



Lifelong Learning Centre

Fall 2025 Bulletin

To register for classes, visit **BDAtix.bm**

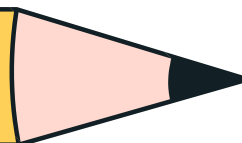
IMPORTANT DATES

Wednesday 10 September: BDAtix registration goes live at **10:00am**

Monday 22 September: The new term begins*

**Some classes may 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

ON MONDAYS

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

GYMNASIUM

22 September – 8 December (12 sessions)

TIME 9.30 a.m. – 10.30 a.m.

PRICE \$95

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

2. LLC BRIDGE CLUB with Val Sofianos

ROOM B164

22 September – 8 December (12 sessions)

TIME 9.30 a.m. – 12.00 noon

PRICE \$40

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

3. JAZZ DANCE with Barbara Frith

STUDIO (G125)

22 September – 8 December (12 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$95

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

4. LINE DANCING (improvers) with Mary Johnson

STUDIO (G125)

22 September – 8 December (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

22 September – 8 December (12 sessions)

TIME 11.00 a.m. – 12.00 noon

PRICE \$40

Practice your Spanish, one of the world's most widely spoken languages.

6. FORUM AND LUNCH with Robert Horton

ROOM B146

13 and 27 October; 10 and 24 November

TIME 12.30 – 2.00 p.m.

PRICE \$80

Expert speakers will help us learn more about managing your money in retirement.

7. BOTANICALS in ACRYLIC with Michelle Pasquin ***NEW***

ROOM B151

22 September – 8 December (12 sessions)

TIME 2.00 – 3.30 p.m.

PRICE \$145

A class for those who want to expand on what they have learned in Botanical Illustration

8. ARCHERY with David Semos

ST. PAUL'S RECTORY

22 September – 8 December (12 sessions)

TIME 2.15 – 3.30 p.m.

PRICE \$95

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

9. MONDAY AFTERNOON BOULES with Doug Backeberg

PÉTANQUE COURT

22 September – 8 December (12 sessions)

TIME 2.30 – 4.00 p.m.

PRICE \$40

New players are welcome to join this fun group!

ON TUESDAYS

10. ZUMBA! GOLD TONING with Jackie Poole

STUDIO (G125)

11. ZUMBA! GOLD TONING with Jackie Poole

ONLINE

23 September – 16 December (12 sessions, no class 11 November)

TIME 9.30 – 10.30 am

PRICE \$95

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

12. TAI CHI with Patricia Simons

PÉTANQUE COURT

23 September – 16 December (12 sessions, no class 11 November)

TIME 9.30 – 10.30 a.m.

PRICE \$95

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

13. CHARCOAL DRAWING and PAINTING with Sharon Muhammed

ONLINE

23 September – 16 December (12 sessions, no class 11 November)

TIME 10.00 a.m. – 1.00 p.m.

PRICE \$280

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

14. MAH JONGG CLUB with Cheryl Stafford

ROOM B164

23 September – 16 December (12 sessions, no class 11 November)

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.

15. LINE DANCING (intermediate) with Mary Johnson

STUDIO (G125)

23 September – 16 December (12 sessions, no class 11 November)

TIME 11.00 a.m. – 12.30 pm

PRICE \$145

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

16. CHAIR YOGA with Sarah Cook

ROOM B146

17. CHAIR YOGA with Sarah Cook

ONLINE

23 September – 16 December (10 sessions, no class 11 November)

TIME 11.00 a.m. – 12.00 p.m.

PRICE \$80

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

18. YOGA (all levels) with Sarah Cook

THE CLUB STUDIO

19. YOGA (all levels) with Sarah Cook

ONLINE

23 September – 16 December (10 sessions, no class 11 November)

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.

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

STUDIO (G125)

23 September – 16 December (12 sessions, no class 11 November)

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!

ON WEDNESDAYS

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

GYMNASIUM

24 September – 10 December (12 sessions)

TIME 9.00 – 10.00 a.m.

PRICE \$95

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

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

GYMNASIUM

24 September – 10 December (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)

24 September – 10 December (10 sessions)

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)

24 September – 10 December (10 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$80

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

ONLINE

24 September – 10 December (10 sessions)

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 151

24 September – 10 December (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

24 September – 10 December (12 sessions)

TIME: 12 noon – 1.00 p.m.

PRICE \$40

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

28. CHRISTMAS CHORUS

19 and 26 November; 3 and 10 December (4 sessions)

ROOM B146

TIME 1.00 – 2.00 p.m.

