

LIFELONG LEARNING CENTRE SPRING 2020

Greetings, LLC Members,

Welcome to the Spring, 2020 Semester and a very warm welcome to all our new

After ten wonderful and truly innovative years, Janet Ferguson left her post as our Executive Director in November 2019. As Janet moved on to new adventures, Sylvia Shorto is thrilled to have taken on her role, and looks forward to continuing to organize courses and activities that are engaging and satisfying for everyone.

Please will you let us know if you have an area of interest that is not reflected in our Bulletin? We would also like to find out whether you can offer a course or host an outing that other people are likely to enjoy.

In the Spring, 2020 Semester we offer new experiences and old favorites. You can make music on the recorder or join a knitting club, the Care Bears, and make toys for children. You can learn about sustainable farming or the history of codfish in Bermuda. You can play petanque or play bridge. We have something for everyone

And you can dance! Instructors Mary Miller Faulkenberry and Jayne Burnett continue to offer our innovative and very popular course, Senior Swans. Here we are in the company of the Royal Academy of Dance's programme for adults.

Our Tai Chi instructor, Eric Martin's class, has attracted rave reviews. His open-air Tai Chi at 9.30 a.m. in "the quad" in the shadow of the Bermuda College Library clock is now a common sight.

Want to travel with LLC? Once again, we are in touch with Road Scholar and have been discussing options for our next trip. Should it be Iceland or Portugal or Sicily? Or perhaps a different selection of Azorean islands? These are all superb educational travel destinations, and we will keep you informed. Your ideas and suggestions are

Here at the LLC office every now and then we pause and remember that there are more than five hundred active LLC members! Yet we manage to maintain the spirit of an informal and closely-knit community. Thank you all for your excellent support and your outstanding volunteerism. That is the generous gift that keeps us going. Please invite your friends to join our thriving community of Lifelong Learners.

Regular Spring registration will be on Thursday, 09 January 2020 in Brock Hall, Room B146 (across from the LLC office) at $1.30~\rm p.m.$ The LLC meeting will then be held at

We look forward to seeing you!

Sylvia and Vangie Lifelong Learning Centre Bermuda College

MONDAY MORNING

NO. 1 & 2 KEEP FIT FOR LIFE

North Hall Room G125 PLACE

January 13 - March 30 (12 sessions)

(1) 8.30 – 9.30 (2) 9.45 – 10.45 PRICE \$80 (per course) Karen will continue with the stretching and deep muscle exercises for more flexibility, better balance and freer joint movement.

KAREN DALY

LLC SILVER FITNESS CLUB NO. 3

North Hall Room GYM PLACE DATE

January 13 - March 30 (12 sessions) PRICE \$80 9.45 - 10.45

LLC members endorsement "He is excellent, he adapts the exercises

so that I can do them; he provides variation and he is responsive to my problems".

NO. 4 **PLACE**

Brock Hall Room B164 DATE

January 13 - March 30 (12 sessions) TIME 9.30 - 12.00

Learn the game, sharpen your skills, some guidance provided.

NO. 5 LLC SPANISH CLUB **ANGELA DALLAS PLACE** Brock Hall Room B163

DATE January 13 - March 30 (12 sessions)

10.30 - 12.00 PRICE \$20

Revive your Spanish conversational skills and practice in a relaxed setting. Join the LLC Spanish Club for a light-hearted morning of informal Spanish conversation.

NO.6&7 ART CLASS

SHARON WILSON Sharon Wilson Gallery, Southampton PLACE

January 13 - February 17 (6 sessions) DATE

(5) 10.00 – 1 .00; (6) 1.45 – 4.45 p.m.

PRICE \$80 (per course)

This class is led by internationally renowned artist Sharon Wilson. And it is true, you don't need to know how to draw. (space limited to 6 people per

NO.8 & 9 ART CLASS

SHARON WILSON Sharon Wilson Gallery, Southampton PLACE

February 24 - March 30 (6 sessions) DATE

PRICE \$80 TIME (7) 10.00 – 1 .00 (8) 1.45 – 4.45 p.m. (per course) (as above)

SCRABBLE CLUB NO. 10 Brock Hall Room B146 (Except For Forum & Lunch) **PLACE**

DATE

January 13 - March 30 (12 sessions) 10.45 - 12.30 PRICE \$20 TIME

NO. 11 LINE DANCING (BEGINNERS)

Join the fun with the Scrabble players. We welcome male players. **MARY JOHNSON**

PLACE North Hall Room G125 DATE

January 13 - March 30 (12 sessions) PRICE \$80 TIME 11.00 - 12.30

Mary, an experienced line dancing instructor, will gently guide you through the beginners' phase to line dancing. This class is for men and women.

