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WE’RE BACK AT COLLEGE AVENUE CAMPUS

CCE is back in full swing in the newly revitalized and accessible College Building at 2155 College Avenue. Work continues outside and on other College Avenue Campus buildings, but our classrooms are in full operation. Come check out our new space and the exciting programming we’ve brought back to the beautiful College Building.

Here’s where you’ll find us:

<table>
<thead>
<tr>
<th>LOWER LEVEL</th>
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</thead>
<tbody>
<tr>
<td>Centre for Continuing Education</td>
<td></td>
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<tr>
<td>Conservatory Creative Preschool</td>
<td></td>
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<tr>
<td>Conservatory Music Studios</td>
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<tr>
<th>GROUND LEVEL</th>
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<tbody>
<tr>
<td>New Atrium Entrances (North and South)</td>
<td></td>
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<tr>
<td>Classrooms 131-139</td>
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</table>

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<tr>
<th>FIRST LEVEL</th>
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<tr>
<td>College Avenue Campus Information &amp; Services (CB 118)</td>
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<tr>
<td>Centre for Continuing Education</td>
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<tr>
<td>Student &amp; Instructor Services (Non-credit) (CB 118)</td>
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<tr>
<td>Classrooms 108-112</td>
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<th>SECOND LEVEL</th>
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<tr>
<td>Centre for Continuing Education</td>
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<tr>
<td>Student &amp; Instructor Services (Credit) (CB 212)</td>
<td></td>
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<tr>
<td>Career &amp; Professional Development Administrative Offices (CB 212)</td>
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<tr>
<td>Flexible Learning Division Administrative Offices (CB 208-209)</td>
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</tbody>
</table>

Parking at College Avenue Campus
New this fall is free community parking weekdays after 5:00pm. Plus free weekends and stat holidays.

Check www.uregina.ca/cce for the most current parking and location information. Questions: Call College Avenue Campus Information & Services at 306-585-5748.
NON-CREDIT REGISTRATION

There are three ways to register for Conservatory of Performing Arts, Lifelong Learning Centre and Career & Professional Development non-credit programming.

NON-CREDIT PROGRAM REGISTRATION

Online: Visit www.uregina.ca/cce and click on the Register Now button.

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

In Person: We’re back in the College Building! Stop by Student & Instructor Services (Non-credit) on the first level of the College Building in Room 118, 2155 College Avenue. Go to www.uregina.ca/cce for up-to-date parking information and office hours.

PRIVATE MUSIC LESSONS REGISTRATION

Prior to registering for your Conservatory music lesson, you need to have the following information pre-arranged with a private instructor or with the Conservatory office:

- Name of your instructor
- Day & Time of lessons
- Number & Length of lessons
- There is an initial payment of $250 required at the time of registration

If you have not been placed with an instructor yet, fill out a Private Instruction Placement Form at www.uregina.ca/cce.
SAVE THE DATE!

FRIENDS & FAMILY DAY
Saturday, November 17

Stop by and enjoy prizes, free food and activities for all ages.

uofrcce.ca

In partnership with U of R Alumni.
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 your goals.

INCREASE YOUR SKILLS & KNOWLEDGE

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

BECOME A STRONGER EXPERT IN YOUR FIELD

Stay on top of your professional game with a variety of subject-specific professional development courses.

DEVELOP YOUR LEADERSHIP STYLE

Learning formal leadership skills can give you the edge to expand into a leadership role or to be more effective in those moments when you need to rise to a challenge.

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

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

Corporate Training is:

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

Corporate Training is great for:

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

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

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

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

Certificate Programs:

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<tbody>
<tr>
<td>Professional Management Certificate</td>
<td>Professional Leadership Certificate</td>
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</table>

“Leadership is about engaging with others in a way that motivates and inspires them to do things differently.”

Laura Soparlo | Professional Leadership Facilitator

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

Select Leadership Courses are CPHR Saskatchewan Certified. Project Management courses are Gold Seal certified with the Canadian Construction Association.

Graduates of our Professional Certificates become members of the University of Regina Alumni Association. Being U of R alumni has its perks! The Alumni Perks Pass gives you access to exclusive discounts. Register at uofralumniperks.ca.
## Business Analysis

### Prerequisite Courses

- Fundamentals of Business Analysis
  - Thu & Fri, Jan 10-11

### Required Courses

- Business Analysis: Planning & Monitoring
  - Tue & Wed, Jan 22-23
- Strategy Analysis
  - Thu & Fri, Feb 7-8
- Elicitation & Collaboration
  - Thu & Fri, Feb 21-22
- Requirements Life Cycle Management
  - Thu & Fri, Mar 7-8
- Requirements Analysis & Design Definition; Solution Evaluation
  - Thu & Fri, Mar 28-29
- Business Analyst Practicum
  - Tue & Wed, Apr 9-10

## Professional Leadership

### Required Courses

- Principles of Effective Leadership
  - Thu & Fri, Jan 10-11
- Creating Effective Work Groups
  - Thu & Fri, Jan 24-25
- Interpersonal Communications
  - Tue & Wed, Feb 12-13
- Coaching & Mentoring Employees
  - Tue & Wed, Feb 26-27
- Negotiation & Conflict Resolution
  - Thu & Fri, Mar 14-15

### Elective Courses (2 are required)

- Career Development:
  - Leading Change
    - Tue & Wed, Mar 26-27
  - Transformational Leadership
    - Fall 2019
  - Leading in a Diverse Environment
    - Fall 2019

- Personal Development:
  - Authentic Leadership
    - Tue & Wed, Apr 16-17
  - Developing a Personal Leadership Plan
    - Spring 2019
  - Leading & Motivating Employees
    - Fall 2019

Dates may be subject to change.

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

Brush up on your know-how or add new skills to your professional repertoire with a short seminar on a specific topic. Our seminars can give you just what you need in a time and cost efficient way.

We offer a variety of one and two-day seminars and boot camp style prep courses to help people of all career backgrounds build skills and knowledge through practical, hands on learning.

Winter 2019 Schedule:

| PMP Prep Course               | Thu & Fri, Jan 29-30 and Wed-Fri, Feb 20-22 |

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

UNDERGRADUATE CERTIFICATE PROGRAMS

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

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

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

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

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

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

Nicole | Certificate in Inclusive Education Student
Certificate Programs:

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

**NEW** Early Childhood Studies for the Helping Professions

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

Matt | PR Certificate Graduate, Bachelor of Arts

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SCHOLARSHIP OPPORTUNITIES

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

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

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 program you want to take? Start as a casual student to explore your interests and help you choose the right program.

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

**ONLINE COURSES**

Take courses anytime, anywhere. We offer a wide variety of online courses every semester. There are over 70 courses available in winter 2019.

**LIVE-STREAMED COURSES**

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

**Winter 2019 LIVE-streamed Courses:**

| PSYC 102 | RSLT 100 |

Since I started working towards my degree a few years ago, I decided to take online courses due to the amount of flexibility they provide. Doing online courses has allowed me to continue my education while being able to complete the work at my own pace and convenience. Online courses have allowed me to pursue my hockey career, live away from the Regina area, and also work multiple jobs while keeping up with my schooling.

Shaun | Faculty of Arts
LIVE-STREAMED/BLENDED COURSES

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

**Winter 2019 LIVE-streamed/Blended Courses:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Format</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOC 299</td>
<td>LIVE/online</td>
</tr>
<tr>
<td>SW 202</td>
<td>LIVE/online</td>
</tr>
<tr>
<td>SW 414</td>
<td>LIVE/online</td>
</tr>
</tbody>
</table>

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

EVENINGS & SATURDAYS

Evening and Saturday courses are perfect for those who have busy weekday schedules. Take advantage of free parking on Saturdays and after 5:00pm on weekdays.

