Centre for Lifelong Learning & Wellness

Winter, 2012

32444 Seventh Avenue
(See the Leisure Guide map)

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

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

Lifetime Learning Centre

Celebrating 25 years!

Lifetime Learning Centre Society is a registered, non-profit society established in 1986.

Our Mission

Lifetime Learning programs enhance quality of life, improve general knowledge and provide active living, lifelong learning and mind and body fitness opportunities for the citizens of Mission.

Membership

Registration is open to all!
Annual Membership: $15 individual; $20 couple; One-time continuing: $100 single; $120 couple. Donations are gratefully accepted and help keep our programs affordable; tax receipts are issued for donations over $10. Thanks!

Leave a Legacy, bequests:
add to Lifetime Learning Fund at Mission Community Foundation (call for details).

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,
Mission Historical Society,
SFU Philosophers' Cafes,
Kingsway Arms at Cedarbrooke Chateau
UFV, Sue's Copy Place,

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

Virtual Quilt - Legacy Project
For stories from Mission's past visit Mission's Lifetime Learning Oral History Centre Project: www.missionstories.ca

Make a DIFFERENCE
Are you interested in volunteering? We have a variety of positions available. Call 604-820-0220 for details.

Annual General Meeting
Tue, May 15 • 1 - 3pm
All members welcome.

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

All programs held at Lifetime Learning Centre unless otherwise indicated. Programs subject to change.

Programs & Series

Book Discussion Series

Held 2nd & 4th Tuesday of the month at 10am. If you enjoy books & discussion, this program is for you. $8 each or $45 all

Jan 24 Jones, Thom
The Pugilist at Rest
Feb 14 Boyle, T. Caraghessan
Greasy Lake
Feb 28 Fenwick, Ian
Shakespeare Lecture
"As You Like It"
Mar 13 Gordon, Mary
The Baby
Mar 27 Mistry, Rohinton
The Collectors
Apr10 Moore, Lorrie
You're Ugly Too
Apr 24 Sudden Fiction
The Country Where Nobody Ever Grew Old and Died

Philosophers' Cafes

A Lifetime Learning Centre program held at Cedarbrooke Chateau, 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.

Jan 24 Will Big Business Eventually Rule the World?
Feb 28 Would You Approve of Decriminalizing the Use of Marijuana?
Mar 27 Should Re-writing History be Allowed In A Democracy?
Apr 24 Is Multiple Choice the Best Way To Assess Learning?
May 22 Should Voting Be Mandatory?
Jun 26 Social Sustainability, what is it & how do we achieve it?

Open House

Celebrating 25 Years!
Speakers, Musical entertainment, program registration and info.

Wed, Jan 25 1pm - 3pm

French Conversation

Nicole Bellay
For beginner through intermediate: this series will build on your French conversation skills.

Mon, Jan 30 - Feb 27
10am - 11am $40 for series

Bus Tours

Bring a lunch and pre-register for all tours early. Wear good walking shoes, bring a camera and dress for the weather. Call us.

Apr 2 Vancouver Cherry Blossoms & Science World
Apr 30 Blue Heron Reserve

Health Series: Living Well

Join Anne Arsenault, certified Nutritional Consultant, to discuss healthy living alternatives which can help minimize cancer risks, living with SADD & more.

Wed, Feb 1 10am - 12pm
$7 member / $10 non-member

Personality and Politics: The Life & Times of Pierre Trudeau

with Molly Ungar, UFV History
This Illustrated talk traces the life & career of Canada's most intriguing Prime Minister. From Trudeaumania to the October Crisis, Trudeau left a legacy of vision as well as challenges for the future.

Wed, Feb 8 10am - 12pm
$7 member / $10 non-member

Canada's Railway History

with Victor Pistone
This program looks at Canada's Railways from the 1950s through to 2000, including steam engines and diesel.

Wed, Feb 15 10am - 12pm
$7 member / $10 non-member

Celebrating Heritage Week

the Queen's Jubilee

Feb 18 - 25 9am - 2pm

Memorabilia & Monarchy: Royal Family Souvenirs

A multi-generational program celebrating our heritage and the first in a series of programs celebrating the Queen's Diamond Jubilee: features souvenirs, personal memorabilia and mass market items produced over the years to celebrate the Queen.

Sat, Feb 18 10am - 3pm
$5 families / $2 senior/student

Travel to East Prussia - Return

with Marion Robinson
This presentation of a walk in the killing fields of East Prussia is more than a travel show. It's about generational trauma, loss of identity & human rights.

