LIFELONG LEARNING MATTERS

The Lifelong Learning Centre is coming to your home this fall because we care about you and want you to remain safe during the Covid-19 pandemic. As you may know, the University of Regina, in consultation with the Saskatchewan Health Authority, decided all spring and fall courses will be delivered remotely including those offered by LLC. This will keep students, instructors and staff safe since we must continue to practice physical distancing to keep you and others safe.

LLC tested Zoom delivery for presentations and courses held in June, July and August. Students who took part in these presentations and courses told us Zoom was easy to use on computers, and on tablets and cell phones. Those who participated in courses delivered remotely this spring and summer also said they would take future LLC courses via Zoom. We hope you will join them.

As you can see on pages two and three LLC is offering a wide range of courses with something for everyone. We have daytime, evening, and Saturday courses for adults of all ages. These courses will expand your mind, keep you active, and make it possible for you to connect with others who share similar interests. We also have several presentations listed on page four with many of these being offered at no charge.

LLC courses are affordable and open to all with no previous education requirements. Courses have no exams or assignments, and most have no homework. So why not register for a Lifelong Learning Centre fall course to continue learning and remain connected with others from the safety of your home?

WHAT IS ZOOM?

Zoom is an online live-streamed videoconferencing platform which allows individuals to meet and learn together when it is not safe or possible to do so in person. You will see the presenter and their presentation, hear them speak, and have the ability to ask questions and hear answers. Zoom is free to use and you can access it from your computer, tablet or cell phone with a high speed internet connection. To participate in a Zoom course or presentation a webcam and microphone or phone are also nice to have, but not essential.

NEED HELP WITH ZOOM?

Do you need help using your technology to access Zoom? The Student Services Office can assist you to learn how to use Zoom to make it possible to participate in LLC courses and presentations. A Zoom Orientation Guide, along with information about phone-in and on-line assistance is available on our website. These will help you prepare for the Open House and Zoom orientations in early September and using Zoom at other times. Check our website www.uregina.ca/cce/lifelong or phone 306-585-5748 for more information.
LIFELONG LEARNING CENTRE
COURSES AT A GLANCE

MONDAY

AM
Family Law After 50
11:00am-12:00pm, Sep 14
French: La Joie De Vivre 4
9:30-11:30am, Sep 21-Nov 16
Yoga - Advanced
10:30-11:30am, Sep 21-Nov 16

PM
Yoga - Beginners
12:00-1:00pm, Sept 21-Nov 16
Creative Writing Critique
1:30-3:30pm, Third Monday of Each Month
Sep 21-May 17, Except Feb 15
T’ai Chi Chih - Continuing
1:30-2:30pm, Sept 21-Nov 16
T’ai Chi Chih - Beginner
2:30-3:30pm, Sept 21-Nov 16
Contemporary Social, Political & Science Concerns
1:45-3:45pm, Last Monday of Each Month
Sept 28-May 31, 2021

TUESDAY

AM
Become Financially Literate
10:30am-12:00pm, Sep 15
Ageless Grace
10:30-11:30am, Sep 22-Nov 10
French: La Vie En Rose
9:30-11:30am, Sep 22-Nov 10
Spanish Conversation 1
9:30-11:30am, Sep 22-Nov 10

PM
Effective Tax Strategies
12:00-1:00pm, Sep 22
Spanish 3
1:00-3:00pm, Sep 22-Nov 10
Self-Directed Investing Basics
12:00-1:30pm, Sep 29-Oct 20
Social Media – Basics
3:00-4:00pm, Oct 6-Oct 27

EVENING
Introductory Russian
7:00-9:00pm, Sep 22-Nov 10
Spanish 2 (Evening)
7:00-9:00pm, Sep 22-Nov 10
Home Growing & Cultivation of Cannabis
7:00-9:00pm, Oct 6-Oct 27

GARDENING SERIES WED 7-9PM
• The Gardener’s Recipe Book, Sep 23
• Putting Your Garden to Bed for the Winter, Oct 14
• Best Trees & Shrubs for Regina, Nov 18

LANGUAGES
Get ready now for future travels with courses for absolute beginners to advanced conversationalists. Studies show learning languages is a great way to exercise your brain. Zoom provides an interactive platform to learn French, Spanish, Chinese and even Russian!

FITNESS
Get off the couch this fall! Yoga and t’ai chi combine movement with spirituality. Bellyfit Sage and Ageless Grace add music for extra energy. Chair, restorative, intermediate and advanced yoga suit all levels of mobility. Our qualified instructors provide the incentive your body craves while social distancing at home.

SOCIAL INTERACTION
Delivered in a casual setting, Dr. Clay Burlingham transports you to the French resistance underground. Dr. Ray Cleveland provides insights to the Middle East, the US election and ancient culture. Stand-Up Comedy unleashes the clown in you, improving public speaking. Wine appreciation, bike maintenance and gardening bring like-minded people together. Keep in touch and make friends. Our learning community has no boundaries...or exams!
FALL COURSES 2020

Remember, you must register in advance for LLC courses you would like to attend. Those registered will receive an email with a link 24 hours in advance of course start so you can participate.

