



Lifelong Learning Centre SPRING 2025 Bulletin

To register for classes, visit BDAtix.bm

IMPORTANT DATES

Wednesday, 8 January: BDAtix and in person registration in the LLC office begins at **10:00am**

Monday, 20 January: New term starts

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

Please refer to our cancellation and refund policies, and our PIPA Privacy Policy, at the end of this Bulletin.



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



ON MONDAYS

- 1. LLC BRIDGE CLUB** with **Val Sofianos** **ROOM B164**
20 January – 7 April (12 sessions.)
TIME 9.30 a.m. – 12.00 noon **PRICE \$40**
Play this engrossing brain game with a very friendly group of devotees.
- 2. JAZZ DANCE** with **Barbara Frith** **STUDIO (G125)**
20 January – 7 April (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.
- 3. LINE DANCING (improvers)** with **Mary Johnson** **STUDIO (G125)**
20 January – 7 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.
- 4. SPANISH CLUB** with **Angela Dallas** **ROOM B 151**
20 January – 7 April (12 sessions.)
TIME 11.00 a.m. – 12.00 noon **PRICE \$40**
Practice your Spanish, one of the world's most widely spoken languages.
- 5. FORUM AND LUNCH** with **Robert Horton** **ROOM B146**
10 and 24 February; 10 and 24 March (2 talks and 2 outings)
TIME 12.30 – 2.00 p.m. **PRICE \$120**
Speakers and fieldtrips to learn about Lodges and Friendly Societies in Bermuda.
- 6. PICTURE YOUR PETS** with **Michelle Pasquin** **ROOM B151**
20 January – 7 April (12 sessions.)
TIME 2.00 – 3.30 p.m. **PRICE \$145**
We all love our pets! Learn how to create a portrait of your furry or feathered friend.
- 7. ARCHERY** with **David Semos** **ST. PAUL'S RECTORY**
20 January – 7 April (12 sessions.)
TIME 2.15 – 3.30 p.m. **PRICE \$95**
Now's the time to unleash your inner Robin Hood!
- 8. MONDAY AFTERNOON BOULES** with **Doug Backeberg** **PÉTANQUE COURT**
20 January – 7 April (12 sessions.)
TIME 2.30 – 4.00 p.m. **PRICE \$40**
New players are welcome to join this fun group!

ON TUESDAYS

- *9. ZUMBA! GOLD TONING with Jackie Poole STUDIO (G125)
*10. ZUMBA! GOLD TONING with Jackie Poole ONLINE
14 January – 8 April (12 sessions, hybrid, no class March 18)
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 Eric Martin PÉTANQUE COURT
21 January – 8 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
21 January – 8 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
21 January – 8 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)
21 January – 8 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
14 January – 8 April (12 sessions, no class on 4 March)
TIME 11.00 a.m. – 12.00 p.m. PRICE \$95
This gentle yoga class keeps your body flexible. Using the chair keeps you safe.
- *17. YOGA (all levels) with Sarah Cook *NEW LOCATION* THE CLUB STUDIO
*18. YOGA (all levels) with Sarah Cook ONLINE
14 January – 8 April (12 sessions, no class on 4 March)
TIME 12.30 – 1.45 p.m. PRICE \$145
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)
21 January – 8 April (12 sessions)
TIME 1.00 – 2.00 p.m. PRICE \$95
If you've never tried line dancing, join this new class and learn the basic moves!
- *20. GET AN iPad FOR CHRISTMAS? with Wendy & Bryan McLeod ROOM B151
14 January - 4 February (4 sessions) *NEW*
TIME 2.00 – 3.00 p.m. PRICE \$40
Learn how your new device can do so much more than just FaceTime with the grandkids.

ON WEDNESDAYS

21. FIT FOR LIFE with Monique Cook GYMNASIUM

22 January – 9 April (12 sessions)

TIME 9.00 – 10.00 a.m.

PRICE \$95

22. FIT FOR LIFE with Monique Cook GYMNASIUM

22 January – 9 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)**

15, 22 and 29 January; 5, 12, 19 and 26 February; and 12 and 19 March (9 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$70

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)**

15, 22 and 29 January; 5, 12, 19 and 26 February; and 12 and 19 March (9 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$70

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

15, 22 and 29 January; 5, 12, 19 and 26 February; and 12 and 19 March (9 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$70

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

26. TASTING THE PAST: Flavours of Memory with Janet Ferguson

5 February – 5 March (5 sessions)

B 164

TIME 11.00 a.m. – 1.00 p.m.

PRICE \$100

Food connects us to our heritage. Celebrate by sharing and writing your own story.

27. KNITTING AND CROCHET CLUB with Peggy Elliot *NEW*** ROOM B 151**

22 January – 9 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.

28. UKULELE CLUB with Jo Payne ROOM B 146

5 February – 9 April (10 sessions)

TIME: 12 noon – 1.00 p.m.

PRICE \$40

Learn the ukulele. This is a beginner's group.

29. UKULELE CLUB FOR IMPROVERS with Jo Payne ROOM B 146

5 February – 9 April (10 sessions)

TIME 1.15 – 2.25 p.m.

