

Winter Spring 2020



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 and to transcribe the remaining tapes.

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: Sharing Life Experiences & Creating Links Between Generations

Completed in 2017 the Intergenerational Walking Path Project and the Linking Hands Through Generations project were made possible through the financial support of the Government of Canada’s New Horizons for Seniors Program in 2014 and 2016, and the TD Bank for the year 2015. This program brings secondary school students and seniors together to learn new skills and share learning and social experiences: ranging from sharing dinners and traditions, stories, and fibre arts & knitting classes, intergenerational gardening and technological knowledge. Secondary students share their knowledge and experience with Lifetime Learning Members who in turn share their knowledge and experience with Secondary students.



Special Programs

Open House

Date: January 22, 2020

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 after the winter holiday break and see what's in store for this semester. Featuring tips on "**Safety for Seniors**" on home and community safety and getting around during winter.

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.

The Red Violin – Classical Coffee Concerts at the ATC

Date: January 30, 2020

Day: Thursday

Time: 9:30 a.m. to 1:30 p.m.

Fee: Member \$47 Non-Member \$52 Includes Concert Ticket and coffee and tea prior to concert

Brunch at Rowena's Inn on the River, Harrison Mills

Date: March 1, 2020

Day: Sunday

Time: 10:30 a.m. to 1:30 p.m.

Fee: Member \$45 Non-Member \$50 includes brunch

The Canadian Museum of Flight (Langley Airport)

Date: April 17, 2020

Day: Friday

Time: 1:00 p.m. to 4:30 p.m.

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

Tea and Tour of Stewart Historic Farm (Ladner)

Date: May 22, 2020

Day: Friday

Time: 12:00 noon to 5:00 p.m.

Fee: Member \$38 Non-Member \$43

Royal City Riverboat Cruise (New Westminster)

Date: June 28, 2020

Day: Saturday

Time: 10:00 a.m. to 3:30 p.m.

Fee: Member \$70 Non-Member \$75 Lunch not included

Cancellation Policy

A full refund will be provided up to 5 working days before the bus tour. After that time, a substitute participant is allowed.

Cover Photo by Diana Muntigl. The trilliums in the photo were grown by Donna & John Johannessen and shared as a gardening exchange with members of Lifetime Learning.



Book Discussion Group

Day: Tuesday
Time: 10:00 a.m.- 11:30 a.m.
Fee: Members \$30 series or \$8 each
Non-Member \$40 series or \$10 each
Books or Materials extra
Location: 32444 7th 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 January 21, February 11 & 25, March 10, and April 14 and 28, 2020

Piece Makers Quilting Group

With Laurieanne Muermann
Start Date: January 13, 2020
Day: Every Monday until June 22, 2020
Time: 1:00 p.m. to 2:30 a.m.
Location: 32444 7th Ave. Mission

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

Join anytime during the year.

Textile Creations

With Phyllis Atkinson
Start Date: January 14, 2020
Day: Every Tuesday until May 26, 2020
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 their 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. 16, Feb. 20, March 12, April 16, May 21, 2020
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

We have fun sharing our discoveries, listening to guest speakers, and enjoying social events such as our Strawberry Tea and Christmas Party.

[Visit Website for More Information](#)

The Healthier Living Workshop Series

With Jason Wong
Date: February 7, March 6, April 3, & May 1
Day: Friday
Time: 9:30 a.m. to 11:45 a.m.
Sessions: 1
Fee: Drop-In \$35 Member \$40 Non-Member
Series \$100 Member \$120 Non-Member
Location: 32444 7th Ave. Mission

A Series of four workshops designed to assist individuals build balance and growth into their lives. See dates or website for course details

- Grief & Loss
 - Happiness by Design
 - Planning for Spring Clean-Up
 - Personal Growth Arising from Life's Challenges
-



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

With Natasha Purnell

Dates for each individual session

Session 1: January 30, 2020

Session 2: February 27, 2020

Session 3: April 30, 2020

Session 4: May 28, 2020

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: January 16, 2020 On-going

Day: Thursday

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

Fee: By Donation

Location: 32444 7th Ave. Mission

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..."

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

18th Annual Walkathon

Date: April 9, 2020

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: June 10, 2020

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.

Registration

Please remember to register for any class you are interested in attending via email, website or phone call (payment isn't due until the beginning of class).



General Programs

French Conversation (Beginner)

With Nicole Bellay

Series #1: January 6, 2020

Series #2: February 24, 2020

Series #3: April 27, 2020

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 grand-kids with their French homework. The goal is to build a big enough vocabulary base for the novice to use in simple sentences, through show and tell, songs, games, etc.

French Conversation (Intermediate)

With Nicole Bellay

Series #1: January 6, 2020

Series #2: February 24, 2020

Series #3: April 27, 2020

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: January 6, 2020

Series #2: February 24, 2020

Series #3: April 27, 2020

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 shares personal stories with the class. Emphasis is on correcting the pronunciation, the tense of a verb and word use. All in a casual and fun atmosphere.