“By the time I had finished my first year in the Fine Arts program, I realized I wanted to do engineering instead. I was at a late start. I wanted to get ahead of schedule now that I had caught up thanks to summer courses. I was fortunate enough to take evening classes that fit my schedule perfectly. Getting ahead allow me to spend extra time focusing on my final year project, or anything else I felt like doing.”

Regilyn | Bachelor of Engineering
EARLY MORNINGS

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

Winter 2019 Early Morning Courses:

| ENGL 110 | KHS 131 | KHS 170 | KHS 260 |

OFF-CAMPUS COLLEGES

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

Courses are offered at:

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

"I researched so many universities to find the best fit for me. Hands down the University of Regina was that fit for many reasons. I have taken a variety of blended, online, televised (LIVE), and face-to-face classes at Southeast College. These options have allowed me to continue my work on a fulltime basis while pursuing my degree in Social work."

Colleen | Faculty of Social Work
I initially heard about HSXL through a friend, who was planning on partaking in this program. The HSXL program appealed to me because I could get credits for two classes at once, while lessening the burden of classes in university. This program has opened my eyes to what university expects of me and has also relieved some of my stress as a student.

Siham | Former HSXL Student, Faculty of Science
The University of Regina offers free English language classes for newcomers to Canada. Immigration, Refugees and Citizenship Canada (IRCC) fully funds this basic language training program to help you successfully settle, adapt and integrate into your community in Regina.

**Benefits**

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

**Eligibility**

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

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: larc@uregina.ca
  Website: larcregina.saskatchewan.ca

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

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

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

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

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

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

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

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

Benefits

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

Classes

- **Communicative Success: Focuses on listening and speaking**
  (B) Oct 23-Nov 22, 2018, Tue & Thu, 7:00-8:50pm, $300
  (A) Jan 14-Feb 13, 2019, Mon & Wed, 7:00-8:50pm, $300
  (B) Feb 20-Mar 20, 2019, Mon & Wed, 7:00-8:50pm, $300
  (Each session is 5 weeks/20 hours. Take session A or B or both for 10 weeks/40 hours of instruction.)

- **Writing Success: Focuses on grammatical and organizational structures in writing**
  (B) Oct 23-Nov 22, 2018, Tue & Thu, 7:00-8:50pm, $300
  (A) Jan 16-Feb 14, 2019, Tue & Thu, 7:00-8:50pm, $300
  (B) Feb 21-Mar 21, 2019, Tue & Thu, 7:00-8:50pm, $300
  (Each session is 5 weeks/20 hours. Take session A or B or both for 10 weeks/40 hours of instruction.)

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

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

CUSTOMIZED ENGLISH TRAINING PROGRAMS

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

For more information, contact the ESL Programs at 306-585-4585 or esl@uregina.ca.
ENGLISH LANGUAGE & CULTURE

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

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

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

Explore

- May 9-Jun 12, 2019 (5 weeks) - Tuition Fee: $3,810
- Jun 20-Jul 24, 2019 (5 weeks) - Tuition Fee: $3,810

Language & Culture

- Mar 3-23, 2019 (3 weeks) - Tuition Fee: $2,573
- Aug 4-24, 2019 (3 weeks) - Tuition Fee: $2,573

(Please note: Fees include tuition, accommodation and meals. Dates and fees are subject to change without notice.)

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

WHAT WE OFFER

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

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

DATES TO REMEMBER

Watch our website for more information about the following events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon, Oct 15</td>
<td>Winter Camp and Winter/Spring Group Program registration opens</td>
</tr>
<tr>
<td>Thu, Jan 3</td>
<td>First day back for Group Programs after Winter Holidays</td>
</tr>
<tr>
<td>Tue, Jan 15</td>
<td>Spring Camp registration opens</td>
</tr>
<tr>
<td>Tue, Feb 19–Feb 22</td>
<td>Winter Camps run</td>
</tr>
<tr>
<td>Fri, Mar 1</td>
<td>Summer Camps viewable on website</td>
</tr>
<tr>
<td>Fri, Mar 15</td>
<td>Summer Camp registration opens</td>
</tr>
<tr>
<td>Mon, Apr 22–Fri, Apr 26</td>
<td>Spring Camps run</td>
</tr>
<tr>
<td>Tue, Jul 2</td>
<td>Summer Camps start</td>
</tr>
</tbody>
</table>
PRIVATE MUSIC LESSONS

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

Seven Key Reasons to Take Private Lessons at the Conservatory:

1. Individualize your goals and needs with one-to-one music instruction.
2. Learn from our highly qualified instructors.
3. Choose from a variety of genres including classical, musical theatre, jazz, pop, folk and more.
4. Be a part of our community and build friendships with peers and other families.
5. Take part in our monthly recital program at no extra cost.
6. It is never too early or late to learn an instrument (children as young as 3 can start in instruments like piano, violin or cello).
7. You can start lessons any time of the year.
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. Visit our website to fill out our online Private Lesson Placement Form to get matched with an instructor today.

We teach lessons in the following instrument families:

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

**GROUP MUSIC FOR YOUTH**

**MUSICAL THEATRE & DRAMA**

With no prerequisites, we offer students interested in exploring theatre a great place to build and test their skills. In January we accept new students in all theatre programs with openings available.

**Drama**

Our Showtime group (ages 10-14) stages two one-act plays each year. In The Olympians (ages 10-14) students learn how to safely do fight choreography and stage combat and put together stage shows for the term end.
Musical Theatre

Junior Glee (ages 6-8) focuses on singing and dancing to pop music and show tunes. Senior Glee (ages 8-12) produces two musical theatre productions each year. Broadway Genius (ages 13+) students work on writing/staging a brand new musical theatre production in the fall and in January new recruits work with the student directors to stage the musical.

YOUTH MUSIC ENSEMBLES

Choir
Our Conservatory Juventus Chorus (ages 6-9) and Junior Choir (ages 8-14) are for all levels of singers to learn good technique and have fun. Current Private Lesson students studying at the Conservatory receive 25% off registration in choir (discount will apply automatically at check-out).

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

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

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

Rock Revue
Get the real rock band experience! Up to seven students ages 10-14 form a rock group and rehearse music. Under guidance from instructor Cory Christoph, students will learn electric guitar, bass guitar, drums, or vocals. No prior musical experience is needed to join this group.

YOUTH THEORY COURSES
Is your child currently in music lessons but you are looking to expand their competencies in reading and writing music? We are offering two courses for ages 6-8 and 9-12 called Theory for Young Musicians. Led by Allison Luff, these courses
explore writing music on a staff, recognizing a moveable “Do,” and understanding interval recognition. In these classes, your child can learn more about the music they are playing in the private lesson studio and start preparations for RCM Theory examinations.

GROUP CLASSES FOR THE WHOLE FAMILY

BUILD YOUR OWN MUSIC CLASS

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

INDIGENOUS ARTS CLASSES

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

GROUP DANCE FOR ADULTS

CONTEMPORARY

Led by dancer and choreographer Karen Rose, our contemporary dance includes both Technique (drop-in options available) and Choreography classes.

FLAMENCO

Run in partnership with Flamenco Regina, there are three tiers of Flamenco dance classes available: Beginner 1 (for those with no previous experience), Beginner 2, and Intermediate/Advanced (audition required before joining group). Contact advanced@flamencoregina.com to schedule an audition to join the Intermediate/Advanced group.

MUSIC & DANCE PROJECT

We are excited to announce we received another Artist in Communities – Projects grant to explore interdisciplinary projects combining music and dance. Watch our website for information about how you can get involved in this second Music & Dance Project.
by participating in courses or attending the final showcase and presentation. This project is led jointly with dancer and choreographer Karen Rose and the Conservatory of Performing Arts.

This project is made possible through the financial support of the Arts Board and the Ministry of Education, made possible through funding provided by the Government of Saskatchewan, and the financial support of the SaskCulture Inc., made possible through funding provided by the Saskatchewan Lotteries Trust Fund for Sport, Culture, and Recreation.

