LIFELONG LEARNING CENTRE
FALL 2022

The Lifelong Learning Centre (LLC) is part of the University of Regina Centre for Continuing Education (CCE) which has made it possible for adults to explore new interests and meet new friends since 1977. Our programs are open to all regardless of previous levels of education and have no age limits. There are no exams or grades to worry about, and most courses have no homework.

These learning opportunities are provided in partnership with University of Regina faculties and community partners. Our instructors are experts in their fields who are passionate about sharing their knowledge and expertise. Fees are modest and some presentations are free, like the monthly Wellness Wednesdays, thanks to the Seniors University Group and other agencies.

BONNY MANZ



"I started taking Lifelong Learning courses shortly after retiring in 2016. I started out slowly, with some film and line dancing classes, along with a number of lunchtime sessions. After enjoying those, I decided it was time to get my brain working. Having struggled with Social Studies in school, I decided to exercise my brain and signed up to my first course with Dr. Clay Burlingham. I also began taking classes in other fields, including science, religion and whatever else looked interesting shortly after. I have found the professors and instructors to be excellent. Although Zoom worked not too badly, being back in-person has also meant easier social connections. Lifelong learning is important, and I hope to continue taking classes for many years to come."

CHRIS BAILEY



"I have been a regular enrollee in LLC courses since I retired five years ago. Over the years I have come to expect, and get, a level of instruction that is consistently high. More recently I have been impressed with how the LLC handled the pandemic and were able to deliver a high-quality virtual experience. Pandemic, or not, each semester there is a wide range of subjects to choose from, ranging from the informative, the fun through to the practical. Over the years, I have learnt more about treaties, the history of Christianity, current Middle East affairs, beer, the night sky, the chemistry of food, and the ins and outs of stand-up comedy, story telling and creative writing. And so much more. There really is something for everyone."



LIFELONG LEARNING MATTERS

Every fall people return to school to learn new and exciting subjects, including adults who come to the Lifelong Learning Centre. Since 1977 the Lifelong Learning Centre has been a great place to learn and to make new friends. Join us to celebrate our 45th anniversary at the Fall Open House on September 8. LLC instructors, students and staff will be there to let you know what we have to offer and why you should participate. You can learn a new language, get or remain physically active, write your life story, learn about world politics and history, including that of Russia, the Middle East and Latin America. We have something for everyone, including you!

RETURN TO COLLEGE BUILDING

The Lifelong Learning Centre, like the rest of the University of Regina and the world, are learning how to safely and responsibly live with COVID-19. This fall there will be a transition to more in-person courses and presentations. Some will have a Zoom option and others will be entirely via Zoom. We look forward to seeing new and returning learners at the College Building for in-person courses this fall and others on Zoom.

NEW FOR FALL

Courses and presentations this fall include new and interesting topics with most being offered in-person and some via Zoom. You can learn about Canadian mining projects in Ecuador with Paulina Larreátegui, understand more about the National Film Board and Canadian Society with Michael Dancsok, or explore Nonviolent Communication with Dr. Muhammad Asadullah. New evening courses include a monthly writing course with Kristen McLeod, and a short course on Holiday Wines and Appetizers with Chef Rob and Wine Specialist Greg Harasen.

For more information and to register, phone 306-585-5748 or visit **www.uregina.ca/cce/lifelong**

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CONNECTING AND LEARNING

LLC is offering more in-person learning opportunities this fall including Coffee & Conversation and Forever In Motion on Thursday afternoons. Coffee & Conversation is a weekly opportunity to learn about community programs and services from guest presenters, LLC staff and Seniors' University Group members. Forever In Motion is a weekly program facilitated by trained volunteers to help you improve or maintain your health, including endurance, strength, balance and flexibility. See Courses at a Glance on page 3 for an overview of all fall courses.



SOMETHING FOR EVERYONE

Fall courses cover current social concerns, history, art, language, literature, fitness and more. Dr. Ray Cleveland leads students in engaging discussions about the Middle East, Dr. Clay Burlingham on European history, Linda Quigley on art history of the Italian Renaissance, Don Black on Regina's historical architecture, Sheila Bonneteau on gardening practices and techniques, and Chris Beckett on astronomy and understanding the night sky. You can also learn to write and share stories with a weekly writing group or two monthly writing group options – one daytime and one evening. Certified Wine Expert, Greg Harasen, is offering his foundational course on Wines of World, and a shorter course on Canadian Wines. You can learn a language – French, Spanish or Ukrainian, or improve your health by learning about Ageless Grace with Alison Singharath or by practicing Yoga for All with Lani Knaus.



