td>Oct 17-18</td>
</tr>
<tr>
<td>Fundamentals of Accounting for Non-Accountants</td>
<td>Dec 18-19</td>
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</table>

<table>
<thead>
<tr>
<th>Elective Courses (3 are required)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Organizational Management:</td>
<td></td>
</tr>
<tr>
<td>Negotiation &amp; Conflict Resolution</td>
<td>Nov 23-24</td>
</tr>
<tr>
<td>Customer Care</td>
<td>Nov 8-9</td>
</tr>
<tr>
<td>Strategy &amp; Risk Management</td>
<td>Winter 2018</td>
</tr>
</tbody>
</table>

| Personal Management:                                |               |
| Performance Management                              | Dec 14-15     |
| Leading in a Diverse Environment                     | Sep 25-26     |
| Effective Recruitment & Retention                    | Winter 2018   |

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 adding 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.

Some of our seminar topics include:

- Business Writing
- Event Planning
- Social Media & Technology
- Strategic Planning
- Project Management
- Work-Life Balance
- Communication
- Emotional Intelligence

Institutes & Partnerships

Institutes are designed for specific industries with 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
- Education Leadership
- Supply Chain Management
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 level certificate that will open doors to new job fields 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 degree of choice.

Complement Your Degree
Use your open electives to complete a certificate and earn an additional university credential while pursuing a 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 Certificate program was highly recommended by my school division and colleagues. I gained added background knowledge and experiences to bring added value to my team members, other teachers, and most importantly, my students.”

- Jenn, 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

“The **Public Relations Certificate** has been a journey of learning, developing and implementing skills that I use daily...Some of my best work has been finding something I loved and writing about what I know!”

- Luanne, Public Relations Certificate 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.

SCHOLARSHIP OPPORTUNITIES - DEADLINE: OCTOBER 2, 2017
• Centre for Continuing Education Certificate Awards (2 at $500 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.

Fall 2017 Online Course Subjects:

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

**Graduate**
- Indian Art History
- Indigenous Health Studies
- Indigenous Education
- Indigenous Environmental Science
- Indigenous Social Work
- Indigenous Studies
- Justice Studies
- Kinesiology
- Local Government Authority
- Music
- Media, Art & Performance
- Physics
- Political Science
- Psychology
- Public Relations
- Religious Studies
- Sociology
- Social Work
- Theatre
- Women’s & Gender Studies
- Education
- Health Administration (JSGS)

“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. Online courses meant I could still complete my required classes when in multiple countries and time zones away from the U of R. It allowed me to do my course work in between trainings and games on my own schedule. Knowing the course schedule, requirements and what I would have to do meant I could be organized each day. I could find a quiet spot in my hotel to study and complete assessments before refocusing on volleyball. Even when flying on planes I could go through readings, slides or write assessments. Online courses from the University of Regina were an unbelievable asset to me and my university degree.”

- Jacques, U of R Graduate and U of R Mens’ Volleyball Assistant Coach
**Evenings & Saturdays**

Are you interested in pursuing a university education, but don’t have the ability to take daytime courses? Evening and Saturday courses are perfect for those who work Monday-Friday during the day or have busy weekday schedules.

“I highly recommend evening courses for working individuals as well as those who like to work at their own pace. Evening courses provide you with flexibility in scheduling throughout the week. In addition, you can access all the resources needed to fulfill the course requirements without sacrificing your education and knowledge or livelihood outside of your studies.”

- Gideon, Bachelor of Arts, Economics Student

**Early Mornings**

Rise ‘n 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.

**LIVE-streamed Courses**

LIVE-streamed courses bring the U of R lecture to you. These can be viewed at sites across the province or right at home on your computer or device. Choose to stay home or go to a site for class for Fall 2017 semester.

**Fall 2017 LIVE-streamed Courses:**

PSYC 101  
RLST 100
Blended Courses

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

Fall 2017 Blended Courses:
JS 100 (LIVE/online)  SW 100 (LIVE/online)  WGST 100 (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.

Regional Colleges

Take courses in communities across Saskatchewan. You can get a university experience without the need to be on the U of R campus.

Courses are offered at:
- Carlton Trail College
- Cumberland College
- Great Plains College
- Northlands College
- North West College
- Parkland College
- Saskatchewan Polytechnic
- Southeast College
- Faculty of Social Work (Saskatoon)
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

• Ease into university with a couple of classes
• Free up your schedule in your first year
• Challenge yourself with course material not offered in your high school
• Receive Dual or Special Project credit in high school

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
• Balance their full- or part-time jobs and university studies
• Keep up with their program while doing internships or co-op workterms

Summer University Course Options:

• Online
• On-campus
• Regional Colleges
• Evenings & Saturdays
• Live-Streamed
• Blended

“Distant learning benefits me by allowing me to stay closely connected to family and friends in the north. This enables me to be successful with the support I receive from the people I love.”

- Carol, Bachelor of Social Work student

Visit urflexible.ca for all Flexible Learning course options and details.
English as a Second Language

Language Instruction for Newcomers to Canada (LINC)

NEW The University of Regina offers free English language classes to newcomers to Canada. Fully funded by Immigration Refugees and Citizenship Canada (IRCC), LINC is a basic language training program to help you successfully settle, adapt and integrate into your community in Regina.

Benefits
• English language skills improvement for daily life (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 or higher
• Join 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: bit.ly/2ovWzF9

- 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
  Wakpā Tower (South Residence), Room 113
  3737 Wascana Parkway
  Regina, SK S4S 0A2
  Monday-Thursday: 11:00am-7:00pm
  Friday: 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 are a non-native English speaker and want to build your English skills, we offer part-time adult classes, called Fundamentals for Success, which may be suited to you.

To fit your busy work schedule, both afternoon and evening classes are offered every semester (10 weeks/40 hours). Intensive classes are also offered in:

- April (3 weeks/40 hours)
- August (3 weeks/40 hours)

Classes

- Communicative Success: Focuses on speaking
- Writing Success: Focuses on writing
- Workplace Success: Focuses on English you need in a work environment

Benefits

- Both afternoon and evening classes
- Learning that meets your specific English-language needs
- Highly qualified instructors
- Small class sizes

Dates & Times

For class schedules, please visit www.uregina.ca/esl.

Fee

$600/Fundamentals for Success class.

(Please note: Fees are subject to change without notice. Whether or not each Fundamentals for Success class runs depends on registration numbers.)

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 closely 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 interested in coming here, to learn English and experience western Canadian culture?

If you do, tell them about 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
• May 2018 (5 weeks) - Tuition Fee: $2,460
• June 2018 (5 weeks) - Tuition Fee: $2,460

Language & Culture
• March 2018 (3 weeks) - Tuition Fee: $1,680
• March 2018 (4 weeks) - Tuition Fee: $2,180
• August 2018 (3 weeks) - Tuition Fee: $1,680

(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 or tap on “Short-Term Programs.”
Conservatory of Performing Arts

The arts are a great way for children, teens and adults to build confidence, be social, learn self-discipline and get creative. Have fun learning an instrument, developing acting skills or expressing yourself through dance all through the Conservatory’s programs.

Our performing and visual arts programs get students excited and passionate about both contemporary and traditional arts. You or your child will learn from the highest quality instructors who will develop and nurture creative and personal skills in all participants.

NEW LOCATIONS:
Look at the course description online for the location of your fall 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)** – Flamenco Regina courses only

“The Conservatory is “one stop shopping”. I’ve enjoyed ballet, summer and holiday crafts, acting classes and theory classes. I play the trumpet at school, so to enhance my playing skills I turned back to the conservatory for lessons. I enjoyed group orchestral classes, performing at the Conexus Arts Centre before the RSO performance. Not only was that an exciting opportunity for me but my parents were so proud too.

- Resa, Conservatory Student
Dates to Remember this Fall

Watch our website for more information about the following events:

**Saturday, September 9**
Conservatory of Performing Arts Open House
Cello-Bration (see pg. 34)

**Sunday, September 10**
Juventus Choir Meet & Sing (see pg. 35)

**Tuesday, September 12**
String Orchestra Meet & Play (see pg. 36)

**Saturday, September 16**
Fall classes begin

**Saturday, September 30**
Culture Days free family activities and performances

**Wednesday, November 1**
Junior Drumline final concert and fundraiser

**Wednesday, November 15**
Winter Registration opens
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.

Conservatory Creative Camps

Mark your calendars for the 2018 Winter & Spring Creative Camp sessions: Feb 20-23 & April 2-6. For both of these sessions we will have sibling discounts available. $120-$250/week.

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

These day camp sessions are designed for ages 7-12 during the school year when teachers are still working but students have the day off. From playing percussion to singing songs to making instruments, 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 run 9:00am-3:30pm, early drop-off/late pick-up 45 minutes before and after camp. $35-$55/day + materials.

Watch our Day Camps webpage for up-to-date camp information on sessions throughout the year.

Private Lessons Plus

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 learning and to build ensemble skills.
CHAMBER 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 Chamber Music Coaching sessions are customized to your ensemble’s goals and objectives. Coaching sessions are treated as shared individual lessons and booked as blocks of 10 hours minimum per term. Please see our website under Chamber Music for the registration procedure for these coaching sessions.