Writers Group: Projects and Progress – Continuing Group

With Sharon Syrette

Starts: January 15, 2020

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.

Registration

Please remember to register for any class you are interested in attending via email, website or phone call (payment isn't due until the beginning of class).



Open House

Date: January 22, 2020
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.

Travel on the Aurora Explorer

With Elspeth Bowers
Date: February 5, 2020
Day: Wednesday
Time: 12:30 p.m. to 2:30 p.m.
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

This is a working boat that carries freight to small camps and communities up along the rugged mostly uninhabited coastline of the Inside Passage .

OUR STORIES, OUR WORLD: Sharing, Writing & Maturing Together

With Harold Rosen
Date: February 6, 2020
Ends: March 12, 2020
Day: Thursday
Time: 10:00 a.m. to 12:00 noon.
Sessions: 7
Fee: \$60 Member \$70 Non-Member
Location: 32444 7th Ave. Mission

What is Life Review? What have been our life-purposes, and to what degree have we fulfilled them? How have events in North American history and our global community during our lifetimes impacted our development? If we write our stories, what themes will we address?

In this discussion course, written notes and outlines and personal stories are encouraged. If and when we're ready, we'll share our material with the group. This process will help us attain healing and resilience, wisdom and fulfillment, while clarifying our legacies of abiding significance.

Other questions we'll explore -- What are my life-defining experiences and turning-points? How have my guiding principles developed over my lifetime? Who and what have I loved? To whom and for what am I grateful? How might my aging be a kind of divinely ordained process? Can I turn my regrets into learning opportunities? What is my legacy to loved ones, friends and colleagues?

Session 1 - Introduction to the Life Review Process
Session 2 - Our World & its Impacts on Our Lives
Session 3 - Writing & Sharing: Some Techniques & Practices
Session 4 – Life-Defining Experiences & Turning-Points
Session 5 - Loves, Gratitudes & Faith-Statements
Session 6 - Regrets, Opportunities & Legacies



Bus Tour: The Red Violin Classical Coffee Concert at the ACT Maple Ridge

Date: January 30, 2020
Day: Thursday
Time: 9:30 a.m. to 1:30 p.m.
Cost: \$47 Member \$52 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations. Fee includes ticket and early coffee

Join us for bus trip to the ACT in Maple Ridge, hear Vancouver's own violinist Jasper Wood. He will warm your hearts and spirits with this enticing programme featuring the music to the film, *The Red Violin* by John Corigliano, concerto movements by Antonio Vivaldi (known as The Red Priest), as well as the energetic and engaging *Road Movies* by John Adams. *Coffee or tea and treats 30 mins prior to the concert.*

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.

The Healthier Living Workshop Series – GRIEF & LOSS

With Jason Wong
Date: February 7, 2020
Day: Friday
Time: 9:30 a.m. to 11:45 a.m.
Sessions: 1 of Series of 4 workshops
Fee: Drop- In \$35 Member \$40 Non-Member
Series \$100 Member \$120 Non-Member
Location: 32444 7th Ave. Mission

Every person at some point in life will experience grief and loss, or a sense of final separation from someone or something important. Grief is a complicated and unique experience that often requires assistance to work through the process.

This workshop will explore:

- Definitions, reactions, types and stages of grief.
 - Ways to transform loss as a way of healing and getting through it (not over it).
-

Registration

Please remember to register for any class you are interested in attending via email, website or phone call (payment isn't due until the beginning of class).



Pass it on: Caring for your Family Records (Heritage Week Program)

With Val Billesberger
Date: February 19, 2020
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Once you have discovered your family’s story through historical records how do you preserve those records and pass on your ancestors’ history and stories to future generations. **Mission Community Archivist Val Billesberger** will share some helpful tips and ideas on how to care for and pass on your family records.

Bus Tour: Brunch at Rowena’s Inn on the Harris River

Date: March 1, 2020
Day: Sunday
Time: 10:30 a.m. to 1:30 p.m.
Cost: \$45 Member \$50 Non-Member
Location: 32444 7th Ave. Mission
Return times are approximate due to traffic considerations.

Join us for Brunch at Clubhouse Restaurant at the Sandpiper Resort. After Brunch enjoy the 160 -acre waterfront estate, visit the Pretty Family home. Conversation pieces in the home include the bed of opera singer Dame Nellie Melba, banister from the original Hotel Vancouver, and a dining room table used by King George VI and Queen Elizabeth. These are just a few of the stories you’ll hear.

