

# LIFELONG LEARNING CENTRE WINTER 2023

## 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. Free training is provided for those who are new to LLC or who want a refresher in how to use Zoom or UR Community for courses being held remotely via Zoom.

### MONDAY

#### NOTE:

No classes Feb 20 & Apr 10

#### AM

**Draw a little - Learn a lot! (IP)**

10:00-11:30am, Jan 23-Mar 6

#### PM

**Yoga – Multi-level (Z)**

12:00-1:00pm, Jan 23-Apr 19

Meets Mon and Wed

**The Other Renaissance (Z)**

1:30-3:00pm, Mar 20 & 27

**Creative Writing Circle (IP + Z)**

1:30-3:30pm, Jan 16, Feb 13,

Mar 20, Apr 17, May 15

**Ageless Grace (Z)**

5:30-6:30pm, Jan 23-Mar 6

**Ageless Grace (Z)**

5:30-6:30pm, Mar 13-Apr 17

### MONDAY EVENINGS

**Spanish 1 (Evening) (IP)**

7:00-9:00pm, Jan 23-Mar 20

**Architecture: Where Did the**

**Regina Politicians Live?**

7:00-8:00pm, Jan 30

**Architecture: Which Regina**

**Building Do You Love? (Z)**

7:00-8:00pm, Feb 13

**Architecture: Regina's**

**Public Buildings (Z)**

7:00-8:00pm, Mar 13

**Architecture: Regina's**

**Warehouse District (Z)**

7:00-8:00pm, Apr 17

### TUESDAY

#### AM

**French: La joie de vivre 4 (Z)**

9:30-11:30am, Jan 24-Mar 14

**Spanish 1 (Z)**

9:30-11:30am, Jan 24-Mar 7

**Indigenous Films and the**

**National Film Board (IP)**

10:00-11:45am, Jan 24-Feb 28

**Racism on the Prairies (IP)**

10:00-11:30am, Mar 7-Apr 11

**Yoga for All (IP)**

10:30-11:30am, Jan 10-Mar 31

Meets Tue and Fri

#### PM

**Russia, 1941-1945: Near**

**Collapse to Menacing**

**Presence (Z)**

1:30-3:00pm, Jan 24-Feb 28

**Russia, 1945-1953: Peculiar**

**Demise of a Dictator (Z)**

1:30-3:00pm, Mar 7-Apr 11

**Finding Joy and Purpose in**

**Retirement (IP)**

1:30-3:30pm, Apr 25-May 16

### TUESDAY EVENINGS

**Cultivating Creative Writing (IP)**

7:00-9:00pm, Jan 24, Feb 28,

Mar 28, Apr 25, May 23

**Spanish 2 (Evening) (IP)**

7:00-9:00pm, Jan 24-Mar 14

**Gardening: Problem Solving**

**and Solutions (Z)**

7:00-8:00pm, Feb 28-Mar 14

**Gardening: Creating Curb**

**Appeal (Z)**

7:00-8:00pm, Apr 4-18

### WEDNESDAY

#### AM

**French: La joie de vivre 1 (Z)**

9:30-11:30am, Jan 25-Mar 15

**Brain Health and Fitness (IP)**

11:00-12:30pm, Jan 25-Mar 15

**Exploring Spaces, Places &**

**Landscapes (IP)**

10:00-11:30am, Mar 22-Apr 12

#### PM

**WELLNESS WEDNESDAYS**

**(IP & Z)**

12:00-1:00pm, Jan 11, Feb 8,

Mar 8, Apr 12. See presentation

list on next page

**Yoga – Multi-level (Z)**

12:00-1:00pm, Jan 23-Apr 19

Meets Mon and Wed

**Spanish Practice (Z)**

1:00-3:00pm, Jan 25-Mar 8

**Writing Memories & Creative**

**Stories (Z)**

1:30-3:30pm, Jan 25-Mar 1

**Writing Memories & Creative**

**Stories (Z)**

1:30-3:30pm, Mar 8-Apr 12

**Robots: Engaging People with**

**Technology (IP)**

1:30-3:00pm, Jan 25-Mar 1

**The Politics of Diversity (IP)**

1:30-3:00pm, Mar 8-Apr 12

### WEDNESDAY EVENINGS

**Spanish 3 (Evening) (Z)**

7:00-9:00pm, Jan 25-Mar 15

**Astronomy: Winter & Spring**

**Night Sky (IP)**

7:00-8:30pm, Mar 8-Apr 12

**Talking About Money (Z)**

7:00-8:00pm, Feb 8-Mar 1

### THURSDAY

#### AM

**Ancient Cultures and Places (IP)**

10:00-11:30am, Mar 9-Apr 13

**French: La joie de vivre 2 (Z)**

9:30-11:30am, Jan 26-Mar 16

**Spanish 2 (Z)**

9:30-11:30am, Jan 26-Mar 9

**Middle East Current Affairs**

**(IP + Z)**

10:00-11:30am, Jan 26-Mar 2

#### PM

**THURSDAY FORUMS (IP)**

1:30-2:30pm

Jan 12, Jan 19, Jan 26, Feb 2,

Feb 9, Feb 16, Feb 23, Mar 2,

Mar 9, Mar 16, Mar 23, Mar 30,

Apr 6, Apr 13

**See presentation list**

**on next page**

**Forever...In Motion (IP)**

3:00-4:00pm, Jan 19-Apr 6

