



ON MONDAYS

*** 1. BELLY, BOLLY, BHANGRA with Jackie Poole *NEW***

GYMNASIUM

12 January – 6 April (12 sessions)

TIME 9.30 a.m. – 10.30 a.m.

PRICE \$95

A fun and dynamic dance-fusion workout to vibrant music from all over Asia.

2. LLC BRIDGE CLUB with Val Sofianos

ROOM B164

19 January – 6 April (12 sessions)

TIME 9.30 a.m. – 12.00 noon

PRICE \$40

Play this engrossing brain game with a very friendly group of novices and devotees.

3. JAZZ DANCE with Barbara Frith

STUDIO (G125)

19 January – 6 April (12 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$95

In this jumping jazz dance class, you'll learn all the moves from Motown to Marley.

4. LINE DANCING (improvers) with Mary Johnson

STUDIO (G125)

19 January – 6 April (12 sessions)

TIME 11.00 a.m. – 12.30 pm

PRICE \$145

Join this fun group if you have had at least one year of line dancing experience with Mary.

5. SPANISH CLUB with Angela Dallas

ROOM B 151

19 January – 6 April (12 sessions)

TIME 11.00 a.m. – 12.00 noon

PRICE \$40

Already know some Spanish? Practice one of the world's most widely spoken languages.

6. FORUM AND LUNCH with Robert Horton

ROOM B146

2 and 16 February and 2 and 16 March (4 sessions) **SORRY. CANCELLED THIS TERM**

TIME 12 noon – 1.30 p.m.

PRICE \$80

Speakers will help us understand the changes being made to Bermuda's Health Insurance.

7. INTERMEDIATE GENEALOGY with Wendy McLeod *NEW*

ROOM B151

26 January – 16 February (4 sessions)

TIME 2.00 – 3.00 p.m.

PRICE \$40

For those who took Wendy's last class, or who already have a digitised family tree to work on.

8. ARCHERY with David Semos

ST. PAUL'S RECTORY

19 January – 6 April (12 sessions)

TIME 2.15 – 3.30 p.m.

PRICE \$120

Now's the time to unleash your inner Robin Hood!

ON TUESDAYS

*** 9. ZUMBA! GOLD TONING** with Jackie Poole

STUDIO (G125)

*** 10. ZUMBA! GOLD TONING** with Jackie Poole

ONLINE

13 January – 7 April (12 sessions)

TIME 9.30 – 10.30 am

PRICE \$95

Strengthen your muscles to energising music using toning sticks or 1 lb. weights.

11. TAI CHI with Patricia Simons

PÉTANQUE COURT

20 January – 7 April (12 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$95

Help keep the universe and yourself in harmony with this ancient mind-body system.

12. CHARCOAL DRAWING and PAINTING with Sharon Muhammed

ONLINE

20 January – 7 April (12 sessions)

TIME 10.00 a.m. – 1.00 p.m.

PRICE \$280

For students already familiar with Sharon's very special method of online teaching.

13. MAH JONGG CLUB with Cheryl Stafford

ROOM B164

20 January – 7 April (12 sessions)

TIME 10.30a.m. – 12.30 noon

PRICE \$40

Try your luck at this strategic Chinese tile game. If you're new, we'll help you learn.

14. LINE DANCING (intermediate) with Mary Johnson

STUDIO (G125)

20 January – 7 April (12 sessions)

TIME 11.00 a.m. – 12.30 pm

PRICE \$145

Now you know the basic moves, try something with a little fancy footwork.

15. CHAIR YOGA with Sarah Cook

ROOM B146

16. CHAIR YOGA with Sarah Cook

ONLINE

20 January – 7 April (10 sessions, dates TBA)

TIME 11.00 a.m. – 12.00 p.m.

PRICE \$80

This gentle yoga class keeps your body flexible. Using the chair helps keep you safe.

17. YOGA (all levels) with Sarah Cook

THE CLUB STUDIO

18. YOGA (all levels) with Sarah Cook

ONLINE

20 January – 7 April (10 sessions, dates TBA)

TIME 12.30 – 1.45 p.m.

PRICE \$135

This is a hybrid class both for students new to the asanas and those with some experience.

19. LINE DANCING (for absolute beginners) with Mary Johnson

STUDIO (G125)

20 January – 7 April (12 sessions)

TIME 1.00 – 2.00 p.m.

PRICE \$95

If you've never tried any line dancing, join this new class to learn the basic moves!

20. BEYOND SYMPTOMS: A NEW PARADIGM FOR LASTING HEALTH with Becky Spencer

ROOM B146

3 February – 10 March (6 sessions)

TIME 2.00 – 3.00 p.m.

PRICE \$75

Your body is unique. Understand and optimise your health through nutrition, rest and movement.

ON WEDNESDAYS

21. FIT FOR LIFE with **Monique Cook**

GYMNASIUM

21 January – 8 April (12 sessions)

TIME 9.00 – 10.00 a.m.

