

Education & Wellness Programs
for Adult & Third Age Learners

Jan - April, 2009

7756 Grand Street

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

Lifetime Learning Centre

Redefining Retirement

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Who We Are

LLC is a registered non-profit society established in 1986.

Lifetime Learning programs enhance quality of life, improve general knowledge and provide opportunities for the citizens of Mission to remain mentally and physically active.

OUR VISION: Active living and healthy aging; to promote active living and healthy aging for older adults & others by providing opportunities to continue intellectual & physical pursuits through community and general interest adult education & wellness programs for the whole of our society, inter-generational cooperation, productive partnerships & elder friendly community, providing programs which enrich our lives.

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

Lifetime Learning and Lifetime Learning Wellness gratefully acknowledges the financial support of:

*District of Mission
Gov't of BC Gaming Commission
Gov't of Canada - New Horizons
Mission Rotary Soroptimists
Mission Community Foundation*

and our networking and support partners:

*Mission Art's Council
Mission Community Services
St. Andrew's United Church,
Mission District Historical Society,
SFU Philosophers' Cafes,
UFV,*

*Cedar Valley Alignment,
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 @ Lifetime Learning: 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, war years, the flood & more. 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 Suzanne 820-0220.

Series

Mondays - Daytime Computers

with David Tomson @ UFV

A getting to know your computer program series, with the emphasis on Blogging & the internet.

Mon, Jan 26, Feb 2 & 23 1-3pm
\$10 per session (\$15 non-member)

Art Appreciation: Looking at Canadian Art

with Dr. Molly Ungar, UFV History
These illustrated talks will present and discuss works by artists who have made Canadian art internationally well-known.

Feb 9 - First Nations art & art in New France, 4,000 BC - 1763

Feb 23 - Art in British North America, 1763 - 1899

March 9 - Canadian art in the 20th century & beyond
\$5 drop-in / \$10 series

Memories of Women's Lives

with Dr. Molly Ungar, UFV

Heritage Week inaugural program - Shaping the Lives of Women in the early 1900's - remembrances of family and community life that led to life's successes.

Feb 16, Mar 16 & 30 1pm
Location: Carrington House

Tuesdays - Daytime

Book Discussion Group

Jan 27 Szyborska, Wislawa
Selected Poems

Feb 10 Lahiri, Jhumpa
Interpreter of Maladies

Feb 24 Faulkner, William
A Rose for Emily

Mar 10 O'Connor, Flannery
Good Country People

Mar 24 Wharton, Edith
Roman Fever

Apr 14 Wolff, Tobias
Smokers

10am - 12pm
\$40/series, or \$7 drop-in (\$10 non)
To purchase your books, please contact Jo Haste (604) 820-0220

Tuesdays - Evening Philosophers' Cafes

A Lifetime Learning Centre program held at Mission Arts Council located at 33529 1st Ave, Mission. If you are looking for real conversation, then these popular events are for you.

Jan 27 "What do we mean when we say we know something?" Moderator: Eigel Jensen

Feb 24 Are bureaucracies inherently flawed to serve their people instead of 'the' people? Moderator: Dennis Clark

Mar 24 "Democracy, Dirty Oil and the Future of the Continent" Moderator: Ron Coreau

Apr 28 "Does good planning make good communities?" Moderator: Jim Taylor

May 26 "What is the importance of arts & culture in our small community?"

Moderator: Pam Alexis

June 23 "Are we creating a Selfish Society? What are the implications for society?"

Moderator: S. Vermeer

7-9pm \$5 includes refreshments

Thursdays - Daytime

Music Appreciation:

"Live from the Met! Operas:"

with Graham Yates, B.A., M. Mus
We will be taking in-depth looks at 3 great Italian operas: Donizetti's Lucia di Lammermoor, Puccini's Madama Butterfly & Bellini's La Sonnambula.

Feb 5 - Mar 12 10am-12:30pm
\$40 series / \$50 non members

Thursdays - Evening

Pre-concert: An Evening of Music at UFV

For those planning to attend Classical Mission concerts. These lectures will highlight what to listen for during the performance, & more. Reg by Jan 21.