MONDAY AFTERNOON

BERMUDA FORUM & LUNCH ROBERT HORTON PLACE Brock Hall Room B146

DATE

February 10, 24; March 02, 23; (4 sessions) Lunch - 12.00 noon - 12.30 PRICE \$50

Guest speaker 12.30 - 1.30

Name

Great presentations delivered by interesting speakers and hosted by Robert

Horton. A light luncheon is included.

NO. 13 FILM@LLC DR. SAJNI TOLARAM Room B146, Brock Hall

February 03; March 16; April 06; (3 sessions) DATE

Lunch - 12.00 noon - 2.15 p.m. PRICE: \$20 NO. 14 **LLC CHAIR YOGA ELAINE WHITE**

PLACE North Hall Room G125

January 13 - March 30 (12 sessions)

PRICE \$85 TIME 12.45 - 2.00

Chair Yoga is a gentle form of Yoga for those who have difficulty getting up and down to the floor/Yoga mat. No Yoga mat required. Please bring a large towel or a light blanket.

NO. 15 LLC JOINT & CORE FRANCIS SMITH

PLACE North Hall Room G125 January 13 - March 30 (12 sessions) DATE

TIME 2.15 - 3.15PRICE \$70

The class is based on slow, muscular concentric movements and teaches exercises you can do at home on your own, benefits include improved stability, reduction in joint pains, increased strength and decreased blood pressure.

TUESDAY MORNING

NO. 16 LLC TAI CHI

ERIC MARTIN

PLACE Bermuda College Gym

January 14 - March 3 (12 sessions) PRICE \$80 TIME 9.30 - 10.30

The gentle slow speed of this mind/body movement class improves balance, strengthens the immune system and regulates blood pressure.

NO. 17 DUPLICATE BRIDGE (1) **MARGIE WAY**

PLACE Bermuda Bridge Club January 14 - March 03 (8 sessions)

10.00 - 12.00 PRICE \$65

Come and join Margie's bridge group. A basic knowledge of bridge is required. Margie provides supervision and bridge strategy guidance.

NO. 18 DUPLICATE BRIDGE (2) **MARGIE WAY**

Bermuda Bridge Club DATE March 10 - April 21 (8 sessions)

PRICE \$65 (as above) TIME 10.00 - 12.00

CHARCOAL DRAWING I NO. 19 **SHARON WILSON** Sharon Wilson Gallery, Southampton PLACE

January 14 - February 18 (6 sessions) DATE 10.00 – 1.00 p.m. PRICE \$80

Charcoal is a user-friendly medium and it is true, you don't need to know how to draw. (space limited to 6 people per class)

NO. 20 CHARCOAL DRAWING 2 SHARON WILSON

PLACE Sharon Wilson Gallery, Southampton

DATE February 25 - March 31 (6 sessions) TIME

10.00 - 1.00 p.m. PRICE \$80 (as above) LINE DANCING (ADVANCED) **MARY JOHNSON**

NO. 21 North Hall Room G125 PLACE

January 14 - March 31 (12 sessions) TIME 9.00 - 10.30PRICE \$85

Mary, an experienced line dancing instructor, will continue to teach line dancing for experienced dancers. This class is for men and women.

NO. 22 LLC FRENCH CLUB

PLACE Brock Hall Room B163 January 14 - March 31 (12 sessions)

10.30 - 12.00PRICE \$20

This is a great opportunity for those who want to maintain their French language skills. Prior knowledge and some fluency are essential.

NO. 23 LLC POETRY CLUB PLACE Brock Hall Room B146

February 11, 18, 25; March, 10, 24; April 07 (6 sessions)

10.30 - 12.00PRICE \$20

Come join us if you enjoy reading and listening to poetry for pleasure in a relaxed setting. Participants are welcome to bring poems they particularly enjoy or ones that intrigue them. We can also examine and discuss different

NO. 24 LINE DANCING

(INTERMEDIATE) **MARY JOHNSON**

PLACE North Hall Room G125

January 14 - March 31 (12 sessions) 10.45 – 12.15 PRICE \$85

poetical forms from diverse cultures and times.

