

Winter Spring 2019



ElderCollege and Wellness Programs



Lifetime Learning Centre Society
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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 201415 and 201617, and the TD Bank for the year 201516. 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 Program

Open House

Date: January 23, 2019

Day: Wednesday

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

Fee: By Donations

Location: 32444 7th Ave. Mission

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

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 7th Avenue, Mission.

Return times are approximate due to traffic considerations.

Dim Sum Lunch to celebrate Chinese New Year

Date: February 11, 2019

Day: Monday

Time: 10:30 a.m. to 2:30 p.m.

Fee: Member \$35 Non-Member \$45 Includes Dim Sum

Attempts on Her Life – A UFV Production

Date: March 23, 2019

Day: Saturday

Time: 1:00 p.m. to 5:00 p.m.

Fee: Member \$30 Non-Member \$40

Campbell's Gold Honey and Phone Museum Tour

Date: April 26, 2019

Day: Friday

Time: 9:30 a.m. to 2:30 p.m.

Fee: Member \$35 Non-Member \$45

Inside Britannia Shipyards Tour

Date: May 24, 2019

Day: Friday

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

Fee: Member \$45 Non-Member \$55

Golden Ears Cheesecrafters Tour and Lunch

Date: June 25, 2019

Day: Tuesday

Time: 10:00 a.m. to 2:00 p.m.

Fee: Member \$38 Non-Member \$48

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.

Photo Acknowledgment

Large cover photo was taken in our Intergenerational Garden, other photos courtesy of Sharon Syrette and Diana Muntigl.



Book Discussion Group

Day: Tuesday
Time: 10:00 a.m.- 11:30 a.m.
Fee: Members \$30 series or \$8 each
NM \$40series or \$10 each
Books or Materials extra
Location: 32444 S7th Ave. Mission

Please come and join us.
The book discussion group meets every 2nd and 4th Tuesday of the month and continues with **“Counterparts” from the Great Book Foundation**

Dates	Contrasting Theme	Title & Author
<u>January 22, 2019</u>	Aspiration	Facing West from California’s Shores – Walt Whitman The Golden West – Daniel Fuchs
<u>February 12, 2019</u>	Equality	Equality, Value, and Merit – Fredrich Hayak Liberalism – Ronald Dworkin
<u>February 26, 2019</u>	Fidelity	An Arundel Tomb – Philip Larkin Love is Not a Pie – Amy Bloom
<u>March 12, 2019</u>	Art	In Which the Story Pauses a Little – George Elliot The Decay of Lying – Oscar Wilde
<u>April 9, 2019</u>	Science	Rappaccini’s Daughter – Nathaniel Hawthorne Vivisection – Claude Bernard
<u>April 23, 2019</u>	Gender	Lilies – John Ruskin The Feminine Mystique – Betty Friedan

Piece Makers Quilting Group

With Laurieanne Muermann
Date: January 14, 2019
Day: Every Monday until June 18, 2019
Time: 1:00 p.m. to 2:30 a.m.
Location: 32444 7th Ave. Mission

Join anytime during the year.

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. Donations of yarn and supplies accepted. Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75

Textile Creations

With Phyllis Atkinson
Start Date: January 22, 2019
Day: Every Tuesday until June 2019
Time: 1:00 p.m. to 2:30 p.m.
Fee: By Donation
Location: 32444 7th Ave. Mission
Join anytime during the year.

Find a place to work with textiles of all kinds for all ages & abilities. Discover the joy of knitting or crocheting, or share with us your knowledge of a textile skill. All art forms and experience levels are welcome to participate and bring they’re projects to work on. Donations of yarn and supplies accepted. Offered as part of the "Linking Hands through the Generations Program" A partnership with School District # 75



Mission Genealogy Club

Dates: Jan. 24, Feb. 21, March 14, April 18, May 16, 2019

Day: Thursday (3rd Thursday of each month)

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

Fee: No Charge

Location: 32444 7th Ave. Mission

The Club meets on the 3rd 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, share search information and use library.

[Visit Website for More Information](#)

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

With Natasha Purnell

Dates for each individual session

Session 1: January 31, 2019

Session 2: February 28, 2019

Session 3: April 28, 2019

Session 4: May 30, 2019

Day: Thursday

Time: 1:00 p.m. to 2:30 p.m.

Fee: By Donation suggested \$7 to \$10

Location: 32444 7th Ave. Mission

Please Pre-Register

As part of the "Linking Hands through the Generations Program", a partnership with School District # 75, students will endeavor 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.

