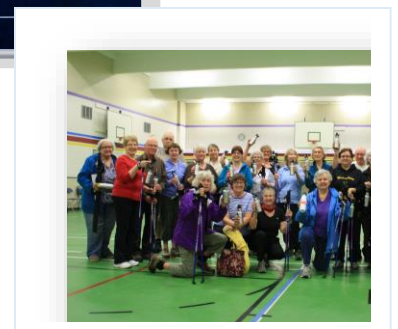


# Fall 2018



## *ElderCollege and Wellness Programs*



Lifetime Learning Centre Society  
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Course Listing

About ElderCollege and Third Age Learning ..... 3
Special Programs ..... 4
Lifetime Learning Bus Tours ..... 4
Book Discussion Group ..... 4
Evening Philosophers' Cafes ..... 5
Open House ..... 5
Piece Makers Quilting Group ..... 5
Warm Fuzzies Knitting Group ..... 5
Mission Genealogy Group ..... 6
Intergenerational Gardening Club ..... 6
Remembrance Day Tea ..... 6
Christmas Dinner ..... 6
General Programs ..... 7
Writers: Continuing Group ..... 7
French Conversation (Beginner) ..... 7
French Conversation (Intermediate) ..... 7
French Conversation (Advanced) ..... 7
Open House ..... 8
Declutter ..... 8
Tech Time: Learn to Use Your Tablet, Computer or Cell Phone ..... 8
Writers Group: Projects and Progress ..... 9
Journaling for Personal Development ..... 9
Bus Tour: Fort Langley Cranberry Festival & Farm Tour ..... 9
My Very Own Book ..... 9
Travel to Israel ..... 10
Proportional Representation ..... 10
For God, City and Self: Art & Power in Early Renaissance Florence ..... 10
Pine Needle Basket Creations ..... 10
Connect Hearing ..... 10
Travel to Cambodia & Vietnam ..... 11
Reading by Seamus Heffernan from His New Book ..... 11
Introduction to Mindfulness ..... 11
Better Meals ..... 11
Session 1 – Course Introduction, Near-Death Experience Research, Indigenous Beliefs & Practices ..... 12
Remembrance Day Tea ..... 12
Women in Local Politics ..... 12
Bus Tour: Christmas at Hycroft Manor ..... 12
Chris and Margo's Wandering Stories from Cycling ..... 12
Understanding, Identifying and Selecting Technology ..... 13
Intergenerational Communications – Bridging Gaps ..... 13
Christmas Dinner ..... 13
Bus Tour: Dickens British Museum & Tea House ..... 13
Specialty and Therapeutic Fitness Programs ..... 14
About OSTEOFIT ..... 14
Osteofit –Level 1 ..... 14
Osteofit –Level 2 (Osteofit for Life) ..... 14
Level 3: Low Impact Fitness "Movers & Shakers" ..... 14
Nordic Walking Group ..... 14
Chair Yoga ..... 15
Nordic Walking Class ..... 15
Get Up and Go! ..... 15
Inspire Me Fitness ..... 15
Lifetime Learning Board, Staff and History ..... 16
Acknowledgements ..... 17

## About ElderCollege and Third Age Learning

The international movement for ElderCollege or Third Age Learning aim is to provide education opportunities to mainly retired members of the community—those in their third ‘age’ of life. The concept originates with French universities and was significantly modified in the United Kingdom where it was recognized that people of retirement age have something to contribute and the emphasis has been on sharing, without formal links to traditional universities. In North America, the concept took hold in an organization called Institutes for Learning in Retirement. The first ILR began in 1962 in New York City, but it was not until the early 1980s that the idea spread rapidly. There are about 180 ILRs in the United States and Canada dedicated to meeting the personal development and wellness needs of older adults. ***In British Columbia, there are currently 18 ElderCollege organizations located throughout the province providing programs.***

Modelled on ElderCollege, Lifetime Learning Centre is a not-for-profit society with a mission to provide adults with access to educational and learning opportunities for the purpose of enriching life and expanding personal and community knowledge. Our core values are community, learning, intellectual stimulation, wellness, intergenerational collaboration, celebration, and inclusiveness.

Lifetime Learning promotes lifelong learning and lifelong wellness across the generations. We have provided programs that range from presentations about travel, politics, history, geography, literature, art and culture to discussions about the environment, health and wellness, heritage, languages and music. Our partners in program delivery include: UFV, School District #75, University of Victoria, Fraser Health, Fraserview Learning Centre; and funding partners include the Government of BC, the Government of Canada through the New Horizons for Seniors Program, the District of Mission, Society Members, and the support from Mission businesses.