Mary, an experienced line dancing instructor, will gently guide you through the introductory steps to line dancing. Join this fun class for men & women.

TUESDAY AFTERNOON

NO. 25 BEGINNERS YOGA **ELAINE WHITE**

PLACE North Hall Room G125 January 14 - March 31 (12 sessions) DATE

12.30 - 2.00

PRICE \$85 The beginners class was so successful that we have decided to keep

offering it. (Elaine will be away this semester, there will be a substitute

NO. 26 INTERMEDIATE YOGA **ELAINE WHITE**

PLACE North Hall Room G125 January 14 - March 31 (12 sessions) DATE

2.15 - 3.45PRICE \$85

This class is for more experienced students who would like to improve

their practice. (Elaine will be away this semester, there will be a substitute instructor)

WEDNESDAY MORNING

NO. 27 LLC ZUMBA GOLD

JACKIE POOLE/ CAROLINE MULHOLLAND

ELIZABETH JONES

PLACE North Hall Room G125 DATE

January 15 - April 01 (12 sessions)

8.30 - 9.20

PRICE \$80 Chase the blues away with this up-beat exercise routine; the music will

keep you going as you step your way to fitness and fun.

REGISTRATION FORM – SPRING 2020

Address	
E-mailPhone/Cell	

NO. 28 PILATES FOR IMPROVERS @ THE LLC **CAITLIN CURTIS**

North Hall Room G125 PLACE

January 8 - April 01 (12 sessions)

9.30 - 10.30PRICE \$80 Pilates improves flexibility, builds strength and develops control and endurance in the whole human body. This

class is only available to those who have already completed 2 terms of the Pilates @ the LLC (Beginners) class.

January 8 - April 01 (12 sessions)

NO. 29 PILATES @ THE LLC (BEGINNERS) **CAITLIN CURTIS**

PLACE North Hall Room G125

10.45 - 11.45 TIME PRICE \$80 Pilates improves flexibility, builds strength and develops control and endurance in the whole human body.

JOINT & CORE TOTAL THERAPY FRANCIS SMITH NO. 30

PLACE North Hall Room Gym

January 15 - April 01 (12 sessions)

PRICE \$80 10.45 - 11.45

The class is based on slow, muscular concentric movements and teaches exercises you can do at home on your own, benefits include improved stability, reduction in joint pains, increased strength and decreased blood pressure.

WEDNESDAY AFTERNOON

NO. 31 CLASSIC STRETCH **DIANNA ADAMS** PLACE Gym - North Hall

January 15 - April 01 (12 sessions)

12.00 - 1.00PRICE \$80 Beneficial combination of Yoga and Pilates that is great for seniors. It keeps

arthritis under control and helps folks with tired and stiff joints.

NO. 32 LLC GERMAN CLUB **MARION RENTRUP**

PLACE Brock Hall Room B163

January 15 - April 1 (12 sessions) DATE

PRICE \$20 12.00 - 1.30Language Lab: learn simple everyday phrases and vocabulary;

Conversational German: talk about experiences, listen to & read short stories, poems, newspapers and some German History JO PAYNE

NO. 33 LLC UKELELE GROUP

PLACE Brock Hall Room B146

sign up.

PLACE Brock Hall Room B146 February 05 - April 08 (10 sessions)

PRICE \$20 1.00 - 2.00

The ukulele is an easy and quick instrument to learn. It is quite sympathetic to stiff and arthritic fingers. Ukuleles are not expensive. The sweet sound makes it a perfect instrument for mature players in a group setting. Give it a try. Join us, play along and make some new friends.

NO. 34 LLC MAKING MUSIC WITH RECORDERS JO PAYNE

DATE February 05 - April 08 (10 sessions) TIME 2.30 - 4.00PRICE \$20 Have you got a recorder anywhere in your home? Get it out, dust if off and join this for this easy-going class. You don't need to be an accomplished

musician. Jo Payne is a great music guide. Get that instrument out and

THURSDAY MORNING

NO. 35 & 36 KEEP FIT FOR LIFE (3) & (4) KAREN DALY

PLACE North Hall Room G125 January 16 - April 02 (12 sessions)

(3) 8.30 – 9.30; (4) 9.45 – 10.45 PRICE \$80 Karen will continue with the stretching and deep muscle exercises for more

NO. 37 LLC AMERICAN MAHJONG CLUB

NO. 38 LLC CARE BEARS KNITTING CLUB

PLACE Brock Hall Room B164 January 16 - April 02 (12 sessions)

flexibility, better balance and freer joint movement.