Intergenerational Gardening Club

Start Date: February 7, 2019 On-going

Day: Thursday

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

Fee: By Donation

Location: 32444 7th Ave. Mission

"Linking Hands through the Generations Program" A partnership with SD # 75

Come join in the joy of planning and planting the Intergenerational Garden. 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.

17th Annual Walkathon

Date: April 11, 2019

Day: Thursday

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

Location: 32444 7th Ave. Mission

Raise funds for your wellness programs and learn about healthy living and elder-friendly community initiatives. Wellness Fair, Guest Speakers, Entertainment, Door Prizes and Refreshments.

Annual General Meeting Announcement

Date: May 29, 2019

Day: Wednesday

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

Fee: Membership

Location: 32444 7th Ave. Mission

Please watch for the agenda for AGM. All Members and Non-Members welcome .



General Programs

Writers Group: Projects and Progress – Continuing Group

With Sharon Syrette

Starts: January 9, 2019

Day: Wednesday

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

Fee: Member \$25 Non-Member \$35
Per month

Location: 32444 7th Ave. Mission

Bring your Memoir and family history projects, discuss progress, challenges and creative solutions in this lively group of writers. Weekly in-class exercises will challenge you to take your writing to a new level. Guide Sharon Syrette is available for individual appointments to review samples of writing that you submit.

Music History

Date: January 10, 2019

Day: Thursday

Time: 11:30 a.m. to 12:10 p.m.

Fee: Member \$20 or \$5 drop-in
Non-Member \$25 or \$7 drop-in

Location: 32444 7th Ave. Mission

Review the various twists and turns music has taken through the ages with Keith Gray. From Classical masterpieces to Jazz and film scores, you will explore the importance of music in our lives and history.

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

Open House

Date: January 23, 2019

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 and see what's in store for this semester. Guest Speakers

Spiritual Renaissances: Creative Episodes in the Drama of History

With Harold Rosen

Date: January 30, 2019

Day: Wednesday

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

Sessions: 7

Fee: \$60 Member \$70 Non-Member

Location: 32444 7th Ave. Mission

What brings about creative episodes in humanity's journey across the ages? World history shows remarkable periods of extensive learning and cultural refinement – inspired by religious renewal and spirituality. Each religious civilization can be viewed in 'seasonal' terms – going through a spiritual spring, summer, autumn and winter.

Let's take an eagle-eye look at several Spiritual Summers, Renaissances or Golden Ages – including Israel's United Monarchy... Classical Persia... Athens and Alexandria... Gupta India... Tang China... Christian Byzantium... Charlemagne's Europe... Islamic Persia and Spain – then we'll share futuristic glimpses of a possible Global Civilization. This stimulating survey will cast light on humanity's quest for a constructive breakthrough today.

1. The Rise, Fall & Renewal of Civilizations
*Religious Civilizations in 'seasonal' terms – spiritual spring, summer, autumn & winter...
Spiritual Summers as Golden Ages*
2. Israel's United Monarchy & Classical Persia
David & Solomon in Israel... Cyrus & Darius in Zoroastrian Persia
3. Hellenic Centers of Learning – Athens & Alexandria
Periclean Athens & its Cultural Legacy... Northern Egypt's Metropolis of Learning



Continued

4. Eastern Golden Ages – Gupta India & Tang China
Spiritually Motivated Rulers & Patrons of Arts & Sciences in South & East Asia
5. Early Christianity East & West – Justinian’s Byzantium & Charlemagne’s Europe
Eastern Christendom centered in Constantinople... Western Christendom centered in Aachen
6. Early Islam East & West – Baghdad’s House of Wisdom & Cordova’s Cultural Legacy
Eastern Islam centered in Baghdad... Western Islam centered in Cordova
7. Prospects for a Dynamic Global Civilization
Considering possible dimensions of Global Governance, World Culture & Learning

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

With Natasha Purnell

Dates for each individual session

Session 1: January 31, 2019

Session 2: February 28, 2019

Session 3: April 28, 2019

Session 4: May 30, 2019

Day: Thursday

Time: 1:00 p.m. to 2:30 p.m.

Fee: By Donation suggested \$7 to \$10

Location: 32444 7th Ave. Mission

Please Pre-Register

As part of the "Linking Hands through the Generations Program", a partnership with School District # 75, students will endeavor 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.

Communication Styles

With Jason Wong

Date: February 1, 2019

Day: Friday

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

Sessions: 1

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

Location: 32444 7th Ave. Mission

This workshop will explore our communication style and how knowing our style can improve our interactions and relations with others.