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. Your child starts with private lessons then moves into group when your instructor feels your child is ready. 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). Group Class encourages learning to play as an ensemble, polishing performance pieces, reviewing repertoire, building community and connecting with other families. The Musicianship Class involves learning theory basics and other skills to improve performance. Class start times depend on your child’s playing level; fee pro-rated depending on start date. Please ask your violin/cello instructor if your child should join this group.

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. The Suzuki method involves educating parents to provide a musically rich environment for your child at home and to assist at practice times. Suzuki Piano group classes are offered through the studios of Lana Ramsay and Stela Popa.
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:

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

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

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

These are the Seven Key Reasons to Take Private Lessons at the Conservatory

1. **One-to-One Music Instruction** – Choosing *Private Lessons* is the best way to customize your learning. By working with your instructor, you can tailor lessons to your unique goals and needs.

2. **Highly Qualified Instructors** – Our instructors are among the best in the country. Many hold university degrees and perform with the Regina Symphony Orchestra,
as well as, with their own groups and ensembles. Most importantly, Conservatory
instructors nurture and develop students to their highest potential.

3. **Variety of Genres** – We offer instruction not only in classical but in musical
theatre, folk music, pop and more!

4. **Community Building** – Participate in other community building programs like
our music ensembles, which provide you opportunities to meet other musicians
and form lasting friendships.

5. **Monthly Recitals** – Cost for recitals is included in the lesson fee and there
are options in every instrument family at least once a month. Students
who participate in recitals are eligible to apply for some of our awards and
scholarships each year.

6. **Start When You are Ready** – Children as young as three can start in instruments
like piano or violin, however it is never too late to learn music. From children to
seniors, private lessons are for everyone!

7. **Start Any Time** – While September is the most common time to start, we get
and fill lesson placement requests every month of the year. Lessons options are
often available seven days a week during building hours.

To start taking private lessons, please fill out our form found under *Private Lessons >
Private Lessons Placement Form* on our website so we can find the perfect match for
your needs and abilities. An up-to-date list of our instruments, rates 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>Chamber Music Coaching</td>
<td>All</td>
<td>Depends on instructor</td>
<td>Depends on instructor</td>
<td>$60/hr or min of $600/term</td>
</tr>
<tr>
<td>Private Lessons</td>
<td>All</td>
<td>Depends on instructor</td>
<td>Depends on instructor</td>
<td>Please see website</td>
</tr>
<tr>
<td>Suzuki Piano (Group)</td>
<td>3-8</td>
<td>Depends on instructor</td>
<td>Depends on instructor</td>
<td>$100-$270 + materials</td>
</tr>
<tr>
<td>Child/Parent Strings Group Class (first year students)</td>
<td>3-7</td>
<td>Tue, Sep 19-Jun 5</td>
<td>5:00-5:45pm</td>
<td>$250 + $10 materials</td>
</tr>
<tr>
<td>Child/Parent Strings Group Class w/ Musicianship Class (second year or higher)</td>
<td>4-8</td>
<td>Tue, Sep 19-Jun 5</td>
<td>5:00-5:45pm, 5:45-6:30pm, and/or 6:30-7:15pm</td>
<td>$325 + $40 materials</td>
</tr>
</tbody>
</table>

www.uregina.ca/cce/conservatory  306-585-5748  SIS.Noncredit@uregina.ca
Group Dance

BEGINNER POWWOW (ALL AGES)
Come out and experience First Nations Powwow dancing and cultural teachings. You will learn basic steps, increase your cardio and also dance to different types of First Nations music. These classes will accommodate all needs and are for all levels of dancers to learn, exercise and practice. All gender orientations are welcome to attend any of the sessions. Each session is 4 weeks long, dance genres are TBD. Children under 8 must attend with an adult.

INTRODUCTION TO FLAMENCO DANCE (AGES 16+)
Let us introduce you to this energetic music and dance form from southern Spain! In Introduction to Flamenco 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, Sep 18-Dec 14</td>
<td>5:45-7:15pm</td>
<td>$150</td>
</tr>
<tr>
<td>Introduction to Flamenco Dance</td>
<td>16+</td>
<td>Mon, Sep 18-Dec 11</td>
<td>7:15-8:45pm</td>
<td>$195</td>
</tr>
<tr>
<td>Beginner 1 Flamenco Dance*</td>
<td>16+</td>
<td>Thu, Sep 21-Dec 14</td>
<td>7:15-8:45pm</td>
<td>$195</td>
</tr>
<tr>
<td>Beginner Powwow</td>
<td>All ages</td>
<td>Thu, Sep 21-Oct 12; Thu, Oct 19-Nov 9; and/or Thu, Nov 16-Dec 7</td>
<td>5:30-6:30pm</td>
<td>$10/session</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). 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.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-day Preschool AM: Tu, Th</td>
<td>9:00-11:30am</td>
<td>$170/mn</td>
<td></td>
</tr>
<tr>
<td>2-day Preschool PM: Tu, Th</td>
<td>12:30-3:00pm</td>
<td>$170/mn</td>
<td></td>
</tr>
<tr>
<td>3-day Preschool AM: M, W, F</td>
<td>9:00-11:30am</td>
<td>$240/mn</td>
<td></td>
</tr>
<tr>
<td>3-day Preschool PM: M, W, F</td>
<td>12:30-3:00pm</td>
<td>$240/mn</td>
<td></td>
</tr>
<tr>
<td>5-day Preschool AM: M-F</td>
<td>9:00-11:30am</td>
<td>$400/mn</td>
<td></td>
</tr>
<tr>
<td>5-day Preschool PM: M-F</td>
<td>12:30-3:00pm</td>
<td>$400/mn</td>
<td></td>
</tr>
</tbody>
</table>

KINDERMUSIK (AGES 1 MONTH-4 YEARS)
Kindermusik is all about you and your child! These courses provide a unique opportunity for you to learn and participate with your child in an unhurried and joyful manner! Bond with your little one in these courses that stimulate your child’s early development and help you be active in your child’s learning. You will be guided each week by our Kindermusik instructor through age-appropriate activities that introduce you and your child to music concepts, Fallon Hantelman-Steward, 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 description online to learn more about the specific themes and curricula.
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feathers</td>
<td>Sat, Sep 16-Nov 18</td>
<td>11:40-12:25pm</td>
<td>$110 + $45 materials</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up in the Sky</td>
<td>Sat, Sep 16-Oct 14</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
<tr>
<td>Around the Farm</td>
<td>Sat, Oct 21-Nov 18</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
<tr>
<td>Time for Lunch</td>
<td>Sat, Nov 25-Dec 16</td>
<td>10:50-11:25am</td>
<td>$55 + $35 materials</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wiggles &amp; Giggles</td>
<td>Wed, Sep 20-Dec 6</td>
<td>5:30-6:05pm</td>
<td>$155 + $65 materials</td>
</tr>
<tr>
<td>Wiggles &amp; Giggles</td>
<td>Sat, Sep 16-Dec 16</td>
<td>9:00-9:35am</td>
<td>$155 + $65 materials</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>See What I Saw</td>
<td>Tue, Sep 19-Dec 5</td>
<td>5:30-6:15pm</td>
<td>$165 + $70 materials</td>
</tr>
<tr>
<td>See What I Saw</td>
<td>Sat, Sep 16-Dec 16</td>
<td>9:50-10:35am</td>
<td>$165 + $70 materials</td>
</tr>
</tbody>
</table>

Group Music for Kids

**CELLO DRAMA! JUNIOR OR SENIOR (AGES 9+)**

Join the cello community at the Conservatory! These courses provide young cellists the opportunity to stretch their ensemble skills and have fun while building community with other musicians. Our junior group, led by Child/Parent Strings instructor Joel MacDonald, is designed for those in Suzuki Book 3, RCM Grade 4 or higher. Our senior group, designed for those in RCM Grade 6 or higher, 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. If you are unsure if your child is right for junior or senior, join us for an open rehearsal and Cello-Bration on Saturday, September 9 from 3:00-5:00pm at the Palliser Building. Watch our website for more information about this event.
CONSERVATORY JUVENTUS CHOIRS (AGES 6-14)

Conservatory Juventus (yoo-VEHN-tuhs) Choirs develop vocal skills and performance techniques with an emphasis on fun and friendships. Choir provides an excellent musical education along with fostering teamwork and confidence. Performances vary by choir but could include up to five events: Rotary Carol Festival, Winter Concert, ChorFest, Regina Music Festival and a Spring Concert. There will be two tiers this fall based on age: Chorus directed by Paula Weber or Junior Choir directed by Kayla Stadnick. No audition required to join these choirs! On Sunday, September 10, you can drop-in to the Palliser Building from 1:30-3:00pm for a special Meet & Sing event to learn more about our choirs and meet our choir directors to see if the choir is right for your child. Students registered in Private Lessons at the Conservatory will receive 25% off course fees at registration. In the $75 materials fee there is an optional $25 fee for a burgundy polo shirt, please deselect during registration if your child already has a shirt.