GROUP MUSIC FOR ADULTS

SCOTTISH PIPES
For pipers with prior experience, you can join our Bagpipe Studies led by Iain MacDonald to develop your skills in technique, tuning and new music.

STRINGS
Campfire Guitar Level 1 & 2 (Renée Coghill) and Ukulele Level 1 & 2 (Gary Barbero), classes are for complete beginners looking to learn a new instrument in a fun group setting. For amateur cellists, we offer a Cello Choir ensemble course every other week throughout the year to improve skills and build friendships with other adult cellists (registration accepted at any time of the year for this group). For guitarists with previous chording experience, they can join our Campfire Guitar Finger Style to build technique in the finger picking guitar style.
VOICE
Our Adult Choir offers a welcoming space to experience the joy of singing in a choir. Our choir director, Lori Potter, also provides add-on Vocal Theory (AM) or Vocal Harmony (PM) Classes before and after weekly rehearsals for choir members to improve skills in music theory and small ensemble singing.

CONSERVATORY CREATIVE CAMPS

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

OUR CAMP VALUES

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

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

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

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

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

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

EARLY LEARNING

CONSERVATORY CREATIVE PRESCHOOL

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

KINDERMUSIK

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

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

SUZUKI INSPIRED COURSES

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

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

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

Suzuki Trumpet
This introductory course uses songs, games, and other activities to build stamina and early technique, so your child will be equipped with the skills to play a brass instrument. A private lesson portion is optional with this class. This program is led by Al McWilliams and Kate Clarke.
## Programs at a Glance

<table>
<thead>
<tr>
<th>Start Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning (9:00-11:59am)</strong></td>
<td>• Creative Preschool AM</td>
<td>• Creative Preschool AM</td>
<td>• Creative Preschool AM</td>
<td>• Creative Preschool AM</td>
<td>• Creative Preschool AM</td>
<td>• Creative Preschool AM</td>
<td>• Adult Choir Rehearsal + Vocal Theory/Harmony AM/PM</td>
</tr>
<tr>
<td></td>
<td>• Cello Choir</td>
<td>• Contemporary Dance Technique &amp; Choreography</td>
<td>• Flamenco Regina Open Rehearsal</td>
<td>• Juventus Choir</td>
<td>• Campfire Guitar Level 1</td>
<td>• Beadwork</td>
<td>• Rock Revue</td>
</tr>
<tr>
<td></td>
<td>• Creative Preschool PM</td>
<td>• Creative Preschool PM</td>
<td>• Creative Preschool PM</td>
<td>• Creative Preschool PM</td>
<td>• Inter/Adv Flamenco</td>
<td>• Junior and Senior Glee</td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon (12:00-4:59pm)</strong></td>
<td>• Campfire Guitar Level 1</td>
<td>• Campfire Guitar Level 1</td>
<td>• Flamenco Beginner 2</td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Bagpipe Studies</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• Inter/Adv Flamenco</td>
<td>• Inter/Adv Flamenco</td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Conservatory Pipe Band</td>
<td>• Broadway Genius</td>
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<tr>
<td></td>
<td>• Showtime</td>
<td>• Showtime</td>
<td>• Moccasin Making</td>
<td>• Flamenco Band</td>
<td>• Junior Drumline</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Beadwork</td>
<td>• Beadwork</td>
<td>• Suzuki Trumpet</td>
<td>• Ukulele Level 1 (Evening)</td>
<td>• Bagpipe Studies</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• Child/Parent Strings</td>
<td>• Child/Parent Strings</td>
<td>• Ribbon Skirt</td>
<td>• Ukulele Level 1 (Evening)</td>
<td>• Junior and Senior Glee</td>
<td></td>
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<tr>
<td></td>
<td>• String Orchestra</td>
<td>• String Orchestra</td>
<td>• Suzuki Trumpet</td>
<td>• Ukulele Level 1 (Evening)</td>
<td>• Barbershop</td>
<td></td>
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</tr>
<tr>
<td><strong>Early Evening (5:00-6:59pm)</strong></td>
<td>• Junior and Senior Glee</td>
<td>• Junior and Senior Glee</td>
<td>• Music for Young Children</td>
<td>• Music for Young Children</td>
<td>• Rock Revue</td>
<td>• Music for Young Children</td>
<td>• Junior Drumline</td>
</tr>
<tr>
<td></td>
<td>• Campfire Guitar Finger Style</td>
<td>• Campfire Guitar Finger Style</td>
<td>• Inter/Adv Flamenco</td>
<td>• Inter/Adv Flamenco</td>
<td>• Rock Revue</td>
<td>• Theory for Young Musicians</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Flamenco Beginner 2</td>
<td>• Flamenco Beginner 2</td>
<td>• Moccasin Making</td>
<td>• Flamenco Beginner 1</td>
<td>• Rock Revue</td>
<td>• Theory for Young Musicians</td>
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<td></td>
<td>• The Olympians</td>
<td>• The Olympians</td>
<td>• Suzuki Trumpet</td>
<td>• Ukulele Level 2</td>
<td>• Rock Revue</td>
<td>• Theory for Young Musicians</td>
<td></td>
</tr>
<tr>
<td><strong>Late Evening (7:00-9:00pm)</strong></td>
<td>• Universal Bagpipes or Drums</td>
<td>• Universal Bagpipes or Drums</td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Rock Revue</td>
<td>• Junior Drumline</td>
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<tr>
<td></td>
<td>• Conservatory Pipe Band</td>
<td>• Conservatory Pipe Band</td>
<td>• Campfire Guitar Finger Style</td>
<td>• Campfire Guitar Finger Style</td>
<td>• Rock Revue</td>
<td>• Junior Drumline</td>
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<tr>
<td></td>
<td>• Flamenco Band</td>
<td>• Flamenco Band</td>
<td>• Flamenco Finger Style</td>
<td>• Flamenco Finger Style</td>
<td>• Rock Revue</td>
<td>• Junior Drumline</td>
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<td></td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Beginner Bagpipes or Drums</td>
<td>• Flamenco Finger Style</td>
<td>• Flamenco Finger Style</td>
<td>• Rock Revue</td>
<td>• Junior Drumline</td>
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<td></td>
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<td></td>
<td>• Ukulele Level 2</td>
<td>• Ukulele Level 2</td>
<td>• Rock Revue</td>
<td>• Junior Drumline</td>
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</tbody>
</table>

Schedule subject to change. Current course prices and dates are available on our website or by calling our Student Services office.
Learn to Live and Live to Learn

The Lifelong Learning Centre (LLC) offers daytime, evening and weekend courses for adults of all ages and backgrounds. Our programs stimulate the mind, enhance socialization and promote physical activity. LLC courses provide opportunities to acquire knowledge, maintain and improve critical thinking skills, and share ideas and experiences with others. The best part is that LLC courses have no exams or homework! This is your invitation to learn simply for the joy of it!

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

Daytime courses provide retired, semi-retired and others with an opportunity to participate in a community of lifelong learners. LLC evening and Saturday courses include a variety of themes in a vibrant, stimulating environment where frontiers of knowledge are expanded and lifelong friends are made. We even offer gift certificates so you can give or receive the gift of learning!

Seniors’ University Group (SUG) Membership

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

You can purchase a parking permit for unlimited parking during the winter term in parking lot behind the College Building. Permits must be purchased in person from Student Services Office in Room 118. Parking in this lot is free after 5:00 pm and on weekends. There is free parking on College Avenue with two hour limit.

