



Fall Programs

Lifetime Learning Centre

2015



Lifetime Learning Centre Society
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Message from the President on our 30th Anniversary

As we celebrate our thirtieth anniversary we look back on the service we have given to our community. Our wellness programs such as Osteofit, yoga and pole walking, have benefitted many of our senior citizens. We have enriched the lives of many through educational and intellectual presentations. Our social activities including bus trips, Remembrance Day programs and Christmas get-togethers have promoted friendships and helped prevent isolation in our older population.

Our contributions were recognized in 2006 when the District of Mission presented Lifetime Learning Society with the Community Service Award. In 2010 we received the Community Heritage Award for "recording oral histories and highlighting Mission history".

In 2015 a new program, Linking Hands, sponsored by the Government of Canada, helped us connect with the youth of our community. We shared programs with the students of Fraserview Learning Centre with the result that young and old benefited mutually. We hope to build on these connections in the future.

We are fortunate in having a dedicated Board of Directors, CEO, office staff, volunteers and donors who have all contributed to the vitality of our organization.

Ian Graham

President Lifetime Learning Centre Society

Message from the Mayor and Council of District of Mission

Congratulations to the Board, the Staff, Volunteers, and Members of Lifetime Learning Centre Society on your 30th anniversary!

We all know the issues an aging society pose. Social, physical, and mental exercises are all important ways to maintain health and quality of life. By providing intergenerational programming that features exercise and wellness, intellectual stimulation, and cultural experiences the Mission Lifetime Learning Centre Society has delivered invaluable services to all Mission citizens for 30 years. I am confident that many of our seniors have remained active and healthy because of the work of the Society.

As the community celebrates the 30 years Lifetime Learning Centre Society has provided services, congratulations must go out to the successive Boards and the staff who have all contributed to enriching the lives of Mission residents. On behalf of all Mission citizens, thank you for 3 decades of making us a better community. Please continue your critically important work.

Congratulations and best wishes on your 30th anniversary!

Mayor Randy Hawes and the District of Mission Council

Linking Hands across Generations

Sponsored by New Horizons for Seniors Program and in Partnership with School District No. 75 Mission brings secondary school students and seniors together to learn new skills and share experiences. These formal and informal experiences range from knitting classes taught by Lifetime Learning Centre to Secondary students, to Secondary students sharing knowledge of technologies with Lifetime Learning members. The goal of the project is to share life experiences and create links between generations.

Lifetime Learning Centre Oral Histories Project

At Lifetime Learning we believe that one of our duties is to preserve Mission's unique history. Through our Oral History Archives we collect and make available to researchers and the public, the little-told stories of the people of Mission. In our collection, there are stories from Missionites who remember raised sidewalks on Main Street, the original "swimming pool", summer jobs at the King Beach factory, and businesses, families, community events and clubs from Mission's past. Oral Histories preserve the sights, the smells, the sounds of yesterday, and tell the story of creating the Mission we know today.

Lifetime Learning's Oral History Program owes its continued success to the volunteers who graciously donate their time and talents to digitizing, summarizing and transcribing these histories. The collection consists of audio recordings on cassette tapes. Some of the oral histories have been transcribed, and some have been summarized.

The audio tapes have been digitized and converted to CDs. Tapes and CDs are not available for borrowing, but researchers and members of the public are most welcome to consult the collection by appointment during our office hours.

Book Sale at Lifetime Learning Centre

Choose from a wide selection of adult, teen and children's books, mysteries, classics, travel, history books as well as reference, craft, gardening, music cd's and more. Books and cd donations accepted. Paperback books 50 cents, hardcover \$2.00 and trade books \$1.00

1st Tuesday of the Month, 9:00 a.m. to 2:00 p.m.

Fall Dates: September 8, October 6, November 3, and December 1, 2015

Special Programs

Piano Recitals with Tracey Tobin

Dates and Location:

September 10, 2015 – Cedarbrooke

October 1, 2015 - Carrington House

November 5, 2015 - Cedarbrooke

December 3, 2015 - Carrington House

Day: Thursday

Time: 1:00 p.m. - 2:00 p.m.

Fee: Member \$7.00/ non-member \$10.00 per concert

Location: Cedarbrooke, 32331 7th Ave. Mission

Carrington House, 32700 7th Ave. Mission

The theme for these Fall Concerts is “Name that Tune”.

