

LIFELONG LEARNING CENTRE

SUMMER 2023 BULLETIN



To register for classes, just go to <https://www.bdatix.bm/>

BDAtix registration goes live on Tuesday at 5pm, and the new term starts on **Monday, 10 April**. Please call the office if you need help: 239-4029.



Dear LLC Members,

Welcome to the Lifelong Learning Centre's Summer Term, 2023. Whether you feel like recharging your battery with exercise, learning a new skill to keep your mind alert, exploring the past, or simply going for a gentle walk with friends, we have something for everyone - and sometimes all in the same package!

Almost all our exercise classes are now back in the Studio, though for those who prefer we have kept an online option for a few of them. And we have some great new offerings. There's an extra Pilates class on Friday mornings, and a new Wednesday class called Stretch for Life. If you love yoga, Sarah Cook is still standing in for Elaine (who won't be able to teach this term but will be back with us in the Fall).

We also have a range of outings and special events for all interests, and we'll end the term with pop-up surprise. Stay tuned!

Please remember that you must be a member of the LLC to take our classes or join our special events and outings. Annual and Annual Plus membership runs from 1 September to 31 August of any year. But please consider supporting the LLC by becoming a Life Member. For memberships, go to <https://bdatix.bm/memberships> and look for the page with our wise owl logo.

Payment for both membership and for classes and events for can be done online with a credit or debit card. If you prefer, you can pay us by cash or cheque in the office. But please note that the option of paying later will no longer be available if you register online. We do not accept direct deposits into our bank account. To register for a class, either come into the office or go to <https://bdatix.bm> and choose the ones you like.

If you have difficulty with the registration system, please just call the office. The number for Jenifer is 239-4029, and for Sylvia, 239-4129. We're there on weekdays between 9.30 am and 2 pm and are always happy to help.

We look forward to seeing all of you – in person or via ZOOM - this summer. We have a new motto at LLC, and it is part of our vision for the future: **Learn and Live!** Please join us.

Sylvia and Jenifer

MONDAYS

1. LLC BRIDGE CLUB with Val Sofianos and Jennifer Tufts

Room B 151

10 April – 26 June (10 sessions)

TIME 9.30 – 12 noon

PRICE \$30

Learn to play this engrossing brain game with a very friendly group of both beginners and devotees.

2. JAZZ DANCE with Barbara Frith

STUDIO (G 125)

10 April – 26 June (10 sessions)

TIME 9.30 – 10.30

PRICE \$75

Learn basic jazz dance terminology, and technique, with an emphasis on musical theatre. It's fun!

3. ART CLASS with Sharon Mohamad

ONLINE

10 April – 26 June (10 sessions)

TIME 10.00 – 1.00

PRICE \$230

A class for those already familiar with Sharon's very special way of teaching art.

4. SPANISH CLUB with Angela Dallas

ONLINE

10 April – 26 June (10 sessions)

TIME 10.30 – 12.00

PRICE \$30

Keep in practice with your Spanish, one of the world's most widely spoken languages.

5. LINE DANCING (beginners) with Mary Johnson

GYMNASIUM

10 April – 26 June (10 sessions)

TIME 11.00 – 12.30 pm

PRICE \$105

Join this fabulous line dancing group. You are in for the time of your life!

6. ZUMBA! MOVES with Jackie Poole ***NEW***

ONLINE and STUDIO (G 125)

3 April and 10 April (2 sessions)

TIME 1.00 – 2.00 pm

PRICE \$10

Learn the basic dance steps for Gold Toning and Zumba! Gold before the new term's classes start.

TUESDAYS

7. GOLD TONING with Jackie Poole

STUDIO (G 125)

11 April – 13 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

A hybrid class: muscle conditioning to a slow, steady beat using toning sticks or 1 lb. weights.

8. GOLD TONING with Jackie Poole

ONLINE

11 April – 13 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

A hybrid class: muscle conditioning to a slow, steady beat using toning sticks or 1 lb. weights.