PRICE \$40

Everyone loves to sing at Christmas time. We'll practice old favourites and new.

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

ROOM B151

DATES TBA (4 sessions)

TIME 2.00 p.m. – 3.00 p.m.

PRICE \$80

Take some more advanced steps towards discovering your family history.

30. SHORT CIRCUITS with **Mary Stones**

OUTDOORS

24 September – 10 December (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

25 September – 11 December (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

25 September – 11 December (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

Six alternate Thursdays, starting 25 September

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)

25 September – 11 December (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

25 September – 11 December (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 Instructor TBA

25 September – 11 December (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. BOTANICAL ILLUSTRATION with Michelle Pasquin

25 September – 11 December (12 sessions)

ROOM B151

TIME 12.30 – 2.00 p.m.

PRICE \$145

Capture the spirit of Bermuda's plants with graphite and aquarelle pencils.

40. THE PEOPLE'S PETANQUE

25 September – 11 December (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.

41. CLUB PETANQUE – LATE BLOOMERS with Debbie Mackenzie

25 September – 11 December (12 sessions)

PÉTANQUE COURT

TIME 4.00 – 5.30 p.m.

PRICE \$40

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

ON FRIDAYS

*** 42. FRIDAY PILATES** with **Caroline Robinson** **STUDIO (G125)**

19 September – 12 December (12 sessions, no class on 26 September)

TIME 9.30 – 10.30 a.m.

PRICE \$95

Pilates gently improves core strength, movement, and posture for all body types.

43. LLC RAMBLING CLUB with **Richard Ferrett** **OUTDOORS**

26 September – 12 December (12 sessions)

TIME 10.00 a.m. – 12.00 noon

PRICE \$40

Walk with friends in Bermuda's beautiful landscape.

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

26 September – 12 December (10 sessions, dates TBA)

STUDIO (G125)

TIME 10.45 – 11.45 a.m.

PRICE \$80

A more advanced class for those with previous ballet experience.

***45. GENTLE IYENGAR YOGA** with **Ann McDermott-Kave** **ONLINE ONLY**

12 September – 18 December (12 sessions, no class 14 and 28 November plus one)

TIME 11.00 – 12.30 p.m.

PRICE \$145

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

46. SILVER SWANS (*beginners*) with **Mary Faulkenberry** and **Jayne Burnett**

26 September – 12 December (10 sessions, dates TBA) ***NEW***

STUDIO (G125)

TIME 12.00 noon – 1.00 p.m.

PRICE \$80

A gentle class for the absolute beginner or those wishing to refresh the basics.

ON SATURDAYS

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

BOTANICAL GARDENS

27 September – 13 December (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.

THIS FALL TERM'S SPECIAL EVENTS and OUTINGS

a. SEBASTIAO SALGADO AND THE POWER OF THE IMAGE

Shortly after the publication of his book, Migrations, the acclaimed documentary photographer Sebastiao Salgado was interviewed by writer and art historian John Berger. The result is a film that shows how Salgado's affecting images of the movement of people have helped shape a critique of globalization.

Wednesday 1 October at 10.30 a.m. Room TBA.

PRICE: \$15

b. COOK & EAT IN A PORTUGUESE KITCHEN

Learn how to make popular and traditional Portuguese dishes from Natalie Simpson and Antionette Moik. Then sit and enjoy these mouth-watering treats.

On THURSDAY, OCTOBER 16th, 10.30 – 12.30

Biffana - Portuguese Pork Sandwiches

Pasteis de Natas – Portuguese Custard Tarts

On THURSDAY, NOVEMBER 13th, 10.30 – 12.30

Portuguese Red Bean Soup

Malassadas - Portuguese Doughnuts

PRICE: \$60

c. OUTING Common Ground #12: VERTICAL GARDENING

Do you wish you had more space in your garden? Here are two ways to grow more of what you love to eat.

Dates and times TBA.

PRICE: \$40

d. LLC PARTY and CHRISTMAS PUDDING CONTEST

Let's celebrate Christmas together like we did last year with a pot-luck lunch.

Bring your Christmas Puddings along and win a special prize for the tastiest one. And join the LLC Christmas Chorus for a carol recital.

Date TBA, probably 12 noon on Tuesday 16 December

Free to Members and Friends

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 walk in up to five times in any term. Please pay cash in the office before your walk-in class.

Rates for walk-ins 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.*

LLC - follow us on 

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