Listen to live piano music in a fun and stimulating way, recognize tunes on the piano from years gone by. Hum along, sing along, and name that tune!

Monthly concerts at alternating facilities.

Lifetime Learning Bus Tours

Meet at LLCS office and bus departure at stated time.

For all bus tours, pre-register early.

Lunch or dinner is not included, dining out options always available.

Wear good walking shoes, bring a camera and dress for the weather.

Fee includes bus trip and tickets, admissions or concert tickets. Lunches or dinners are extra.

See date of bus tour for detailed description or phone the office.

Location: 32444 Seventh Avenue, Mission

Bus Tour: Cranberry Festival in Fort Langley

Date: October 10, 2015

Day: Saturday

Time: 9:30 a.m. - 4:00 p.m.

Fee: Member Fee \$35/non-member \$45

Bus Tour: 19th Annual Eastside Cultural Crawl in Vancouver

Date: November 21, 2015

Day: Saturday

Time: 9:30 a.m. - 4:00 p.m.

Fee: Member Fee \$30/non-member \$40

Bus Tour: Bach Choir: Messiah

Date: December 12, 2015

Day: Saturday

Time: 3:00 p.m.- 12:00 midnight

Fee: Member Fee \$45/non-member \$55

Open House

Date: September 23, 2015

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: By Donation

Location: 32444 Seventh Avenue, Mission

Speakers, Program registration & information, refreshment; come catch up after the summer break & see what's in store for this semester. Time to renew annual memberships

Christmas Tea Party and Carol Sing Along

Date: December 2, 2015

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: By donation

Location: 32444 Seventh Avenue, Mission

Come share some traditional goodies, carol sing along and stories of our shared traditions.

General Programs

Gardening Grandfolks Group

Date: September 8, 2015 (8 Sessions)

Day: Tuesday

Time: 1:30 p.m. - 2:30 p.m.

Fee: By Donation

Location: 32444 Seventh Avenue, Mission

It is time to harvest the bounty of Lifetime Learning's Organic Garden. Workshops will include growing fall & winter crops, processing and preserving for the winter, raised beds for extended growing seasons. Free tasting of home-grown goodness.

Warm Fuzzies Knitting Group

Start Date: September 10, 2015 (15 sessions)

End Date: December 17, 2015

Day: Thursday

Time: 1:00 p.m. - 2:30 p.m.

Fee: By Donation

Location: 32444 Seventh Avenue, Mission

We are back! Any level of experience is welcome. We want you to join our "Knitting Warm Fuzzies" group. Our goal is to create warm items for those less fortunate. Donations of yarn and supplies accepted. Knitting for all ages & abilities. Offered as part of the "**Linking Hands Across Generations Program**" A partnership with School District # 75 and LLC.

French Conversation (Beginner)

With Nicole Bellay

Series #1: Mon. Sept. 14, 2015 (6 sessions)

Series #2: Mon. Nov. 9, 2015 (6 sessions)

Time: 11:00 a.m. - 12:00 noon

Fee: \$40.00 member/ \$50.00 non-member

Location: 32444 Seventh Avenue, Mission

Improve your French-language skills for your next visit to France or La Belle Province (Québec), or even to follow French-language TV and radio. Build on your French conversation skills, polish your accent, increase your vocabulary, and expand your grammatical knowledge. This series will teach French conversation skills in a fun and interactive manner, including music, food, and culture.

French Conversation (Intermediate)

With Nicole Bellay

Series #1: Mon. Sept. 14, 2015 (6 sessions)

Series #2: Mon. Nov. 9, 2015 (6 sessions)

Time: 9:30 a.m. - 10:30 a.m.

Fee: \$40.00 member/ \$50.00 non-member

Location: 32444 Seventh Avenue, Mission

This course builds on your knowledge to improve your French-language skills for your next visit to France or La Belle Province (Québec), or even to follow French-language TV and radio. Build on your French conversation skills, polish your accent, increase your vocabulary, and expand your grammatical knowledge.

I Have a Story to Tell

Start Date: September 16, 2015 (6 sessions)

End Date: December 9, 2015

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: Member \$30/non-member \$40 - for series

Location: 32444 Seventh Avenue, Mission

For returning writers: move on to a new level. What's unique about your experience? How creative can you be and still respect historic accuracy? Capturing settings and personality through vivid scenes, and revisiting ethical issues while emphasizing your own style.