## Lifetime Learning Centre Oral Histories Project

At Lifetime Learning we believe that one of our duties is to preserve Mission’s unique history. Through our Oral History Archives, we collect and make available to researchers and the public the little-told stories of the people of Mission. In our collection, there are stories from Missionites who remember raised sidewalks on Main Street, the original “swimming pool”, summer jobs at the King Beach factory, and businesses, families, community events and clubs from Mission’s past. Oral Histories preserve the sights, the smells, the sounds of yesterday, and tell the story of creating the Mission we know today.

Lifetime Learning’s Oral History Program owes its success to the volunteers who graciously donate their time and talents to digitizing, summarizing and transcribing these histories. The collection consists of audio recordings on cassette tapes. Some of the oral histories have been transcribed, and some have been summarized. Currently underway is a project to preserve current events digitally.

The audio tapes have been digitized and converted to CDs. Tapes and CDs are not available for borrowing, but researchers and members of the public are most welcome to consult the collection by appointment during our office hours.

## Linking Hands Through Generations

Completed in 2017 the Intergenerational Walking Path Project is now fully in use. The Linking Hands Through Generations project was made possible with the financial support of the Government of Canada’s New Horizons for Seniors Program in 2014/15 and 2016/17, and the TD Bank for the year 2015/16. This program brings secondary school students and seniors together to learn new skills and share experiences. These formal and informal experiences range from sharing dinners and traditions, stories, and knitting classes taught by Lifetime Learning Members to Secondary students, intergenerational gardening and Secondary students sharing knowledge of technologies with Lifetime Learning Members. This project helps share life experiences and create links between generations.



## Special Programs

### Lifetime Learning Bus Tours

Meet at LLCS office and bus departure at stated time.

For all bus tours, pre-register early. Programs fill quickly

Lunch or dinner is not included, dining out options always available. Unless otherwise indicated.

Wear good walking shoes, bring a camera and dress for the weather.

Fee includes bus trip and tickets, admissions or concert tickets. Lunches or dinners are extra.

See date of bus tour for detailed description or phone the office.

All Tours leave from the Lifetime Learning Centre Office at 32444 7<sup>th</sup> Avenue, Mission.

Return times are approximate due to traffic considerations.

#### **Fort Langley Cranberry Festival & Farm Tour**

**Date:** October 6, 2018

**Day:** Saturday

**Time:** 8:00 a.m. to 2:30 p.m.

**Fee:** Member \$35/Non-Member \$40

#### **Christmas at Hycroft Manor**

**Date:** November 16, 2018

**Day:** Friday

**Time:** 9:30 a.m. to 4:00 p.m.

**Fee:** Member \$40 /Non-Member \$45 (Fee to be Confirmed)

#### **Dickens British Museum & Tea Room**

**Date:** December 14, 2018

**Day:** Friday

**Time:** 10:00 a.m. to 3:30 p.m.

**Fee:** Member \$35/Non-Member \$40

### Cancelation Policy

A full refund will be provided up to 5 working days before the bus tour. After that time, a substitute participant is allowed.

### Book Discussion Group

**Day:** Tuesday

**Time:** 10:30 p.m.- 11:30 a.m.

**Fee:** Members \$30.00/series or \$8 each

N/M \$40.00/series or \$10.00 each

Books or Materials extra

**Location:** 32444 S7th Ave. Mission

Please come and join us.

The book discussion group meets every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month and continues with **"The O. Henry Prize Stories of 2013"**

Dates	Author	Title
<u>September 25, 2018</u>	Jones, Nalini	Tiger
<u>October 9, 2018</u>	Tuck, Lily	Perou
<u>October 23, 2018</u>	Quatro, Jamie	Sinkhole
<u>November 13, 2018</u>	Bucak, Ayse Papatya	The History of Girls
<u>November 27, 2018</u>	Barrett, Andrea	The Particles





### Evening Philosophers' Cafes

**Time:** 7:00 p.m. to 9:00 p.m.  
**Day:** Tuesday  
**Location:** Chartwell Cedarbrooke, 32331-7<sup>th</sup> Ave., Mission  
**Fee:** \$5.00 refreshments provided  
Last Tuesday of the month

Join us for monthly discussions and conversation drawing inspiration from philosophy in an open-minded and inviting atmosphere, covering politics, history and more. This semester's topics include: philosophy, the environment, and world culture.

Date	Topic	Speaker
October 30, 2018	Re-Writing History	TBA
November 27, 2018	Democracy & Capitalism	TBA

### Open House

**Date:** September 19, 2018  
**Day:** Wednesday  
**Time:** 12:30 p.m. to 2:30 p.m.  
**Fee:** By Donations  
**Location:** 32444 7<sup>th</sup> Ave. Mission

Program registration & information, refreshment; come catch up after the summer break & see what's in store for this semester. Guest Speakers.