PRICE \$20 9.30 - 12.00 noon

A great opportunity to play this "visually stimulating and tactile game". All levels of players are welcome. Bring a set if you have one.

PLACE Brock Hall Room B164 January 16 - April 02 (12 sessions) PRICE \$20 10.00 - 12.00Make bears and other toys to sell and donate. We will provide knitting

patterns for lovable bears that have been made by the hundreds, if not

thousands, throughout the world for many years. Every bear you knit is

a gift of love for a child here in Bermuda or abroad. Bring your knitting

needles, great company, good fun and lots of heart!

NO. 39 LLC WORLD & CURRENT AFFAIRS PLACE Brock Hall Room B146

DATE February 20 - April 09 (8 sessions)

a broad range of contemporary issues.

10.30 - 12.00 Join us for this popular series of presentations. We will continue to explore

THURSDAY AFTERNOON

NO. 40 INTRODUCTION TO iPADS STEPHANIE LEE PLACE Brock Hall B164

DATE February 06, 07,13 (Thursdays and Friday) (3 sessions) 1.00 - 2.30Are you wondering what to do with that wonderful holiday gift you

received? The course will guide you through the basics of using the iPad. Is your iPad already set up? Are you anxious or unsure about turning it on? You will need your password (if set up) and your Apple ID & password. (limited to 10 members)

NO. 41 INTRODUCTION TO iPAD [PLUS] STEPHANIE LEE Brock Hall Room B164 February 27; March 05,06; (Thursday & Friday) (3 sessions) PRICE \$40 (as above). This course is a continuation of the Intro to iPad. We will

dive a bit deeper into the functions and features that make this a fun tool. Required! Your iPad password (if set up and your Apple ID and password. (limited to 10 members)

NO. 42 USING THE INTERNET **STEPHANIE LEE** PLACE Brock Hall Room B164

March 12,13,19; (Thursday & Friday) (3 sessions) 1.00 - 2.30 (Thursdays); 1.00 - 2.30 (Fridays) A course for beginner internet users, learn what a browser is , a website and how to search the internet for your favourite things, go shopping and protect your information. You will need to bring your own laptop/tablet with stylus/mouse. (limited to 10 members)

NO. 43 HEALTH MATTERS **MEREDITH SMITH** PLACE Brock Hall Room B146

March 05, 12, 19, 26; (4 sessions) 1.30 – 2.45 PRICE \$40

"An ounce of prevention is worth a pound of cure"; health and wellness education provided by Meredith's carefully selected guest presenters.

NO. 44 & 45 LLC CLUB PETANQUE **MICHAEL KIRK**

PLACE Bermuda College Petangue Court January 16 - April 02 (12 sessions)

(NO. 44) 1.00 –2.30; (NO. 45) 2.30 – 4.00 PRICE \$20 Petanque, a centuries-old game played during Roman times - similar to Italian bocce and played on a gravel surface. Tuition given, no previous skills needed. Boules provided.

FRIDAY MORNING (PUBLIC HOLIDAY – Friday 10 April)

NO. 46 LLC RAMBLING CLUB PLACE Brock Hall Room B146 (1st meeting)

January 17 - April 03 (12 sessions) 9.30 – 11.00 PRICE \$20

Join us and experience Bermuda at its best. Sign up and receive the weekly walking route, pictures, and highlighted points of interest.

NO. 47 LLC CONVERSATIONAL FRENCH This course will resume in September 2020.

NO. 48 LLC WATER BASED MEDIA AND WATER COLOUR **EMMA INGHAM**

PLACE North Hall, Room G204

February 14 - April 17 (10 sessions)

10.30 – 12.30 PRICE \$100 (not including materials) Designed to motivate and stimulate your creativity. Join this lively and engaging class. All are welcome and it is great fun. Includes "en plein air" sessions! (limited to 12 members) .

