

Fall, 2010

32444 Seventh Avenue
Mission, BC V2V 2B5

Phone: (604) 820-0220
www.lifetimelearningcentre.org
www.missionstories.ca



These pages are available in larger print at: www.mission.ca

Our Mission

Lifetime Learning Centre Society is a registered, non-profit society established in 1986. Lifetime Learning programs enhance quality of life, improve general knowledge and provide active living and healthy aging opportunities for the citizens of Mission to remain mentally and physically active through Active Living and healthy aging.

Membership

Registration is open to all!

Annual Membership: \$15 individual; \$20 couple; One-time continuing: \$100 single; \$120 couple. Sustaining members: \$200-Bronze, \$300-Silver, \$500-Gold. Sustaining Members will be recognized on a "Roll of Honour".

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

Acknowledgments

We gratefully acknowledge the financial support of the:

District of Mission
Province of British Columbia
Soroptimists
Mission Community Foundation
and networking/support partners:
Carrington House,
FVRL Mission Branch,
Mission Arts Council,
Mission Community Services,
St. Andrew's United Church,
Mission Historical Society,
SFU Philosophers' Cafes,
Kingsway Arms at Cedarbrook
UFV, Sue's Copy Place,
Mission City Record

& all of our generous volunteers for their time & financial support.

Volunteer

Virtual Quilt - Legacy Project - Stories from Mission's Past: The 20th Century Mission Project: Mission's Lifetime Learning Oral History Centre Project:

A Mission centered series that includes topics such as downtown, clubs, business, industry, medicine, civil service, education, early settlers, politics, daily life, community events. This ongoing program recognizes the support of the District of Mission & New Horizons for Seniors Initiative & BC150 Mosaic. If you have a Mission memory for the record, call the Oral Historian 820-0220. Visit us at www.missionstories.ca

Programs & Series

Book Discussion Group

Held 2nd & 4th Tuesday of the month at 10am. If you enjoy books & discussion, this program is for you. \$8 each or \$40 all

- Sep 28** James, Henry
The Real Thing
Oct 12 Chekhov, Anton
The Lady with a Dog
Oct 26 Gilman, Charlotte Perkins
The Yellow Wallpaper
Nov 9 Mansfield, Katherine
Her First Ball
Nov 23 Hemingway, Ernest
Indian Camp
Dec 7 Pritchett, V.S.
The Diver

Philosophers' Cafes

A Lifetime Learning Centre program held at Cedarbrooke Cha-teau, 32331 7th Ave 7 - 9pm \$5 each - includes refreshments

A monthly discussion and conversation series which draws inspiration from philosophy in an open minded inviting atmosphere, covering a broad range of issues, politics, history and more.

- Sep 28** Indoctrination by stealth
Are newspapers, TV, & radio dangerous?
Oct 26 The role and Influence of Facebook, Twitter, etc.
Nov 23 What does salmonid enhancement mean?

One Hundred Mile Diet

with Steve Peters

Eating locally produced foods, challenges, sustainability & rewards. Also discusses local food sources and variety of products available within 100 mile radius.

Wed, Sep 29 10am - 12pm
\$7 member / \$10 non-member

Music Plus with Bob Ungar & Molly Ungar, UFV History

These illustrated talks will first introduce the people, places, art & literature of the 19th & 20th Centuries, followed by the music that connected them.

Mon, Oct 4, 18, Nov 1 & 15
2:30-4:30pm \$25 mem/\$35 non

Personal Safety

with Cpl Sharon Siluch, RCMP

This program will teach participants valuable skills to protect themselves.

Wed, Oct 6 10am - 12pm
\$7 member / \$10 non-member

Note: The opinions expressed in some of our programs do not necessarily reflect those of the Lifetime Learning Centre.

Wednesdays in Fall

A Home for our Children

with Sherry Edmonds-Flett

This talk examines early Black settlement in British Columbia through case studies of first generation women and their daughters who migrated to Vancouver Island between 1858 & 1860.

Wed, Oct 13 10am - 12pm
\$7 member / \$10 non

Antarctica

with Lee Treloar

Lee will share her stories of explorations and her images of this remote and breathtakingly beautiful continent. www.leetreloar.com

Wed, Oct 20 10am - 12pm
\$7 member / \$10 non-member

Gaining Control Over Your

Financial Future

with C. Waters
Financial Planning & how to gain control over your financial future including: Banking, Budgeting, Consumerism and Credit.

Wed, Oct 27 10am - 12pm
\$7 member / \$10 non-member

Living with the Netsilingmuit

Inuit

with tony Mayo

Interviews with Netsilik elders who in their lifetime had passed from Stone Age to Jet Age.

Wed, Nov 3 10am-12pm
\$7 members / \$10 non

Remembrance Day Tea

Wed, Nov 10 10am - 12pm
\$7 member / \$10 non

The GoGo Grannies

with Jean Douglas-Webb
Learn about this project from her recent stay in an African village.

Wed, Nov 17 10am - 12pm
\$7 member / \$10 non

Canoe Trip of a Lifetime!

with Freda & Ted Mellenthin

Starting north of Yellowknife on Mackay Lake, paddling east 1256km to Baker Lake in the Hudson Bay in 40 days, over the height of the land, against wind and rain, at the age of 63 along with his companion and soon to be wife. A Love Story!