### Piece Makers Quilting Group

**Date:** September 10, 2018 On-going  
**Day:** Monday  
**Time:** 12:45 p.m. to 2:30 p.m.  
**Fee:** No Fee  
**Location:** 32444 7<sup>th</sup> Ave. Mission

This group meets weekly to work on various collaborative projects in a spacious studio. All levels of sewing skills are welcome: share your knowledge, learn something new, and enjoy the sense of completion of a big project that you had a hand in creating! Warning: side effects of joining this group may include: laughter, seeing patterns in everything, and making new friends.

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

### Warm Fuzzies Knitting Group

**Start Date:** September 25, 2018 On-going  
**Day:** Tuesday  
**Time:** 1:00 p.m. to 2:30 p.m.  
**Fee:** By Donation  
**Location:** 32444 7<sup>th</sup> Ave. Mission

Come join our intergenerational "Knitting Warm Fuzzies" group. Our goal is to create warm items for those less fortunate. Donations of yarn and supplies accepted. Knitting for all ages & abilities. Discover the joy of knitting or crocheting, or discover the joy of sharing your knowledge.

**Focus this fall is on blankets, scarves, and toques.**

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

### **Mission Genealogy Group**

**Dates:** September 20, Oct. 18, Nov. 15, & Dec. 20, 2018

**Day:** Thursday (3<sup>rd</sup> Thursday of each month)

**Time:** 1:00 p.m. to 3:00 p.m.

**Fee:** No Charge

**Location:** 32444 7<sup>th</sup> Ave. Mission

This group meets on the 3<sup>rd</sup> Thursday of each month with guest speakers on various related topics such as: how to incorporate the context of where our ancestors lived, their daily work and habits, their Sunday beliefs and what was happening around them into our knowledge to better understand their lives. Review search engines and share search information.

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### **Intergenerational Gardening Club**

**Date:** September 20, 2018

**Day:** Thursday

**Time:** 1:30 p.m. to 2:30 p.m.

**Fee:** By Donation

**Location:** 32444 7<sup>th</sup> Ave. Mission

Come join in the joy of planning and planting the Intergenerational Garden. We will be transitioning to fall and winter crops. Do you love gardening, but no longer have the space or mobility? Come and share your passion and pass on your knowledge to the youth. Remember: "many hands make..."

Focus in on how to harvest, over wintering & planters.

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

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### **Remembrance Day Tea**

**Date:** November 7, 2018

**Day:** Wednesday

**Time:** 11:00 a.m. to 1:00 p.m.

**Location:** 32444 7<sup>th</sup> Ave. Mission

This year marks the Centenary of the end of World War I. Please join us as we remember in music and peace the sacrifices of our veterans and peace keepers

*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We Shall Remember them"*

*Robert Laurence Binyon*

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### **Christmas Dinner**

**Date:** December 12, 2018

**Day:** Wednesday

**Time:** 11:00 a.m. to 1:00 p.m.

**Fee:** By Donation

**Location:** 32444 7<sup>th</sup> Ave. Mission

Come and enjoy a full Christmas Dinner, carol sing-a-long and share stories of our traditions. Please bring a plate of your favourite Christmas baking.

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

***To assist with the preparation of lunch you are requested to Pre-Register. Thank You***



## General Programs

### **Writers: Continuing Group**

**With Sharon Syrette**

**Starts:** September 5, 2018

**Day:** Wednesday

**Time:** 12:15 p.m. to 2:30 p.m.

**Fee:** Member \$25/Non-member \$30 Per month

**Location:** 32444 7<sup>th</sup> Ave. Mission

Experienced writers will continue their writing journey, make decisions and work toward publishing their second LTL Anthology.

**Registration is open only for the on-going Wednesday Writers group, or with prior agreement of writing guide Sharon Syrette.**

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### **French Conversation (Beginner)**

**With Nicole Bellay**

**Series #1:** September 17, 2018

**Series #2:** October 22, 2018

**Series #3** November 19, 2018

**Sessions:** 4

**Day:** Monday

**Time:** 11:30 a.m. to 12:30 p.m.

**Fee:** \$30.00 member/ \$40.00 non-member

**Location:** 324447<sup>th</sup> Ave. Mission

This course is for the absolute beginner, with an introduction to a new language provided in a relevant manner. You will build your vocabulary and learn the different sounds to be able to speak an "International French". No tests or exams, just learning in a fun and casual way.

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### **French Conversation (Intermediate)**

**With Nicole Bellay**

**Series #1:** September 17, 2018

**Series #2:** October 22, 2018

**Series #3** November 19, 2018

**Sessions:** 4

**Day:** Monday

**Time:** 10:15 a.m. to 11:15 a.m.

**Fee:** \$30.00 member/ \$40.00 non-member

**Location:** 32444 7<sup>th</sup> Ave. Mission

This course builds on your foundation knowledge to improve your French-language skills for travel or to help kids or grandkids with their French homework. Increase your vocabulary, learn key words to form a sentence, practice situational conversation, all in a fun and casual way.