SCOTTISH PIPE & DRUM (AGES 8+)

You DO NOT need to be Scottish to participate! Instruction in bagpipes and snare and tenor/bass drums is based on Scotland’s Piping and Drumming Qualifications Board guidelines and on the long experience of the teaching staff in this unique music style. 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. Students learn to read music, grace note groups, basic music theory and a number of exercises and tunes. 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. Once students pass the beginner stage, they will join the Conservatory Pipe Band. 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: for Beginner Bagpipes or Drums materials will be recommended for purchase from your instructor on the first class.
NEW SINGERS & SONGWRITERS (AGES 11+)

Have you always wanted to create and perform your own songs? In Singers & Songwriters, learn the building blocks of songwriting like creating chord patterns suitable for guitar or piano and write songs under the guidance of instructor Lori Potter. Working together, students will identify their individual strengths and work alone and/or together on songs to showcase on the last class for family and friends. Students may find they are drawn towards poetry and lyric writing, others may find their strength is as a vocalist or instrumentalist. Students and instructor support one another as everyone works to bring the musical ideas developed in class to life! Previous instruction in music is considered an asset, however it is not required.

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. This orchestra introduces students to playing music from a variety of periods and to working as an ensemble musician. Students will generally have 2-5 years of playing experience with the violin, viola, cello or double bass before joining this group. On Tuesday, September 12 between 5:30-7:00pm, we will be running a Meet & Play event with our new conductor, RSO Principal 2nd Violinist Christian Robinson. Please call 306-585-5748 to schedule a 5-minute timeslot for your child to meet Christian and play their instrument for him before the first class.

SUZUKI TRUMPET (AGES 5-10)

This program prepares budding musicians to grow the skills and technique necessary to play brass instruments. Children younger than 10 often do not have the stamina and strength to hold or produce sound in this instrument family. 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. Unlike our other Suzuki programs, there is no private lesson requirement to join this class. Please note: Level 2 is for students who participated in this course in Winter 2017, all new students will join Level 1. Level 2 and 3 will be offered in the Winter Term. Students will be required to rent a pocket trumpet for this course ($25-$30/month); recommendations will be made by the instructor on the first class.
<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 Chorus</td>
<td>6-9</td>
<td>Sun, Sep 17-May 27</td>
<td>1:30-2:30pm</td>
<td>$210 + $75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Juventus Junior Choir</td>
<td>8-14</td>
<td>Sun, Sep 17-May 27</td>
<td>2:45-4:00pm</td>
<td>$270 + $75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>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>$325 + $50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Suzuki Trumpet Level 1</td>
<td>5-8</td>
<td>Wed, Sep 20-Dec 13</td>
<td>5:00-5:30pm</td>
<td>$150 + $25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Suzuki Trumpet Level 2*</td>
<td>6-10</td>
<td>Wed, Sep 20-Dec 13</td>
<td>5:45-6:30pm</td>
<td>$175 + $25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Beginner Bagpipes or Drum</td>
<td>8+</td>
<td>Wed, Sep 20-May 30</td>
<td>7:00-7:50pm</td>
<td>$440</td>
</tr>
<tr>
<td>Conservatory Pipe Band**</td>
<td>8+</td>
<td>Wed, Sep 20-May 30</td>
<td>7:00-9:00pm</td>
<td>$440</td>
</tr>
<tr>
<td>Singers &amp; Songwriters</td>
<td>11+</td>
<td>Sat, Sep 16-Nov 18</td>
<td>2:00-3:15pm</td>
<td>$160+$10</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Cello Drama! Junior**</td>
<td>9+</td>
<td>Sat, Sep 16-May 12</td>
<td>4:00-5:00pm</td>
<td>$300 + $20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
<tr>
<td>Cello Drama! Senior**</td>
<td>13+</td>
<td>Sat, Sep 16-May 12</td>
<td>4:00-5:30pm</td>
<td>$475 + $20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>materials</td>
</tr>
</tbody>
</table>

*Prerequisite required.
**Previous experience required before joining the class.
ADULT CHOIR + SMALL GROUP LESSONS

Have you ever wanted to sing but feel you need some help finding your voice? Join the Conservatory Adult Choir with director Lori Potter! This fun and relaxed singing environment will introduce you to the basics of music, singing in unison and eventually, singing in 3-part harmony. This choir is suitable for experienced vocalists, those who previously took our I’ve Always Wanted to Sing courses or singers looking for a casual vocal group to join. 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 choir runs in two terms with performances at the end of each term: Sept-Dec & Jan-May. 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.
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! Learn from instructor Iain MacDonald as you venture into this unique instrument family. Participants start on a practice chanter then move onto the pipes later in their studies. Instrument and music purchases will be recommended on the first class.

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. Led by instructor Joel MacDonald, come be part of creating a community of cellists who play, learn, share and grow with their music.

CELLO FOR BEGINNERS
Have you ever wanted to learn the cello? It is not too late! Join our instructor Joel MacDonald in Cello Level 1 or Cello for Seniors and learn the basics of this string instrument. This supportive group environment is the perfect place to study the basics. Students must provide their own cello; instruments can be rented from Long & McQuade before the first class. Note: Level 1 and Cello for Seniors are the same in content; the only difference is the time of day.

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. 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, Sep 17-Jun 3</td>
<td>2:00-3:00pm</td>
<td>$170 + $10 materials</td>
</tr>
<tr>
<td>Campfire Guitar 1</td>
<td>Mon, Sep 18-Dec 11</td>
<td>6:00-7:00pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Music Theory for the Complete Beginner</td>
<td>Mon, Sep 18-Nov 27</td>
<td>6:00-7:00pm</td>
<td>$75 + $20 materials</td>
</tr>
<tr>
<td>Campfire Guitar 2*</td>
<td>Mon, Sep 18-Dec 11</td>
<td>7:15-8:15pm</td>
<td>$160 + $20 materials</td>
</tr>
<tr>
<td>Cello for Seniors</td>
<td>Tue, Sep 19-Nov 21</td>
<td>11:00am-12:00pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Bagpipes for Beginners Level 1</td>
<td>Tue, Sep 19-Nov 21</td>
<td>7:00-7:50pm</td>
<td>$160</td>
</tr>
<tr>
<td>Ukulele for Seniors</td>
<td>Wed, Sep 20-Nov 22</td>
<td>1:30-2:30pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Ukulele Level 1</td>
<td>Wed, Sep 20-Nov 22</td>
<td>6:00-7:00pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Ukulele Level 2*</td>
<td>Wed, Sep 20-Nov 22</td>
<td>7:15-8:15pm</td>
<td>$110 + $25 materials</td>
</tr>
<tr>
<td>Adult Bagpipe Studies**</td>
<td>Thu, Sep 21-May 31</td>
<td>7:00-7:50pm</td>
<td>$420</td>
</tr>
<tr>
<td>Cello Level 1</td>
<td>Thu, Sep 21-Nov 23</td>
<td>7:30-8:30pm</td>
<td>$160 + $25 materials</td>
</tr>
<tr>
<td>Adult Choir Rehearsal</td>
<td>Sat, Sep 16-Dec 9; Jan 20-May 26</td>
<td>10:45am-12:15pm</td>
<td>$185 + $15 materials (per term) or $340 + $30 materials (full year)</td>
</tr>
<tr>
<td>Vocal Technique/ Theory AM</td>
<td>Sat, Sep 30-Nov 25</td>
<td>10:00-10:30am</td>
<td>$65</td>
</tr>
<tr>
<td>Vocal Harmony PM</td>
<td>Sat, Sep 30-Nov 25</td>
<td>12:30-1:00pm</td>
<td>$65</td>
</tr>
</tbody>
</table>

*Prerequisite required.

**Previous experience required before joining the class.
NEW BROADWAY GENIUS (AGES 13+)

Create a musical theatre masterpiece with other enthusiastic teens in this build your own musical class. In *Broadway Genius*, go from developing a storyline and music to staging your group’s original musical theatre production in one short year. Work as a team and build on your individual strengths to create a show that is all your own. Throughout the process, students will discover their individual strengths in set design, songwriting, choreography and more but also support one another as everyone works together to develop this musical theatre production! Under expert guidance from *Senior Glee Club* instructors Chip McDaniel and Aimee Garchinski, learn about how you can tell a unique story through this unique theatre art form. Show development will happen in the Fall Term, with rehearsals in the Winter Term. Due to the intensity and depth of the work, there will only be one performance on May 17; on this day there will be an extended rehearsal at 4pm to prepare for the show.

NEW CREATIVE DRAMA STUDIO (AGES 13+)

Create a drama collective from beginning to end in this class designed to spark the imagination and creativity of young actors. Drama collectives are scenes and stories unified by a theme or idea. In cooperation with our instructor Vanessa Nezamloo, students create scenarios, characters, setting and more as they explore all facets of the theme. The theme will be developed through scriptwriting and character building and the collective will be rehearsed and refined culminating in a performance. Each term the group will chose a new theme to explore. This group will stage two performances throughout the year: Fall Term on Jan 17 and Winter Term on May 16.
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, students ages 6-8 will stage short musical revues and Senior students ages 8-12 typically perform Musical Theatre International KIDS Broadway Junior productions (plays TBD). For both Junior and Senior Glee, no previous experience is required to join the group – all levels of performers are welcome. Groups will stage two performances throughout the year: Fall Term on Jan 18 and Winter Term on May 17.