WEDNESDAY

AM
French: La Joie De Vivre 1
9:30-11:30am, Sep 23-Nov 18
French: La Joie De Vivre 2
9:30-11:30am, Sep 23-Nov 18
Spanish 4
9:30-11:30am, Sep 23-Nov 18
Yoga - Multi-Level
10:30-11:30am, Sep 23-Nov 18

PM
Yoga - Restorative
12:00-1:00pm, Sep 23-Nov 18
Spanish 2
1:00-3:00pm, Sep 23-Nov 18
How to Cope in Times of Uncertainty
1:30-2:30pm, Sep 23-Oct 14
The French Resistance (WWII)
1:30-3:30pm, Sep 23-Nov 18
Let’s Talk About Death & Dying
2:30-3:30pm, Oct 21-Nov 18

EVENING
Spanish 1 (Evening)
7:00-9:00pm, Sep 23-Nov 18
Stand-Up Comedy 101
7:00-9:00pm, Sep 23-Nov 18
Note: No Classes
Nov 11

THURSDAY

AM
French: La Joie De Vivre 3
9:30-11:30am, Sep 24-Nov 12
Spanish Conversation 2
9:30-11:30am, Sep 24-Nov 12
Wrestling With the Sacred
9:30-11:30am, Sep 24-Oct 15
Survival of Israel: Biblical History
9:30-11:30am, Oct 29-Nov 19

PM
Yoga - Chair
12:30-1:30pm, Sep 24-Nov 12
Spanish 1
1:00-3:00pm, Sep 24-Nov 12
Disability: Accessing Benefits
12:00-1:00pm, Sep 24
Creative Writing Technique
1:30-3:30pm, Sep 24-Nov 12
The National Film Board of Canada & Society
1:30-3:30pm, Sep 24-Nov 12

EVENING
Chinese for Beginner
6:30-8:30pm, Sep 24-Dec 10
Autumn Astronomy: The Stars & Planets
7:00-9:00pm, Sep 24-Nov 12
Meditation: Your Daily Calm
7:00-8:00pm, Sep 24-Nov 12
Spanish Conversation (Evening)
7:00-9:00pm, Sep 24-Nov 12
Wines of the World
7:00-9:00pm, Nov 5-26

FRIDAY

AM
Spanish 5
9:30-11:30am, Sep 25-Nov 13
Bellyfit Sage - Wisdom in Motion
10:30-11:30am, Sep 25-Nov 13
Power of Attorney & Financial Abuse
10:30am-12:00pm, Oct 16

PM
Estate Planning
12:00-1:00pm, Oct 23

EVENING
Advanced Chinese
6:30-8:30pm, Sep 25-Dec 11

SATURDAY

AM
Introduction to Computers
10:00am-12:00pm, Sep 19
Introduction to Restorative Justice Studies
10:00am-12:00pm
Sep 26, Oct 3, 17, 24, Nov 7, 14
Putting Your Bike Away for Winter
10:00am-12:00pm, Sep 26
Fall Tune Up - Beat the Spring Rush - by 6 Months
10:00am-12:00pm, Oct 3
Cloud Computing
10:00am-12:00pm, Oct 31
Basic Smartphone/Tablet Photos & Online Storage
10:00am-12:00pm, Nov 7
Smart Technology: Simplifying Your Life
10:00am-12:00pm, Nov 28

PM
Intermediate Chinese
1:00-3:00pm, Sep 26-Dec 12

DNA SERIES WED 7-9PM

- Understanding & Using Ancestry.ca DNA Test Results, Sep 30
- Understanding & Using 23 & Me DNA Test Results, Oct 7
- Using DNA to Solve Adoption & Parentage Mysteries, Nov 25
- Adding Branches to Your Family Tree Using DNA, Dec 2

All fall courses will be delivered remotely via zoom. For more information and to register please visit us online at www.uregina.ca/cce/lifelong or call 306-585-5748.
LLC FALL EVENTS & PRESENTATIONS
You must register for presentations you would like to attend in advance, including the Open House and other free presentations. Those registered will receive an email with a Zoom link 24 hours in advance of presentations so you can participate.

LLC OPEN HOUSE – FALL 2020
Sep 08  1:00pm Orientation to Zoom & LLC
        2:00pm Frauds & Scam Prevention with Regina Police Service
        3:00pm Virtual Coffee & Conversation
Sep 09  9:30am Orientation to Zoom & LLC
        10:30am Exercising the Soul - Low Impact T’ai Chi & Yoga
        11:30am Virtual Coffee & Conversation
Sep 10  6:30pm - Orientation to Zoom & LLC
        7:30pm - Astronomy with Chris Beckett
        8:30pm - Virtual Coffee & Conversation

WELLNESS WEDNESDAYS – FREE
FREE monthly presentations offered on a wide range of health and wellness topics in collaboration with the Saskatchewan Health Authority.

Presentations from 12:00-1:00pm
Sep 16  Women, Exercise and the Brain: Results of Research from LLC
        Dr. Holly Bardutz, Kinesiology and Health Studies
Oct 21  Online Therapy: Improving Access to Mental Health Care
        Vanessa Peyenburg, UR Online Therapy Unit
Nov 18  Centre on Aging and Health Research and Activities
        Janine Beahm & Louise Castillo, Centre on Aging and Health
Dec 02  Nutrition: More than Food
        Tracy Sanden, Registered Dietitian, SK Health Authority

THURSDAY NOON FORUMS - $5 EACH
Oct 01  Summer in Antarctica
        Alison Singharath
Oct 08  History and Folklore of College Avenue
        Don Black
Oct 15  From Rapid City to Yellowstone
        Kay Antrobus
Oct 22  Economics of Covid 19
        Dr. Harvey King
Oct 29  Ancient Cultures and Places - Sampler
        Dr. Ray Cleveland
Nov 05  Insights to the US Election
        Dr. Ray Cleveland
Nov 12  Middle East Current Affairs - Sampler
        Dr. Ray Cleveland
Nov 19  Forensics in Police Investigation
        Sidney Bowles

"Taking courses for pure enjoyment is one of the greatest pleasures anyone can have. Discovering open, friendly and like-minded souls makes the LLC experience even more enriching.

MADELINE"

"I strongly recommend you explore the Life-long Learning Centre. Looking through the various course outlines that the learning program has developed, you will notice there is a wide range of courses offered. All of these courses are challenging "our grey matter", so that's good.

DOUG"