

Centre for Lifelong Learning & Wellness

Jan - May, 2010

32444 Seventh Avenue
Phone: (604) 820-0220
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www.lifetimelearningcentre.org
www.missionstories.ca



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

Lifetime Learning Centre

Centre for Learning & Wellness

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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.

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
BC Gaming Commission
Mission Rotary
Soroptimists
Mission Foundation

and networking/support partners:

Mission Arts Council,
FVRL Mission Branch,
Mission Community Services,
St. Andrew's United Church,
Mission Historical Society,
SFU Philosophers' Cafes,
Kingsway Arms at Cedarbrook
Carrington House, 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

Series

Book Discussion Group

Held 2nd & 4th Tuesday of the month starting Tue, Jan 26
10am - 12pm \$7 drop in / \$40 all

- Jan 26** Carver, Raymond
Fat
- Feb 9** Xu Xi
Famine
- Feb 23** Klass, Perri
Not a Good Girl
- Mar 23** Englander, Nathan
For the Relief of Unbearable Urges
- Apr 13** deBalzac, Honore
A Passion in the Desert
- Apr 27** Poe, Edgar Allen
The Black Cat
- To purchase your books, please contact Jo Haste (604.820.0220)

Philosophers' Cafes

A Lifetime Learning Centre program held at Cedarbrooke Cha-teau, 32331 7th Ave, Mission. 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.

Jan 26 "What do you really know, and how do you know it?" moderator: Eigel Jensen

Feb 23 "Have sports become a religion for some of us?"

Mar 23 "Should we teach more Canadian history?" moderator: Shirley Walker

Apr 27 "Defining Visual Art?" moderator: Tony Mayo

May 25 "What have women achieved in the 80 years since the Famous Five?"

Exploring Environmental Thinking & Doing Workshop

Tuesdays \$30 (includes materials). With Laura Cameron. Creative art therapy, sacred circle work. This is a highly interactive workshop.

Mar 30 Exploring Environmental Despair & Hope: Mandala art and group circle work

Apr 6 Honouring Environmental Grief: Remembrance Collage & Sacred Circle

Apr 13 Environmental Action Competency: Open Space Café

Apr 20 Engendering Hope in the Community: Group Art Activity & Circle.

Art Appreciation: Art Through the Ages with Molly Ungar, UFV. Thursdays 1:30-3:30pm \$20 series (\$30 non-memb)

Jan 28 Beginnings of Art to the Middle Ages

Feb 11 Art from the Renaissance to the Romantic Movement

Feb 25 Impressionist to Contemporary Art

Programs

Our Natural Environment

Photographer Bill Thomas uses his camera to capture local flora, fauna and native animals of the natural world close to our homes.

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

Around South America by Boat

with Joan MacLatchy Pictures and commentary from a cruise taken in 2009.

Wed, Feb 3 10am - 12pm
\$7 / \$10 non-member

The Canadian Red Tory

Tradition with Ron Dart We in Canada have come to think that the Mulroney-Manning-Harper form of republican conservatism reflects historic Canadian conservatism. This lecture will debunk such an illusion.

Wed, Feb 10 10:00am - 12pm
\$7 / \$10 non-member

Building Communities

Project First Nations and Immigrants Mission panel discussion featuring contributions made by our community members to the growth of Mission.

Wed, Feb 17 12:30 - 3:30pm
By donation

Travels in Hawaii

Graham Dowden, photographer chronicles his recent travels in the Hawaiian Islands.

Wed, Feb 24 10:00am - 12pm
\$7 / \$10 non-member

Mission's Health Care Plan

Mission's Health Care Plan : Dr Matt Blackwood and District of Mission's Glen Robertson will give an overview of the plan

Tue, Mar 2 1:30pm - 3:30pm
\$7 / \$10 non-member

The Life & Times of C.F. Andrews.

Illustrated presentation with Gilli McLaren. A charismatic Anglican priest, a Cambridge don, part of India's independence movement, friend of Mahatma Gandhi, & Lord Hardinge, Viceroy of India.

Wed, Mar 3 10:00am - 12:00pm
\$7 / \$10 non-member

Bocce Ball & Chess

If you are interested in these please call LLC.

All programs will be held at the LIFETIME LEARNING CENTRE now located at 32444 Seventh Ave unless otherwise indicated. All programs subject to change. Pre-registration recommended.