SHOWTIME (AGES 10-14)

Discover more about the acting process from beginning to end by producing two One Act plays throughout the year. 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 two performances throughout the year: Fall Term on Jan 17 and Winter Term on May 16. 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</td>
<td>10-14</td>
<td>Wed, Sep 20-May 16</td>
<td>6:00-7:30pm</td>
<td>$395 + $50 materials</td>
</tr>
<tr>
<td>Creative Drama Studio</td>
<td>13+</td>
<td>Wed, Sep 20-May 16</td>
<td>7:30-9:00pm</td>
<td>$395 + $50 materials</td>
</tr>
<tr>
<td>Senior Glee Club</td>
<td>8-12</td>
<td>Thu, Sep 21-May 17</td>
<td>5:00-7:00pm</td>
<td>$495 + $50 materials</td>
</tr>
<tr>
<td>Junior Glee Club A</td>
<td>6-8</td>
<td>Thu, Sep 21-May 17</td>
<td>5:30-6:45pm</td>
<td>$295 + $50 materials</td>
</tr>
<tr>
<td>Junior Glee Club B</td>
<td>6-8</td>
<td>Thu, Sep 21-May 17</td>
<td>6:45-8:00pm</td>
<td>$295 + $50 materials</td>
</tr>
<tr>
<td>Broadway Genius</td>
<td>13+</td>
<td>Thu, Sep 21-May 17</td>
<td>7:00-9:00pm</td>
<td>$495 + $50 materials</td>
</tr>
</tbody>
</table>

Please note: If these classes do not fill in September there will be an additional intake period for these classes. Watch for available spots and registration on November 15 to join in the Winter Term.
Visual Arts

BEADWORK PROJECTS (ALL AGES)

Anyone, from children to seniors, is welcome to come and learn how to do beadwork. 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 - 4 SESSIONS (ALL AGES)

In this class participants will learn how to make a ribbon skirt. The ribbon skirt 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. Woman teachings and protocols will also be shared throughout the class. Each 4 week class will complete 1 ribbon skirt within the session; sign up for multiple sessions to make more than 1 ribbon skirt.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beadwork Projects</td>
<td>All ages</td>
<td>Wed, Sep 20-Oct 11; Oct 18-Nov 8; and/or Nov 15-Dec 6</td>
<td>5:30-8:00pm</td>
<td>$20/session</td>
</tr>
<tr>
<td>Ribbon Skirt Sessions 1-3</td>
<td>All ages</td>
<td>Thu, Sep 21-Oct 12; Oct 19-Nov 9; and/or Nov 16-Dec 6</td>
<td>6:30-8:00pm</td>
<td>$15/session</td>
</tr>
</tbody>
</table>
Lifelong Learning Centre

Learn to Live and Live to Learn

The Lifelong Learning Centre (LLC) supports personal enrichment through learning for the joy of learning. We provide programming to stimulate the mind, encourage physical activity and enhance socialization. LLC programs are for adults of all ages who want to acquire knowledge while sharing experiences and ideas with others... and the best part, there are no exams!

Our wide range of daytime, evening and Saturday courses help you develop new understanding, embrace alternative concepts, meet interesting people and enjoy being a student again. The Lifelong Learning Center 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 stay active and to participate in a community of lifelong learners. Our evening and Saturday courses including Intermediate Beekeeping, Craft Beer Appreciation, Stand-Up Comedy 101, Spanish and technology classes cater to a variety of interests and participants of all ages.

Registration for our fall 2017 courses opens Saturday, July 15 and fitness courses begin the week of September 11 with many shorter courses starting later. We offer gift certificates so you can give or receive the gift of lifelong learning. Call 306-585-5748 for details about gift certificates and 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.

Fall Registration Opens
July 15, 2017

BIG Book Sale
Tartan Curling Club
1464 Broadway Avenue

Thu, Aug 31, 11:00am-8:00pm
Fri, Sep 1, 11:00am-8:00pm
Sat, Sep 2, 11:00am-5:00pm

Book donations are being accepted
Mon-Thu, Jul 25-Aug 24,
9:30am-3:00pm
Tartan Curling Club

LLC Fall Open House
Wed, September 6
10:30am-3:00pm
& 6:00-7:30pm

Check our website in early August for presentation details.

Come see what we have to offer. Take a tour and enjoy free presentations!

Welcome & Orientation
Thu, September 14, 12:00-1:00pm

FREE Classic Films
The Hundred-Foot Journey
Fri, Sep 15, 1:00-3:30pm

Live & Learn Celebration
Wed, Oct 4, 12:00-1:00pm

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

IMPORTANT NOTES:

No classes Oct 9 & Nov 13

Course Location Key:

PAL – Palliser Building,
2151 Scarth Street

WM – Westminster United Church,
3025 13th Avenue

RRR – Renaissance Retirement
Residence 1801 McIntyre Street

COFFEE FOR DAYTIME COURSES

You can now pay for coffee when you register for courses. Cost is $5 for 4-week courses and $10 for 8-week courses. Please bring your own cup. This only applies to daytime lecture, discussion and language courses.

PARKING PERMITS FOR DAYTIME COURSES

Parking permits are available for LLC students at a nominal fee. These can be used to park behind the College Avenue Campus which is 3 blocks from our current location at 2151 Scarth Street. These must be paid for and picked up in person at Student Services in PAL 121.

Note: Parking permits cannot be purchased by phone or online.
VOLUNTEER & COMMUNITY PROGRAMS

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

Day/Time: Fri, Sep 8, Oct 13, Nov 17, Dec 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, Sep 15, Oct 20, Nov 24, Dec 15 (Christmas Party) 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

**FREE** film on Sep 15 is **The Hundred-Foot Journey** with Helen Mirren and Om Puri, 2014.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Sep 15-Oct 13</td>
<td>1:00-3:30pm</td>
<td>$30</td>
<td>$20</td>
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</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Dermot Weightman</td>
<td>PAL 109</td>
<td>60</td>
<td>6452</td>
</tr>
</tbody>
</table>

EXPLORE THE RENAISSANCE & BAROQUE PORTRAITURE
This course will discuss some principles and theories underpinning portraiture in the early modern period. How were portraits conceived by artists and perceived by the public? How were they displayed, and for which purposes? Were they simply a means to record someone’s likeness, or did they have more complicated social and political implications?

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Wed, Oct 18-Nov 1</td>
<td>9:30-11:20am</td>
<td>$65</td>
<td>$50</td>
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<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Francesco Freddolini</td>
<td>PAL 212</td>
<td>35</td>
<td>6456</td>
</tr>
</tbody>
</table>

INTERNATIONAL CLASSIC FILMS
Enjoy a mix of classical Hollywood Cinema and contemporary Eastern European Cinema through four excellent films. An introduction will be provided for each film by a facilitator from the Department of Film Studies at the University of Regina.

**FREE** film on Oct 20 **Rashomon** (1950), Akira Kurosawa. Everyone is welcome!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Fri, Oct 20-Nov 17</td>
<td>1:00-3:30pm</td>
<td>$30</td>
<td>$20</td>
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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>Philippe Mather &amp; Others</td>
<td>PAL 109</td>
<td>60</td>
<td>6475</td>
</tr>
</tbody>
</table>
POPULAR SONGS FROM THE 1920S TO THE 1960S
This course will examine some examples of popular music from the 1950s and 1960s and relate them to some works of literature and to the cultural history of the period. Topics will include: conservatism and the beginnings of rock & roll, the popular revival of folk music, the British invasion, Motown, civil rights and anti-war protest songs, psychedelic rock and others. Class methods will include some lecturing, some video clips and some live playing and singing. **Note: No class November 8.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Oct 18-Nov 15</td>
<td>1:30-3:20pm</td>
<td>$80</td>
<td>$65</td>
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</table>

**Instructor**

Dr. Alex MacDonald

**Location**

PAL 109

**Course Limit**

60

**Barcode**

6457

NEW 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, Sep 20-Nov 8</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>N/A</td>
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**Instructor**

Darrel Lawlor

**Location**

PAL 110

**Course Limit**

16

**Barcode**

6458

COMPUTERS & TECHNOLOGY

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Oct 3</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>N/A</td>
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</table>

**Instructor**

Bernadette Wagner

**Location**

PAL 110

**Course Limit**

16

**Barcode**

6479
IPAD LEVEL 1 – BEGINNER

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 19</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor: Bernadette Wagner  
Location: PAL 110  
Course Limit: 16  
Barcode: 6480

IPAD LEVEL 2 – INTERMEDIATE

Explore Internet and email, photos and videos, cloud services and syncing, as well as apps and tips for more efficiently using your iPad device. This session is for users who have some experience using the iPad or who have taken the introductory Level 1 iPad class. This is a hands-on course, so please remember to bring your iPad and make sure that it is charged.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 26</td>
<td>6:30-8:30pm</td>
<td>$30</td>
<td>N/A</td>
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Instructor: Bernadette Wagner  
Location: PAL 110  
Course Limit: 16  
Barcode: 6481
FITNESS & MOVEMENT

