GROW WITH LLC THIS SPRING!

This spring the Lifelong Learning Centre is offering a wide range of courses and presentations for adults of all ages to learn new things. One of the benefits of LLC courses is they have no previous education required and no homework. Our remote delivery will also keep you safe while you connect with other like-minded people.

There are courses and presentations that will assist you to grow with Garden Myths Debunked and Everything Tomatoes for those who grow gardens. Other courses unique to spring will make it possible for you to learn how to care for your bike. There are also new courses where you will learn how to grill and smoke meat. As always there are many other courses to meet the needs of those who wish to grow and learn.

INDIGENOUS HISTORY MONTH CELEBRATION

In June, Canadians will celebrate National Indigenous History Month to honour the history, heritage and diversity of Indigenous peoples in Canada. This year the Lifelong Learning Centre has planned a series of four presentations so you can learn about the contributions First Nations, Inuit and Métis people have made in shaping Canada. This presentation is being held on Friday June 18 from 10:00-11:30 am with His Honour the Honourable Russ Mirasty, Lieutenant-Governor of Saskatchewan, as our special guest to speak about how his Métis heritage influenced his work and community service. Other weeks there will be Powwow Dancing Demonstration, Storytelling, and more.

SPRING OPEN HOUSE

Join us for Zoom demonstrations and presentations from instructors so you can learn about the exciting courses they will teach this spring. Each day will end with your beverage of choice and an opportunity to engage in conversation with LLC staff and members of the Seniors University Group to learn more about what we do and how you can get connected from wherever you live.

Tuesday, April 13
6:30pm Orientation to CCE Community and Zoom
7:30pm Wine Appreciation with Greg Harasen
8:30pm Wine & Conversation

Wednesday, April 14
1:00pm Orientation to CCE Community and Zoom
2:00pm Peter the Great & the Recasting of Russia with Clay Burlingham
3:00pm Trivia & Conversation

Thursday, April 15
9:30am Orientation to CCE Community and Zoom
10:30am How to Stay Healthy and Safe
11:30am Coffee & Conversation

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

All spring courses and presentations will be delivered via Zoom to allow you to connect with others in Regina, Saskatchewan and the world to learn new and different things safely. Dr. Ray Cleveland will engage you in lively discussion about the Middle East, Clay Burlingham on European History, Alex MacDonald on Literature and Science, Vincent Ziffle on the Chemistry of Food and Cooking, and Darlene Jushka on Mythology and World Creation. You can also get together with others to learn how to write or share stories, to see the stars, and more.

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 and more. SUG members will receive information about courses, free forums and invitations to special events. SUG Members who need assistance to take a course at LLC are also eligible to apply for a SUG Bursary to take a course for $10 or $20. See our website for more information or call 306-585-5766 to get information about the SUG Bursary.

LANGUAGES

Now is the time to learn a new language which is a great way to exercise your brain or to get ready for future travel. LLC offers French, Spanish, Ukrainian, and Chinese language courses with new courses to assist you to brush up on your French or Spanish this spring.

LIFELONG LEARNING CENTRE

COURSES AT A GLANCE

MONDAY

AM
French: La joie de vivre 1  
9:30-11:30am, May 3-Jun 28
Fire Road: A Book Discussion  
10:00am-12:00pm, Jun 7-28
Yoga - Advanced  
10:30-11:30am, May 3-Jun 28

PM
Yoga – Beginners  
12:00-1:00pm, May 3-Jun 28
T’ai Chi Chih  
2:30-3:30pm, May 3-Jun 28
Contemporary Social, Political & Science Concerns  
1:45-3:45pm, Apr 26, May 31
Ageless Grace  
4:30-5:30pm, May 3-Jun 28

MONDAY EVENINGS

Spanish 2 (Evening)  
7:00-9:00pm, May 3-Jun 28

TUESDAY

AM
French: La vie en rose  
9:30-11:30am, May 4-Jun 22
Mythology and World Creation  
10:00-11:30am, May 4-25
Is Democracy Safe?  
10:00-11:30am, Jun 1-15
Spanish 2  
9:30-11:30am, May 4-Jun 22

PM
Stigma in Atlantic Canada During COVID-19  
1:00-3:00pm, Apr 27
Claude Monet: An Artist’s Life  
1:30-3:00pm, May 4-11
Literature and Science in 19th Century  
1:30-3:30pm, Jun 1-22
Writing from the Heart  
1:30-3:30pm, Apr 6-27
Writing from the Heart  
1:30-3:30pm, May 4-Jun 22

TUESDAY EVENINGS

Spanish 1 (Evening)  
7:00-9:00pm, May 4-Jun 22
Garden Myths Debunked  
7:00-9:00pm, Apr 20
Everything Tomatoes!  
7:00-9:00pm, Apr 27
Introduction to Ancestry DNA  
7:00-9:00pm, May 11
Using DNA to Find Unknown Family  
7:00-9:00pm, May 25

NOTE:  
No Classes May 24

NEED HELP WITH ZOOM?

Do you need help to use Zoom to participate in LLC courses? If yes, there is a Zoom Orientation Guide and video on the LLC website. There will also be Zoom training at the Open House. See front cover and our website for details about these and other opportunities to learn how to use Zoom to get the most from your LLC courses, or call our Student and Instructor Services Office at 306-585-5748.
SPRING COURSES 2021
Registration is now open and you must register in advance for all courses and presentations you would like to attend. Check your registration confirmation for important information about how to connect.