DATES TO REMEMBER

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

Winter Registration Opens October 15

Friends & Family Event
Saturday, Nov 17, time TBA

International Volunteer Day/Christmas Celebration
Wed, Dec 5, 1:30-3:30pm, CB 112
Enjoy seasonal treats, carol singing and door prizes

Exploring the Night Sky
Facilitator Chris Beckett
Tue, Jan 15, 12:00-1:00pm, CB 112

Five Myths about Mindfulness
Facilitator Heather Russell
Wed, Jan 16, 12:00-1:00pm, CB 112

Welcome & Orientation
Thu, Jan 17, 12:00-1:00pm, CB 112

Who Killed Paul Matoff? Unsolved Rum Running Crime from the 1920s
Facilitator Dr. Bill Brennan
Thu, Jan 17, 11:00am-12:00pm, CB 112

FREE Classic Film: Maudie
Facilitator Ian MacDonald
Fri, Jan 18, 1:00-3:30pm, CB 112

Family Fun Day
Mon, Feb 18, 1:30-3:30pm, CB 112
Welcome & Orientation

Personal Income Tax Tips
Fri, Feb 22, 10:00am-12:00pm, CB 112

International Women’s Day Celebration
Facilitator Dr. Michelle Folk
Fri, Mar 8, 12:00-1:00pm, CB 112

Fraud Prevention
Date and Time TBA

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

IMPORTANT NOTES:

No classes Feb 16 & Feb 18

Course Location Key:
CB: College Avenue Campus, 2155 College Ave.
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, talk about issues of concern, and learn about community services and programs. Tea and bannock are always served at monthly meetings. Childcare and rides will be provided for those who call in advance. For more information or to register call 306-585-5766.

Day & Time: Fri, Jan 11, Feb 8, Mar 8, Apr 12, May 10, Jun 14, 9:30-11:30am
Location: College Building, Room 112 – 2155 College Ave.

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

Day & Time: Fri, Dec 14, Jan 18, Feb 15, Mar 15, Apr 26, May 17, Jun 21, 10:30am-12:30pm
Location: Indigenous Christian Fellowship, 3131 Dewdney Ave.

GO FOR LIFE!
Make a difference to your community and your life by participating in learning programs and volunteer activities. Check out the FREE Forums and FREE Films being held at the Lifelong Learning Centre this winter. Volunteer to add life to your years and years to your life.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Jan 18-Feb 15</td>
<td>1:00-3:30pm</td>
<td>$30/$20</td>
<td>Ian MacDonald</td>
</tr>
</tbody>
</table>

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

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>Fri, Feb 22-Mar 15</td>
<td>1:00-3:30pm</td>
<td>Free</td>
<td>Oscar Rivera</td>
</tr>
</tbody>
</table>

NEW ORIENTALIST SINGAPORE FILM COURSE
The island-city-state of Singapore is made to look quite glamorous in the recent film **Crazy Rich Asians**. How do previous Hollywood movies set in Singapore represent this South-East Asian country? This course will examine **The Letter** (1941) starring Bette Davis; **A Matter of Innocence** (1967) starring Hayley Mills; **Saint Jack** (1979) starring Ben Gazzara; and **Rogue Trader** (1999) starring Ewan McGregor.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
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<tbody>
<tr>
<td>Fri, Mar 22-Apr 12</td>
<td>1:00-3:30pm</td>
<td>$30/$20</td>
<td>Dr. Philippe Mather</td>
</tr>
</tbody>
</table>

STAND-UP COMEDY 101 (SIDE B): THE COMEDIAN’S TABLE
This is the second side of the Stand-up Comedy 101 album. In this course new and continuing students will dive deep into writing and performing stand-up comedy. Imagine sitting at the comedians’ table and writing and performing jokes with fellow comedians. That’s what this course is. It’s about bouncing around funny ideas and having a ball (pun intended). It’s about writing, creating, practicing and laughing. It’s the comedians table: a place where you can participate as much or as little as you want. The course concludes with a stand-up comedy show at a local venue. For those interested in the art of stand-up comedy, this class is for you!

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Jan 22-Mar 12</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>Darrel Lawlor</td>
</tr>
</tbody>
</table>
COMPUTERS & TECHNOLOGY

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

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Feb 2</td>
<td>10:00am-12:00pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

NEW BASIC SMARTPHONE/TABLET PHOTOGRAPHY & ONLINE STORAGE
Nowadays most of us keep our smartphones and tablets with us at all the time, which means we have a camera at hand that is always ready to take pictures. And because of its advanced features, the camera does a pretty decent job. But if you’re taking more photos than ever, there’s an important next step which is often overlooked — organizing and archiving. In this course, we will talk about basic techniques in taking smartphone shots and ways to store and organize your photos.

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<th>Day</th>
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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Sat, Jan 26</td>
<td>10:00am-12:00pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
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</table>

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

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Sat, Feb 9</td>
<td>10:00am-12:00pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

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

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<th>Day</th>
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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Sat, Mar 2</td>
<td>10:00am-12:00pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>
IPAD LEVEL 2: INTERMEDIATE
Explore Internet and email, photos and videos, cloud services and syncing, as well as apps and tips for more efficiently using your iPad device. This session is for users who have some experience using the iPad or who have taken the introductory Level 1 iPad class. This is a hands-on course, so please remember to bring your iPad and make sure that it is charged.

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Sat, Mar 9</td>
<td>10:00am-12:00pm</td>
<td>$30</td>
<td>Mike Garcia</td>
</tr>
</tbody>
</table>

NEW DNA DETECTIVE
Genetic genealogy is gaining in popularity. Learn to interpret the results from your autosomal DNA tests and enhance your understanding of the tools offered by Ancestry and 23 and Me. Learn how to understand your genetic matches to further your family history.

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Mon, Mar 4-11</td>
<td>1:30-3:00pm</td>
<td>$40/$35</td>
<td>Mary Lou Van De Bon</td>
</tr>
</tbody>
</table>

FITNESS & MOVEMENT

BEAUTY FIT DANCE
Beauty Fit Dance is a fun fusion class of light dance, cardio, some strength work mixed with Pilates and yoga. This class will appeal to those who were enrolled in Roselle Bancescu’s program this past fall. Please note: No class Feb 22.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Fri, Jan 25-Mar 29</td>
<td>10:30-11:30am</td>
<td>$85/$75</td>
<td>Naomi Hunter</td>
</tr>
</tbody>
</table>

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. Please note: No class Feb 19 and 21.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Jan 22-Mar 28</td>
<td>4:00-5:00pm</td>
<td>$105/$90</td>
<td>Dorothy Fitzer</td>
</tr>
</tbody>
</table>
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. Please note: No class Feb 19.

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Jan 22-Mar 26</td>
<td>9:30-10:30am</td>
<td>$85/$75</td>
<td>Dorothy Fitzer</td>
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</tbody>
</table>

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. Please note: No class Feb 19 and 21.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu, Jan 22-Mar 28</td>
<td>11:00am-12:00pm</td>
<td>$105/$90</td>
<td>Dorothy Fitzer</td>
</tr>
</tbody>
</table>

T’AI CHI
Movements performed in T’ai Chi are slow, soft and graceful with smooth and even transitions between them. In this course you will learn the basic postures of T’ai Chi and enjoy the beauty and tranquility of nature. Offered in partnership with Confucius Institute. Please note: No class Feb 16.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Jan 26-Mar 30</td>
<td>9:30-10:30am</td>
<td>$90</td>
<td>Master Chanwu Li</td>
</tr>
</tbody>
</table>

T’AI CHI CHIH
Tai Chi Chih is a moving meditation consisting of 20 individual movements Softness and effortlessness are guiding principles. Its primary goal is to accumulate, circulate and balance our intrinsic energy or Chi. Designed to promote feelings of well-being, relaxation and inner peace. Please note: No class Feb 18.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 21-Mar 25</td>
<td>1:30-2:30pm</td>
<td>$85/75</td>
<td>Larry Firth</td>
</tr>
</tbody>
</table>