Note - meeting alternate Wednesdays: Sept. 16, 30, Oct. 14, 28, Nov 18, Dec. 9, 2015.

Book Discussion

Day: Tuesday

Time: 1:30 p.m. – 3:30 p.m.

Fee: Members \$35.00/ series or \$8 each
N/M \$45.00/series or \$10.00 each
Materials extra

Location: 32444 Seventh Avenue, Mission

Book discussion group meets every 2nd and 4th Tuesday of the month. This fall we will be reading and discussing the whole series of short story selections from the book "Immigrant Voices". Come for single sessions or join us for the series.

Sept. 22: Yiyun Li: The Science of Flight

Oct. 13: Edwidge Danticat: Hot-Air Balloons

Oct. 27: Emma Ruby-Sachs: Home Safe

Nov. 10: Lawrence La Fountain-Stokes: SJU-ATL-DTW
(San Juan-Atlanta-Detroit)

Nov. 24: Pablo Helguera: Diogenes

Dec. 8: Eduardo Halfon: Bamboo

Open House

Date: September 23, 2015

Day: Wednesday

Time: 1:00 p.m.- 3:00 p.m.

Fee: By Donation

Location: 32444 Seventh Avenue, Mission

Speakers, Program registration & information, refreshment; come catch up after the summer break & see what's in store for this semester. Time to renew annual memberships

Evening Philosophers' Cafes

Time: 7:00 p.m. – 9:00 p.m.

Day: Tuesday

Location: Chartwell Cedarbrooke, 32331-7th
Ave., Mission

Fee: \$5.00 refreshments provided

Join us for monthly discussions and conversation drawing inspiration from philosophy in an open-minded and inviting atmosphere, covering politics, history and more. This semester's topics include:

Sept: 29, 2015 – The Future of Radio

Oct. 27, 2015 – The Environment

Nov. 24, 2015 – Municipal Politics

Cultures & Religions in the Fraser Valley

With Harold Rosen

(www.interfaitheducation.org)

Start Date: September 24, 2015 (6 Sessions)

Day: Thursday

Time: 12:30 p.m. - 2:30 p.m.

Fee: Member \$40/series or \$7 per session
Non-member \$50/series or \$10 per session

Location: 32444 Seventh Avenue, Mission

Pre-registration required by Sept. 17, 2015

This course offers two complementary views of the cultures and religions of the Fraser Valley: 'respect for diversity' and 'working toward unity'.

Sessions will explore:

Introductions, Worldviews, Multiculturalism & Interculturalism, Sto:lo Spirituality & Culture

East Indian Faiths & Cultures in the Fraser Valley (focus on Sikh Faith)

Christian Faiths & Cultures in the Fraser Valley (focus on Mennonite Faith)

Asian Faiths & Cultures in the Fraser Valley (focus on Buddhist Faith)

Middle Eastern Faiths & Cultures in the Fraser Valley (focus on Islamic Faith)

Prospects for Unity-based Initiatives & Interfaith Cooperation (including Baha'i Faith).

Save Your Photos Day & Scan-A-Thon

With Sharon Syrette

Date: September 29, 2015

Day: Tuesday

Time: 10:00 a.m. - 3:00 p.m.

Fee: Member Fee Seminar \$7.00/non-member \$10.00 Scan-A-Thon by donation

Location: 32444 Seventh Avenue, Mission, BC

Preserve your photographs. This will be a 'hands-on' working session: bring a box of photos or an album to get started. Learn some basic steps for organizing your collection, and selecting the photos that are most important to you. Get some advice for saving originals. We will have scanners on-hand so you can make an electronic copy (bring a memory stick), learn to identify and tag people, and add properties. Time: 10:00 am to 12:00 noon Seminar - 12:00 to 3:00 Scan-A-Thon: scanning and one-on-one assistance (pre-register to book use of equipment and get personal help). For more information on International Save Your

Photos Day visit: <http://www.saveyourphotos.org/>

Celebrating Women's Week: Women in Politics

Date: September 30, 2015

Day: Wednesday

Time: 10:00 a.m. - 12:00 noon

Fee: Member Fee \$7/ non-member \$10

Location: 32444 Seventh Avenue, Mission, BC

Join us in celebrating Women's Week as we explore the past, present & future women of politics in Mission. Listen to the discussion panel of current, past Mission City Councilors, and future leaders.