PRICE \$95

22. FIT FOR LIFE with **Monique Cook**

GYMNASIUM

21 January – 8 April (12 sessions)

TIME 10.00 – 11.00 a.m.

PRICE \$95

Move your body for both strength and flexibility - the bases of a healthy lifestyle.

23. NO PANIC PILATES (for improvers) with **Caitlin Curtis**

STUDIO (G125)

21 January – 8 April (10 sessions, dates TBA)

TIME 9.30 – 10.30 a.m.

PRICE \$80

This Pilates class is for those with at least two terms as a beginner with Caitlin.

24. NO PANIC PILATES (for beginners) with **Caitlin Curtis**

STUDIO (G125)

21 January – 8 April (10 sessions, Dates TBA)

TIME 10.45 – 11.45 a.m.

PRICE \$80

25. NO PANIC PILATES (for beginners) with **Caitlin Curtis**

ONLINE

21 January – 8 April (10 sessions, dates TBA)

TIME 10.45 – 11.45 a.m.

PRICE \$80

Learn how to develop core strength and stability, muscle control, and endurance.

26. KNITTING AND CROCHET CLUB with **Peggy Elliot**

ROOM B 164

21 January – 8 April (12 sessions)

TIME 11.00 – 12.30

PRICE \$40

Learn to knit or crochet in a friendly group. Improve your skills if you already know how.

27. UKULELE with **Jo Payne**

ROOM B 146

21 January – 8 April (12 sessions)

TIME: 12 noon – 1.00 p.m.

PRICE \$40

Join the famous Silver Strummers! There's a place for everyone in this fun ukulele group.

28. NEW YEAR'S ACAPPELLA CLUB with **Jo Payne**

ROOM B 146

21 January – 11 February (4 sessions)

TIME: 1.00 p.m. – 2.00 p.m.

PRICE \$20

A 4-week taster course in the art of Acapella singing. Try it, you'll love it!

29. GENEALOGY with **Wendy McLeod** ***NEW***

ROOM B151

28 January – 18 February (4 sessions)

TIME 2.00 p.m. – 3.00 p.m.

PRICE \$80

Both beginners and buffs will work together to advance their knowledge of family history.

30. SHORT CIRCUITS with **Mary Stones**

OUTDOORS

21 January – 8 April (12 sessions)

TIME 3.30 – 4.30 p.m.

PRICE \$40

Gentle, repeatable, short walks with friends in beautiful outdoor locations.

ON THURSDAYS

*** 31. ZUMBA! GOLD** with Jackie Poole

STUDIO (G125)

*** 32. ZUMBA! GOLD** with Jackie Poole

ONLINE

15 January – 9 April (12 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$95

A fun, low-impact fitness class inspired by Latin and international dance rhythms.

33. MAH JONGG CLUB with Debbie Mackenzie

ROOM B164

22 January – 9 April (12 sessions)

TIME 9.30 a.m. – 12.00 noon

PRICE \$40

Try your luck at Mah Jong, a strategic Chinese tile game. Some experience required.

34. WORLD AND CURRENT AFFAIRS

ROOM B146

29 January on alternate weeks (6 sessions)

TIME 10.30 a.m. – 12.00 noon

PRICE \$60

Speakers from Bermuda and abroad will help make sense of today's fast-changing world.

35. TAP DANCING (intermediate) with Barbara Frith

STUDIO (G 125)

22 January – 9 April (12 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$95

For those with some tap experience who would like build on their steps.

36. IYENGAR YOGA with Sarah Cook

THE CLUB STUDIO

37. IYENGAR YOGA with Sarah Cook

ZOOM

22 January – 9 April (10 sessions, dates TBA)

TIME 12.30 – 1.45 p.m.

PRICE \$135

For all levels. Iyengar yoga uses simple props for correct alignment in the asanas.

***38. CONVERSATIONAL FRENCH** with Linda McGlynn

15 January – 9 April (12 sessions)

ROOM B146

TIME 1.00 – 2.00 p.m.

PRICE \$40

Learn more about art and culture while you refresh your knowledge of French.

39. THE PEOPLE'S PETANQUE

22 January – 9 April (12 sessions)

PÉTANQUE COURT

TIME 1.00 – 2.30 p.m.

PRICE \$40

Meet people and reconnect with old friends when you play this great outdoor game.

40. CLUB PETANQUE – LATE BLOOMERS with Debbie Mackenzie

22 January – 9 April (12 sessions)

PÉTANQUE COURT

TIME 3.00 – 4.30 p.m.

PRICE \$40

Meet people and reconnect with old friends when you play this great outdoor game.

ON FRIDAYS

41. FRIDAY PILATES with **Caroline Robinson**

STUDIO (G125)

13 February – 10 April (8 sessions, no class on Good Friday)

TIME 9.30 – 10.30 a.m.

