



A performance by LLC's Silver Strummers

# Lifelong Learning Centre

## Spring 2026 Bulletin

To register for classes, visit [BDAtix.bm](http://BDAtix.bm)

### IMPORTANT DATES

**Monday, 12 January:** BDAtix registration goes live at **10am**

**Monday, 19 January:** New term begins\*

*\*Some classes have an earlier start date. Please note the start dates of your chosen activities.*

**YOU MUST BE A CURRENT MEMBER OF  
LIFELONG LEARNING CENTRE TO REGISTER!**

**Please refer to our cancellation and refund policies at  
the end of this Bulletin.**



**Lifelong  
Learning  
Centre**

Brock Hall, Bermuda College  
(441) 239-4029  
[llc@college.bm](mailto:llc@college.bm)



## **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  
20 January – 7 April (12 sessions) ONLINE  
**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**

21 January – 8 April (12 sessions)

**TIME** 9.00 – 10.00 a.m.

**PRICE** \$95

**GYMNASIUM**

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

21 January – 8 April (12 sessions)

**TIME** 10.00 – 11.00 a.m.

**PRICE** \$95

**GYMNASIUM**

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

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

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

**TIME** 9.30 – 10.30 a.m.

**PRICE** \$80

**STUDIO (G125)**

*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**

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

**TIME** 10.45 – 11.45 a.m.

**PRICE** \$80

**STUDIO (G125)**

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

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

**TIME** 10.45 – 11.45 a.m.

**PRICE** \$80

**ONLINE**

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

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

21 January – 8 April (12 sessions)

**TIME** 11.00 – 12.30

**PRICE** \$40

**ROOM B 164**

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

### 27. UKULELE with **Jo Payne**

21 January – 8 April (12 sessions)

**TIME:** 12 noon – 1.00 p.m.

**PRICE** \$40

**ROOM B 146**

*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**

21 January – 11 February (4 sessions)

**TIME:** 1.00 p.m. – 2.00 p.m.

**PRICE** \$20

**ROOM B 146**

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

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

28 January – 18 February (4 sessions)

**TIME** 2.00 p.m. – 3.00 p.m.

**PRICE** \$80

**ROOM B151**

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

### 30. SHORT CIRCUITS with **Mary Stones**

21 January – 8 April (12 sessions)

**TIME** 3.30 – 4.30 p.m.

**PRICE** \$40

**OUTDOORS**

*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**

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

**STUDIO (G125)**

**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\***

Last Friday of every month, starting 30 January

**COLLEGE LIBRARY**

**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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