BELLYFIT SAGE™ – WISDOM IN MOTION
This course is designed for mature women, women of size, women in recovery and all women seeking a gentler, more customized form of movement that honours their sensuality, their strength and their varied levels of ability. Expect all the signature elements that Bellyfit® offers, now at a slower more intentional pace that focuses on posture, balance, toning and strengthening. **Please Note:** There will be a **free class** Sep 22, subject to instructor availability; please enquire. No class Nov 3.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Sep 29-Nov 24</td>
<td>10:30-11:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

Instructor Location Course Limit Barcode
Roselle Bancescu WM Gym 25 6383

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>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 13-Nov 8</td>
<td>4:30-5:30pm</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

Instructor Location Course Limit Barcode
Barb McCaslin WM Gym 20 6381

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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Sep 12-Nov 9</td>
<td>4:00-5:00pm</td>
<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor Location Course Limit Barcode
Dorothy Fitzer WM Gym 30 6382

LINE DANCING
“In a rut strut.” Line dancing is a great activity for fun, exercise and memory. Learn easy, progressive steps to all types of music.
**STRETCH & TONE EXERCISE**

Promote healthy aging through exercise designed to increase flexibility. This class involves a warm-up, aerobics, stretching, toning and cool down. Mats and weights are supplied.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Sep 12-Nov 9</td>
<td>11:00am-12:00pm</td>
<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

**Instructor**

Dorothy Fitzer

**Location**

WM Gym

**Course Limit**

30

**Barcode**

6379

**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, Oct 7 and Nov 11.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 12-Nov 7</td>
<td>1:00-2:30pm</td>
<td>$40</td>
<td>$35</td>
</tr>
<tr>
<td>Sat, Sep 16-Nov 25</td>
<td>1:00-2:30pm</td>
<td>$40</td>
<td>$35</td>
</tr>
</tbody>
</table>

**Instructor**

Dorothy Fitzer

**Location**

Renaissance Retirement Residence

**Course Limit**

30

**Barcode**

Tue: 6377; Sat: 6378

**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 Sat, Oct 7 and Nov 11.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Sep 16-Nov 25</td>
<td>9:30-10:30am</td>
<td>$85</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**Instructor**

Master Chuanwu Li

**Location**

WM Gym

**Course Limit**

20

**Barcode**

6384
YOGA – BEGINNERS

Introduce yourself to the world of yoga. You will learn gentle yoga poses and stretches that can safely be done at home. Those with some experience can practice at a slower pace. Please bring a yoga mat and large towel or blanket. **Please note:** No class Oct 9, Nov 13.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 11-Nov 20</td>
<td>12:00-1:00pm</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**  
Lani Knaus  
**Location**  
WM Gym  
**Course Limit**  
25  
**Barcode**  
6374

YOGA – ADVANCED

This class is designed for those who know basic diaphragmatic breathing, the rudiments of basic postures, are at ease with the asanas practiced in beginner’s class and want to stretch beyond the beginner level. Please bring a yoga mat and large towel or blanket. **Please note:** No class Oct 9, Nov 13.

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>Mon, Sep 11-Nov 20</td>
<td>10:30-11:30am</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Instructor**  
Lani Knaus  
**Location**  
WM Gym  
**Course Limit**  
25  
**Barcode**  
6373
YOGA – MULTI-LEVEL
If you have learned the basics, you are ready to move on. You will be guided to adapt the practice to your own level. Emphasis will be on breathing, classic yoga poses and relaxation techniques. Please bring a yoga mat and large towel or blanket.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 13-Nov 8</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: 6375

YOGA RESTORATIVE
This will be a gentle class for people who have low energy, chronic health problems, are recovering from illness or injury or just want a gentler practice. It is suitable for beginners as well as continuing students. Most of the practice will be done lying on the floor. Please bring a yoga mat and large towel or blanket.

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<tr>
<td>Wed, Sep 13-Nov 8</td>
<td>12:00-1:00pm</td>
<td>$85</td>
<td>$70</td>
</tr>
</tbody>
</table>

Instructor: Tracy Hagan
Location: WM Gym
Course Limit: 15
Barcode: 6376

HEALTH
LIVE WELL WITH CHRONIC CONDITIONS
This course is about taking control of your health, feeling better and being able to do some of the things that YOU want to do. This self-management workshop is intended for people who have any type of chronic health condition or chronic pain. You will learn about general symptoms and difficult emotions that are shared across different chronic conditions and you will get some great tools that can help you to feel more confident in managing your health. Caregivers and support people will also benefit from attending this program. Classes are fun as well as interactive.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Sep 9, 16, 23, Oct 7, 14, 21</td>
<td>1:00-3:30pm</td>
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Instructor: Population & Public Health Services RQHR - TBA
Location: PAL 109
Course Limit: N/A
Barcode: 6563
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. This course is suitable for beginners as well as those who have experience with meditation. Please Note: No class on Oct 7 and Nov 11.

<table>
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<tr>
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<tr>
<td>Sat, Sep 23-Nov 25</td>
<td>10:00-11:00am</td>
<td>$85</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Instructor  Location    Course Limit  Barcode
Annette Marche  PAL 110    15       6483

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 PARATRANSIT

The City of Regina Transit Department offers safe, reliable, affordable and accessible transportation in support of Council’s vision for inclusiveness, accessibility, affordability and environmental sustainability. This presentation will focus on what Regina paratransit service offers and how to access services.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 13</td>
<td>Lynette Griffen</td>
<td>6453</td>
</tr>
</tbody>
</table>

LIVE & LEARN CELEBRATION

What do you think can be done to encourage older adults in Regina to be active and engaged? Join volunteers and staff involved in the Reducing Isolation of Seniors Collective (RISC) for a short presentation on activities being carried out to do this in Saskatchewan and globally. A presentation will be followed by discussion on what you think could be good programs to pilot in Regina and area.
SASKATCHEWAN AIDS TO INDEPENDENT LIVING (SAIL)
Please join Saskatchewan Aids to Independent Living (SAIL) representative Sonja Orban for a frank, informative discussion on what services are offered by SAIL and how to access them.

LIVING WILLS
Speakers from the Regina Qu’Appelle Health Region, Advance Care Planning Program will present on the importance of living wills and what you need to know about them.

NAVIGATING THE HEALTH CARE SYSTEM IN REGINA
Join John Ash and Dan Ash to learn what you need to know and how to reach your objectives and understand the health care system.

LIFESTYLE
NEW ALL ABOUT THE PLANTING & CARE OF FALL BULBS
Join master gardener D’Arcy Schenk to learn about the different fall bulb varieties you can buy, when to plant them and where, and what varieties work and what varieties don’t. You will learn what equipment is used to plant bulbs of all kinds. Make your yard the envy of the neighbourhood in the spring of 2018.
**NEW BOURBON & AMERICAN WHISKEY APPRECIATION**

Bourbon is an iconic American spirit that has become increasingly popular in recent decades. Join us for a 3-week class of tasting and appreciating bourbon. In this class you will learn why all bourbon is whiskey, but not all American whiskey is bourbon. You’ll learn the difference between bourbon, whiskey, Tennessee whiskey and American rye whiskey. Did you know that a major whiskey is produced in a dry county? There is also a strong Canadian influence in the American whiskey world. American rye whiskey must be distilled from 51% rye... or Canadian whisky, which may or may not include any rye. If you are confused, the Bourbon & American Whiskey class will have the answers to clear things up. Register early ... this is going to sell out quickly! **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.

<table>
<thead>
<tr>
<th>Day, Time</th>
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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Tue, Sep 19-Oct 3 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**
6450

**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 included in course fee.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu, Oct 5-26 6:30-8:30pm</td>
<td>$155</td>
<td>N/A</td>
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</table>

**Instructor**
Kitty Chan

**Location**
Campbell Collegiate, Room 120

**Course Limit**
12

**Barcode**
6451

**NEW CRAFT BEER APPRECIATION**

This course covers a brief history of brewing focusing on craft beer, specifically craft beer in Saskatchewan and Regina. Participants will explore the brewing process along with traditional and not so traditional brewing ingredients and techniques. An explanation of beer styles will be provided including the more trendy styles of the day, IPA’s, wild/sours and barrel/wood aged beers. The class
will be held at the Lifelong Learning Centre and on site at local craft breweries. Tours of craft brewing facilities and limited samplings will be included in the course fee. Attendees will be expected to provide their own transportation to off-site locations, as well as a safe ride home. **Please Note:** Must be a minimum 19 years of age to attend.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Nov 7-Dec 5</td>
<td>7:00-9:00pm</td>
<td>$150</td>
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<tr>
<td><strong>Facilitator</strong></td>
<td><strong>Location</strong></td>
<td><strong>Course Limit</strong></td>
<td><strong>Barcode</strong></td>
</tr>
<tr>
<td>Gary Falkenstein</td>
<td>PAL 109</td>
<td>20</td>
<td>6460</td>
</tr>
</tbody>
</table>

**FLORAL DESIGN: WEDDINGS & MORE**

Join Peter Dielschneider, floral designer, for an interactive workshop on fresh flower design. This three-part workshop will focus on design concepts of composition, balance, theme and colour. Want to arrange flowers for an upcoming wedding or formal occasion? Learn to make corsages, boutonnières and bouquets for the modern and traditional wedding. Price of materials included in course fee.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, Oct 4-18</td>
<td>7:00-9:00pm</td>
<td>$140</td>
<td>N/A</td>
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<tr>
<td><strong>Instructor</strong></td>
<td><strong>Location</strong></td>
<td><strong>Course Limit</strong></td>
<td><strong>Barcode</strong></td>
</tr>
<tr>
<td>Peter Dielschneider</td>
<td>PAL 109</td>
<td>20</td>
<td>6473</td>
</tr>
</tbody>
</table>

**NEW INTERMEDIATE BEEKEEPING**

This course is intended for those who have previously kept honeybees. Lessons will primarily occur in the classroom, but weather permitting, a few lessons will take place at a local apiary. Topics include: honeybee biology, identifying diseases, integrated pest management, preventing swarms, re-queening, splitting, introduction to queen rearing, record keeping and legal matters. Students should expect to be stung. Participants will be responsible for providing their own transportation to and from the field trip location. Offered in partnership with the Regina and District Bee Club. **Please note:** No class Oct 9, Nov 13.