JOIN SENIORS UNIVERSITY GROUP

If you are 50+ you can join the Seniors University Group – or renew your membership – to get discounts on daytime LLC courses. SUG members can use University of Regina Library and borrow books at no charge. They also receive information about courses, free forum and invitations to special events, like the International Volunteer Day and Christmas Celebration being held on December 1 at 1:30pm with carol singing, treats and more to celebrate our 45th Anniversary. SUG Members who need assistance to cover course fees at LLC are eligible to apply for a SUG Bursary to take one course for $10 or $20 this fall. For more information about SUG and the SUG Bursary see our webpage or call 306-585-5766.

FALL COURSES

REGISTRATION OPENS AUGUST 8

OPEN HOUSE

This is your opportunity to learn what the Lifelong Learning Centre has to offer and to hear from some of our instructors. For those who are new to LLC there will be opportunity to tour the building and see where Student and Instructor Services Office is located. You will also meet LLC staff and SUG Board members, and you can ask questions you may have about LLC courses and SUG activities. Tours and light refreshments will be available while you learn about our courses.

Thursday, September 8

11:00am	**What is Compassionate Communication?**
	Dr. Muhammad Asadullah
12:30pm	**LLC Fitness Courses**
	Ageless Grace and Forever in Motion
2:00pm	**Intro to Ecuador**
	Paulina Larreátegui

COMPASSIONATE COMMUNICATION

Learning to communicate with the intention of connection does not always come naturally, but these skills can be learned! Dr. Muhammad Asadullah is offering a course so you can learn and practice the four key components of compassionate communication: observation, feelings, needs and requests. Focus will also be on learning to give and recive empathy and integrating nonviolent communication in daily life.

A CASE STUDY OF ECUADOR

Paulina Larreátegui will be leading a course to examine Canadian Mining projects in Latin America with a particular focus on Ecuador. This course will be of interest to those who enjoy learning about transnational social, political and economic issues, how international corporate practices affect local communities and how local communities respond.

HOLIDAY WINES & APPETIZERS

Get creative this holiday season and learn unique hosting and dining ideas with Chef Rob Harrison and Certified Wine Specialist Greg Harasen. One class will focus exclusively on holiday wines for gifting and pairing with special holiday meals. The second class will be three hours of virtual cooking along with Chef Rob to prepare special holiday appetizers. Register yourself and have up to five friends join you for this course!

NFB and Canadian Society

Michael Dancsok will lead an course on the National Film Board that will analyze and critique how the NFB has played a role in creating a vision of Canada. Past and current films will be considered thematically including topics of work, education, First Nations, the climate and more.

LIFELONG LEARNING CENTRE - COURSES AT A GLANCE

You must register in advance for all courses and presentations you would like to attend including those that are free. Once you register you will receive important information about how to participate in presentations and courses. For courses offered via Zoom we have free training for those who are new to LLC or those who want a refresher in how to use Zoom or UR Community formerly CCE Community.

MONDAY

NO CLASSES OCT 10

AM

French: La joie de vivre 4 (Z)
9:30-11:30am, Sep 26-Nov 21

PM

Yoga – Multi-level (Z)
12:00-1:00pm,
Sep 19-Nov 14
Meets Mon and Wed

Giants of the Italian Renaissance: Leonardo and Michelangelo (Z)
1:30-3:00pm, Oct 17 & 24

Creative Writing Circle (IP + Z)
1:30-3:30pm, Sep 19, Oct 17, Nov 21, Dec 12, Jan 16, Feb 13, Mar 20, Apr 17, May 15