Feb 11 & Mar 5 6:30 - 8:30pm
pre-concert sessions \$30 series
HPC - D26c

Programs

All programs held on Wednesdays & are \$7 (\$10 for non member) unless otherwise stated.

Do You Hear What I Hear?

with Dr. Katarina Pilato

Learn about the latest in hearing loss, new computer systems & hearing aids.

Jan 28 (Free by donation) 10am

An Icebreaking Journey Across the Top of Russia

The Cold War and the cold climate have kept the Russian Arctic under wraps... until now.

Feb 4 10am - 12pm

Cooking with Chef Dez

Meet Chef Dez Food Columnist, Culinary Instructor & Cooking Show Performer. Chef Dez will be here to talk about his book "Chef Dez on Cooking, Volume One" and to answer any cooking questions you may have.

Feb 11 10am - 12pm

Shakespeare Series: "Hamlet"

with Ian Fenwick, UFV Dep't Head
We welcome Ian Fenwick back in this Talk about Hamlet with reference to the upcoming UFV Theatre production and adaptation.

Wed, Feb 18 10am - 12pm
cont...

All programs are subject to change.

All programs will be held at the LIFETIME LEARNING CENTRE unless otherwise indicated - pre-registration recommended.

Global Warming

with Tim Cooper, UFV Physics
Global Warming has been known to the science community for over 100 years. Why is it only now a media item? Feb 25 2pm - 4pm

Pre-Easter Series

Mar 4 Rev. Cindy Cerri TBA
Mar 18 Abbeys & Monasteries
\$15 / \$20 non-member
(Pre-register by Mar 11)
Mar 25 Spirit in the Land: Our
Place of Prayer
with Sharon Syrette

Eating Right: Nutrition for Seniors

with Public Health
Apr 15 10am - 12pm \$5

Do you Know What Lives Beyond your Backyard?

with Bill Thomas
Apr 22 10am - 12pm \$7/\$10

Garden tours - Mission's Community Garden & Rhodos

Apr 29 1pm \$10 / \$15non

Mission Writers' & Readers' Festival

May 2 9am-5pm
\$10 session / \$30 daypass
Early bird rate register by Apr 24 :
\$7 session / \$20 daypass

Charlie McPherson Invitational Golf Tournament & Fundraiser

Saturday, May 30
Tee time: 2:00pm Dinner: 6pm
\$65 includes green fees & steak
dinner (\$30 for dinner only)
Music by Natalie & Friends
Pre-register by May 26

Wellness Programs

Fitness Classes

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

All programs are subject to change.

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

8th Annual Walkathon & Wellness Get-Together

Living Well in the Fraser Valley - Seniors & Others

Thu, Apr 23 9:30am

Support your centre & programs by signing up for this event.

Open House & Program Registration

Wed, Jan 21 1 - 3pm

Register for this semester's programs.

Osteofit I & II

Pass (Jan - June) for \$100 or
10 pass for \$35
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.

Nordic Pole Walking

Wed, Mar 25 - Apr 29 2:15pm
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

\$7 member / \$10 non-member
for each of these programs

Music: Opera with G. Yates

Thu, Jan 29 10 am

Music: Opera with G. Yates

Thu, Feb 19 10 am

Women's Lives Oral History Heritage Week Inaugural Program:

Shaping the Lives of Women
in the early 1900's
Mon, Feb 16 1 pm

Music: Opera with Graham Yates

Thu, March 5 10 am

Women's Lives - Oral History with Molly Ungar

Mon, March 16 & 39 1 pm

Exploring the Valley Tours

Call 604-820-0220
for more information
on these great tours!



Westminster Abbey & St. Claire's Monastery

Wed, Mar 18th 10:30 am
\$15 (\$20 non-memb)
Pre-register by Mar 11

Field trip to Reifel Island Walking Tour - Bird Sanctuary

Mon, May 4th 10 am - 3 pm
\$30 (\$35 non-memb)
Pre-register by Apr 27

Country Gardens and Winery Tour

Fri, May 15 12 noon - 3 pm
\$25 (\$30 non-memb)
Pre-register by May 8th



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