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### **French Conversation (Advanced)**

**With Nicole Bellay**

**Series #1:** September 17, 2018

**Series #2:** October 22, 2018

**Series #3** November 19, 2018

**Sessions:** 4

**Day:** Monday

**Time:** 9:00 a.m. to 10:00 a.m.

**Fee:** \$30.00 member/ \$40.00 non-member

**Location:** 32444 7<sup>th</sup> Ave. Mission

This course is for the confident converser, practice real conversations, polish your accent, increase your vocabulary, and expand your grammatical knowledge, all in a fun and casual way.



## **Open House**

**Date:** September 19, 2018  
**Day:** Wednesday  
**Time:** 12:30 p.m. to 2:30 p.m.  
**Fee:** By Donation  
**Location:** 32444 7th Ave. Mission

Program registration & information, refreshment; come catch up after the summer break & see what's in store for this semester. Guest Speakers

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## **Declutter**

*With Norine Longmire*  
**Date:** September 26, 2018  
**Day:** Wednesday  
**Time:** 10:0 a.m. to 12:00 noon  
**Fee:** Member \$7 Non-Member \$10  
**Location:** 32444 7th Ave. Mission

Learn how to permanently declutter your home and keep it that way. This workshop will teach you techniques to:

- Permanently organize every room in your home
- Change the way you think about stuff you have
- Learn why we are attached to things
- Let go of things you need to, without regrets
- Learn storing and folding techniques
- Create space without special boxes/solutions
- Methods that de-stress, release and open creativity

***This is not a workshop on throwing out your things. This is about loving what you have***

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## **Tech Time: Learn to Use Your Tablet, Computer or Cell Phone**

*With* Natasha Purnell  
**Dates for each individual session**  
**Session 1** September 27 2018  
**Session 2:** October 25, 2018  
**Session 3:** November 29, 2018  
**Day:** Thursday  
**Time:** 1:00 p.m. to 2:30 p.m.  
**Fee:** By Donation suggested \$7 to \$10  
**Location:** 32444 7<sup>th</sup> Ave. Mission  
**Please Pre-Register**

As part of the "Linking Hands through the Generations Program", a partnership with School District # 75, students will endeavour to share their knowledge and show you how to get the most from the electronic device you bring. This workshop will cover anything from the basics of turning it on, to various features and apps and will provide one-on-one instruction after a brief overview or introduction of some of the language of tech.



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### ***Writers Group: Stories from My Life***

**With Sharon Syrette**

**Starts:** October 4, 2018

**Ends:** November 29, 2018

On-Going Monthly Fee

**Day:** Thursday

**Time:** 12:15 p.m. to 2:30 p.m.

**Fee:** Member \$25/non-member \$35—series  
Per month

**Location:** 32444 7<sup>th</sup> Ave. Mission

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Back to the beginning. Write about day-to-day moments and capture stories from your personal journey. In a small group, talk about ideas, develop your writing skills, and learn how to create a readable memoir. There is ample time for story-telling and writing. 'Progress check in times'; one-on-one appointments with writing guide Sharon Syrette to review samples of writing that you submit. (You don't have to read in the group, and there are no group critiques)

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### ***Journaling for Personal Development***

**With Jason Wong**

**Date:** October 5, 2018

**Day:** Friday

**Time:** 9:30 a.m. to 11:45 a.m.

**Fee:** Member \$35.00/Non-Member \$38.00

There are many formats and techniques for journaling. Journaling is a method to create a disciplined daily or weekly journal of hand-written notes to identify and explore thoughts, feelings, judgements and opinions and can be used for a wide variety of reasons. It is an effective method to record and reflect on life changes.

The workshop will explore what is journaling, types of journaling, and benefits (e.g. for personal growth & development, self-esteem, etc.).

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### ***Bus Tour: Fort Langley Cranberry Festival & Farm Tour***

**Date:** October 6, 2018

**Day:** Saturday

**Time:** 8:00 a.m. to 2:30 p.m.

**Fee:** Member \$35.00/Non-Member \$45.00

The family-friendly Fort Langley Cranberry Festival celebrates its 23rd year in 2018 and, as always, it promises to be a great event.

The festival takes place rain or shine each year from around 10 am until 4 pm on the Saturday of the Thanksgiving Long Weekend and, in years with good weather, it attracts tens of thousands of people.

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### ***My Very Own Book***

**With Brian Murdoch**

**Date:** October 10, 2018

**Day:** Wednesday

**Time:** 10:00 a.m. to 12:00 noon

**Fee:** Member \$7.00/Non-Member \$10.00

An exploration of the impact of that treasured childhood memory that was the foundation of a life-long love affair with books.