<table>
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<tr>
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<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon, Sep 18-Nov 20</td>
<td>7:30-9:30pm</td>
<td>$125</td>
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<tr>
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<td><strong>Location</strong></td>
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<td><strong>Barcode</strong></td>
</tr>
<tr>
<td>TBD</td>
<td>PAL 109</td>
<td>60</td>
<td>6459</td>
</tr>
</tbody>
</table>
NEW PREPARING YOUR YARD & GARDEN FOR FALL
The season is almost over and it’s time to fall plant and get ready for winter. Come learn about what you can plant in the fall and not plant. Fall is a good time to re-landscape. Learn the do’s and don’ts as you get ready for the 2018 season.

<table>
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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, Sep 20</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>N/A</td>
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<tr>
<td>Instructor</td>
<td>Location</td>
<td>Course Limit</td>
<td>Barcode</td>
</tr>
<tr>
<td>D'Arcy Schenk</td>
<td>PAL 109</td>
<td>60</td>
<td>6488</td>
</tr>
</tbody>
</table>

NEW WHAT WOULD YOU LIKE TO LEARN ABOUT?
There is always more to learn to keep up with changing information and technology. Join LLC staff and Subject Matter Specialists to explore new literacy issues including Computer Literacy: Creating Blogs; Financial Literacy: How to Manage Your Money; Health Literacy: Medication Safety and More; Information and Communication Technology Literacy: How to find good information on your phone or other devices. You will learn some basics about these topics and engage in discussion about what else you might like to learn about these areas.

<table>
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<tr>
<th>Day</th>
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<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Oct 9-Nov 9</td>
<td>1:30am-3:00pm</td>
<td>$10 Includes coffee or tea</td>
<td>N/A</td>
</tr>
<tr>
<td>Instructor</td>
<td>Location</td>
<td>Course Limit</td>
<td>Barcode</td>
</tr>
<tr>
<td>LLC Staff &amp; Subject Matter Specialists</td>
<td>PAL 109</td>
<td>60</td>
<td>6472</td>
</tr>
</tbody>
</table>

LANGUAGES
Required textbooks can be purchased from Student Services. Textbook is good for all levels of language courses

SPANISH
Spanish Travel Intensive
Going to Spain? Mexico? South America? Here is your opportunity to learn Spanish and discover Hispanic culture and people. This intensive two-class introduction will give you the basic tools you need to communicate while on vacation. **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>
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</thead>
<tbody>
<tr>
<td>Sat, Oct 28-Nov 4</td>
<td>10:00am-2:00pm</td>
<td>$100</td>
<td>N/A</td>
</tr>
<tr>
<td>Instructor</td>
<td>Location</td>
<td>Course Limit</td>
<td>Barcode</td>
</tr>
<tr>
<td>Edith Brockhill</td>
<td>PAL 109</td>
<td>25</td>
<td>6385</td>
</tr>
</tbody>
</table>
Spanish 1

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

<table>
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<tr>
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<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 20-Nov 8</td>
<td>9:30-11:30am</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

**Instructor**  
Sergio Quezada  
**Location**  
PAL 213  
**Course Limit**  
25  
**Barcode**  
6390

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.

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</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**  
6386
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>Fri, Sep 22-Nov 10</td>
<td>9:30-11:30am</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

**Instructor**
Sergio Quezada
**Location**
PAL 213
**Course Limit**
25
**Barcode**
6391

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.

<table>
<thead>
<tr>
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<td>Wed, Sep 20-Nov 8</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**
6387

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.

<table>
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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</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**
6392

Spanish 3 (Evening)
This is your chance to improve your Spanish. The course is designed for those with good Spanish vocabulary and pronunciation skills. Learn more about the interesting Hispanic culture. **Prerequisite:** Spanish 2 or more than basic Spanish skills.

**Please note:** No class Oct 9 and Nov 13.

<table>
<thead>
<tr>
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<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Mon, Sep 18-Nov 20</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**
6388
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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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Sep 20-Nov 8</td>
<td>1:00-3:00pm</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>25</td>
<td>6393</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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<th>Day</th>
<th>Time</th>
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<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 19-Nov 7</td>
<td>1:00-3:00pm</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>25</td>
<td>6394</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 19-Nov 7</td>
<td>9:30-11:30am</td>
<td>$150</td>
<td>$135</td>
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</table>

<table>
<thead>
<tr>
<th>Instructor</th>
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<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Sergio Quezada</td>
<td>PAL 213</td>
<td>10</td>
<td>6395</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</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</td>
<td>9:30-11:30am</td>
<td>$150</td>
<td>$135</td>
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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>Sergio Quezada</td>
<td>PAL 213</td>
<td>10</td>
<td>6396</td>
</tr>
</tbody>
</table>
Spanish Conversation (Evening)
This class will allow students who have completed Spanish 3 or an equivalent advanced course to put their knowledge of Spanish into practice through conversation related to current events and other topics. Students in this course should be able to carry on a conversation in Spanish.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Tue, Sep 19-Nov 7 7:00-9:00pm</td>
<td>$170</td>
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</table>

**Instructor**

Edith Brockhill

**Location**

PAL 213

**Course Limit**

10

**Barcode**

6389

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**FRENCH**

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

**French: La joie de vivre 1**

Beginner French course in a relaxed group setting intended for older adults.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, Sep 20-Nov 8 9:30-11:30am</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

**Instructor**

Maud Beaulieu

**Location**

PAL 110

**Course Limit**

16

**Barcode**

6397

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**French: La joie de vivre 2**

For those who have completed French 1 and wish to pursue French further in a relaxed group setting, intended for older adults.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 19-Nov 7 1:30-3:30pm</td>
<td>$150 + textbook</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

**Instructor**

Maud Beaulieu

**Location**

PAL 110

**Course Limit**

16

**Barcode**

6398

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**French: La Joie de Vivre 3**

For those who have completed French 2 and wish to pursue French further in a relaxed group setting, intended for older adults.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue Sep 19-Nov 7 9:30-11:30am</td>
<td>$150</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

**Instructor**

Maud Beaulieu

**Location**

PAL 110

**Course Limit**

16

**Barcode**

6399
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.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</td>
<td>$150</td>
<td>$135 + textbook</td>
</tr>
</tbody>
</table>

Instructor: Maud Beaulieu
Location: PAL 110
Course Limit: 16
Barcode: 6400

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 September 18 and November 17. Sessions are two hours long and course fee is $220 for 8 sessions. Please see course descriptions below. To arrange your course, please e-mail 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 1
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 Hànyǔ Shuiping Kaoshi (HSK) Preparation Course
The new HSK is an international standardized exam that tests Chinese language proficiency. It assesses non-native Chinese speakers’ abilities in using the Chinese language in their daily, academic and professional lives. This course will help you to prepare for the HSK exam.
SCIENCE

ASTRONOMY: THE STARS OF AUTUMN
Autumn brings cooler days and clearer skies, and as we bid farewell to the summer’s Milky Way the bright stars of winter begin to emerge. Join us to watch Venus and Jupiter meet in the morning and learn how to identify other planets, stars, constellations and galaxies from your own backyard. We will also stay on top of weekly sky events, space news and meteor showers. Telescope and binocular viewing will take place after class when weather permits. Please dress accordingly.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</td>
<td>7:00-9:00pm</td>
<td>$125</td>
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</table>

Instructor: Chris Beckett
Location: PAL 109
Course Limit: 60
Barcode: 6455

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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<th>Day</th>
<th>Time</th>
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<th>SUG Fee</th>
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<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</td>
<td>9:30-11:20am</td>
<td>$105</td>
<td>$85</td>
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</tbody>
</table>

Instructor: Dr. Ray Cleveland
Location: PAL 109
Course Limit: 60
Barcode: 6401

NEW HOW GREAT BRITAIN & THE US SHAPED WESTERN CANADA
This course will examine how Canadian governments attracted British and American settlers to Western Canada, how these newcomers contributed to the growth of wheat farming and ranching on the prairies, and how some played a key role in establishing trade unions across the West.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Tue, Sep 19-Oct 10</td>
<td>1:30-3:20pm</td>
<td>$80</td>
<td>$65</td>
</tr>
</tbody>
</table>

Instructor: Dr. Bill Brennan
Location: PAL 109
Course Limit: 60
Barcode: 6447
NEW OIL EXTRACTION & REFINEMENT IN SASKATCHEWAN

This course examines the social, economic and environmental impacts of oil extraction and refinement in Saskatchewan. Dr. Eaton and Dr. Tucker provide a critical analysis of environmental, community and occupational safety impacts across the oil supply chain and identify gaps in existing regulatory regimes.