NO. 49 CLASSIC STRETCH

PLACE North Hall GYM

January 17 - April 03 (12 sessions)

10.00 - 11.00 PRICE \$80

Perfect & beneficial combination of yoga and Pilates that is great for mature adults. It keeps arthritis under control and helps folks with tired and stiff

NO. 50 LLC SILVER FITNESS CLUB

PLACE North Hall GYM

January 17 - April 03 (12 sessions) 11.00 - 12.00 PRICE \$80

LLC members endorsement "He is excellent, he adapts the exercises so that I can do them; he provides variation and he is responsive to my problems".

FRIDAY AFTERNOON NO. 51 & 52 LLC SENIOR SWANS

MARY FAULKENBERRY & JAYNE BURNET

PLACE North Hall Room G125

January 17 - April 03 (12 sessions) (S) (51) 10.50 – 11.50; (52)12.00 – 1.00; PRICE \$80

"A ballet class created for Lifelong Learners who want to feel the freedom and beauty of movement to beautiful music while improving posture,

co-ordination and flexibility

NB: NO RECEIPTS WILL BE ISSUED FOR CHEQUES RECEIVED.

PLEASE NOTE: On Registration Day, help us to improve registration by having your form completed ahead of time with the correct amount of cash

REFUNDS - If a member cancels a course or outing before the start of such course or outing a full refund will be given LESS an administrative fee of \$5. No refund will be given if a member wishes to cancel after the start of a course or outing. A full refund will be given if the LLC has to cancel a course or outing.

LIFELONG LEARNING AUDIT - It is possible to attend a course at the college during the day if you are over 60, for only \$50. It usually involves three hours a week for 14 sessions. You cannot be awarded any certification from any such course and with a computer course there is a weekly charge for the use of the computer. Please check with the Registrar's Office at the college for registration information. Several of our members have taken up this excellent opportunity and the lecturers love having our members in their classes.

CONTACTS FOR SPRING 2020

MAIL YOUR

- Brock Hall Room 09 January, 2020 & MEETING

OFFICE



TOURS & OUTINGS

Bermuda Festival of the Performing Arts -

DATE **PLACE**

SPRING 2020, REGISTRATION

TIME

PRICE TBA

B. **LLC Well-being Spring Semester Spa** Nancy Cabral

DATE

Monday 16 March 2020

PLACE TBA TIME 10.30 a.m.

PRICE \$25.00

healthy refreshments

This well-being spa morning will both delight and inspire you. Join experienced beauty and well-being therapist Nancy Cabral for a morning of re-vitalizing beauty care products and demonstrations. Learn about skin care, facials and whole body treatments. Indulge yourself, you are worth it!

C. Bermuda Cuisine, Heritage & Culture -A Learning Lab

DATE Monday 17 February, 2020 TIME 10.30 – 12.00 noon.

PRICE \$15.00

Join us for another culinary adventure. Celebrate Bermuda's unique cuisine while exploring the social and cultural back-story. How do we prepare our favourite Bermudian dishes? What are the variations and why? What is the unique history of the ingredients? What do these things say about who we are? Share some your own family cuisine stories. This is a lively & interactive learning lab!

D. Mini Golf & Lunch **KURT BIRRER** Tuesday 10 March, 2020 DATE

PLACE Bermuda Golf Academy, Southampton TIME 10.45 am. Tee-Off; 12.30 pm. lunch

PRICE \$50

This is a very popular outing, come and join the fun. Light lunch at Pompano Beach Club after the game.

African Diaspora Heritage Trail (ADHT) TBA

DATE Monday 30 March 2020

PLACE TBA TIME 10.30 am PRICE \$25.00

A light picnic lunch is included

Description: TBA

MEMBERSHIP FEES

Annual Dues (September 1, 2019 – August 31, 2020) \$30.00

TOTAL PAID:

MAKE TOTAL CHEQUE PAYABLE TO: LIFELONG LEARNING

MAIL CHEQUE TO: Lifelong Learning Centre, Bermuda College, P.O.

Box 2718 HAMILTON HMLX

PLEASE INDICATE BELOW Course Number, Outing and Price(\$)

Price \$ Price \$ Outina# Course # Price \$ Outing # ___ Price \$ ____ Course # Price \$ ____ Outing # ___ Price \$ ___ Course # Price \$ ____ Outing # ____ Price \$ ____ Outing # ___ Price \$ ____ Price \$ Course # COURSE TOTAL \$____ OUTING TOTAL \$ ____ FOR OFFICE USE ONLY

DATE:

RECEIPT #:

INITIALS OF OFFICIAL