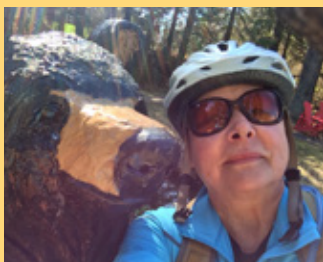


LIFELONG LEARNING CENTRE SPRING 2021

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.



LINEA NOELS

"Lifelong Learning courses: what fun! They are one of my favourite things about retirement. I learn new things and meet new people. To top it off, LLC has managed to offer most courses via Zoom, so I've missed nothing during COVID isolation.."



MARIA REARDON

"I've been taking classes at LLC for many years, but always missed out when I went away for winter breaks and other holidays. Not so with Zoom! Last fall, I spent a few weeks in Victoria and with my iPad I was hooked up, and didn't miss a class. Similarly, during this February's cold spell, Zoom kept me connected to my class."



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



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

NOTE:

No Classes May 24

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

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

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



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.

Apr 21 Family Law After 50
Zina Scott

Jul 14 Canadian National Institute for the Blind (CNIB)
Christall Beaudry and Ashley Nemeth

May 19 Medical Assistance in Dying
Lorissa Vye

Aug 18 Managing Stress in Uncertain Times
Vanessa Peyenburg

Jun 16 Schizophrenia Society: Anti-Stigma Mental Health
Sean Barschel

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

Jun 3 Søren Kierkegaard's Critique of Christian Nationalism
Dr. Stephen Backhouse

May 13 Finland — Living, Learning, Leading
Dr. Martha Elford

Jun 10 Rethinking Global Citizenship in Light of COVID-19
Dr. Bob Huish

May 20 Spanish Influenza in Regina
Kenton de Jong

Jun 17 Evolving Views on Dinosaurs
Dr. Diane Secoy

May 27 Bitcoin and GameStop Explained
Dr. Harvey King

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.