Geri-Arctics 2019 – You’re never too old

With Chris Cooper
Date: March 4, 2020
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Join us on a journey of discovery to the land of the ice bear. Local adventurer Chris Cooper will recount his eighth journey to Canada’s High Arctic along with some great friends that love to explore. However, there is a twist! The average age of this group of adventurers is nearly 70, and they each hauled their own gear of 70 kg on along the Makinson Inlet, Ellesmere Island, for 30 days. This special event will be filled with stories and photographs of human resilience and the marvels of nature.

The Healthier Living Workshop Series – HAPPINESS BY DESIGN

With Jason Wong
Date: March 6, 2020
Day: Friday
Time: 9:30 a.m. to 11:45 a.m.
Sessions: 1 of Series of 4 workshops
Fee: Drop- In \$35 Member \$40 Non-Member
Series \$100 Member \$120 Non-Member
Location: 32444 7th Ave. Mission

Happiness is a state of mind that must be chosen and reinforced with action, often on a daily basis. It becomes important to increase the amount of positive experiences, engagement, meaning, and opportunities we have in our lives. This workshop will explore:

- Happiness as an abstract concept? Or something more?
- What does it look like?
- Can we create happiness? What does it look like?

Slumach’s Gold

With Brian Antonson
Date: March 11, 2020
Day: Wednesday
Time: 10:00 a.m. to 12:00 noon
Sessions: 1
Fee: \$7 Member \$10 Non-Member
Location: 32444 7th Ave. Mission

Are hundreds of millions of dollars in loose gold nuggets to be found deep in the mountains around Pitt Lake? The legend of Slumach's Lost Creek Gold Mine has been enticing searchers and armchair prospectors alike for over 120 years. Brian co-author of the bestselling book SLUMACH'S GOLD leads us through the legend and the intriguing details that point to the possibility that there "**IS gold in them thar hills!**"



Travel to Wales

With Brian Antonson

Date: April 1, 2020

Day: Wednesday

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

Sessions: 1

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

Location: 32444 7th Ave. Mission

Wales! Cymru. The home of 'fellow countrymen'. Land of rolling green hills, soaring mountains, dark and deep valleys, thrilling shores, a land never conquered by the Romans, steeped in history and tradition, home to Druids and perhaps even the source of the Arthurian legends. We'll explore all of these and more in a visit to Wales.

The Healthier Living Workshop Series – PLANNING FOR SPRING CLEAN-UP

With Jason Wong

Date: April 3, 2020

Day: Friday

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

Sessions: 1 of Series of 4 workshops

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

Series \$100 Member \$120 Non-Member

Location: 32444 7th Ave. Mission

If we have trouble letting go of things, we are always on a search and find mission, this workshop will discuss realistic ways of gaining control of our living space and how it can de-stress us and release creativity

This workshop will explore:

Are we a clutterer?

- Common types of clutter, clutter v. hoarding.
- Readiness for change and goal-setting tips.
- Clutter beliefs checklist and a Saving Inventory.
- Barriers to and facilitators for change.

Spanish Conversation (Intermediate)

With Violeta Estela Lucero Schwartz

Date: April 7, 2020

Sessions: 8

Day: Tuesday

Time: 12:00 noon to 1:00 p.m.

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

Location: 32444 7th Ave. Mission

Spanish for Intermediates 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.

Add to your eight practical lessons learned in beginning Spanish.

Memories, Dreams & Reflections (with Apologies to Carl Jung); Dreams in Literature

With Brian Murdoch

Date: April 15, 2020

Day: Wednesday

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

Sessions: 1

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

Location: 32444 7th Ave. Mission

From the Bible to William Blake, Shakespeare to Jorge Luis Borges, dreams have been the stuff of literature, poetry, and even scientific discovery. Together we will look at the universal experience of the dream world, and explore passages from both well-known and less familiar works.

Brian and his wife, Ann, have dealt in used and rare books for 27 years. He has brought his experience and knowledge to share with us on a number of occasions.

Registration

Please remember to register for any class you are interested in attending via email, website or phone call (payment isn't due until the beginning of class).



Art Appreciation: Art Collecting, Galleries & Museums of the World – History & Controversies

With Aleksandra Idzior UFV Art Histories

Start Date: April 16, 23, & 30, 2020

Sessions: 3

Day: Thursday

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

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

Location: 32444 7th Ave. Mission

Please join us as an armchair traveler to view the art amassed by the best institutions. After familiarizing with the history of art collecting, we will examine some of the great art collections in the world with particular attention to the Uffizi Galleries in Florence (Italy), the National Gallery in London (UK), and the Metropolitan Museum of Art in New York City (USA). We will also address issues related to repatriation of art and cultural heritage looted during wars and by colonial empires.

Bus Tour: Canadian Museum of Flight – Langley Airport

Date: April 17, 2020

Day: Friday

Time: 1:00 p.m. to 4:30 p.m.

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

Location: 32444 7th Ave. Mission

Return times are approximate due to traffic considerations.