YOGA – ADVANCED
This class is designed for those who know basic diaphragmatic breathing, the rudiments of basic postures, are at ease with the asanas practiced in beginner’s class and want to stretch beyond the beginner level. Please bring a yoga mat and large towel or blanket. Please note: No class Feb 18.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 21-Mar 25</td>
<td>11:00am-12:00pm</td>
<td>$85/$75</td>
<td>Tracy Hagan</td>
</tr>
</tbody>
</table>
YOGA – BEGINNERS
Introduce yourself to the world of yoga. You will learn gentle yoga poses and stretches that can safely be done at home. Those with some experience can practice at a slower pace. Please bring a yoga mat and large towel or blanket. Please note: No class Feb 18.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 21-Mar 25</td>
<td>12:15-1:15pm</td>
<td>$85/$75</td>
<td>Tracy Hagan</td>
</tr>
</tbody>
</table>

YOGA – CHAIR
In this introductory course we will be adapting yoga practices with use of chairs and other props. This class is designed for individuals with chronic conditions who want to maintain their flexibility, balance and strength. Please bring a yoga mat. Please note: No Class Feb 21.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 28</td>
<td>12:30-1:30pm</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>

YOGA – MULTI-LEVEL
If you have learned the basics, you are ready to move on. You will be guided to adapt the practice to your own level. Emphasis will be on breathing, classic yoga poses and relaxation techniques. Please bring a yoga mat and large towel or blanket. Please note: No class Feb 20.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 23-Mar 27</td>
<td>10:30-11:30am</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>

YOGA RESTORATIVE
This will be a gentle class for people who have low energy, chronic health problems, are recovering from illness or injury, or just want a gentler practice. It is suitable for beginners as well as continuing students. Most of the practice will be done lying on the floor. Please bring a yoga mat and large towel or blanket. Please note: No class Feb 20.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 23-Mar 27</td>
<td>12:00-1:00pm</td>
<td>$85/$75</td>
<td>Barb McCaslin</td>
</tr>
</tbody>
</table>
HEALTH

FIVE MYTHS ABOUT MINDFULNESS
Join Heather Russell to explore some misconceptions about mindfulness and meditation. Are these misconceptions holding you back? Will we look into 5 of the most common assumptions and break down the barriers to help you understand how you can easily incorporate meditation and mindfulness into your daily life.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 16</td>
<td>12:00-1:00pm</td>
<td>Free</td>
<td>Heather Russell</td>
</tr>
</tbody>
</table>

NEW MEDITATION: ANCIENT PRACTICES FOR MODERN TIMES
Meditation practice can be transformative and serve as a means of cultivating a sense of inner peace. Combining ancient techniques with leading research, you will learn about meditation postures, tips on establishing a daily practice, and techniques for dealing with everyday problems. We will delve into Tibetan Buddhist meditation, meditation apps, and Neuroscience to help you deal with stress, cultivate positive states of mind, and change mental patterns. This course is suitable for beginners as well as those who have experience with meditation.

<table>
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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>7:00-8:00pm</td>
<td>$90</td>
<td>Heather Russell</td>
</tr>
</tbody>
</table>

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

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

WHAT TO DO IF YOU FALL
Falls are the leading cause of fatal injuries among Canadian senior citizens and account for more than half of all injuries among seniors. This safe hands-on practice presentation on “What To Do If You Fall” will give you the confidence you need to handle such situations.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 23</td>
<td>Marisol Molina-Smith</td>
</tr>
</tbody>
</table>
WHAT IS ADVANCE CARE PLANNING?
Planning for future health care choices is a wise thing for every capable adult to do. The Saskatchewan Health Authority calls this Advance Care Planning, but it is also sometimes called a living will or health care directive. In this presentation you will learn what Advance Care Planning is, the benefits of having a plan, how to complete a plan and about what it means to have a health care proxy.

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Wed, Feb 13</td>
<td>Brenda Hadiken</td>
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</tbody>
</table>

EYE HEALTH & AGING
As we age, our risk for numerous eye diseases increases. Join Dr. Sean Reimer, Optometrist, for an engaging discussion about the aging eye.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Wed, Mar 13</td>
<td>Dr. Sean Reimer</td>
</tr>
</tbody>
</table>

LIFESTYLE

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

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Thu, Feb 7-28</td>
<td>6:30-8:30pm</td>
<td>$160</td>
<td>Kitty Chan</td>
</tr>
</tbody>
</table>

NEW DESIGN AMAZING FLOWERBEDS
This visually based presentation takes the mystery out of well designed, practical flowerbeds that look fantastic in our yards, against our foundations and along our fence lines. Join Master Gardener Sheila Bonnetteau to learn design principles, perennials and annuals that give us the best show, how to create garden themes and expert tips for problem areas. A must presentation for those that don’t know where to start or are looking for a refreshing update.

<table>
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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Feb 12</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonnetteau</td>
</tr>
</tbody>
</table>
NEW ART OF GARDENING: USING COLOUR PROPERLY
Join Master Gardener Sheila Bonneteau and learn how to effectively use colour to add tremendous appeal to your flower beds and containers. Discussion will include how colour transforms the way our outdoor space feels and the colour principles and themes the experts use while focusing on specific plants that thrive in our Regina climate. Beautiful visual examples and colour palettes will be provided.

<table>
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<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Feb 26</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonneteau</td>
</tr>
</tbody>
</table>

NEW PERSONAL INCOME TAX TIPS
Need help preparing for income tax time? Come learn some general information about income tax preparation from a financial planner. You will learn the difference between tax credits and tax deductions, and some common expenses you can claim. You will also learn how to organize your paperwork to save you money by reducing time required by your tax preparer.

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<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Feb 22</td>
<td>10:00am-12:00pm</td>
<td>FREE</td>
<td>Michelle Maier</td>
</tr>
</tbody>
</table>

NEW PRACTICAL LANDSCAPE DESIGN
For homeowners in need of inspiration to update their existing yards and tackle problem areas using practical design elements to create a functional space without spending a ton of money. Doing your own landscaping can save you a bundle, but only if you start out with the right plan. Join Master Gardener Sheila Bonneteau to learn about creating a practical, low maintenance and appealing outdoor space in our urban setting.

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<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Mar 12</td>
<td>7:00-9:00pm</td>
<td>$30</td>
<td>Sheila Bonneteau</td>
</tr>
</tbody>
</table>

ONLINE DATING: NAVIGATING YOUR SEARCH
This course will assist you in upping your dating game by learning how to improve your profile to increase the right kind of traffic, and gain an understanding of the 10 different types of people you’ll meet online. How to narrow down your search, identify red flags and stay safe and optimistic during your online journey! Come ready to meet others, chat about experiences and fill your toolbox with tips.

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<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 30-Feb 6</td>
<td>7:00-9:00pm</td>
<td>$50</td>
<td>Heather Renshaw</td>
</tr>
</tbody>
</table>
WINE AROUND THE WORLD
In this course Valerie Bradshaw, WSET Wine and Spirit Professional, explains the magic behind wine - namely the grapes it comes from. Together you will explore the origins of wine, how it is produced, learn descriptors for the aroma and bouquet, as well as the infinite flavours of red and white wine. Further, participants will be taught the importance of global grape growing regions and their influence on this time-honoured beverage. The cost of wine and food samples is included in the course fee.

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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Feb 27-Mar 13</td>
<td>7:00pm-9:00pm</td>
<td>$150</td>
<td>Val Bradshaw</td>
</tr>
</tbody>
</table>

LANGUAGES

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

SPANISH

Spanish Travel Intensive
Booked that winter vacation? Here is your opportunity to discover Hispanic culture and people and learn Spanish to communicate while on vacation. Note: Students are strongly encouraged to purchase the Lonely Planet Mexican Spanish Phrasebook 5th Ed ISBN 9781740597302, available at local retail book stores. Please bring a bag lunch.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, Feb 2 &amp; 9</td>
<td>10:00am-2:00pm</td>
<td>$100</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Jan 18-Mar 8</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish 1 (Evening)
Going to Spain? Mexico? South America? Here is your opportunity to learn Spanish and discover Hispanic culture and people. This informal introduction is for absolute beginners. 
Please note: No class Feb 18.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon, Jan 21-Mar 18</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>
Spanish 2
This course is for those with basic Spanish vocabulary and pronunciation skills. You will be able to improve your fluency and learn more about exciting Hispanic culture. **Prerequisite:** Spanish 1 or some basic Spanish skills.