PRICE \$40

Push your ukulele skills a little further in this fun, intermediate class

30. SHORT CIRCUITS with Beverly Daniels and Mary Stones OUTDOORS

22 January – 9 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
16 January – 10 April (12 sessions, no class March 20)
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
23 January – 10 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
Six alternate weeks (23 January; 6 and 20 February; 6 and 20 March; 3 April)
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)
23 January – 10 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 ***NEW LOCATION*** THE CLUB STUDIO
***37. IYENGAR YOGA** with Sarah Cook ZOOM
16 January – 10 April (12 sessions, no class on 6 March)
TIME 12.30 – 1.45 p.m. PRICE \$145
For all levels. Iyengar yoga uses simple props for correct alignment in the asanas.
- 38. CONVERSATIONAL FRENCH** with Valerie Oury-Hebbelinck ROOM B146
*16 January – 10 April (13 sessions)
TIME 1.00 – 2.00 p.m. PRICE \$40
Learn more about art and culture while you refresh your knowledge of French.
- 39. CLUB PETANQUE** with Michael Kirk PÉTANQUE COURT
23 January – 10 April (12 sessions)
TIME 1.00 – 2.30 p.m. PRICE \$40
- 40. CLUB PETANQUE – LATE BLOOMERS** with Debbie Mackenzie PÉTANQUE COURT
23 January – 10 April (12 sessions)
TIME 3.00 – 4.30 p.m. PRICE \$40
Meet people and reconnect with old friends when you play this great outdoor game.
- 41. BOTANICAL ILLUSTRATION (beginners)** with Michelle Pasquin ROOM B151
23 January – 10 April (12 sessions)
TIME 12.30 – 2.00 p.m. PRICE \$145
- 42. BOTANICAL ILLUSTRATION (intermediate)** with Michelle Pasquin ROOM B 151
TIME 2.30 – 4.00 p.m. PRICE \$145
Capture the spirit of Bermuda's plants with graphite and aquarelle pencils.

ON FRIDAYS

43. FRIDAY PILATES with **Caroline Robinson** STUDIO (G125)
24 January – 11 April (12 sessions)
TIME 9.30 – 10.30 a.m. **PRICE \$95**
Pilates gently improves core strength, movement, and posture for all body types.

44. LLC RAMBLING CLUB with **Richard Ferrett** OUTDOORS
24 January – 11 April (12 sessions)
TIME 10.00 a.m. – 12.00 noon **PRICE \$40**
Walk with friends in Bermuda's beautiful landscape.

45. SILVER SWANS (advanced) with **Mary Faulkenberry** and **Jayne Burnett** STUDIO (G125)
24 January – 11 April (12 sessions)
TIME 10.45 – 11.45 a.m. **PRICE \$95**
A more Advanced class for those with previous ballet experience.

***46. GENTLE IYENGAR YOGA** with **Ann McDermott-Kave** ONLINE ONLY
10 January – 4 April (12 sessions, no class January 24)
TIME 11.00 – 12.30 p.m. **PRICE \$145**
Learn how to use simple props for correct alignment in your yoga poses.

47. SILVER SWANS (beginners) with **Mary Faulkenberry** and **Jayne Burnett** STUDIO (G125)
24 January – 11 April (12 sessions) ***NEW***
TIME 12.00 noon – 1.00 p.m. **PRICE \$95**
A gentle class for the absolute beginner or those wishing to refresh the basics.

ON SATURDAYS

48. TAI CHI SISTER with **Patricia Simons** BOTANICAL GARDENS
25 January – 12 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.

SPECIAL SERIES

A. BOOK and FILM @ LLC: **Wide Sargasso Sea**

SAJNI TOLARAM will guide us through Jean Rhys' heart-wrenching novel, Wide Sargasso Sea. We will watch the recent BBC4 film adaptation and listen to a brilliantly read audiobook of the novel, described as an "hallucinatory inversion of an island paradise".

Dates and times in early March TBA. (3 sessions)

PRICE \$75

LECTURES and OUTINGS

B. SPECIAL LECTURE. **A British Gardener Abroad.**

Visiting horticulturalist **CHRISTOPHER B. COLLINS** who has worked at Kew and in the Edinburgh Botanical Gardens, as well as overseas in Cameroon and in Japan, will talk to us about time spent in the famous Limbe Garden in Cameroon.

Monday 27 January at 12 noon in Room B 146

PRICE \$15

C. OUTING, **Common Ground #10: Keeping Chickens in your Garden.**

Join us on this special outing to learn all about what keeps hens happy and producing delicious new-laid eggs for your kitchen.

Tuesday 4 March at 2.30 p.m.

PRICE \$20

D. OUTING. **Friendly Societies and Lodges in St. George.**

On this walking tour in St. George, we will visit different lodges including the State House and Samaritan's to find out more about the importance of their history in the community. A boxed lunch is included.

Monday 10 March at 12.30 p.m.

PRICE \$20

E. OUTING. **Friendly Societies and Lodges in Hamilton.**

This will be a bus tour of the lodge buildings in and around Hamilton. We will explore them both inside and out, discussing their architecture and their present use. Come and share your lodge stories. A boxed lunch is included.

Monday 24 March at 12.30 p.m.

PRICE \$60

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.*

OUR PIPA (PRIVACY) POLICY

*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 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 never share data, and do not store bank information when processing financial transactions, either online or in the office.*

LLC - follow us on 

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