Reads Aloud

With Carolyn Armistead & Jennifer Bertram-Ellis

Date: February 4 & 11, March 4 & 11, 2019

Day: Monday

Time: 1:00 p.m. to 2:30 p.m.

Sessions: 4

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

Location: 32444 7th Ave. Mission

In this group we will read aloud poems, excerpts from plays and stories. If you think you would enjoy sharing beautiful language, intriguing ideas, and comical thoughts found in a variety of literary forms – come join us.

Suitable readings will be provided for the first two sessions.



Spanish Conversation (Beginner)

With Violeta Estela Lucero Schwartz
Series #1: February 7, 2019
Series #2: March 7, 2019 (no classes during spring break)
Sessions: 4
Day: Thursday
Time: 9:00 a.m. to 10:00 a.m.
Fee: \$30.00 Member \$40.00 Non-Member
Location: 324447th Ave. Mission

Spanish for Beginners offers the opportunity to learn the language in a very interactive environment. Immediately, in a safe and enjoyable way, you engage in everyday conversations with your classmates .

See website for class details

Bus Tour: Dim Sum Lunch to Celebrate Chinese New Year

Date: February 11, 2019
Day: Monday
Time: 10:30 a.m. to 2:30 p.m.
Cost: \$35 Member \$45 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

We once again journey to enjoy our popular dim sum tour. We invite you to participate to celebrate Chinese New Year, learn about Chinese culture and partake in sampling dim sum. Dim sum is a style of Chinese cuisine that consists of tasty small bite-sized portions of dumplings and steam dishes.

Our Origins

With Magnus from the Friendship Centre
Date: February 19, 2019
Day: Tuesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Come share the rich indigenous heritage of this area and increase awareness and gratitude for the beautiful land we have the privilege of living on through words and song.

Mission's Storied Past

With Val Billesberger
Date: February 21, 2019
Day: Thursday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Using archival materials and museum objects, we will tell "the story" behind the object, revealing some of Mission's intriguing history.

French Conversation (Beginner)

With Nicole Bellay
Series #1: February 25, 2019
Series #2: April 22, 2019
Sessions: 6
Day: Monday
Time: 11:30 a.m. to 12:30 p.m.
Fee: \$45 Member \$55 Non-Member
Location: 324447th 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. The goal is to build a big enough vocabulary base for the novice to use it in simple sentence. We do that through show and tell, songs, games, etc.



French Conversation (Intermediate)

With Nicole Bellay

Series #1: February 25, 2019

Series #2: April 22, 2019

Sessions: 6

Day: Monday

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

Fee: \$45 Member \$55 Non-Member

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.

French Conversation (Advanced)

With Nicole Bellay

Series #1: February 25, 2019

Series #2: April 22, 2019

Sessions: 6

Day: Monday

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

Fee: \$45 Member \$55 Non-Member

Location: 32444 7th Ave. Mission

This class is solely in French and each participant is sharing personal stories with the class. The teacher is correcting the pronunciation, the tense of a verb or a word used. All in a casual and fun atmosphere.

Art Appreciation – Artists Inspired by Other Artists

With Aleksandra Idzior

Date: February 28, 2019

Day: Thursday

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

Sessions: 3

Fee: \$40 Member \$50 Non-Member

Location: 32444 7th Ave. Mission

The creative effort often includes the inspired selection and manipulation of existing material. The use of appropriation has played an important role in the history of the arts. We will discuss visual artists who were motivated by art made by somebody else, and we will address such concepts as copy, homage, pastiche, recycle, forgery, and plagiarism.

True Colours

With Jason Wong

Date: March 1, 2019

Day: Friday

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

Sessions: 1

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

Location: 32444 7th Ave. Mission

True Colours is a fun, informative, communication system that provides an understanding of human behaviour and motivation. This interactive workshop introduces you to the True Colours concept and the personality spectrum.

Pine Needle Basket Making

With Sharon Syrette

Date: March 5 & 8, 2019

Day: Tuesday & Friday

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

Sessions: 2

Fee: \$42 includes materials

Location: 32444 7th 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.



Bus Tour: Attempts on Her Life – A UFV Production

Date: March 23, 2019
Day: Saturday
Time: 1:00 p.m. to 5:00 p.m.
Cost: \$30 Member \$40 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

Join us for UFV Theatre department's production of Crimp's postmodern play that explores identity and the meaning of self. As London Theatre critic states this piece has been translated into 20 languages as its narrative speaks to the dilemmas of the modern age.