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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Thu, Jan 17-Mar 7</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish 2 (Evening)
This course is for those with basic Spanish vocabulary and pronunciation skills. You will be able to improve your fluency and learn more about exciting Hispanic culture. **Prerequisite:** Spanish 1 or some basic Spanish skills.

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<th>Day</th>
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<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

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

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 16-Mar 6</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

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

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 23-Mar 13</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

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

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Jan 15-Mar 5</td>
<td>1:00-3:00pm</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>
Spanish 5
This class is designed for those with intermediate Spanish vocabulary and pronunciation skills. Using a variety of methods you will improve your fluency.
**Prerequisite:** Spanish 4 or advanced Spanish skills.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Jan 16-Mar 6</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
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</tbody>
</table>

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

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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Jan 15-Mar 5</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

Spanish Conversation 2
This course will allow students who have taken Spanish Conversation 1 and those who can carry on a basic conversation in Spanish, to put their knowledge of Spanish into practice. This will be done through conversations related to current events and other topics.

<table>
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<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 17-Mar 7</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Sergio Quezada</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Jan 22-Mar 12</td>
<td>7:00-9:00pm</td>
<td>$175</td>
<td>Edith Brockhill</td>
</tr>
</tbody>
</table>

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

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

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>
French: La joie de vivre 2
For those who have completed French 1 and wish to pursue French further in a relaxed group setting, intended for older adults.

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<th>Day</th>
<th>Time</th>
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<th>Instructor</th>
</tr>
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<tbody>
<tr>
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<td>9:30-11:30am</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

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

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<th>Time</th>
<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Jan 22-Mar 12</td>
<td>1:30-3:30pm</td>
<td>$155/$140</td>
<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

French: La vie en rose
For advanced beginner adults who have completed classes using the French Now workbook and wish to enhance their knowledge and communication skills in a relaxed group setting. Please note: Additional textbook is required for this course and can be purchased at Student Services.

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<td>Maud Beaulieu</td>
</tr>
</tbody>
</table>

CHINESE
Chinese courses are offered in partnership with Confucius Institute.

Customized Chinese Language Courses
The Confucius Institute at the University of Regina offers customized Chinese language courses for individuals, groups, corporations and government organizations from all industries. Course selection includes Chinese for Beginners, Chinese for Business, Chinese for Travel and HSK Chinese proficiency exam preparation. Courses can be scheduled at your convenience between Jan 21-Mar 15. Sessions are two hours long and course fee is $220 for 12 sessions. Please see course descriptions below.

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

Chinese for Beginners
This course focuses on basic Chinese conversation skills, including pronunciation (Chinese Pinyin), vocabulary (i.e. numbers, food, color) and sentence patterns. You will learn to make simple conversation, such as greetings, telling time, shopping and ordering food.
Intermediate Chinese I
This course will allow students who have completed Chinese for Beginners to put their knowledge into practice. They will be able to advance their Chinese language proficiency through reading, writing, listening and speaking practices.

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

Chinese Hányû 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 UNIVERSE FROM THE PARKING LOT
Winter brings cold but clear skies with the splendours of the Winter Milky Way glowing amongst the ice blue stars. Join us and learn how to find the winter circle, see the Orion Nebula through a telescope and catch a glimpse of the Moon’s Craters. You will also stay on top of weekly sky events and space news as we expand our understanding of the cosmos and all it has to offer those who look up. Telescope and binocular viewing sessions will take place after class when the weather isn’t too cold.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>7:00-9:00pm</td>
<td>$125</td>
<td>Chris Beckett</td>
</tr>
</tbody>
</table>

NEW THE BRAIN & ILLNESS
The brain is a fantastic organ that is responsible for all human invention. The brain creates the essence of who you are, but what happens when the brain doesn’t function normally? This course will explore the illnesses that affect the brain. We will examine different types of disease discussing causes, symptoms, and treatments. Examples of topics that will be covered are: Depression, Anxiety, PTSD, Parkinson’s, and Stroke. Please note there will be time for class subject requests and discussion will be encouraged.

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<th>Day</th>
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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Wed, Feb 20-Mar 13</td>
<td>1:30-3:30pm</td>
<td>$80/$70</td>
<td>Emilie Kossick</td>
</tr>
</tbody>
</table>
NEW CHEMISTRY OF FOOD & COOKING I
Chemistry of Food and Cooking I is an introductory science course that is designed to connect scientific principles and phenomena with food and food preparation, while providing a better understanding of the chemistry and biochemistry of food and cooking. The major components of food (e.g. lipids, proteins, carbohydrates, water) will be discussed at a molecular and macroscopic level, followed by the chemical reactions that occur when a variety of foods are cooked in the kitchen. A wide range of foods and cooking techniques will be explored, with in-class examples and demonstrations when possible.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Feb 26-Mar 19</td>
<td>1:30-3:30pm</td>
<td>$80/$70</td>
<td>Dr. Vincent Ziffle</td>
</tr>
</tbody>
</table>

EXPLORING THE NIGHT SKY
Join Chris Beckett to discuss the wonders of the winter night sky. How do the stars change with the seasons? Discover what to look for so you can experience the stars right from your backyard.

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<th>Day</th>
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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Jan 15</td>
<td>12:00-1:00pm</td>
<td>Free</td>
<td>Chris Beckett</td>
</tr>
</tbody>
</table>

NEW REAL LIFE APPLICATIONS OF PHYSICAL CHEMISTRY
In this course, Dr. Stephen Cheng from the Department of Chemistry and Biochemistry will discuss several interesting physical chemistry concepts and their real life applications including melting of diamond, pressure cooker, distillation of alcoholic beverage, ultrapure water, and many more. Mathematics will be used to illustrate how these applications and concepts work but previous knowledge of chemistry and mathematics is not required.

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<th>Fee/SUG Fee</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tue, Jan 22-Feb 12</td>
<td>1:30-3:30pm</td>
<td>$80/$70</td>
<td>Dr. Stephen Cheng</td>
</tr>
</tbody>
</table>

NEW REVIVAL & REVOLUTION
This course will cover the medieval and the early modern periods, to the end of the 17th century. It covers the recovery of Greek and Roman science and medicine by the Muslims and Europeans in the 10-11th centuries and the recognition in the 16th and 17th centuries that these ideas needed to be expanded and modified.

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<th>Fee/SUG Fee</th>
<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>1:30-3:30pm</td>
<td>$105/$90</td>
<td>Dr. Diane Secoy</td>
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</tbody>
</table>
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>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>9:30-11:30am</td>
<td>$105/$90</td>
<td>Dr. Ray Cleveland</td>
</tr>
</tbody>
</table>

NEW BORN OF A WOMAN: THE SEARCH FOR THE HISTORICAL JESUS
Whether Jesus, the person described by the New Testament, was an actual historical figure is by no means a closed question. This eight-week course will examine the evidence available for a historical Jesus of Nazareth. We will look at New Testament sources and other contemporary texts, and the possibility of available archeological evidence.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>1:30-3:30pm</td>
<td>$105/$90</td>
<td>Esther Guillen</td>
</tr>
</tbody>
</table>

NEW THE CRADLE OF CIVILIZATION
Mesopotamia, which gave birth to wonderful cultures such as the Babylonians, the Sumerians, the Akkadians and Ur, revolutionized life from villages to city-states to empires, with rich arts, architecture, religions, writing, astronomy and so many other aspects of their rich minds. Their legacy is still strongly with us.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Jan 22-Mar 12</td>
<td>9:30-11:30am</td>
<td>$105/$90</td>
<td>Adrian Tatarinoff</td>
</tr>
</tbody>
</table>

NEW HARD TIMES & BOOM TIMES IN CANADA, 1919-1929
Bill Brennan will discuss the rash of strikes that occurred at war’s end, the economic growth that followed, Canadian politics in the “Roaring Twenties”, why probation failed and was replaced by government liquor stores, the rise of the Ku Klux Klan, and the popularity of motion pictures and radio during these years.

