

LIFELONG LEARNING CENTRE

FALL SEMESTER, 2020

ZOOM and **OUTDOOR**

CLASSES and EVENTS

Dear LLC Members,

We begin our new learning year with some important announcements. Because of COVID-19, for your health and safety there have been some changes to the way we operate.

COURSES. Because of safety protocols, the Bermuda College is still closed for face-to-face instruction. But because we want to continue with our programmes, many of our Fall Term 2020 courses will be taught using Zoom. Zoom is free to you, and very easy to use. It is also a way for us to get together safely. We can help you learn to use Zoom. Just call the office.

You will see that classes are being offered by many of your favourite instructors, but we have some great new ones as well. And there are some new offerings. **Tropic Tones** will have you working out to a Caribbean beat. There are three new, short courses, one on genealogy, another on yogic breath control, and a third on keeping your brain fit and healthy.

We have also organized some interesting and practical outdoor events. Look out for the series, **Common Ground**, designed to help you learn more about producing your own food. And look for pop-ups on this topic as well.

Now to more practical matters. **ANNUAL MEMBERSHIP RENEWAL** is due on 1 September 2020.

You have been asking for this for a long time, and now **REGISTRATION** and **PAYMENT** for courses and for membership can be done online with a credit or debit card. Just go to <https://bdatix.bm/memberships> and look for the page with our wise owl logo. If you prefer, you can pay us by cheque after you have registered online, or you can make a direct deposit into our bank account. When you register for your courses, the page will give you this option.

We can help with Instruction in using the new registration system. We have organized short, online demonstrations. Please call the office to find out more.

All of our members matter to us! If you don't use the internet, just call the office and we can arrange your registration for classes over the telephone.

Very best wishes to you all, and keep learning!

Sylvia and Vangie



LIFELONG LEARNING CENTRE

FALL SEMESTER, 2020

ZOOM and **OUTDOOR**

CLASSES and EVENTS

MONDAYS

1. HEALTHY JOINT AND CORE

with Randy Brangman online
Starts 21 September, 12 sessions
TIME 8.30 – 9.30 PRICE \$80

2. CLASSIC STRETCH

with Jenille Smith online
Starts 21 September, 12 sessions
TIME 10.00 – 11.00 PRICE \$80

3. SPANISH CLUB

with Angela Dallas online
Starts 21 September, 12 sessions
TIME 10.00 – 12.00 PRICE \$20

4. ART CLASS

with Sharon Wilson online
Starts 21 September, 12 sessions
TIME 10.00 – 1.00 PRICE \$180

5. SCRABBLE CLUB

with Gloria Frederick online
Starts 21 September, 12 sessions
TIME 10.30 – 12.00 PRICE \$20

6. CHAIR YOGA

with Elaine White online
Starts 21 September, 12 sessions
TIME 12.00 – 1.00 PRICE \$80

NEW

7. GENEALOGY 101

with Sylvia Shorto online
Starts 19 October, 4 sessions
TIME 2.00 – 3.30 PRICE \$50

TUESDAYS

8. TAI CHI

with Eric Martin online
Starts 22 September, 12 sessions
TIME 9.30 – 10.30 PRICE \$80

9. CHARCOAL DRAWING

with Sharon Wilson online
Starts 22 September, 12 sessions
TIME 10.00 – 1.00 PRICE \$180

10. POETRY CLUB

with Liz Jones online
Starts 6 October, 8 sessions
TIME 11.00 – 12.30 PRICE \$20

11. YOGA (all levels)

with Elaine White online
Starts 22 September, 12 sessions
TIME 12.30 – 1.30 PRICE \$80

12. LINE DANCING (all levels)

with Mary Johnson online
Starts 22 September, 12 sessions
TIME 3.30 – 5.00 PRICE \$90

WEDNESDAYS

13. ZUMBA!

with Heather Lamb online
Starts 23 September, 12 sessions
TIME 8.30 – 9.30 PRICE \$80

14. NO-PANIC PILATES

with Caitlin Curtis online
Starts 16 September, 12 sessions
TIME 9.30 – 10.30 PRICE \$80

15. NO-PANIC PILATES (for improvers)

with Caitlin Curtis online
Starts 16 September, 12 sessions
TIME 10.30 – 11.30 PRICE \$80

16. CONVERSATIONAL GERMAN

with Marion Rentrup online
Starts 4 November, 6 sessions
TIME 10.00 – 11.30 PRICE \$20

NEW

17. INTRODUCTION TO PRANAYAMA

with Ann McDermott-Kave online
Starts 7 October, 4 sessions
TIME 2.00 – 3.00 PRICE \$40

THURSDAYS

18. HEALTHY JOINT AND CORE

with Randy Brangman online
Starts 24 September, 12 sessions
TIME 8.30 – 9.30 PRICE \$80

NEW

19. TROPIC TONES

with Heather Lamb online
Starts September 24, 12 sessions
TIME 12.00 – 1.00 PRICE \$80

NEW

20. KEEPING AHEAD: NURTURE YOUR BRAIN FOR LIFE

with Jackie Outerbridge online
Starts 5 November, 4 sessions
TIME 12.00 – 1.30 PRICE \$50

21. CLUB PETANQUE

with Michael Kirk Petanque Court
Starts 24 September, 12 sessions
TIME 1.30 – 3.00 PRICE \$20

22. CLUB PETANQUE 2nd Stringers

with Debbie MacKenzie Petanque Court
Starts 24 September, 12 sessions
TIME 3.00 – 4.30 PRICE \$20

FRIDAYS

23. LLC RAMBLING CLUB

with Larry Sticca and Melanie Saunders
Starts 25 September, 12 sessions
TIME 9.30 – 11.30 PRICE \$20

24. CLASSIC STRETCH II

with Jenille Smith online
Starts 25 September, 12 sessions
TIME 10.00 – 11.00 PRICE \$80

25. SENIOR SWANS (all levels)

with Mary Falconberry and Jayne Burnett
Starts 25 September, 12 sessions
TIME 11.00 – 12.00pm PRICE \$80

26. GENTLE IYENGAR YOGA

with Ann McDermott-Kave online
Starts 25 September, 12 sessions
TIME 12.00 – 1.30 PRICE \$90

SATURDAYS

27. TAI CHI OUTDOORS

with Naomi Schroter Botanical Gardens
Starts 26 September, 12 sessions
TIME 10.00 – 11.00 PRICE \$80

SPECIAL OUTDOOR OUTINGS

A. Tea at the Perfume Factory

Wednesday, 30 September at 3.30
PRICE \$50

B. Common Ground 1: Community Gardens

Friday, 9 October at 4.30
PRICE \$25

C. Bird Watching at Ferry Point

Tuesday, 27 October at 9.00
PRICE \$25

D. ADHT Walk: Black Mecca

Wednesday, 18 November at 10.30
PRICE \$25

E. Common Ground 2: Vertical Farming

Wednesday, 25 November at 10.30
PRICE \$25

F. Bermuda's Heritage Cuisine: Cassava Pie

Thursday, 03 December at 10.30
PRICE \$25