Shakespeare Lecture

Ian Fenwick will prepare us for UVF's production of "A Midsummer Night's Dream".

Tue, Mar 9 10:00am - 12:00pm
 \$7 / \$10 non-member

Saving Places - One site at a time with Heritage Conversation Branch, Mission. Documentary of four historic sites in Canada.

Wed, Mar 10 10am - 12:00pm
 \$7 / \$10 non-member

Celebrate Anti-Racism Day

A lifetime learning and MCSS partnership program.

Mon, Mar 22 6:15pm - 8:30pm
 Location: Mission Library

Midsummer Nights Dream

Matinee. William Shakespeare's best loved romantic comedy. Meet at LLC for 10:30am.

Mon, Mar 22 10:30am - 4:00pm
 \$12.50 / \$15.50 non-member

Writers & Readers Festival

A Lifetime Learning 3rd Annual. Explore the writings/publications of local and regional literati. Call LLC for more information.

Sat, Apr 24 9:30am - 4:00pm
 At: UFV & HPC Cafetorium
 \$20 early bird (until Mar 30th)

Golf Tourney & Fundraiser

Charlie McPherson 2nd Annual. Texas scramble, goody bags, dinner and live band. Sponsorship available, tax receipts given.

**Sat, May 29, \$65 includes...
 steak dinner & green fees. (\$30
 dinner only for non golfers)**

Wellness Programs

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

Fitness Classes

On-going, Tues & Thu 9:10am
 10 for \$30 (\$40 for non-member)
 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.

Fashion Show Fundraiser

Call 820-0220 for tickets & details
 At Cedarbrooke Chateau
Sat, Mar 20 1:30pm

WALKATHON- Join us as we raise funds for our new centre and celebrate the benefits of healthy living, exercise and friendship. Prizes!! Registration forms now available at the centre.
Thu, Apr 15 9:30am

Open House

Wed Jan 20 1 - 3pm

Visit our new location, register for programs and reconnect with friends. Guest Speaker!

General Meeting

Tue May 11 1pm

The Annual General Meeting is open to all members. Come and view the new centre!

Osteofit I & II

Special Spring Rates:

30 sessions / \$95 (Jan-Apr 30)
 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 handouts 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.

Group Walking Tours

Mon & Wed 2:15 - 3pm

Apr - May

Bring your Nordic Poles (or not). Exercise and explore

7 Sessions: \$35 Pre-reg req'd

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

Lifetime Learning Centre Programs at Carrington House

32679 - 6th Ave Mission
604-820-0220

Trivia-Memory Boosters

Jan 26, Feb 16, Mar 16 1:30 - 3:30pm
 \$7 (non-members \$10)

Music Appreciation Series: Bob Ungar
 Conversation on Music. Series is non-technical, touching on early through contemporary music.
 February 4-Ancient & Medieval Music
 February 18-Renaissance & Baroque
 March 4-Classical & Romantic Music
 March 11-Post-Romantic, Impressionist & Nationalist.

March 18-20th Century & Contemporary
 2:30 - 4:30pm series \$35/\$45 non memb

Music of 1920's, 30's & 40's: with SPARC
 Radio Museum's Jack Watson & Peter Trill
 Feb 25 1 - 3pm \$7 (non-members \$10)

Mission Trivia Championship: Grand Finale, Memory booster. Prizes and more!
 Apr 15 1:30 - 3:30pm \$7 (non-members \$10)

Wellness Programs Continued...

New in March!! Lifetime Learning Centre now offers St Johns Ambulance First Aid Courses in Mission. Call St Johns Ambulance 604-853-8700 or LLC to book.

Emergency Community Care 8 hours Tue \$95

Save That Child 4.5 hours Thu \$46

Pet First Aid 8 hours Thu \$73.50

Electric Cars

with Dr. Tim Cooper & Dr. Long
Wed, Mar 24 1:00pm

Exploring the Valley Tours

Call 604-820-0220 for more information

River Safari to Fort Langley Golden Ears Bridge, lunch & shop

Mon, Apr 26th 9:30am - 3pm
 \$55 (\$65 non-memb) Pre-register by Apr 20

Missions Wine & Gardens

Mon, May tbc 10am - 2pm \$20 (\$30 non-memb)
 Pre-register by April



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