Tue, Feb 21 10am - 12pm
$7 member / $10 non-member

Music Appreciation: From Baroque to Jazz *M. Summers*

A 5 part exploration of music trends from the 1700's through to Jazz.

Wed, Feb 22 - Mar 21 10am - 12
$40 member / $50 non-member

Shakespeare Lecture "As You Like It" *Ian Fenwick*

Follow this season's production of "As You Like It" in preparation for the UFV theatre presentation in March. Get matinee tickets today!

Tue, Feb 28 10am - 12pm
$7 member / $10 non-member

Want to form a Brain Sports group like chess or scrabble? Call the Centre today!

Royal Visits Remembered: Oral History at Carrington House
with Sharon Syrette
Multi-media & LLC Oral History panel discussion recording the memories of previous Royal visits: interactive, sharing personal memories, photos & thoughts.

Thu, Mar 8 1:30 - 3pm
$7 member / $10 non-member

Italian Conversation Continued
with Vittorio Pistone
If you are planning to travel in Italy, or would like to practice speaking Italian this series will give you conversational practice.

Mon, Mar 12, 26, Apr 2, 16 & 23
10 - 11am $40 member

Mission's Sister City in Japan
held at Carrington House
Illustrated presentation of Mission delegation's visit to Japan, and the host sister city.

Wed, Mar 28 10am - 12pm
$7 member / $10 non-member

Brain Gym: Sudoku Sampler!
with Joe Defries, 2x World Champ
Learn the basics of Sudoku & find out why it has recently become so popular to puzzle enthusiasts.

Wed, Apr 4 10am - 12pm
$7 member / $10 non-member

Canoeing Alaska's Inside Passage *Ted & Freda Mellenthin*
75 year old habitual nature lovers travel 500 km by canoe from Wrangell to Skagway along the coast of Alaska.

Wed, Apr 18 10am - 12pm
$7 member / $10 non-member

High Tea with the Royal Family Interactive Theatre
A traditional British High Tea, featuring a formal receiving line including the Queen Mother, Prince Phillip & others; tea, crumpets and petit fours.

Sat, Jun 2 2 - 5pm
$7 member / $10 non-member

Health Talks, Music & Travel Programs at Carrington House
32679 - 6th Ave Mission

Canadian History Films
Tues, Feb 7, March 6 & April 3

Music Recitals
Dates TBA

Oral History Programs
March 8, 28 & April 19

Travels in Norway
with Joan MacLatchy
Tues, Sep 20, Oct 4 & Nov 29

Spinners & Weavers
Thu, April 19

All programs run 1:30 - 3pm
$7 member / $10 non-member
For monthly Music Recital programs call or visit the website.

Wellness Programs
Held at LLC Gym 32444 7th Ave

Fitness Classes
Specialty and Therapeutic fitness for seniors and third age!
50 minutes of music, fun and good exercise, with some weight strengthening too. Our 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.
On-going, Tues & Thu 9:10am
10 Sessions: $32 / $42 Non

12th Annual Walkathon
Sign up today! This program helps to raise funds for fitness and wellness programs. Prizes!

Thu, Apr 26 @ 9:30am

Workshops
The following free workshops are offered through the University of Victoria with the support of LLC. To register call the UVic Centre on Aging at 1-866-902-3767 or selfmanagement@eastlink.ca

Chronic Pain Self Management
This interactive workshop is for people experiencing a wide range of chronic pain conditions. Family members & friends welcome.
Tue, Feb 21 - Mar 27 1-3:30pm

Volunteer Training for Chronic Pain Self Management
All materials provided.
Mon/Wed Jan 23 - Feb 1 10-4

Osteofit I & II
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.
10 Sessions: $37 / $47 Non

Osteofit I
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.
Tue & Thu 11 - 11:50am

Osteofit II
For those who have already taken the Level 1 program.
Tue & Thu 10:10 - 11am

Get Up & Go
FHA sponsored gentle fitness designed to help participants retain balance and strength to live independently.
Tue & Thu 12:45 - 1:35pm
$37 member / $47 Non-member

Chair YOGA
Pre-registration req'd. Call today!
Thu, Jan 26 - Mar 1 1pm $35

Mamography Screening
Spring clinic dates in Mission. Call 1-800-663-9203 for more.

5th Annual
Mission Writers & Readers Festival
Saturday, Mar 10
This year focuses on Self Publishing
$10 each / $30 all
$7 / $25 before Feb 22
Call for details.

Chronic Pain Support Group
Last Tuesday of each month 1:30pm
Call for details.

Singing Group at LLC
Thursdays 11:15am
Call for details.

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Fall, 2011

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