We will study together the stories related in memoirs of the beginnings of such a journey. One of the most often asked questions during our 20 years with an open shop was: 'Can you help me find this book I remember as a child?'. So, attendees should give some thought to identifying such a book or an author in their own lives, as some time will be given to sharing these treasures.

The course will be offered by Brian Murdoch, who has previously facilitated discussions for us on 'The Importance of Books Apart from their Texts', 'Banned and Censored Books, and 'The Art of the Dust Jacket'.

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### ***Travel to Israel***

**With** Roger Neill

**Date:** October 11, 2018

**Day:** Wednesday

**Time:** 12:30 p.m. to 2:30 p.m.

**Fee:** Member \$7 / \$10 nonmember

**Location:** 32444 7<sup>th</sup> Ave. Mission

Travel to Israel with Roger Neill as he shares his experience with the country and culture through photos and stories.

### ***Proportional Representation***

**Date:** October 16, 2018

**Day:** Tuesday

**Time:** 12:30 p.m. to 2:30 p.m.

**Fee:** Member \$7.00/Non-Member \$10.00

Moderated panel discussion on the upcoming referendum on Proportional Representation.

### ***For God, City and Self: Art & Power in Early Renaissance Florence***

**With** Jill Bain

**Sessions:** 1

**Start Date:** October 17, 2018

**Day:** Wednesday

**Time:** 10:00 a.m. to 12:00 noon

**Fee:** Members \$7.00 Non-Member \$10.00

**Location:** 32444 7<sup>th</sup> Ave. Mission

This illustrated talk will focus on the commissioning of art and architecture in fifteenth-century Florence, considering how the most influential families and individuals helped to create the culture of the Early Renaissance, one of the most exciting and influential periods in the history of Western culture, through fashioning their own religious, political and personal identities.

### ***Pine Needle Basket Creations***

**With** Sharon Syrette

**Date:** October 24 & 26, 2018

**Sessions:** 2

**Day:** Wednesday & Friday

**Time:** 9:30 a.m. to 12:00 noon

**Fee:** Member \$42.00/Non-Member \$50.00

Includes materials

**Location:** 32444 7<sup>th</sup> Ave. Mission

Create a pine needle basket, using coil technique. From collecting and preparing materials, starting methods, stitches, shaping, and finishing with lots of personal help. If you can use a darning needle, you will be able to complete a basket in two sessions, **beginners and intermediate basket makers welcome.**

All materials are supplied

### ***Connect Hearing***

**With** Brittney Schultz

**Date:** October 30, 2018

**Day:** Tuesday

**Time:** 10:00 a.m. to 11:00 a.m.

**Fee:** No Charge

**Location:** 32444 7<sup>th</sup> Ave. Mission

Come and learn about our ears and how we hear, plus signs of hearing loss and solutions.

### **Travel to Cambodia & Vietnam**

*With Elspeth Bowers*

**Date:** October 31, 2018

**Day:** Wednesday

**Time:** 10:0 a.m. to 12:00 noon

**Fee:** Member \$7 Non-Member \$10

**Location:** 32444 7th Ave. Mission

Explore the wonders of Cambodia and Vietnam with Elspeth Bowers as she tells of her recent visit to the area through photos and stories.

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### **Reading by Seamus Heffernan from His New Book**

*With Seamus Heffernan*

**Date:** November 1, 2018

**Day:** Thursday

**Time:** 12:30 p.m. to 2:30 p.m.

**Fee:** Member \$7 Non-Member \$10

**Location:** 32444 7th Ave. Mission

**Napalm Hearts** "The Debut Thriller" is Seamus Heffernan's first book. Seamus, originally from Newfoundland and now residing in the local area will read from his book. He will also discuss and answer questions about the creative process, the genre, and the journey to becoming an author.

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### **Introduction to Mindfulness**

*With Jason Wong*

**Date:** November 2, 2018

**Day:** Friday

**Time:** 9:30 a.m. to 11:45 a.m.

**Fee:** Member \$35.00/Non-Member \$38.00

Mindfulness is the state of being fully present in the moment, but what does that mean on both an emotional level and practical level. In this workshop, you will learn why so many people are embracing this simple and effective way to quiet the mind and build awareness.

Topics include:

- What it is Mindfulness and what it's not.
- Key components, benefits,
- Mindfulness exercises, and
- Relaxation Techniques

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### **Better Meals**

**Date:** November 6, 2018

**Day:** Tuesday

**Time:** 10:00 a.m. to 11:00 a.m.

**Fee:** No Charge

Come and learn about different meal options for the days when cooking is too much.