Ageless Grace (Z)
5:30-6:30pm, Sep 19-Nov 14

MONDAY EVENINGS

Spanish 3 (Evening) (Z)
7:00-9:00pm, Sep 19-Nov 14

Architecture: Buildings by Unknown Architects (Z)
7:00-8:00pm, Sep 26

Folklore and Haunts of College Avenue (Z)
7:00-8:00pm, Oct 24

Architecture: Historical Homes of Regina (Z)
7:00-8:00pm, Nov 14

Beginners Guide to DIY Investing (Z)
7:00-8:00pm, Sep 19

Finding the Right Online Broker (Z)
7:00-8:00pm, Oct 17

Stock Picking and the DIY Investor (Z)
7:00-8:00pm, Nov 7

TUESDAY

AM

French: La joie de vivre 3 (Z)
9:30-11:30am, Sep 27-Nov 15

Spanish 2 (Z)
9:30-11:30am, Sep 20-Nov 8

Introduction to Nonviolent/Compassionate Communication (IP)
9:30-11:30am, Sep 27-Nov 1

Yoga for All (IP)
10:30-11:30am, Sep 20-Nov 18
Meets Tue and Fri

PM

National Film Board and Canadian Society
1:30-3:30pm, Sep 20-Nov 8

TUESDAY EVENINGS

Cultivating Creative Writing (IP)
7:00-9:00pm, Sep 27, Oct 25, Nov 29, Dec 13, Jan 24, Feb 28, Mar 28, Apr 25, May 23

Spanish 1 (Evening) (IP)
7:00-9:00pm, Sep 20-Nov 8

Gardening: Fall Propagation for Spring Plants (Z)
7:00-9:00pm, Sep 6

Gardening: Getting Ready for Winter (Updated!) (Z)
7:00-9:00pm, Sep 20

Gardening: Under Grow Lights (Z)
7:00-9:00pm, Oct 18

WEDNESDAY

AM

French: La joie de vivre 2 (Z)
9:30-11:30am, Sep 28-Nov 16

Canadian Mining Projects in Latin America : Case Study of Ecuador (IP)
9:30-11:30am, Sep 28-Nov 16

PM

Wellness Wednesdays (IP + Z)
12:00-1:00pm, Sep 14, Oct 12, Nov 9, Dec 7 (See list on next page)

Yoga – Multi-level (Z)
12:00-1:00pm, Sep 19-Nov 14
Meets Mon and Wed

Spanish Practice (Z)
1:00-3:00pm, Sep 21-Nov 9

As We Remember (IP + Z)
1:30-3:30pm,Sep 21-Nov 9

Russia, 1934-1941: The Paroxysm of the Purges (Z)
1:30-3:30pm, Sep 21-Nov 9

WEDNESDAY EVENINGS

Spanish 2 (Evening) (Z)
7:00-9:00pm, Sep 21-Nov 9

Astronomy: Late Summer Stargazing (Z)
7:00-9:00pm, Sep 21-Oct 12

Astronomy: Autumn Astronomy (Z)
7:00-9:00pm, Oct 26-Nov 16

What Are You Doing After Work? (Z)
7:00-9:00pm, Oct 19

THURSDAY

AM

Ancient Cultures and Places (IP)
9:30-11:30am, Oct 20-Nov 10

French: La joie de vivre 1 (Z)
9:30-11:30am, Sep 29-Nov 17

Spanish 1 (Z)
9:30-11:30am, Sep 22-Nov 10

Middle East Current Affairs (IP + Z)
9:30-11:30am, Sep 22-Oct 13

PM

Coffee & Conversation
1:30-2:30pm, Sep 22-Nov 24

Forever...In Motion
3:00-4:00pm, Sep 22-Nov 24

THURSDAY EVENINGS

Spanish Practice (Evening) (Z)
7:00-8:00pm, Sep 22-Nov 10

Wines of the World (Z)
7:00-9:00pm, Sep 22-Oct 13

Canadian Wines (Z)
7:00-8:30pm, Oct 27 & Nov 3

Holiday Wine & Appetizers
7:00-8:30pm, Dec 1 (Wine)
6:00-9:00pm, Dec 8 (Appetizers)

Thursday Noon Fourms
12:00-1:00pm
Sep 15, Sep 22, Sep 29, Oct 6, Oct 13, Oct 20, Oct 27, Nov 3, Nov 10 (see list on next page)