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<th>Fee</th>
<th>Facilitators</th>
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</thead>
<tbody>
<tr>
<td>Wed, Jan 23-Feb 13</td>
<td>1:30-3:30pm</td>
<td>$80/$70</td>
<td>Dr. Bill Brennan</td>
</tr>
</tbody>
</table>
NEW INTERNATIONAL WOMEN’S DAY CELEBRATION
Join Dr. Michelle Folk for a special presentation in honour of International Women’s Day. Everyone is welcome!

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<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>Fri, Mar 8</td>
<td>12:00-1:00pm</td>
<td>Free</td>
<td>Dr. Michelle Folk</td>
</tr>
</tbody>
</table>

NEW ISSUES IN JUDAISM & ZIONISM
This course offers some thoughts on the Jewish System of Belief and Practice including Zionism and the State of Israel. Topics included are the basic holidays especially those mentioned in the New Testament; the ideology of Zionism as it is manifested in Israel today and the related question of Diaspora Jewry; finally contentious issues such as who is a Jew and why Orthodox Jewish men refuse to sit beside women (not their wives, sisters or daughters) on airplanes.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Tue, Feb 5-26</td>
<td>9:30-11:30am</td>
<td>$80/$70</td>
<td>Dr. Jackie Kuikman</td>
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</tbody>
</table>

MIDDLE EAST CURRENT AFFAIRS
If you have an interest in Middle Eastern and Central Asian affairs, join us for weekly lectures about current issues in these regions.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Wed, Jan 23-Mar 13</td>
<td>9:30-11:30am</td>
<td>$105/$90</td>
<td>Dr. Ray Cleveland</td>
</tr>
</tbody>
</table>

WHO KILLEd PAUL MATOFF? UNSOLVED RUM RUNNING CRIME FROM THE 1920S
Canada’s national prohibition ended in 1919. Paul Matoff managed a Bronfman Export House in Bienfait, SK. On November 4, 1922 came the most sensational event in the history of Saskatchewan’s Rum Running era: Paul Matoff was felled by a blast from a 12-gauge shotgun through the window of the Bienfait railway station. Join Dr. Bill Brennan to discuss this unsolved crime from the golden age of rum running in Saskatchewan.

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<th>Facilitator</th>
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<tbody>
<tr>
<td>Thu, Jan 17</td>
<td>11:00am-12:00pm</td>
<td>Free</td>
<td>Dr. Bill Brennan</td>
</tr>
</tbody>
</table>
WRITING & LITERATURE

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

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<th>Facilitator</th>
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</thead>
<tbody>
<tr>
<td>Wed, Jan 23-Mar 13</td>
<td>1:30-3:30pm</td>
<td>$85/$65</td>
<td>Bob Juby &amp; Ivan Millard</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>Facilitator</th>
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<tbody>
<tr>
<td>Thu, Jan 24-Mar 14</td>
<td>1:30-3:30pm</td>
<td>$85/$65</td>
<td>Alice Kellendonk</td>
</tr>
</tbody>
</table>

NEW LITERATURE & LIFE: TO KILL A MOCKINGBIRD
This book study will examine race, prejudice and morality through the characters of the 1960 novel, To Kill a Mockingbird. The course will employ Reader’s Theater to discover appreciation for the character’s voice. Socratic Circle will be used to explore the influence of race, prejudice and morality on the characters in the novel and in our modern times. This classic piece of literature challenges every reader to examine innocence, racial prejudice, and human goodness in themselves and in the world around them.

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<th>Instructor</th>
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<tbody>
<tr>
<td>Thu, Feb 21-Mar 14</td>
<td>9:30-11:30am</td>
<td>$80/$70</td>
<td>Dr. Martha Elford</td>
</tr>
</tbody>
</table>
**THURSDAY NOON FORUMS**

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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Jan 17</td>
<td>LLC Staff &amp; SUG Board Members</td>
</tr>
</tbody>
</table>

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

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Jan 24</td>
<td>Ken Mitchell</td>
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</tbody>
</table>
EXPLAINING CLIMATE CHANGE TO DECISION MAKERS
Join Dr. David Sauchyn to learn about the work of The Prairie Adaptation Research Collaborative (PARC). PARC is a University of Regina Research Centre that provides decision makers in government and industry with the information they need to develop programs and policies for adaptation to climate change. Come learn about current Climate Change issues, challenges and policy concerns in the prairie provinces.

<table>
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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Jan 31</td>
<td>Dr. David Sauchyn</td>
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</tbody>
</table>

ECONOMICS OF THE TRUMP ADMINISTRATION
Join Dr. Harvey King for a discussion on the economic policies and changes under President Trump and the implications these changes for the US, Canada and the global economy.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Feb 7</td>
<td>Dr. Harvey King</td>
</tr>
</tbody>
</table>

AT A CLOSER LOOK: WHAT CHARACTER MIGHT YOU BE?
This presentation offers a glimpse into the characters of To Kill a Mockingbird and offers you the chance to discover some commonalities you share. The interactive exercise provides information and introspection for the way books enable us to examine our thinking and our world.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Feb 14</td>
<td>Dr. Martha Elford</td>
</tr>
</tbody>
</table>
DOCUMENTARY FILMMAKING: A LANGUAGE REVIVAL
Join local filmmaker, Louise BigEagle, to learn about the revival of Indigenous languages. Indigenous languages, like Nakota, face extinction if Canadians do not keep them alive. Louise will also talk about her experience in making the documentary “To Wake Up the Nakota Language” and how she is Nakota and what she has learned along the way.

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<th>Presenter</th>
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<tbody>
<tr>
<td>Feb 21</td>
<td>Louise BigEagle</td>
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</tbody>
</table>

FASCINATING VOLCANOES
Are you interested to travel and see volcanoes? Where can you go and visit? Dr. Stephen Cheng will take you to several continents to see a variety of volcanoes. All the volcanoes you will see are safe to visit with amazing views.

<table>
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<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Feb 28</td>
<td>Dr. Stephen Cheng</td>
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</tbody>
</table>

THE NOT SO BARREN LANDS OF NORTHERN CANADA
Come with Dan and Angelina Beveridge to Whitefish Lake, 400 km east of Yellowknife in the Northwest Territories. On our day trips out from the outfitter’s camp we hike across the Arctic tundra to see a muskox herd, or along an esker to see a 1930s trapper’s cabin, or by boat to see a wolf den and signs of ancient indigenous habitation at a caribou crossing. We shall remember the colours: the beautiful red expanses of bearberry and crowberry, the vivid Northern Lights, and the patterned terrain we fly over on our trip back in an old Beaver aircraft.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Mar 7</td>
<td>Dan and Angelina Beveridge</td>
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</tbody>
</table>
CONSTITUTION CITY
The Saskatchewan Court of Appeal is currently hearing and considering two major constitutional cases. One deals with the limits on the protection of Catholic education, and the limits on funding religious education, and the other with the federal government’s power to limit CO2 emissions in order to forestall more severe climate change. Both cases are of wide national significance. Come and discover, against every expectation, how exciting constitutional conflict can be.

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<tr>
<th>Day</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>Mar 14</td>
<td>Dr. John Whyte</td>
</tr>
</tbody>
</table>

UNCOVERING THE TRUTH ABOUT OCCUPATIONAL HEALTH & SAFETY IN SASKATCHEWAN
We all have to work but a job should not put your health at risk. Join Dr. Sean Tucker to learn about current trends in Occupational Health and Safety in Saskatchewan.