Astronomy

With *Brian Antonson*
Date: April 3, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

This one covers the entire universe, from the origin with the Big Bang through our expanding universe, galaxies, our own Milky Way galaxy, right down to our own solar system, and the telescopes that are helping us learn so much today.

Sleep

With *Jason Wong*
Date: April 5, 2019
Day: Friday
Time: 9:30 a.m. to 11:30 a.m.
Sessions: 1
Fee: \$35 Member \$40 Non-Member
Location: 32444 7th Ave. Mission

The benefits of a good night's sleep are well known – improved health, better concentration and memory, more energy, and faster metabolism. This workshop is for anyone who struggles to sleep, maintain sleep, wake up too early or does not sleep.

Travel to Africa

With *Jacqueline Fischer*
Date: April 17, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Come learn about the way many people live in Zambia and how you can make a difference. Jacqueline enjoyed travelling with her husband to Zambia last spring as part of the Rotary Dental team. When they were not working, their hosts, Seeds of Hope, toured them around not only parks and marketplaces, but the compounds and hospitals. Jacqueline enjoyed the beautiful children there and learned how she could make a difference.

A Visit to Egypt & the Holy Land

With *Brian Antonson*
Date: April 24, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Based on our own travels there in 1999, visiting Cairo, Memphis, and the Giza Pyramids, and then Jerusalem, Bethlehem, the Jordan Valley, the Sea of Galilee, and environs.



Bus Tour: Campbell's Gold Honey & Meadery Farm and Phone Museum Tour

Date: April 26, 2019
Day: Friday
Time: 9:30 a.m. to 2:30 p.m.
Cost: \$35 Member \$45 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

The Campbell farm is a licensed Meadery, producing a variety of honey, wines, and much more and followed by a tour to the Alder Grove Heritage Society's BC Telephone Museum.

Mental Health Awareness

With *Tim Rempel – Centennial Place Manager*
Date: May 1, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Mental health concerns us all and impacts one in every five people. We all know a friend, family Member, or acquaintance that struggles with mental health. This workshop will explore the factors impacting mental health and provide participants with an overview of common adult mental health illness and more importantly how to be as support.

Worry

With Jason Wong
Date: May 3, 2019
Day: Friday
Time: 9:30 a.m. to 11:30 a.m.
Sessions: 1
Fee: \$35 Member \$40 Non-Member
Location: 32444 7th Ave. Mission

Do we worry too much, do we have a friend, child, or relative who worries too much and needs lots of reassurance? This workshop will explore the ways we can cope or help others to cope with these challenges.

The Age of Fascinators

With Margaret Blackburn
Date: May 8, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$10 Member \$15 Non-Member
Location: 32444 7th Ave. Mission

During this Program you will create a fascinator to take home as we talk about hats through the ages, wardrobe memories and post fashion fades

All the tools needed are scissors.

All materials are supplied, but please bring decorations and trims to make your fascinator truly unique.

Romantic Britain

With *Brian Antonson*
Date: May 15, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

A travelogue based on the legendary stories we all know and love from Britain.

Stories like..... King Arthur, Robin Hood, Sherlock Holmes, and a few others



Bus Tour: Inside Britannia Shipyards Tour

Date: May 24, 2019
Day: Tuesday
Time: 9:00 a.m. to 4:00 p.m.
Cost: \$45 Member \$55 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

Britannia Shipyards is a National Historic Site. On this tour you will see an authentic representation of once thriving canneries, boat yards, residences and stores. Many of buildings date back to 1885 and tell the stories of a multi-ethnic society.

Garden Expo to Celebrate Senior’s Week

Date: June 5, 2019
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Fee: No Fee
Location: 32444 7th Ave. Mission

The Gardening Expo with:

- Guest Speakers
- Gardening Fitness Demo & Tips
- Plant Sale
- Tour of Intergenerational Garden and Walking Path
- Fresh Food from the Garden Samples




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

Bus Tour: Golden Ears Cheesecrafters Tour and Lunch

Date: June 25, 2019
Day: Tuesday
Time: 10:00 a.m. to 2:00 p.m.
Cost: \$40 Member \$50 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

Started by two young sisters you will have the opportunity to watch and learn how their cheese is being made. And to taste a few samples. Emma & Jenna have created award winning artisan cheese from their uncles Jersey herd using farm fresh milk.

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	In person during office hours.



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.