### THURSDAY EVENINGS

**Spanish Practice (Evening) (Z)**

7:00-8:00pm, Jan 26-Mar 16

**Mediterranean Wine (Z)**

7:00-8:30pm, Feb 16 & 23

**Comfort Food Kicked Up! (Z)**

Thu, Jan 26 & Feb 9

6:00-9:00pm

### FRIDAY

#### NOTE:

No classes Apr 7

#### AM

**Yoga for All (IP)**

10:30-11:30am, Jan 24-Mar 3

Meets Tue and Fri

**Yoga for All (IP)**

10:30-11:30am, Mar 7-Apr 18

Meets Tue and Fri

**Aboriginal Grandmothers Caring**

**for Grandchildren Support**

**Network**

10:00 am-12:00 pm

Jan 13, Feb 10, Mar 10, Apr 14,

May 12, Jun 16

**Intercultural Grandmothers**

**Uniting (IGU)**

10:30 am-12:00 pm

Jan 20, Feb 17, Mar 17, Apr 21,

May 19 Jun 16

#### PM

**Japanese Cinema (IP)**

1:30-3:30pm, Jan 27-Mar 3

### SATURDAY

#### NOTE:

No Classes Feb 18 & 19

**Basic Smartphone Photography**

**& Cloud Storage (IP)**

10:00am-12:00pm,

Mar 4-Mar 18

**Ukrainian 3 (Z)**

9:00-11:00am, Jan 28-Mar 25

**Ukrainian 1 (Z)**

1:00-3:00pm, Jan 28-Mar 25

### SUNDAY

**Ukrainian 2 (Z)**

10:00am-12:00pm,

Jan 29-Mar 26

#### COURSE DELIVERY LEGEND:

IP = In-person

Z = via Zoom

IP+ Z = offered in-person with  
Zoom option

#### 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.

**COURSE REGISTRATION**

**OPENS DECEMBER 15**

**KNOWMOREDOMORE.CA**

## LLC WINTER PRESENTATIONS

Below are free events you can participate in to meet other students and learn what the Lifelong Learning Centre has to offer. These presentations are free and open to all, but you must register in advance for each one you would like to attend. Register online or by calling 306-585-5748.

### Accessing LLC Info Online with LLC Staff

Mon, Dec 19, 1:30-2:30pm

### Accessing LLC Info Online with LLC Staff

Tue, Dec 20, 10:30-11:30am, Zoom

### Accessing LLC Info Online with LLC Staff

Wed, Jan 11, 1:00-1:45pm

### Accessing LLC Info Online with LLC Staff

Thu, Jan 12, 12:30-1:15pm

### Robots: From Education to Eldercare with Lee St James

Thu, Jan 12, 1:30-2:30pm

### Welcome & Orientation with LLC Staff and SUG Board Members

Thu, Jan 19, 1:30-2:30pm

### FREE Japanese Film with Oscar Rivera

Fri, Jan 20, 1:30-3:30pm

### Frauds and Scams with Regina Police Service

Friday, Mar 17, 10:30-11:30am

## 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. Offered in-person with Zoom option.

### Jan 11 Impact of Phone Visiting Programs

#### on Loneliness

Heather Nelson

### Feb 8 Navigating the Healthcare System in SK

Dr. John Ash

### Mar 8 Advance Funeral Planning 101

Brad Funston, Speers Funeral Home

### Apr 12 Working Up An Appetite: The Gut-Brain Axis

Dr. Julia Totosy de Zepetnek

## THURSDAY FORUMS - \*1:30-2:30PM

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

\*Presentation times have changed to 1:30-2:30pm with time for coffee and conversation afterward.

### Jan 19 Welcome and Orientation - FREE

LLC Staff and SUG Board

### Jan 26 Climate Change Literacy: Why it is Important

Dr. David Sauchyn

### Feb 2 Exploring Novel Yeast Associations in Bumble Bees

Kirsten Palmier

### Feb 9 Poland, East Germany & World War II

Kevin Wagner

### Feb 16 Service with a Smile: A Dog's Perspective

Cherilyn Cooke

### Feb 23 Webb's Universe

Chris Beckett

### Mar 2 Experiencing the Rhine and Moselle by River Cruise

Dr. Stephen Cheng

### Mar 9 Hiking the Amalfi Coast of Italy

Kay Antrobus

### Mar 16 Game Drives in Southern Africa

Dr. Mark Brigham

### Mar 23 The Importance of Social Engagement in Later Life

Dr. Rebecca Genoe

### Mar 30 What is Nanomedicine?

Dr. Scott Murphy

### Apr 6 Adventures in South America

Doug and Dawn Calder

### Apr 13 The Stupidity of Power

Dr. Bill Arnal