Wed, Nov 24 10am - 12pm
\$7 member / \$10 non-member

Fashion Show Fundraiser

Afternoon tea, fashions, silent auction, door prizes and more!

Sat, Oct 16 2 - 4:30pm \$20
Register by Oct 14
Location: TBA

Open House Wed Sep 22 1-3pm

Keynote speakers, program registration and information.

All programs will be held at the LIFETIME LEARNING CENTRE unless otherwise indicated. All programs subject to change. Pre-registration recommended.

Art Appreciation: Representing Modern Woman in Art

with Aleksandra Idzior. UFV
In response to the Vancouver Art Gallery exhibition "The Modern Woman" (Jun 5 to Sep 6) we will discuss the various ways in which French artists depicted women at the end of the 19th century.

Thu, Oct 7, 14 & 21 10am-12pm
\$18 members / \$25 non

Computer Courses - Saturdays

Held at Mission Comm Skills Lab
Pre-register by Wed prior to class
10:30 - 12pm \$15 per session

Oct 9 Prepared for Testing

How to use computers for driver tests, check-out lines. Learn about blackberries, ipods & more.

Oct 23 Intro to Computing

Will look at how to purchase a computer, how to use it & where to get free software.

Nov 6 Internet Use

Basics and beyond.

Nov 20 Photo Management

From CD to on-line storage.

Christmas Get-together

Join us for Christmas Sing-along, share baking from around the world & enjoy Lavina's punch.

Wed, Dec 1 1 - 3pm

Wellness Programs

(held at St. Andrew's United Church - 7756 Grand St.)

Fitness Classes

On-going, Tues & Thu 9:10am
Members only 10 classes for \$30, \$40 non-members. Workouts are tailored to third age specific requirements; 50 minutes of exercise with programs specially designed for seniors. Some weight strengthening exercises included. Programs designed in partnership with UCFV Kinesiology. 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 & relaxation to help you maintain a healthy lifestyle to stay mobile & independent. Chairs provided for the class.

Group Walking Tours

Bring your Nordic Poles, (or not). Exercise and explore local trails, neighborhoods, & gardens. Call to pre-register or for more info.

Mon/Wed, Sep 27 - Oct 20
1:15 - 2pm 7 sessions: \$35

Tuesday is "Chess Day" (11am - 12pm). Call for more info.

Osteofit I & II

Special Spring Rates:
10 sessions: \$35 mem / \$45 Non
50 minute programs especially designed for people with osteoporosis who are at an increased risk for fracture or who already have had one or more fractures. Each class has an educational & social component; informational hand-outs are provided (class size is limited). Please note: Osteo fitness classes do not replace the care of a physiotherapist. *Always consult your physician before beginning an exercise program.* Choose either Level 1 or Level 2.

Osteofit I Tu & Th 11-11:50am

Intended to give people with osteoporosis the opportunity to begin an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity.

Osteofit II Tu & Th 10-10:50am

For those who have already taken the Level 1 program.

Pet First Aid & More

LLC now offers St. John's Ambulance Courses including Emergency Care, Save that Child & Pet First Aid. Call LLC for more information.

Programs at Carrington House

32679 - 6th Ave Mission 604-820-0220

All programs below \$7 unless otherwise stated.

Tuesday Films

Strength of Spirit & Flood of Memories

Sep 14 2:30 - 4pm

Building of Mission - Immigrant & First Nations

Sep 28 2:30 - 4:30pm

Life Stories: Oral Histories & Discussions

with Molly Ungar, UFV History

Oct 19 2:30pm & Nov 16 2:30pm

Saturday Health Talks & Music

Caring for Care Givers with B. Lowinske, RCH

Sep 11 10:30am

Dr. Chu - Should I Worry About my Eyes?

Oct 2 10:30am

Piano with Francesca Tan

Nov 6 & Dec 4 10:30am

Exploring the Valley

Call 604-820-0220 for more information

Celebration of Community

Come and visit our display table, book a walking tour and pole walking session.

Saturday, Sep 18

Fraser River Heritage Park

Reifel Island

Snow Geese Migration wetland birds walking tour. Bring a lunch, wear good walking shoes and dress for the weather. Space is limited.

Mon, Oct 25 9am - 4pm

\$40 / \$45 non Pre-register by Oct 21

Book Sale & Fundraiser

Saturday, Sep 25 10am - 2pm

Raise funds for LLC programs and the Writers and Readers Festival. Wide selection of books, dvd's & cd's available. We welcome your donations. Please bring books to the centre by Sep 23. Call.



You learn something new every day.

Consider doing it at UFV.

Degrees, diplomas, and certificates

- 15 bachelor's degrees, one master's degree, and more than 80 certificate and diploma programs
- flexible learning, on your terms, at any stage of life

Continuing Studies

- short courses, workshops, and select certificate programs for adults

Upgrading

- Adult Dogwood, GED prep, post-secondary prerequisites, and more.

ElderCollege

- educational and learning opportunities for adults 50+

Leisure programming

- Season of Theatre
- UFV Cascades sports action

Call 1-888-504-7441
or visit www.ufv.ca



Z201-04



Fall, 2010

32444 Seventh Avenue

Phone: (604) 820-0220

Fax: (604) 820-0979

www.lifetimelearningcentre.org

www.missionstories.ca

Phone LLC today at:
604.820.0220