Please Note All passes will be honoured until fully used

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. *Instructors are BC Women's Hospital & Health Centre Certified.*

Osteofit –Level 1

Day: Tuesday & Thursday

Time: 9:00 a.m.

Fee: Member \$30 per month
Non-Member \$40 per month

Dates: On-going begins January 8, 2019

Location: 32444 7th Ave. Mission

All passes will be honoured until fully used

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.

Osteofit –Level 2 (Osteofit for Life)

Day: Tuesday & Thursday

Time: 11:00 a.m.

Fee: Member \$30 per month
Non-Member \$40 per month

Dates: On-going begins January 8, 2019

Location: 32444 7th Ave. Mission

All passes will be honoured until fully used

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.

Level 3: Low Impact Fitness "Movers & Shakers"

Day: Tuesday & Thursday

Time: 10:00 a.m.

Fee: Member \$30 per month
Non-Member \$40 per month

Dates: On-going begins January 8, 2019

Location: 32444 7th Ave. Mission

All passes will be honoured until fully used

'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.

Nordic Walking Group

With Dr. Ian Graham

Day: Wednesday

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

Fee: No Fee

Date: January 9, 2019 – 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: Member \$40 per month

Non-Member \$50 per month

Date: On-going begins January 21, 2019

Location: 32444 7th Ave. Mission

All passes will be honoured until fully used

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!

Get Up and Go!

Start Date: February 5, 2019

Day: Tuesday & Thursday

Time: 12:45 p.m. to 1:30 p.m.

Fee: Member \$35 per month

Non-Member \$40 per month

All passes will be honoured until fully used

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

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.

17th Annual Walkathon

Date: April 11, 2019

Day: Tuesday

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

Location: 32444 7th Ave. Mission

Raise funds for your wellness programs and learn about healthy living and elder-friendly community initiatives. Wellness Fair, Guest Speakers, Entertainment, Door Prizes and Refreshments.

Falls Prevention Clinic

With Fraser Health Professionals

Date: May 31, 2019

Day: Tuesday

Time: 8:30 a.m. to 5:00 p.m.

Fee: No Charge

Location: 32444 7th Ave. Mission




Participants will have the opportunity to sit one-on-one with various health professionals for 20-minute sessions. At that time, various aspects of the participant’s fall risk status will be assessed and interventions will be discussed. The total time spent at the clinic will be approximately 90 minutes.

To register or for more information, please call 606-587-787866 or e-mail fallsprevention@fraserhealth.ca.

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	In person during office hours.



About Lifetime Learning

For 33 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).

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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.





Welcome to the Lifetime Learning Centre Society

Code of Conduct for Lifetime Learning Program Participants, Members, Staff and Board

Lifetime Learning is a caring learning community which respects the right of each individual program participant, Lifetime Learning Centre Society (LLCS) Member, and staff and Board Member, to have a safe, enjoyable and successful learning experience. As Members of the extended Fraserview Learning Centre (FLC) and Summit Learning Centre (SLC) community, we are all required to respect the code of conduct which is outlined below:

- ▶ Show consideration and respect for others and for Lifetime Learning Centre (LLCS), Fraserview Learning Centre (FLC) and Summit Learning Centre (SLC) environment.
- ▶ Treat everyone fairly and with respect and abide by expectations for diversity and equity.
- ▶ Communicate to all program participants, LLCS Members, staff, instructors, visitors and Members of the local community with respect; and behave at all times in an appropriate and courteous manner.
- ▶ To not transmit any communications or images which may cause distress or threaten anyone's feelings of emotional or physical safety.
- ▶ Seek approval before broadcasting or publishing information about LLCS, FLC and SLC, program participants, staff or students.
- ▶ When using social media: behave in a courteous and honest way, respecting the privacy and the feelings of others at all times, as well as avoiding the use of names, contact details or images of other students or Members of staff without their prior permission. Remember that if you break the law on social media (for example by posting something defamatory), you will be personally responsible.
- ▶ Avoid any behaviour which would cause a distraction to others or disrupt the teaching and learning taking place.
- ▶ Help to ensure a safe and secure learning environment for all.
- ▶ Stay in the designated area of The Lifetime Learning Centre to avoid disrupting other students.
- ▶ Always sign in when visiting the LLCS or attending one of the offered courses.
- ▶ Behave at all times in accordance with School District #75's health and safety policy.
- ▶ Promote the good reputation of LLCS, FLC and SLC.

***Approved by the Board of Directors November 16th, 2017
Lifetime Learning Centre Society, Mission, BC***



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