WEDNESDAY
AM
Middle East Current Affairs  
10:00-11:30am, May 5-Jun 23
French: La joie de vivre 3  
9:30-11:30am, May 5-Jun 23
Spanish 1  
9:30-11:30am, May 5-Jun 23
Yoga - Multi-Level  
10:30-11:30am, May 5-Jun 23
PM
Yoga - Restorative  
12:00-1:00pm, May 5-Jun 23
French Conversation  
12:00-1:00pm, May 5-Jun 23
Spanish Practice  
1:00-2:00pm, May 5-Jun 23
Ancien Régime: Absolutism and Enlightenment  
1:30-3:30pm, May 5-Jun 23
As I Remember  
1:30-3:30pm, May 5-Jun 23

WEDNESDAY EVENINGS
Astronomy: Everyday Observations  
7:00-9:00pm, Apr 21 and 28
Astronomy: Late Spring and Early Summer Stargazing  
7:00-9:00pm, May 5-26
Spanish 3 (Evening)  
7:00-9:00pm, May 5-Jun 23

THURSDAY
AM
Everyone has a Story to Tell—And Hear  
10:00-11:30am, Apr 29
French: La joie de vivre 2  
9:30-11:30am, May 6-Jun 24
Brain Health & Fitness  
10:00-11:30am, May 6-Jun 24
PM
Spanish 3  
1:00-3:00pm, May 6-Jun 24
Creative Writing Technique  
1:30-3:30pm, May 6-Jun 24
The Aging Brain  
1:30-3:30pm, May 20 and 27
Chemistry of Food and Cooking  
1:30-3:00pm, Jun 3-24

THURSDAY EVENINGS
Chinese Beginner  
6:30-8:30pm, May 13-Aug 5
Chinese Intermediate  
6:30-8:30pm, May 13-Aug 5
Wines of the World  
7:00-9:00pm, May 6-27
Carpe Vinum (Seize the Wine!)  
7:00-9:00pm, Jun 3-24

FRIDAY
AM
French: La joie de vivre 4  
9:30-11:30am, May 7-Jun 25
Powwow Dancing with Irene Mosquito  
10:00-11:30am, Jun 4
Storytelling with Brenda Dubois  
10:00-11:30am, Jun 11
His Honour the Honourable Russ Mirasty, Lt-Governor of Saskatchewan  
10:00-11:30am, Jun 18
Celebrating the Buffalo with Joely BigEagle-Kequatooway  
10:00-11:30am, Jun 25
PM
Chinese Advanced  
6:30-8:30pm, May 14-Jul 30

SATURDAY
Introductory Ukrainian  
9:00am-11:00am, May 1-Jun 26
Grilling Made Simple  
10:00am-12:00pm, May 8
Simply Smoking Meat  
10:00am-12:00pm, Jun 5
Bikes 101  
10:00am-12:00pm, Apr 24
Biking with Kids  
10:00am-12:00pm, May 15
Biking with Preschoolers  
10:00am-12:00pm, Jun 19
Mac for Beginners  
10:00am-12:00pm, Apr 17
Introduction to Computers  
10:00am-12:00pm, May 1
Cloud Computing  
10:00am-12:00pm, May 15
iPad 1 - Beginner  
10:00am-12:00pm, May 29
iPad 2 - Intermediate  
10:00am-12:00pm, Jun 12
Basic Smartphone/Tablet Photos & Online Storage  
10:00am-12:00pm, Jun 26

BIKING 101
Prepare for smooth riding as you learn how to change a flat tire and do maintenance on your bike’s bearings, breaks, chain and tires. New for spring are courses for those who ride with kids.

SMOKING & GRILLING MEAT
Learn some simple techniques of grilling and smoking meat and you will elevate your home-cooking experience. Meals at home don’t have to be basic once you learn some new skills!

WINES OF THE WORLD
Experience the world by learning about wine-making regions and grapes. There is a social bubble rate so you can sample new wines with family or friends from the comfort of your own residence!

COURSES AT A GLANCE:
All Spring 2021 courses are delivered remotely via Zoom. For more information and to register visit us at www.uregina.ca/cce/lifelong or call 306-585-5748
LLC SPRING EVENTS AND PRESENTATIONS
You must register in advance for all presentations you would like to attend, including the Open House and free ones. Those registered will receive an email with instructions on how to access the Zoom link.

WELLNESS WEDNESDAYS – FREE
WEDNESDAYS, 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>Apr 21</td>
<td>Family Law After 50</td>
<td>Zina Scott</td>
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<tr>
<td>May 19</td>
<td>Medical Assistance in Dying</td>
<td>Lorissa Vye</td>
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<tr>
<td>Jun 16</td>
<td>Schizophrenia Society: Anti-Stigma Mental Health</td>
<td>Sean Barschel</td>
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THURSDAY NOON FORUMS - $5 EACH
THURSDAYS, 12:00-1:00PM
Join us for interesting presentations on a wide range of topics and bring a friend who is in your social bubble at no charge!

| May 6 | Saskatchewan Chemical Industries                | Dr. Stephen Cheng        |
| May 13 | Finland — Living, Learning, Leading            | Dr. Martha Elford        |
| May 20 | Spanish Influenza in Regina                    | Kenton de Jong           |
| May 27 | Bitcoin and GameStop Explained                 | Dr. Harvey King          |
| Jun 3  | Søren Kierkegaard’s Critique of Christian Nationalism | Dr. Stephen Backhouse    |
| Jun 10 | Rethinking Global Citizenship in Light of COVID-19 | Dr. Bob Huish            |
| Jun 17 | Evolving Views on Dinosaurs                    | Dr. Diane Secoy          |
| Jun 24 | Climate Change: From Concern to Action         | Dan Beveridge            |

RESEARCH WITH IMPACT - FREE
The Lifelong Learning Centre, in partnership with the University of Regina Alumni Engagement Office, is offering presentations this spring and summer on exciting research being carried out by UR faculty. Presentations are on Tuesdays at 12:00-1:00pm on April 20, May 18, June 15, July 20 and August 17.