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### **The After Life**

*With Harold Rosen*

**Date:** November 7, 2018

**Sessions:** 6

**Day:** Wednesday

**Time:** 10:00 a.m. to 12:00 noon

**Fee:** Member \$45 or \$10 for drop-in  
Non-Member \$55 or \$12 for drop-in

**Location:** 32444 7<sup>th</sup> Ave. Mission

How do the major religious cultures of our world address the issue of Life After Death?  
How do these beliefs and practices compare to the findings of Near-Death Experience Research?  
What light do these views and investigations cast on the Purpose of This Life in general, and the Meaning of Our Lives in particular?  
Harold Rosen, a community interfaith educator, will offer multi-faith, multi-disciplinary and integrative perspectives, while facilitating an open exploration.

Session 1 – Course Introduction, Near-Death Experience Research, Indigenous Beliefs & Practices  
Session 2 – South Asian Beliefs & Practices: Hindu, Buddhist & Sikh  
Session 3 – East Asian Beliefs & Practices: Confucian, Taoist & Shinto  
Session 4 – Middle Eastern Beliefs & Practices: Zoroastrian & Islamic  
Session 5 – Western Beliefs & Practices: Jewish, Hellenic & Christian  
Session 6 – Contemporary Spiritual & Baha'i Beliefs & Practices, Course Review

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### **Remembrance Day Tea**

**Date:** November 7, 2018  
**Day:** Wednesday  
**Time:** 10:00 a.m. to 1:00 p.m.  
**Location:** 32444 7<sup>th</sup> Ave. Mission

This year marks the Centenary of the end of World War I. Please join us as we remember in music and peace the sacrifices of our veterans and peace keepers

*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We Shall Remember them"*  
Robert Laurence Binyon

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### **Women in Local Politics**

**Date:** November 13, 2018  
**Day:** Tuesday  
**Time:** 12:30 a.m. to 2:30 p.m.  
**Fee:** By Donation  
**Location:** 32444 7<sup>th</sup> Ave. Mission  
**Location:** UFV Abbotsford campus

Beginning with a brief slide presentation highlighting past women in political roles in Mission this moderated panel discussion to explore the role of women, what they bring to the political process, and the joys and challenges they experience. Representatives with experience on Council, School Board, and student councils will introduce their perspective and respond to audience questions.

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### **Bus Tour: Christmas at Hycroft Manor**

**Date:** November 16, 2018  
**Day:** Friday  
**Time:** 9:30 a.m. to 4:00 p.m.  
**Fee:** Member \$40.00 Non –Member \$45.00  
**Location:** 32444 7<sup>th</sup> Ave. Mission

There is much to see and do as you wander through all the nooks and crannies of the beautiful Edwardian mansion. Inside you'll find ALL THREE FLOORS decked in seasonal splendour thanks to the fabulous in-house decorators and corporate decorators, and the excellent variety of unique boutiques, crafters and over 25 local Artisans. Outside, Hycroft's Courtyard is a buzz of activity with entertainment, vendors, Emelle's Catering Trailer and the traditional "Kitchen Creations" located in the Coach House.

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### **Chris and Margo's Wandering Stories from Cycling**

**Date:** November 22, 2018  
**Day:** Thursday  
**Time:** 12:30 p.m. to 2:30 p.m.  
**Fee:** Member \$7 Non-Member \$10  
**Location:** 32444 7<sup>th</sup> Ave. Mission

Margo and Chris said "we'd travel, just the two of us, when our kids were grown." We'd always been self-propelled outdoors types, so we launched ourselves back into bike touring with a trip to Cuba in 2006." Since that time, they have explored Costa Rica, Northern Europe, South America, road from Bangkok to Paris, explored Atlantic Canada, and now are riding from Edmonton to Northern Ontario. Come and learn about their experiences and the places they have visited. And as they say "Don't let grey hairs slow you down, embrace retirement and explore the world by bike!"

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### **Understanding, Identifying and Selecting Technology**

**With** Scott Finding  
**Date:** November 29, 2018  
**Day:** Thursday  
**Time:** 1:00 p.m. to 2:30 p.m.  
**Fee:** Member\$7 / \$10 nonmember  
**Location:** 32444 7<sup>th</sup> Ave. Mission

Come learn from technology expert Scott Finding about how to determine what technology is right for you and how to understand how it works.

### **Intergenerational Communications – Bridging Gaps**

**With** Jason Wong  
**Date:** November 30, 2018  
**Day:** Friday  
**Time:** 9:30 a.m. to 11:45 a.m.  
**Fee:** Member \$35.00/Non-Member \$38.00

Different motivating factors, skill sets, and expectations can make it difficult to communicate effectively in community and family settings. This workshop will help understand generational motivating factors and influences, identify generational communication preferences, generational myths, and how to accept differences.