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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>Wed, Sep 20-Oct 11</td>
<td>1:30-3:20pm</td>
<td>$80</td>
<td>$65</td>
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</tbody>
</table>

Instructor: Dr. Emily Eaton & Dr. Sean Tucker
Location: PAL 109
Course Limit: 60
Barcode: 6449

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Family Fee</th>
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</thead>
<tbody>
<tr>
<td>Wed, Sep 20-Nov 8</td>
<td>9:30-11:20am</td>
<td>$105</td>
<td>$85</td>
</tr>
</tbody>
</table>

Instructor: Dr. Ray Cleveland
Location: PAL 109
Course Limit: 60
Barcode: 6402

NEW ERICH FROMM

In this course, we will discuss Erich Fromm’s book “The Sane Society.” Course participants may want to read the book, but are not required to do so. Dr. Fromm believed that human needs, such as for fulfilling work and wholesome cooperation with others, often remain unmet in the kind of societies we have created. To increase human well-being, he offered ways of reshaping our social and mental world.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Wed, Sep 20-Nov 8</td>
<td>1:30-3:00pm</td>
<td>$90</td>
<td>$70</td>
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</tbody>
</table>

Instructor: Anne Van Ransbeek
Location: PAL 212
Course Limit: 35
Barcode: 6446
NEW TURBULENT TIMES IN MEDIEVAL ENGLAND

The Plantagenet Kings to the War of the Roses. A period when wars, conflicts of all kinds were commonplace, but which led to an explosion of expansionism, travel and exploration.

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<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Tue, Sep 19-Nov 7</td>
<td>9:30-11:20am</td>
<td>$105</td>
<td>$85</td>
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</table>

**Instructor**

<table>
<thead>
<tr>
<th>Adrien Tatarinoff</th>
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</thead>
<tbody>
<tr>
<td>Location</td>
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<tr>
<td>PAL 212</td>
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<tr>
<td>Course Limit</td>
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<tr>
<td>35</td>
</tr>
<tr>
<td>Barcode</td>
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<tr>
<td>6448</td>
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</table>

NEW UNDERSTANDING WORLD RELIGIONS

Leaders from four of the large world religions will talk about their faith including origins, customs, and belief systems. Following a brief presentation you will have an opportunity to ask questions and engage in respectful and informative discussion about one of the world’s major religions over coffee or tea and treats. A different religion will be featured each week – Judaism, Islamism, Atheism and Christianity.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Thu, Sep 21-Oct 12</td>
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<td>$70</td>
<td>$60</td>
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**Instructor**

<table>
<thead>
<tr>
<th>Various Instructors</th>
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<tbody>
<tr>
<td>Location</td>
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<tr>
<td>PAL 109</td>
</tr>
<tr>
<td>Course Limit</td>
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<tr>
<td>60</td>
</tr>
<tr>
<td>Barcode</td>
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<tr>
<td>6486</td>
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</tbody>
</table>

WRITING & LITERATURE

**AS I REMEMBER**

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

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</thead>
<tbody>
<tr>
<td>Wed, Sep 20-Nov 8</td>
<td>1:30-3:20pm</td>
<td>$85</td>
<td>$60</td>
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</table>

**Facilitators**

<table>
<thead>
<tr>
<th>Ivan Millard &amp; Bob Juby</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location</td>
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<tr>
<td>PAL 110</td>
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<tr>
<td>Course Limit</td>
</tr>
<tr>
<td>16</td>
</tr>
<tr>
<td>Barcode</td>
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<tr>
<td>6403</td>
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</tbody>
</table>
CONTEMPORARY SOCIAL, POLITICAL & SCIENCE CONCERNS

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Mon, Sep 25, Oct 30, Nov 27, Dec 11, Jan 29, Feb 26, Mar 26, Apr 30, May 28, Jun 25</td>
<td>1:45-3:45pm</td>
<td>$85</td>
<td>$60</td>
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<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Al Fricker</td>
<td>PAL 110</td>
<td>16</td>
<td>6442</td>
</tr>
</tbody>
</table>

CREATIVE WRITING

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

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<th>Day</th>
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<th>SUG Fee</th>
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</thead>
<tbody>
<tr>
<td>Thu, Sep 21-Nov 9</td>
<td>1:30-3:20pm</td>
<td>$85</td>
<td>$60</td>
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<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bev Lundahl</td>
<td>PAL 212</td>
<td>25</td>
<td>6404</td>
</tr>
</tbody>
</table>

CREATIVE WRITING CRITIQUE

Writers in this group meet monthly to assist each other to improve their writing through participant feedback and discussions about challenges faced during the writing process. Prior to each session, participants email a piece of their writing to other group members who will read and prepare written feedback.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Sep 18, Oct 16, Nov 20, Dec 18, Jan 15, Feb 19, Mar 19, Apr 16, May 14, Jun 18</td>
<td>1:30-3:30pm</td>
<td>$85</td>
<td>$60</td>
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<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Location</th>
<th>Course Limit</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Whyte</td>
<td>PAL 110</td>
<td>10</td>
<td>6443</td>
</tr>
</tbody>
</table>
IN THE WRITE SPACE: AN INTRODUCTION TO CREATIVE WRITING

Join multi-genre author and editor, Bernadette Wagner, for a four-week class exploring concepts and resources to consider when writing poetry, creative nonfiction and fiction. Learn more about publishing and giving readings from your work. No experience required. **Note:** No class Oct 7.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
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<tbody>
<tr>
<td>Sat, Sep 16-Oct 14</td>
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**Facilitator**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>PAL 109</td>
<td>20</td>
<td>6478</td>
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PRIAIRE SAGES BOOK DISCUSSION GROUP

This group meets once a month for nine months. Discussions are led by class members. A list of the 2017 books will be emailed to students and be made available at the LLC Reception Desk.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>SUG Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Sep 19, Oct 17, Nov 21, Dec 12, Jan 16, Feb 20, Mar 20, Apr 17, May 15*</td>
<td>1:30-3:30pm (*10:30am-3:30pm for May 15 only)</td>
<td>$85</td>
<td>$60</td>
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**Facilitator**

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>PAL 212</td>
<td>20</td>
<td>6444</td>
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</table>

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 and other facilities.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 14</td>
<td>LLC Staff &amp; SUG Board Members</td>
<td>6477</td>
</tr>
</tbody>
</table>
GERMAN ARCHITECTURE
Dr. George Maslany and Sharon Wheale will provide a visual overview of old and new architecture in Munich, Berlin, Hamburg and Bamberg, and a brief snapshot of German attitudes towards immigration. It is no surprise that visitors to Germany are awestruck by the older buildings and history, but as important is the new German architecture that is unique, impressive and uplifting reflecting the new Germany.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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<tbody>
<tr>
<td>Sep 21</td>
<td>Dr. George Maslany &amp; Sharon Wheale</td>
<td>6461</td>
</tr>
</tbody>
</table>

BEES!
Learn all about bees. The importance of bees to our eco-system will be examined and explained. A history of beekeeping will be presented, and trends such as the increasingly popular hobby of urban beekeeping and honey production will be explored. This forum will prove to be interesting to gardeners, environmentalists and those considering taking up beekeeping.

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Sep 28</td>
<td>TBD</td>
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ARE WE REALLY READY FOR RECONCILIATION?
Canada 150: This talk by award-winning author Jim Daschuk considers the disconnect between the rhetoric around the theme of reconciliation of the Canada 150 commemoration and the reality experienced by Indigenous Canadians in 2017.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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</thead>
<tbody>
<tr>
<td>Oct 5</td>
<td>Jim Daschuk</td>
<td>6463</td>
</tr>
</tbody>
</table>

COLONIALISM SKATEBOARDS
Micheal Langan an Indigenous artist from Cote First Nation, Treaty 4 Territory, who is committed to educating people through creative renderings of our colonial past. Micheal launched his own skateboard company – Colonialism Skateboards – to draw attention to, and have people engage with, complex and un-telling aspects of Indigenous Canadian history and culture.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
<th>Barcode</th>
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<tr>
<td>Oct 12</td>
<td>Micheal Langan</td>
<td>6482</td>
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</table>
ZOMBIES
Join history professor Dr. Mark Anderson for his presentation on the history of zombies (real and imagined). Zombies are not just a 21st century pop culture phenomenon but have similar religious significance in some cultures as saints, prophets and angels as religious traditions.

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Oct 19</td>
<td>Dr. Mark Anderson</td>
<td>6464</td>
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HIKING THE CAMINO DE SANTIAGO DE COMPOSTELA
For those who missed it, Kay is doing a rerun of her hike on the Camino de Santiago in Spain. Pilgrims have walked this 800 km route for over 1000 years to visit the bones of St James, one of Jesus’ disciples. Kay hiked the last 150 km from O’Ceibro to Santiago. You will see the trail, churches, country and town scenery, and great food (pictures only). Included is a visit to Lugo, a world heritage site with complete Roman walls.