PRICE \$75

Improve core strength, posture and body awareness with controlled, low-impact movement.

*42. LLC RAMBLING CLUB with **Richard Ferrett**

OUTDOORS

16 January – 10 April (12 sessions, no class Good Friday)

TIME 10.00 a.m. – 12.00 noon

PRICE \$40

Walk with friends in Bermuda's beautiful landscape.

*43. SILVER SWANS (advanced) with **Mary Faulkenberry** and **Jayne Burnett**

STUDIO (G125)

16 January – 10 April (10 sessions, no class on Good Friday)

TIME 10.45 – 11.45 a.m.

PRICE \$80

A more advanced class for those with previous ballet experience.

44. GENTLE IYENGAR YOGA with **Ann McDermott-Kave

ONLINE ONLY

9 January – 10 April (12 sessions, no class Jan 16 and 23 and on Good Friday)

TIME 11.00 – 12.30 p.m.

PRICE \$145

Learn how to use simple props for correct alignment in all your yoga poses.

45. FREE FILM FRIDAYS ***NEW***

COLLEGE LIBRARY

Alternate Fridays beginning 23 January

TIME 2.00 – 3.30 p.m.

PRICE Free

Thanks to the Library, we'll watch old favourites and new, blockbuster shows together.

46. LLC BOOK CLUB with **Sonia Lambert** ***NEW***

COLLEGE LIBRARY

Last Friday of every month, starting 30 January

TIME 2.00 – 3.30 p.m.

PRICE \$40

Take a deeper dive into the illuminating world of fiction. This club will run until August.

ON SATURDAYS

*47. TAI CHI SISTER with **Patricia Simons**

BOTANICAL GARDENS

17 January – 4 April (12 sessions)

(G125 in case of rain)

TIME 10.00 – 11.00 a.m.

PRICE \$95

Enjoy Tai Chi's slow, focussed sets of movements. For those with some experience.

NB: * Means that a class starts early! Please note the dates of your classes.

THIS TERM'S OUTINGS AND SPECIAL EVENTS

a. MEET THE MUPPETS

Artist and TV producer Michael K Frith and his wife, puppeteer Kathy Mullen, will come and talk with us about their lives with the Muppets, both past and present.

2 February at 10.30 a.m. in Room B 146

PRICE \$20

b. COOK & EAT IN A PORTUGUESE KITCHEN

Learn how to make four more popular Portuguese dishes. Natalie Simpson and Antionette Moik will show you how, and then you'll sit with friends and enjoy these mouth-watering treats.

PRICE: \$60

On THURSDAY, 5 FEBRUARY, 10.30 – 12.30

Portuguese Kale Soup

Sweet Rice (Rice Pudding)

On THURSDAY, 19 MARCH, 10.30 – 12.30

Bermuda Fish Cakes

Bermuda Hot Cross Buns

c. DIGITAL AND INFORMATION LITERACY with Rehana Packwood

Join Rehana in Room B 146 on Monday 2 March and learn how to be more critical about the things we see and hear when we are on our smart phones and computers.

PRICE: \$15

d. Common Ground 12: GROWING UP!

On Wednesday 11 March we'll visit Bermuda Gardens in Southampton and learn all about vertical farming.

(NB: If you signed up for this outing last term there is no need to pay again.)

PRICE: \$20

Look out for pop-ups and other events during the term!

OUR REFUND AND CANCELLATION POLICY

*If anyone cancels registration in a course, outing or activity offered by the Lifelong Learning Centre **more than 24 hours** before the start of such a course, outing or activity, a full refund will be given for the cost of the course, outing or activity **less an administrative fee of \$5.00**. All refunds will be by cheque and not through BDArix. There will be no refund of any BDArix registration fee. Remember that no refund will be given if a member wishes to cancel after the start of a course, outing or activity. A full or pro-rated refund will be given if the LLC must cancel a course, outing or activity. This does **not** apply to unavoidable postponements such as hurricanes. All refunds must be requested for processing within the financial year of the course, outing or activity. This policy has been effective from 17 April 2023.*

WALK-IN CHARGES

If there is space available and the instructor agrees, you may only walk in up to five times in any term. Please pay cash in the office before your walk-in class.

Rates for walk-in classes are as follows:

CLUBS:	\$5.00
CLASSES 1 hour:	\$10.00
CLASSES 1¼ and 1½ hours:	\$15.00

OUR PIPA (PRIVACY) PROCEDURES

*Effective 1 January 2025, **PIPA** or Personal Information and Privacy Act (2016) requires all organisations in Bermuda including charities to have transparent policies and procedures that show how personal data is stored and used. At LLC we do not store bank information when processing financial transactions, either online or in the office. We record only the bare minimum of personal information to enable us to communicate our activities with our members, our instructors and our club leaders. We **do** share your email with the instructor of the class or activity that you register in, and unless you tell us otherwise the instructor may then share your email within that group.*

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