9. TAI CHI with Eric Martin

PETANQUE COURT

11 April – 13 June (10 sessions)

TIME 9.30 – 10.30

PRICE \$75

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

10. CHARCOAL DRAWING with Sharon Mohamad

ONLINE

11 April – 13 June (10 sessions)

TIME 10.00 – 1.00

PRICE \$230

Learn the basic concepts in this class for students newer to Sharon's special method.

11. LINE DANCING (for improvers) with Mary Johnson

STUDIO (G 125)

11 April – 13 June (10 sessions)

TIME 11.00 – 12.30 pm

PRICE \$105

You know the basic moves. Now try something with a little more fancy footwork.

12. CHAIR YOGA with Sarah Cook

ROOM B 146

18 April – 13 June (8 sessions; no class 16 May)

TIME 11.30 am – 12.30 pm

PRICE \$75

This gentle yoga class helps keep your body flexible, and the chair keeps you safe when doing it.

13. CHAIR YOGA with Sarah Cook

ONLINE

18 April – 13 June (8 sessions; no class 16 May)

TIME 11.30 am – 12.30 pm

PRICE \$75

14. YOGA (level I) with Sarah Cook

ROOM B 146

18 April – 13 June (8 sessions; no class 16 May)

TIME 12.45 – 2.00 pm

PRICE \$90

This is a mixed-level hybrid class for students with some experience of the yoga asanas.

15. YOGA (level I) with Sarah Cook

ONLINE

18 April – 13 June (8 sessions; no class 16 May)

TIME 12.45 – 2.00 pm

PRICE \$90

WEDNESDAYS

16. MAH JONGG TRAINING with Debbie Mackenzie and Cheryl Stafford

5 April and 12 April (2 sessions)

Room B 151

TIME 9.30 – 11.00 am

PRICE \$10

Learn the basics of Mah Jongg or improve on your knowledge of the rules in two easy sessions!

17. STRETCH FOR LIFE with Monique Cook ***NEW***

GYMNASIUM

12 April – 14 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

Stretch your body to strengthen and condition – the basics of a healthy lifestyle.

18. NO PANIC PILATES for Improvers with Caitlin Curtis

STUDIO (G125)

12 April – 14 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

Pilates promotes core strength and stability, muscle control, and endurance for all ages.

19. NO PANIC PILATES for Beginners with Caitlin Curtis

STUDIO (G 125)

12 April – 14 June (10 sessions)

TIME 10.45 – 11.45 am

PRICE \$75

A hybrid class. Develop core strength and stability, muscle control, and endurance.

20. NO PANIC PILATES for Beginners with Caitlin Curtis

ONLINE

12 April – 14 June (10 sessions)

TIME 10.45 – 11.45 am

PRICE \$75

A hybrid class. Develop core strength and stability, muscle control, and endurance.

21. LLC SINGING CLUB with Jo Payne

12 April – 14 June (10 sessions)

ROOM B 146

TIME 12.15 – 1.15 pm

PRICE \$30

Did you know that singing is good for both your physical and mental health? What more can we say!

22. UKELELE CLUB with Jo Payne

ROOM B 146

12 April – 14 June (10 sessions)

TIME: 1.30 – 2.30

PRICE \$30

A fun way to learn to play a musical instrument. For beginners and those who have already tried.

23. SHORT CIRCUITS with Jo Cook

OUTDOORS

19 April – 24 May (6 sessions)

TIME 3.30 – 4.00 pm

PRICE \$30

Get out and about again with friends! Gentle, repeatable, 20-minute walks in beautiful locations.

THURSDAYS

24. ZUMBA! GOLD with Jackie Poole

STUDIO (G 125)

13 April - 15 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

A hybrid class. A fun, low-impact total fitness class inspired by Latin and international dance rhythms.

25. ZUMBA! GOLD with Jackie Poole

ONLINE

13 April - 15 June (10 sessions)

TIME 9.30 – 10.30 am

PRICE \$75

A hybrid class. A fun, low-impact total fitness class inspired by Latin and international dance rhythms.