### **Christmas Dinner**

**Date:** December 12, 2018  
**Day:** Wednesday  
**Time:** 11:00 a.m. to 1:00 p.m.  
**Fee:** By Donation  
**Location:** 32444 7<sup>th</sup> Ave. Mission

Come and enjoy a full Christmas Dinner, carol sing-a-long and share stories of our traditions. Please bring a plate of your favourite Christmas baking.

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

*To assist with the preparation of lunch you are requested to Pre-Register. Thank You*




### **Bus Tour: Dickens British Museum & Tea House**

**Date:** December 14, 2018  
**Day:** Friday  
**Time:** 10:00 a.m. to 3:30 p.m.  
**Fee:** Member \$35.00 Non- Member \$40.00  
**Location:** 32444 7<sup>th</sup> Ave. Mission

The shop and museum are named after one of England's most prolific writers, Charles Dickens. It is a trip down memory lane depicting the golden years of the British way of life.

### **How to Register**

**Choose one of the following ways to register or to obtain more information on our Courses. Please note: We are currently able to only accept payment by cash or cheque.**

		
604-820-0220	Info.ltlc@telus.net	Or in person during office hours Tues. to Thurs., 9:00 a.m.-3:00 p.m. * note: we follow MPSD school closures.



## Specialty and Therapeutic Fitness Programs

### Specialty and Therapeutic fitness for seniors and third age learners

#### About OSTEOFIT

Please note: OSTEOFIT classes do not replace your physiotherapist's care and require your physician's permission to attend.

OSTEOFIT is a 50-minute exercise, education and falls prevention program for people with osteoporosis, low bone density or who are at risk of fractures and falls. OSTEOFIT will improve your bone health, posture, strength & endurance and result in increased confidence and independence. Instructor is BC Women's Hospital & Health Centre Certified.

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#### Osteofit –Level 1

**Day:** Tuesday & Thursday

**Time:** 9:00 a.m.

**Fee:** Member 10 class pass is \$35

Non-Member pass is \$45

**Dates:** On-going begins September 4, 2018

**Location:** 32444 7<sup>th</sup> Ave. Mission

Intended to give people with osteoporosis the opportunity to begin, or continue on with, an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity. OSTEOFIT will improve your bone health, posture, strength & endurance and result in increased confidence and independence. Instructor is BC Women's Hospital & Health Centre Certified.

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#### Osteofit –Level 2 (Osteofit for Life)

**Day:** Tuesday & Thursday

**Time:** 11:00 a.m.

**Fee:** Member 10 class pass is \$35

Non-Member pass is \$45

**Dates:** On-going begins September 4, 2017

**Location:** 32444 7<sup>th</sup> Ave. Mission

Intended to give people with osteoporosis the opportunity to **continue** on with an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity. OSTEOFIT will improve your bone health, posture, strength & endurance and result in increased confidence and independence. Instructor is BC Women's Hospital & Health Centre Certified.

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#### Level 3: Low Impact Fitness "Movers & Shakers"

**Day:** Tuesday & Thursday

**Time:** 10:00 a.m.

**Fee:** Member 10 class pass is \$35

Non-Member pass is \$45

**Dates:** On-going begins September 4, 2018

**Location:** 32444 7<sup>th</sup> Ave. Mission

'Movers & Shakers': 50 minutes of music, fun and good exercise, with some weight strengthening too. Class is designed for all levels and is especially useful for people with joint disorders such as osteoporosis and arthritis; we teach flexibility, strength training, light weights and relaxation to help you maintain a healthy lifestyle and to stay mobile and independent. Chairs are provided for the class. Instructor is BCRPA certified.

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#### Nordic Walking Group

**With Dr. Ian Graham**

**Day:** Wednesday

**Time:** 9:00 a.m. to 10:00 a.m.

**Fee:** No Fee

**Date:** September 5, 2018 – weekly

**Location:** Fraser River Heritage Park –

7494 Mary Street, Mission V2V 6Y6

Nordic Pole Walking is a low-impact exercise that can be done by nearly anyone. It works 90% of your muscles and burns up to 46% more calories than regular walking. Exercise, meet new people and enjoy our beautiful community. If you have your own equipment, and know the basics, join this group for motivation and camaraderie



### **Chair Yoga**

**With** Norine Longmire

**Day:** Monday & Wednesday

**Time:** 10:30 a.m. to 11:30 a.m.

**Fee:** 6 visits for \$35 for Member/  
\$45 for Non-Member

**Date:** On-going September 10, 2018

**Location:** 32444 7<sup>th</sup> Ave. Mission

Yes! Yoga without using a mat on the floor! If you have limited mobility, are recovering from surgery, or are wheelchair bound—you can still do yoga.

Stretches, gentle strengthening, breathing techniques, and visualization will all help you to increase your mobility at any level.

Join us and feel better after the 1st class!