Writing Your Family Stories

With Sharon Syrette

Series 1 -October 13, 2015 (4 Sessions)

Series 2 – November 17, 2015 (4 sessions)

Day: Tuesday

Time: 11:00 a.m. - 1:00 p.m.

Fee: Member \$5 Non Member: \$7 per session

Location: 32444 Seventh Avenue, Mission

Write about day-to-day moments, record stories from your personal journey or capture family history. After an initial discussion of the weekly theme, each week you will have ample time for writing. 'Progress check in times' provide one-on-one appointments with your writing guide to get feedback on your writing, or talk about ideas, concerns and barriers. (You won't have to read your stories to the group, and there are no group critiques.)

Bus Tour: Cranberry Festival in Fort Langley

Date: October 10, 2015

Day: Saturday

Time: 9:30 a.m. - 4:00 p.m.

Fee: Member Fee \$35/non-member \$45 includes bus - lunch extra

Presented by the Fort Langley BIA, this free festival will have a pancake breakfast, food trucks, entertainment, kids' play areas, unique vendors, participation from local shops and studios, nearly 100 vendors, and of course the freshest of cranberries. The Fort itself will also have 50% off admission (Saturday only) with cranberry-themed programming all the way through Sunday and Monday that long weekend. For more information visit: <http://www.fortlangley.com/bia/cranberryfestival>

Living Well and Leaving Well Workshop

With Kevin Holt, Canada Purple Shield

Date: October 14, 2015

Day: Wednesday

Time: 10:00 a.m. - 12:00 noon

Fee: Donation

Location: 32444 Seventh Avenue, Mission

Discover everything you, your spouse, your children and your Executor need to know in preparation for 'end of life'. Have "all your ducks in a row" to alleviate stress, overspending, and mistakes.

From Rationing to Ravishing: Women's Clothing of the 1940's and 50's

With Ivan Sayers

Date: October 14, 2015

Day: Wednesday

Time: 12:00 noon - 2:00 p.m.

Fee: Member \$7.00 - N/M \$10.00

Location: 32444 Seventh Avenue, Mission

Join Fashion Historian Ivan Sayers in this compelling review of how women's fashion changed during and after the war. Silk paracute wedding dresses, changing hemlines and necklines, and more.

Ivan Sayers is a fashion historian who specializes in the study of women's, men's, and children's fashions from 1650 to the present. A long-time resident of Vancouver, he worked at the Vancouver Museum from 1970 to 1990, and was its Curator of History from 1976 to 1990.

Learn to Use Your Tablet, Computer or Cell Phone

With Sharon Syrette

1st Session: Oct. 21, 2015 Basic Tech

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: By Donation

Location: 32444 Seventh Avenue, Mission, BC

Please bring your cell phone, iPad, tablet, e-reader, or other device, and we will have students on hand who can show you how to get the most from your device. Workshop will cover anything from the basics of turning it on, to various features and apps. The workshop will provide one-on-one instruction after a brief overview or introduction and some of the language of technology.

Session 1: Oct. 21, 2015

Session 2: Nov. 25, 2015

Session 3: Dec. 16, 2015

Offered as part of the "Linking Hands through the Generations Program"

A partnership with School District # 75

Route of Santiago de Compostela

With Christine Grimard & Marilyn Robinson

Date: October 21, 2015

Day: Wednesday

Time: 10:00 a.m. - 12:00 noon

Fee: Member \$7 N/M \$10

Location: 32444 Seventh Avenue, Mission

Travel presentation: Camino de Santiago. The **Camino de Santiago**, or **Route of Santiago de Compostela**, also known by the English name **Way of St. James**, is the name of any of the pilgrimage routes to the shrine of the apostle St. James the Great in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain, where tradition has it that the remains of the saint are buried. Many take this route for a spiritual path or retreat for their own personal spiritual growth.