26. MAH JONGG CLUB with Debbie MacKenzie

Room B 164

13 April - 15 June (10 sessions)

TIME 9.30 – 12.00

PRICE \$30

Try your luck playing mah jongg, an old Chinese tile game requiring both skill and strategy.

27. TAP DANCING (all levels) with Barbara Frith

STUDIO (G 125)

13 April - 15 June (10 sessions)

TIME 12.00 noon - 1.00 pm

PRICE \$75

For those who have not tried tap before or would like to start all over again.

28. CLUB PETANQUE with Michael Kirk

Petanque Court

13 April - 15 June (10 sessions)

TIME 1.00 – 2.30 pm

PRICE \$30

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

29. CLUB PETANQUE with Debbie Mackenzie

Petanque Court

13 April - 15 June (10 sessions)

TIME 3.00 – 4.30 pm

PRICE \$30

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

FRIDAYS

30. FRIDAY PILATES with Caroline Robinson ***NEW*** STUDIO (G 125)

14 April - 23 June (10 sessions)

TIME 9.30 – 10.30 am **PRICE \$75**

Caroline will gently help you improve your flexibility and range of motion.

31. LLC RAMBLING CLUB with Richard Ferrett OUTDOORS

14 April - 23 June (10 sessions)

TIME 9.30 – 11.30 **PRICE \$30**

Explore Bermuda's beautiful pathways and let the landscape reveal our history and culture.

32. SILVER SWANS (all levels) with Mary Faulkenberry and Jayne Burnett STUDIO (G 125)

14 April - 23 June (10 sessions)

TIME 10.45 – 11.45 am **PRICE \$75**

You'd be surprised how many people wish they'd been a ballet dancer. Now's the time to try it!

33. LINE DANCING for Absolute Beginners with Mary Johnson ***NEW*** GYMNASIUM

14 April - 23 June (10 sessions)

TIME: 11.00 – 12.30 **PRICE \$105**

If you haven't tried any line dancing before, join this new class. You are in for the time of your life!

34. GENTLE IYENGAR YOGA with Ann McDermott-Kave ONLINE

14 April - 23 June (10 sessions)

TIME 11.00 – 12.30 pm. **PRICE \$105**

Use simple props for correct alignment in your yoga poses. Ann's empathetic teaching is a joy.

35. WALKING FOOTBALL with Leroy Wilson GYMNASIUM

14 April - 23 June (10 sessions)

TIME 3.00 – 4.00 pm **PRICE \$75**

Coach Curly Joe Wilson will show men and women how to play the "beautiful game" together.

SATURDAYS

36. TAI CHI SISTERS with Pat Simons BOTANICAL GARDENS

15 April - 17 June (10 sessions)

TIME 10.00 – 11.00 **PRICE \$75**

Slow focussed sets of movements will keep you at your healthiest. For those with some experience.



OUTINGS, TALKS, SPECIAL EVENTS

- a. **OUTING:** Common Ground 8: Robert Master's Veggie Garden
Monday, 17 April at 2.00 pm. \$20
Robert will take us on a tour of his wonderfully productive garden, and talk about his methods of growing fresh produce for home use.
- b. **SPECIAL EVENT:** Flower Arranging with Vanessa Shorto
Wednesday 26 April at 2.00 pm \$25
Vanessa is a gifted flower arranger, and she will show us how to create arrangements using materials that are almost all locally available.
- c. **HERITAGE MONTH SPECIAL!**
TALK: Sail Making in Bermuda with Stevie Hollis
Thursday, May 11 at 12 noon \$30
Sail-making by hand and eye is a dying art. Stevie, one of the last working craftsmen in Bermuda, will tell us about his long and varied experience.
- d. **HERITAGE MONTH SPECIAL!**
TALK AND OUTING: Wantley House with Maxine Esdaille
Monday, 22 May at 12 noon \$50
Join us for an illustrated talk on Wantley, an important Black heritage site that is now endangered, followed by a walk around its historic neighbourhood.

We will add more special events in June.