FRIDAY

NO CLASSES SEP 30 & NOV 11

AM

French: La vie en rose (Z)
9:30-11:30am, Oct 7-Dec 2

Yoga for All (IP)
10:30-11:30am, Sep 20-Nov 18
Meets Tue and Fri

Aboriginal Grandmothers Caring for Grandchildren Support Network
10:00am-12:00pm
Sep 9, Oct 14, Nov 5, Dec 9

Intercultural Grandmothers Uniting (IGU)
10:30am-12:00pm
Sep 16, Oct 21, Nov 18, Dec 16

PM

International Films (IP)
1:30-3:30pm, Oct 14-Nov 4

SATURDAY

NO CLASSES OCT 8

iPad 1 – Beginner
10:00am-12:00pm, Oct 8

iPad 2 – Intermediate
10:00am-12:00pm, Oct 22

Ukrainian 3 (Z)
9:00-11:00am, Sep 24-Nov 19

Ukrainian 2 (Z)
1:00-3:00pm, Sep 24-Nov 19

SUNDAY

NO CLASSES OCT 9

Ukrainian 1 (Z)
9:00-11:00am, Sep 25-Nov 20

REGISTRATION DISCOUNT:

Register for 3 Thursday Noon Forums and get 4th for free if purchased at same time.

Attend Welcome and Orientation on Sep 15 and get a buy 1 get 1 free coupon for Thursday Noon Fourms.

Register for both Astronomy courses at the same time and save $30.

COURSE DELIVERY NOTE:

IP = In-person
Z = via Zoom
IP+ Z = offered in-person with Zoom also possible

NEED HELP WITH ZOOM OR UR COMMUNITY?

Do you need help to use Zoom or UR Community to participate in LLC courses? If yes, there is a Zoom Orientation Guide and video on the LLC website. Training sessions are also offered through Student and Instructor Services. Please call 306-585-5748 for more information and to register for a training session.

LLC SPRING EVENTS & PRESENTATIONS

You must register in advance for all presentations you would like to attend, including the Welcome Week Presentations and other free events. After you register you will receive an email with instructions on how to participate and where to find Zoom link if delivered remotely.

WELLNESS WEDNESDAYS - FREE - 12:00-1:00PM

Join us for monthly presentations on a wide range of health and wellness topics offered in collaboration with the Saskatchewan Health Authority.

Sep 14 **The Brain Health Initiative and U of R Wellness Programs**
Dr. Holly Bardutz

Oct 12 **Global Pandemic: Looking Back and Looking Ahead**
Dr. Saqib Shahab, SK Chief Medical Health Officer

Nov 9 **Adding More Plant Based Foods into Your Diet**
Lisa Vance, PDt

Dec 7 **Tax Tips for Adults 65+**
Laverne Stevenson, Canada Revenue Agency

THURSDAY NOON FORUMS - $10 EACH - 12:00-1:00PM

Join us for interesting presentations on a wide range of topics. Please register in advance.

Registration Discount: Register for 3 Thursday Noon Forums and get 4th for free if purchased at same time.

Sep 15 **Welcome and Orientation - FREE**
LLC Staff and SUG Board

Sep 22 **Life at 100: What can we Learn from Centenarians?**
Heather Nelson

Sep 29 **Advancing Saskatchewan's Critical Mineral Opportunities in SK**
Pam Schwann, President of the SK Mining Association

Oct 6 **CURLSASK Try, Learn, Play, Compete**
Dustin Mikush

Oct 13 **Cyber Safety**
Milton Calnek & Michael Jones

Oct 20 **Fake News: Evaluating Information**
Arlysse Quiring & Jennifer Hall

Oct 27 **Around the World in 61 Days**
Compassionate Communication
Dawn and Doug Calder

Nov 3 **Cuba: Tourism and Everyday Life**
Dr. Kim Kozak

Nov 10 **Reflecting on Remembrance Day**
Col. Charles Keple (Retd)

Coffee and Conversation - FREE

Sep 22 Join Janine Beahm, UR Centre on Aging and Health, to learn about the Canadian Association on Gerontology Conference being held in Regina October 20-22, 2022. All who attend will be eligible to attend the conference at a very special rate of $20 which includes opening keynote and reception, interesting presentations on ageing, networking breaks and more.
See website and email notices to learn about future guest speakers for Coffee and Conversation this fall.

Open House - FREE

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