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<th>Day</th>
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<tbody>
<tr>
<td>Mar 21</td>
<td>Dr. Sean Tucker</td>
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</table>

Bring this coupon for FREE ADMISSION to one Thursday Noon Forum listed on pages 52-55.
Limit one free forum per person this term. Original coupon only please. Copies not accepted.

Please print your name, phone number and email address below.

Name: ________________________________________________________________
Phone: ________________________________________________________________
Email: ________________________________________________________________

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

LIFELONG LEARNING CENTRE FEE SHARING OR WAIVING POLICY

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

DONATING TO THE LIFELONG LEARNING CENTRE

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

Online: www.uregina.ca/cce/lifelong

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

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

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

SENIORS’ UNIVERSITY GROUP (SUG)

SUG membership is open to those 50 years of age and over who pay the annual membership fee. This is $30 for the year April 1, 2018 to March 31, 2019. You can join or update your membership 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 University of Regina libraries at no charge

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

To get borrowing privileges for University of Regina libraries, you will need to bring your SUG membership receipt to the Archer Library. Staff there will provide you with a Library Card to make it possible for you to borrow books at no charge.
LIFELONG LEARNING CENTRE COURSE CHECKLIST

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

- Ancient Cultures & Places $105/$90
- Android Tablet 1: The Basics $30
- Art of Gardening: Using Colour Properly $30
- As I Remember $85/$65
- Astronomy: The Universe from the Parking Lot $125
- Basic Smartphone/Tablet Photography & Online Storage $30
- Beauty Fit Dance $85/$75
- Born of a Woman: The Search for the Historical Jesus $105/$90
- Chemistry of Food and Cooking I $80/$70
- Chinese Cooking $160
- Classic Films $30/$20
- Classic Films of Mexico Free
- Cloud Computing $30
- Creative Writing $85/$65
- Design Amazing Flowerbeds $30
- DNA Detective $40/$35
- Exploring the Night Sky Free
- Fit for Your Life $105/$90
- Five Myths About Mindfulness Free
- French: La joie de vivre 1 $155/$140 + Textbook
- French: La joie de vivre 2 $155/$140 + Textbook
- French: La joie de vivre 3 $155/$140 + Textbook
- French: La vie en rose $155/$140 + Textbook
- Hard Times and Boom Times in Canada, 1919-1929 $80/$70
- International Women’s Day Celebration Free
- Ipad Level 1 - Beginner $30
- Ipad Level 2 - Intermediate $30
- Issues in Judaism & Zionism $80/$70
- Line Dancing $85/$75
- Literature & Life — To Kill a Mockingbird $80/$70
- Meditation: Ancient Practices for Modern times $90
- Middle East Current Affairs $105/$90
- Online Dating: Navigating your Search $50
- Orientalist Singapore Film Course $30/$20
- Personal Income Tax Tips FREE
- Practical Landscape Design $30
- Real Life Applications of Physical Chemistry $80/$70
- Revival & Revolution $105/$90
- Spanish 1 $155/$140 + Textbook
- Spanish 1 (Evening) $175 + Textbook
- Spanish 2 $155/$140 + Textbook
- Spanish 2 (Evening) $175 + Textbook
- Spanish 3 $155/$140 + Textbook
- Spanish 3 (Evening) $175 + Textbook
- Spanish 4 $155/$140 + Textbook
- Spanish 5 $155/$140 + Textbook
- Spanish Conversation (Evening) $175 + Textbook
- Spanish Conversation 1 $155/$140 + Textbook
- Spanish Conversation 2 $155/$140 + Textbook
- Spanish Travel Intensive $100
- Stand-Up Comedy 101 $125
- Stretch & Tone Exercise $105/$90
- T’ai Chi $90
- T’ai Chi Chih $85/$75
- The Brain & Illness $80/$70
- The Cradle of Civilization $105/$90
- Who Killed Paul Matoff? Free
- Wine Around the World $150
- Yoga - Advanced $85/$75
- Yoga - Beginners $85/$75
- Yoga - Chair $85/$75
- Yoga - Multi-level $85/$75
- Yoga - Restorative $85/$75

HOW TO REGISTER:

By phone: 306-585-5748
Online: www.uregina.ca/cce/lifelong
In person: Student Services Office, College Building, Room 118, 2155 College Avenue

Visit our website for the most up-to-date course information as changes may have been made after this Guide was printed. www.uregina.ca
## LIFELONG LEARNING CENTRE COURSES AT A GLANCE

### MONDAY EVENINGS

**AM**
- **Spanish 1**
  9:30-11:30am, Jan 18-Mar 8
  CB 110

**PM**
- **Beauty Fit Dance**
  9:30-11:30am, Jan 22-Mar 12
  CB 230

### TUESDAY EVENINGS

**AM**
- **Ancient Cultures & Places**
  9:30-11:30am, Jan 24-Mar 14
  CB 112

**PM**
- **Yoga - Beginners**
  9:30-11:30am, Feb 21-Mar 14
  CB 112

### WEDNESDAY EVENINGS

**AM**
- **Middle East Current Affairs**
  11:00am-12:00pm, Jan 22-Mar 26
  CB 249

**PM**
- **Five Myths about Mindfulness**
  12:00-1:00pm, Mar 8
  CB 232

### THURSDAY EVENINGS

**AM**
- **Spanish 4**
  1:00-3:00pm, Jan 17-Mar 7
  CB 112

**PM**
- **Who Killed Paul Matoff?**
  1:30-3:30pm, Jan 23-Feb 13
  CB 112

### SATURDAY

- **Spanish Travel Intensive**
  1:30-3:30pm, Jan 22-Mar 12
  CB 112

### MONDAY

**AM**
- **Fit for Your Life**
  4:00-5:00pm, Jan 22-Mar 28
  CB 230

**TUESDAY**

**AM**
- **Yoga - Advanced**
  9:30-10:30am, Jan 22-Mar 26
  CB 249

**PM**
- **Issues in Judaism & Zionism**
  9:30-11:30am, Feb 5-Feb 26
  CB 112

### WEDNESDAY

**AM**
- **Personal Income Tax Tips**
  9:30-11:30am, Jan 24-Mar 14
  CB 230

**PM**
- **Creative Writing Critique**
  9:30-11:30am, Jan 15-Mar 5
  CB 110

### THURSDAY

**AM**
- **Spanish Conversation 1**
  1:00-3:30pm, Mar 22-Apr 12
  CB 110

**PM**
- **Finding Your Parking Lot**
  10:00am-12:00pm, Jan 26
  CB 112

- **As I Remember**
  1:30-3:30pm, Jan 23-Feb 13
  CB 112

### WELLNESS WEDNESDAYS

**AM**
- **Fit for Your Life**
  4:00-5:00pm, Jan 22-Mar 28
  CB 230

**WEDNESDAY EVENINGS**

- **Spanish 3 (Evening)**
  7:00-9:00pm, Jan 23-Mar 13
  CB 249

- **Online Dating: Navigating Your Search**
  7:00-9:00pm, Jan 30-Feb 6
  CB 249

- **Wine Around the World**
  7:00-9:00pm, Feb 27-Mar 13
  CB 136

### WELLNESS WEDNESDAYS

**AM**
- **Art of Gardening: Using Colour Properly**
  7:00-9:00pm, Feb 26
  CB 112

**WEDNESDAY EVENINGS**

- **Chinese Cooking**
  6:30-8:30pm, Feb 7-28
  CB 234

- **Campbell Collegiate, Rm 120**
  10:00am-12:00pm, Mar 2
  CB 232

### THURSDAY EVENINGS

**AM**
- **Spanish Conversation (Evening)**
  Jan 22-Mar 12, 7:00-9:00pm
  CB 110

**PM**
- **Design Amazing Flowerbeds**
  7:00-9:00pm, Feb 12
  CB 112

- **Fit for Your Life**
  9:30-10:30am, Jan 26-Mar 30
  CB 110

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