The Museum's mission is Bringing British Columbia's Aviation Past into the Future. With this in mind you will find a comprehensive collection of aircraft and artifacts illustrating this region's long involvement with aviation. These range from replicas of WW1 aircraft, to a Waco biplane from 1930, a Douglas DC-3 transport from 1940 and a 1942 Hampden bomber. The collection moves into the jet age with a Vampire fighter, the all-Canadian designed and built CF-100, and the needle-nosed Lockheed Starfighter.

Travel to Rome

With Brian Antonson

Date: April 22, 2020

Day: Wednesday

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

Sessions: 1

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

Location: 32444 7th Ave. Mission

Rome: The Eternal City, founded 2772 years ago by Romulus and Remus. Home to the Roman Empire of Julius Caesar, the Roman Catholic Church, and centuries of warring factions that have emerged to form the modern country of Italy. Aqueducts, stunning cathedrals, quaint cobbled streets, soaring monuments, intimate curbside restaurants, strolling musicians, and intriguing alleys. A visit to a city worth coming back to time and again.

The Healthier Living Workshop Series – PERSONAL GROWTH ARISING FROM LIFE'S CHALLENGES

With Jason Wong

Date: May 1, 2020

Day: Friday

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

Sessions: 1 of Series of 4 workshops

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

Series \$100 Member \$120 Non-Member

Location: 32444 7th Ave. Mission

This workshop will explore:

Five aspects of living which may show positive growth following major life challenges (e.g. retirement, bereavement, divorce, acute or chronic illness, financial hardship, abuse, a major injury, etc.).

- Principles of healing, recovery and growth.
- Dealing with our guilt.
- Some elements of mindfulness, self-compassion and spiritual self-care.



Fashion of the Ages

With Karen Edberg-Lee

Date: May 6, 2020

Day: Wednesday

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

Sessions: 3

Fee: \$20 Members \$27 Non-member

Location: 32444 7th Ave. Mission

1. The history of women and trousers - the long and short of it. (both history and hemlines.
2. Coco Chanel: her impact
3. The little black Dress : "Now and Then - returning trends" See the old and new versions of repeating trends: such as the empire line, 'the princess cut, the 'ball gown' the beach pajama/hostess trousers/ tap pants/palazzos; the hoody, the overalls, the LBD and maybe some hat styles thrown in as 'repeaters.

Bus Tour: Tea and Tour of Stewart Historic Farm in Ladner

Date: May 22, 2020

Day: Friday

Time: 12:00 noon to 5:00 p.m.

Cost: \$38 Member \$43 Non-Member

Location: 32444 7th Ave. Mission

At publication time cost to still be confirmed.

Return times are approximate due to traffic considerations.

John Stewart was born on Island of Arron, Scotland in 1844. Returning to Canada with his savings, John purchased a farm on Mud Bay from Samuel Hardy. The Stewarts owned 160 acres and purchased another 440 in 1897, A picturesque site telling the story of a Surrey family circa 1900. Expect costumed staff, fresh baking and inviting grounds for every day drop-ins, special events and programs. Enjoy tea time and a chat in a lovely setting.

Garden Expo Celebrating Senior's Week

Date: June 3, 2020

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

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

Bus Tour: Royal City Riverboat Cruise

Date: June 28, 2020

Day: Saturday

Time: 10:00 a.m. to 3:30 p.m.

Cost: \$70 Member \$75 Non-Member

Location: 32444 7th Ave. Mission

Return times are approximate due to traffic considerations.

Enjoy a relaxing 2 hour fully narrated riverboat cruise aboard the M.V. Native, exploring the sights of New Westminster, Surrey and Delta on the Fraser River. This family-friendly riverboat tour is suitable for all ages. Every seat and table are arranged for your optimal viewing of the mighty Fraser River. Interesting stories of the past and present about the Fraser River.

Registration

Please remember to register for any class you are interested in attending via email, website or phone call (payment isn't due until the beginning of class).



Specialty and Therapeutic Fitness Programs

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 7, 2020

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 7, 2020

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 7, 2020

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 8, 2020 – 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 6, 2020
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.

18th Annual Walkathon

Date: April 9, 2020
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.

Falls Prevention Clinic

With Fraser Health Professionals
Date: June 12, 2020
Day: Friday
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

Board

Dr. Ian Graham, President	Karin Edberg-Lee, Secretary - Treasurer
Joan MacLatchy, Vice-President	Gilli McLaren
Jim Taylor	
Bonnie Hamilton	Manian Kuppusamy

Staff

Diana Muntigl – Executive Director	Zoe Smith & Julia Berridge – Osteo Fitness
Natasha Purnell – Program Assistant	Norine Longmire -Chair Yoga
Chris Race – Oral Histories	
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 \$20.

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).

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 Government of Canada.

Our Sponsors and Partners