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### **Nordic Walking Class**

**With** Nicole Bellay

**Start Date:** September 25, 2018

**End Date:** June 5, 2018

**Sessions:** 6

**Day:** Tuesday

**Time:** 10:00 a.m. to 11:00 a.m.

**Fee:** Member \$35.00 Non-Member \$45.00

**Location:** 32444 7<sup>th</sup> Ave. Mission

Nordic Pole Walking is a low-impact exercise that can be done by nearly anyone. It works 90% of your muscles and burns up to 46% more calories than regular walking. Exercise, meet new people and enjoy our beautiful community.

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### **Get Up and Go!**

**Start Date:** October 2, 2018

Sessions: 10 sessions

**Day:** Monday & Wednesday

**Time:** 2:30 p.m. to 3:30 p.m.

**Fee:** Member 10 class pass is \$35

Non-Member pass is \$45

Subsidy may apply

**Location:** 32444 7<sup>th</sup> Ave. Mission

The Get Up & Go! Program is a collaborative program between the Fraser Health Falls and Injury Prevention and Osteofit (BC Women's Hospital & Health Centre's Osteoporosis Program). It provides an entry level exercise program for seniors with balance and mobility impairment who would otherwise be unable to attend a community-based exercise class. It is a safe exercise program specially designed to improve strength, balance and coordination as well as functional ability independence and quality of life. Subsidy for this program may be available through a referral from the Fraser Health Fall and Injury Prevention Program.

**Contact** Falls Prevention and Get Up and Go at Fraser Health to sign up at 1- 604-587-7866 or fallsprevention@fraserhealth.ca

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### **Inspire Me Fitness**

**With** Denise Fowle

**Date:** October 3, 2018

**Day:** Wednesday

**Time:** 10:00 a.m. to 12:00 noon

**Fee:** \$7 Member/ Non-Member \$10

**Location:** 32444 7<sup>th</sup> Ave. Mission

Come learn about the different aspects of your personal health and how to live a healthier life. Then join us for a short fitness class.

Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75



## About Lifetime Learning

For 32 years, Lifetime Learning Centre Society has provided active living and healthy aging opportunities through its community and general interest adult education programming. We serve not only Mission’s older adults, but anyone interested in intellectual and wellness pursuits.

The Centre offers a wide variety of programs and invites you to become one of our active members. We are a self-financed non-profit organization with a voluntary Board of Directors dedicated to the tradition of lifelong learning, personal enrichment and wellness.

Our programs, offered in an informal setting, enhance quality of life, improve general knowledge and provide opportunities for the citizens of Mission to remain mentally and physically active. Our vision is to promote and support active and healthy aging for the whole of our society, intergenerational cooperation, productive partnerships and elder friendly community, providing programs to enrich our lives.

Our program and membership fees are kept to a minimum and we invite all returning and new members to explore our offerings.

## Lifetime Learning Board, Staff and History

### Our Board and Staff

#### Board

Dr. Ian Graham, President	Karin Edberg-Lee, Secretary - Treasurer
Joan MacLatchy, Vice-President	Gilli McLaren
Bonnie Hamilton	Manian Kuppusamy

#### Staff

Diana Muntigl – Executive Director	Alvina Tyler – Fitness – Osteo
Natasha Purnell – Program Assistant	Norine Longmire - Yoga
Nicole Bellay –French	David Howerton- IT Support
Sharon Syrette- Writing & History	Valerie Sprott – Tours

### Annual Membership

\$20.00 individual                      \$25.00 couple

**Donations are gratefully accepted and help to keep our programs affordable; tax receipts are issued for donations over \$10. Thank you!**

**A perfect Birthday Gift for that someone ‘who has everything’! Or Leave a Legacy, Bequests: and add to Lifetime Learning Fund at Mission Community Foundation (call for details).**

**Donations are gratefully accepted and help to keep our programs affordable; tax receipts are issued for donations over \$10. Thank you!**

**A perfect Birthday Gift for that someone ‘who has everything’! Or Leave a Legacy, Bequests: and add to Lifetime Learning Fund at Mission Community Foundation (call for details).**

The LLC has links with Canadian and International networks of organizations that offer learning opportunities for older adults. These network websites are gateways to information about other similar programs.



## Acknowledgements

Funding sources for Lifetime Learning Centre are varied. They represent provincial and local governments, special project funding from the Government of Canada as well as service organizations, businesses, and foundations who share our vision of an active, healthy, engaged community.

We thank our many partners for their continued support as we grow into the future.

Most of all we thank our members for their commitment, support, and the volunteer time they contribute to the Centre and to the enrichment of the community.

We thank all our funding bodies, partners, members, program participants and instructors and acknowledge the support they have provided us over the last 30 years.

Lifetime Learning Centre acknowledges the financial support of the Province of British Columbia and the Government of Canada.

## Our Sponsors and Partners

