NEW YEARS GREETINGS!
The Lifelong Learning Centre has offered a wide range of non-credit courses to adults since 1977. Our courses provide you with an opportunity to learn for the joy of learning, to enhance your creativity, to keep your mind and body active, and to engage with classmates who share your interests. Topics covered include arts and entertainment, computers and technology, fitness, health, languages, science, social studies and writing and literature.

LLC courses, have no exams and no assignments, and most have no homework. Weekend, evening and daytime scheduling provide flexible learning options with something for learners of all ages. Courses are also affordable and many have a discount for those 50+.

LLC courses which are now being delivered remotely via Zoom, allow you to access them from anywhere. Those who were previously unable to attend LLC courses and events due to family responsibilities, lack of transportation, or mobility issues can participate in a wide range of LLC courses and presentations from the comfort of their homes. So, if you have friends elsewhere in Saskatchewan, across the country, or around the world, let them know they can now take a course with you.

See inside for list of winter courses and check the LLC website for descriptions and additional information about these exciting courses and more.

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 to use Zoom to participate in LLC courses or presentations? If yes, there is a Zoom Orientation Guide and video on the LLC website. There will also be Zoom training at the Open House and at other times via phone or online. See our website for details or call our Student Services Office at the number below.

For more information and to register, phone 306-585-5748 or visit www.uregina.ca/cce/lifelong
FITNESS
Stay active while social distancing! Yoga and T’ai Chi combine movement with spirituality. Ageless Grace adds music for extra energy. Chair, Restorative, Beginner, Intermediate and Advanced Yoga suit all levels of ability and mobility.

LANGUAGES
Learning languages is a great way to exercise your brain! Get ready for future travels with courses for absolute beginners to advanced conversationalists. Zoom provides an interactive platform to learn French, Spanish, Chinese, Russian and Ukrainian from almost anywhere!

SOCIAL INTERACTION
Delivered in a casual setting remotely by Zoom, our learning community has no borders. Participants have joined from Europe, the USA, across Canada and all over Saskatchewan. Dr. Cleveland provides insights to the Middle East, while local professional comedian Shawn Koch’s Stand-Up Comedy 101 will unleash the clown in you and enhance your public speaking skills! Dr. Burlingham provides his perspective on the Cold War. Gardening, bike maintenance and wine appreciation courses bring like-minded people together to keep in touch and make friends.

GIVE THE GIFT OF LEARNING
LLC courses make great gifts for Christmas, birthdays, retirements, and other special occasions.

SENIORS UNIVERSITY GROUP BURSARY
Need assistance to take an LLC course? Apply for a SUG Bursary to take one for $10 or $20. See LLC website for application.

LIFELONG LEARNING CENTRE
COURSES AT A GLANCE

MONDAY

AM
French: La Joie De Vivre 3
9:30-11:30am, Jan 18-Mar 15

PM
Yoga - Beginners
12:00-1:00pm, Jan 18-Mar 15
T’ai Chi Chih - Beginner
2:30-3:30pm, Jan 18-Mar 15

Contemporary Social, Political and Science Concerns
1:45-3:45pm, Jan 29-May 31
Last Monday of each Month

EVENING
Spanish 1 (Evening)
7:00-9:00pm, Jan 18-Mar 15

NOTE:
No Classes Feb 15, Family Day

TUESDAY

AM
French: La vie en rose
9:30-11:30am, Jan 19-Mar 9

Ageless Grace
10:30-11:30am, Jan 19-Mar 9

Spanish 1
9:30-11:30am, Jan 19-Mar 9

PM
Yoga - Advanced
12:00-1:00pm, Jan 19-Mar 9

Zooming Through France: Art, Architecture and Peoples Who Created France
1:30-3:00pm, Jan 19-Feb 2

EVENING
Home Growing and Cultivation of Cannabis
7:00-9:00pm, Jan 19-Feb 9

Introductory Russian
7:00-9:00pm, Jan 19-Mar 9

Spanish 3 (Evening)
7:00-9:00pm, Jan 19-Mar 9

Understanding and Using Ancestry DNA Test Results
7:00-9:00pm, Jan 26
WINTER 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

French: La Joie De Vivre 2
9:30-11:30am, Jan 20-Mar 10

Middle East Current Affairs
With Dr. Ray Cleveland
10:00-11:30am, Jan 20-Feb 10

Economics of Current
Social Issues
With Dr. Harvey King
10:30am-12:30pm, Feb 17-Mar 10

Yoga - Multi-Level
10:30-11:30am, Jan 20-Mar 10

PM

Intermediate Conversational
French
12:00-1:00pm, Jan 20-Mar 10

Yoga - Restorative
12:00-1:00pm, Jan 20-Mar 10

Spanish 3
1:00-3:00pm, Jan 20-Mar 10

Post War Germany:
The Development of Division
With Dr. Clay Burlingham
1:30-3:30pm, Jan 20-Mar 10