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<tbody>
<tr>
<td>Oct 26</td>
<td>Kay Antrobus</td>
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COHOUSING ON BADHAM BOULEVARD
Cohousing is a lifestyle that provides a perfect combination of privacy and community. It is a creative way for people to have beautiful private units and abundant common space. It is a neighbourhood in a unique green building and healthy environment. Prairie Spruce Commons is Regina’s first cohousing project.

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Nov 2</td>
<td>Dave Lareau</td>
<td>6466</td>
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SEXUALITY AFTER FIFTY-FIVE HAS A SILVER LINING
Sexuality has always been a desire with many twists along life’s journey. Aging is one of the most dynamic curves we experience. During our time we will discuss sexual health, the myths you should know about, sex and love are not mutually exclusive, how to bridge the differences between men and women and how to experience the silver lining.

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<th>Day</th>
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<tbody>
<tr>
<td>Nov 9</td>
<td>Sheila Brandick</td>
<td>6467</td>
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</tbody>
</table>
ANIMATE IT!
Have a story or song to share with the world – ANIMATE IT! In this session, Chris Atkinson will provide a general introduction to how you can “cartoon” your stories for the world to see using Animaker, a free web-based software program that helps you make animations.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Nov 16</td>
<td>Chris Atkinson</td>
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</table>

RESEARCH AT THE U OF R
Dr. David Malloy, Vice-President Research, will discuss the highlights of research currently being undertaken at the University of Regina.

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<thead>
<tr>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>Nov 23</td>
<td>Dr. David Malloy, VP Research</td>
<td>6474</td>
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</table>

FINDING YOUR LOYALIST ROOTS
Gerry and Pat Adair will get you started on your proof finding mission towards discovering your Loyalist Ancestor.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tr>
<td>Nov 30</td>
<td>Gerry and Pat Adair</td>
<td>6476</td>
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</table>

Bring this coupon for FREE ADMISSION to one Thursday Noon Forum listed on pages 68-71.
Limit one free forum per person this term.

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 members to take LLC 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.

☐ All About the Planting & Care of Fall Bulbs $30
☐ Ancient Cultures & Places $105/SUG $85
☐ Android 1 $30
☐ As I Remember $85/SUG $60
☐ Astronomy: The Stars of Autumn $125
☐ Bellyfit Sage $85/SUG $70
☐ Bourbon & American Whiskey Appreciation $150
☐ Chair Yoga $85/SUG $70
☐ Chinese Cooking $155
☐ Classic Films $30/SUG$20
☐ Contemporary Social, Political & Science Concerns (year-long meeting group) $85/SUG $60
☐ Craft Beer Appreciation $150
☐ Creative Writing $85/SUG $60
☐ Creative Writing Critique (year-long meeting group) $85/SUG $60
☐ Erich Fromm: The Sane Society $90/SUG $70
☐ Exploring the Renaissance & Baroque Portraiture $65/SUG $50
☐ Fit for Your Life $105/SUG $85
☐ Floral Design: Weddings & More $140
☐ 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
☐ How Great Britain & the US Shaped Western Canada $80/SUG $65
☐ Intermediate Beekeeping $125
☐ International Classic Films $30/ SUG$20
☐ In the Write Space: An Introduction to Creative Writing $120
☐ iPad 1 $30
☐ iPad 2 $30
☐ Line Dancing $85/SUG $70
☐ Live well with Chronic Conditions FREE
☐ Meditation $85
☐ Middle East Current Affairs $105/SUG $85
☐ Oil Extraction & Refinement in Saskatchewan $80/SUG $65
☐ Popular Songs From the 1950s to the 1960s $80/SUG $65
☐ Prairie Sages Book Discussion (year-long meeting group) $85/SUG $60
☐ Preparing Your Yard & Garden for Fall $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
☐ 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
☐ Turbulent Times in Medieval England $105/SUG $85
☐ Understanding World Religions $70/SUG $60
☐ What Would You Like to Learn About? $10
☐ 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 Paratransit Sep 13
☐ Live & Learn Celebration Oct 4
☐ Saskatchewan Aids of Independent Living (SAIL) Oct 18
☐ Living Wills Nov 8
☐ Navigating the Health Care System in Regina Dec 6

THURSDAY NOON FORUMS
☐ LLC Welcome/Orientation (Sep 14) FREE
☐ German Architecture (Sep 21) $5
☐ Bees! (Sep 28) $5
☐ Are We Really Ready for Reconciliation? (Oct 5) $5
☐ Colonialism Skateboards (Oct 12) $5
☐ Zombies (Oct 19) $5
☐ Hiking the Camino de Santiago de Compostela (Oct 26) $5
☐ Cohousing on Badham Boulevard (Nov 2) $5
☐ Sexuality After Fifty-Five Has a Silver Lining (Nov 9) $5
☐ Animate It (Nov 16) $5
☐ Research at the University of Regina (Nov 23) $5
☐ Finding Your Loyalist Roots (Nov 30) $5

HOW TO REGISTER:
By phone: 306-585-5748
Online: www.uregina.ca/cce/lifelong
In person: Student Services Office, Palliser Building Room 121
<table>
<thead>
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<td>WM Gym</td>
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<td>WM Gym</td>
<td>Sep 26-Nov 24</td>
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</tbody>
</table>
### Monday
- **Spanish 2**
  - 9:30 - 11:20 am
  - PAL 212

### Tuesday
- **Ancient Cultures & Places**
  - Line Dancing
  - 4:00 - 5:00 pm
  - Sept 12 - Nov 9

### Wednesday
- **French: La joie de vivre 1**
  - 9:30 - 11:30 am
  - PAL 109

- **Spanish Conversation 2**
  - 9:30 - 11:30 am
  - PAL 212

### Thursday
- **Spanish Conversation 1**
  - 9:30 - 11:30 am
  - PAL 110

- **Spanish 3**
  - 1:00 - 3:00 pm
  - PAL 212

- **Chronic Conditions**
  - 1:00 - 3:00 pm
  - PAL 109

### Friday
- **Spanish 4**
  - 1:30 - 3:30 pm
  - PAL 213

### Saturday
- **Spanish Travel Intensive**
  - 1:30 - 3:30 pm
  - PAL 110

### TUESDAY EVENINGS
- **iPad 1, 2**
  - 6:30 - 8:30 pm
  - Sep 19, 26
  - PAL 110

- **Android 1-The Basics**
  - 6:30 - 8:30 pm
  - Oct 3
  - PAL 110

- **Bourbon & American Whiskey Appreciation**
  - 7:00 - 9:00 pm
  - Sept 19 - Oct 3
  - PAL 109

- **Craft Beer Appreciation**
  - 7:00 - 9:00 pm
  - Nov 7 - Dec 5
  - PAL 109

- **Spanish Conversation (Evening)**
  - 7:00 - 9:00 pm
  - Sep 19 - Nov 7
  - PAL 213

### WEDNESDAY EVENINGS
- **Spanish 2 (Evening)**
  - 7:00 - 9:00 pm
  - Sep 20 - Nov 8
  - PAL 213

- **Floral Design: Weddings & More**
  - 7:00 - 9:00 pm
  - Oct 4 - 18
  - PAL 109

- **Preparing Your Yard & Garden for Fall**
  - 7:00 - 9:00 pm
  - Sep 20 - Nov 8
  - PAL 110

- **All About the Planting & Care of Fall Bulbs**
  - 7:00 - 9:00 pm
  - Sep 27
  - PAL 109

### WELLNESS WEDNESDAYS
- **Regina Paratransit**
  - Sep 13

- **Live & Learn Celebration**
  - Oct 4

- **Saskatchewan Aids to Independent Living**
  - Oct 18

- **Living Wills**
  - Nov 8

- **Navigating the Health Care System in Regina**
  - Dec 6

### THURSDAY EVENINGS
- **Chinese Cooking**
  - 6:30 - 8:30 pm
  - Oct 5 - 26
  - Campbell Collegiate, Rm 120

- **Astronomy: The Stars of Autumn**
  - 7:00 - 9:00 pm
  - Sep 21 - Nov 9
  - PAL 109

- **Spanish 1 (Evening)**
  - 7:00 - 9:00 pm
  - Sep 21 - Nov 9
  - PAL 213

### THURSDAY NOON FORUMS
- **Welcome & Orientation**
  - Sep 14

- **German Architecture**
  - Sep 21

- **Bees!**
  - Sep 28

- **Are We Really Ready for Reconciliation?**
  - Oct 5

- **Colonial Skateboards**
  - Oct 12

- **Zombies**
  - Oct 19

- **Hiking the Camino de Santiago de Compostela**
  - Oct 26

### PM
- **Live Well with Chronic Conditions**
  - 1:00 - 3:30 pm
  - Sep 9 - 23, Oct 7 - 21
  - PAL 109

- **Table Tennis**
  - 1:00 - 2:30 pm
  - Sep 16 - Nov 25 (No Class Oct 7 or Nov 11)
  - RRR

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**Please visit our website for most current course information.**

www.uregina.ca/cce
FALL NON-CREDIT REGISTRATION OPENS JULY 15

Try out our new online registration system!

www.uregina.ca/cce