As I Remember
1:30-3:30pm, Jan 20-Mar 10

EVENING

Spanish 2 (Evening)
7:00-9:00pm, Jan 20-Mar 10

Stand Up Comedy 101
With Shawn Koch
7:00-9:00pm, Jan 20-Mar 10

Winter Astronomy: Stars and Constellations
7:00-9:00pm, Jan 20-Feb 10

Fantastic Plant Combinations for Annual Containers
7:00-9:00pm, Mar 17

Techniques of a Lazy Gardener
7:00-9:00pm, Mar 31

THURSDAY

AM

French: La Joie De Vivre 1
9:30-11:30am, Jan 21-Mar 11

Monsters and Their Uses
With Dr. William Arnal
9:30-11:30am, Jan 21-Feb 11

Introduction to Restorative
Justice Studies
9:30-11:30am, Feb 18-Mar 25

PM

Yoga - Chair
12:30-1:30pm, Jan 21-Mar 11

Spanish 2
1:00-3:00pm, Jan 21-Mar 11

Creative Writing Technique II
1:30-3:30pm, Jan 21-Mar 11

The Amazing Brain
1:30-3:30pm, Feb 18-Mar 11

EVENING

Chinese for Beginner
6:30-8:30pm, Jan 28-Apr 15

Intermediate Chinese
6:30-8:30pm, Jan 28-Apr 15

Meditation: Your Daily Calm
7:00-8:00pm, Jan 21-Mar 11

Winter Astronomy:
Spring Space Exploration
7:00-9:00pm, Mar 4-25

Wines of the World
7:00-9:00pm, Jan 21-Feb 11

Carpe Vinum (Seize the Wine!)
7:00-8:30pm, Feb 25-Apr 1

FRIDAY

AM

Advanced Chinese
6:30-8:30pm, Jan 29-Apr 16

INTRODUCTORY UKRAINIAN
9:00-10:30am, Jan 23-Mar 20,
Except Feb 13

Intermediate Conversational
Spanish
10:00am-12:00pm, Jan 23-Mar 20,
Except Feb 13

iPod Level 1 - Beginner
10:00am-12:00pm, Jan 30

iPod Level 2 - Intermediate
10:00am-12:00pm, Feb 6

Cloud Computing
10:00am-12:00pm, Feb 13

Basic Smartphone/Tablet
Photos and Online Storage
10:00am-12:00pm, Feb 20

Smart Technology:
Simplifying Your Life
10:00am-12:00pm, Feb 27

Springtime Bike Tune-Up
10:00am-12:00pm, Feb 27

Bike Maintenance
10:00am-12:00pm, Mar 6

SATURDAY

AM

Intermediate Ukranian
9:00-10:30am, Jan 23-Mar 20,
Except Feb 13

Creative Writing
9:00-10:30am, Jan 21-Feb 11

Justice Studies
9:00-10:30am, Jan 21-Mar 11

With Dr. William Arnal

Introduction to Restorative
Justice Studies
9:30-11:30am, Feb 18-Mar 25

PM

Yoga - Chair
12:30-1:30pm, Jan 21-Mar 11

Spanish 2
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Wines of the World
7:00-9:00pm, Jan 21-Feb 11

Carpe Vinum (Seize the Wine!)
7:00-8:30pm, Feb 25-Apr 1

COURSES AT A GLANCE:

All winter 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

CREATIVE WRITING

There is a special kind of magic when creators of varying stages come together. Learn the writing basics and put your lifetime of stories to work!

IPADS AND TABLETS

Learn to use your gadgets. Smart Technology lets you Zoom with the grandkids, speak to your lights and monitor your thermostat from anywhere!

WINES OF THE WORLD

Enjoy a historic tour through the looking glass of fine wines. Learn about the culture surrounding a beverage that's been bringing people together throughout the ages!
LLC WINTER EVENTS & PRESENTATIONS

LLC Open House - Winter 2021

Jan 13  1:00pm Orientation to Zoom and LLC
        2:00pm Restorative Justice Sampler
            With Dr. Muhammad Asadullah
        3:00pm Virtual Coffee & Conversation

Jan 14  6:30pm Orientation to Zoom and LLC
        7:30pm Astronomy Sampler
            With Chris Beckett
        8:30pm Virtual Coffee & Conversation

WELLNESS WEDNESDAYS – FREE

WEDNESDAYS FROM 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.

Jan 20  Power of Attorney & Financial Abuse (Ends at 1:30pm)
       Danni Hanziuk/Erin Claussen-Lockert

Feb 10  Canada Revenue Agency - Seniors Tax Tips
       Laverne Stevenson

Mar 17  Healthy Eating Looks Different for Everyone
       Tracy Sanden SHA

Apr 21  Family Law After 50
       Zina Scott

May 19  Medical Assistance in Dying
       Lorissa Vye

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

THURSDAY NOON FORUMS - $5 EACH

THURSDAYS FROM 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!

Jan 21  How Does Social Isolation Affect Your Brain?
       Emilie Kossick

Jan 28  You Must Meet the Most Interesting People
       Pat Bell

Feb 04  Environmental Economics and Climate Change
       Dr. Oscar Zapata

Feb 11  More than Just Headstones
       Kenton de Jong

Feb 18  Hiking in the Canadian Rockies
       Dan Beveridge

Feb 25  Van Egmond and Storey's Regina Architecture
       Don Black

Mar 04  Free Speech
       Dr. John Whyte

Mar 11  Exciting Research about Sleep and the Brain
       Dr. Holly Bardutz

Winter registration is now open.
Register at www.uregina.ca/cce