Book Launch: "The Stone Ship"

With Father Dunstan Massey

Date: October 28, 2015

Day: Wednesday

Time: 10:00 a.m. - 12:00 noon

Fee: By Donation

Location: 32444 Seventh Avenue, Mission

Father Dunstan Massey is a familiar figure at Westminster Abbey, the Benedictine monastery and seminary here in Mission. In his eighties, he has finally published a book that he has been working on for many years, since 1955 – 'The Stone Ship'. It is a poetic drama: a lengthy play with a chorus, as in a Greek drama. He will read selections from it, and discuss it. To learn more about Father Dunstan Massey visit:

<http://www.seniorlivingmag.com/articles/fatherdunstan>

Remembrance Day Tea

Date: November 4, 2015

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: By Donation

Remembrance Day takes on an important significance as we are in the anniversary period that coincides with the events of WWI and with Canadian Service Personnel are on active duty.

Please come out as we remember in music and peace the sacrifices of our veterans and peace keepers.

Music Appreciation: North American Folk Music

With Skye Brooks & Karma Sehn

Start Date: November 5, 2015 (4 sessions)

Day: Thursday

Time: 10:00 a.m. - 12:00 noon

Fee: Member \$27 for series of 4 / \$7 drop-in
N/M: \$33 for series of 4 / \$10 drop-in

Location: 32444 Seventh Avenue, Mission

In this course we will explore an overview of music from Canada and the US starting at the end of the 19th century through to the present.

In particular, early rural music, the blues tradition and 60's folk revival will be examined from a sociological and musical perspective.

Travel: Canoeing Northern Rapids

With Freda & Ted Mellenthin

Date: November 18, 2015

Day: Wednesday

Time: 10:00 a.m. - 12:00 noon

Fee: Member \$7 / Non-member \$10

Location: 32444 Seventh Avenue, Mission

The most strenuous and most remote of their canoe trips Ted and Freda did alone. They paddled many thousands of kilometres on remote arctic rivers. From the mouth of several major tundra rivers they canoed to various northern communities which sometimes involved paddling stretches of Arctic Ocean.

Come and share in some of Freda and Ted's adventures.

Bus Tour: 19th Annual Eastside Cultural Crawl in Vancouver

Date: November 21, 2015

Day: Saturday

Time: 9:30 a.m. - 4:00 p.m.

Fee: Member Fee \$30/non-member \$40
includes bus - lunch extra

The 19th Annual Eastside Culture Crawl is Vancouver's 4-day visual arts, design and crafts festival. This event involves more than 20,000 people visiting artists in their studios in the area bounded by Main Street and Victoria Drive north of First Avenue in Vancouver. For more information visit:

<http://culturecrawl.ca/welcome>

Soap -Making

With Coree from HomeTree Naturals

Date: November 25, 2015

Day: Wednesday

Time: 12:00 noon 3:00 p.m.

Fee: Member \$15 Non Member \$20

Location: 32444 Seventh Avenue, Mission

Hands on project making lavender soap. Soap making can be as simple or as complicated as you like.

However the beauty of making your own soap is that you can make it with the ingredients that you choose and the fragrances that you prefer.

Come to this workshop and learn how to make lavender soap – makes a great Christmas gift.

Christmas Tea Party and Carol Sing Along

Date: December 2, 2015

Day: Wednesday

Time: 1:00 p.m. - 3:00 p.m.

Fee: By donation

Location: 32444 Seventh Avenue, Mission

Come share some traditional goodies, carol sing along and stories of our shared traditions.

Bus Tour: Bach Choir: Messiah

Date: December 12, 2015

Day: Saturday




Time: 3:00 p.m. - 12:00 Midnight

Fee: Member Fee \$45/non-member \$55 includes bus & concert - dinner extra

Spend an uplifting time immersed in the sound of 400 soaring voices performing timeless Christmas carols and newer seasonal works, accompanied by a brass quintet and the Orpheum's legendary Wurlitzer organ. This beloved annual tradition is a highly-anticipated opportunity to hear all levels of the Vancouver Bach Choir "Family of Choirs" in one concert – including the Adult Choir, Children's Chorus, Youth Choir, and Sarabande.

How to Register

Choose one of the following ways to register or to obtain more information on our Courses. Please note: We are currently able to only accept payment by cash or cheque.

		
<p>604-820-0220</p>	<p>Info.ltlc@telus.net</p>	<p>Or in person during office hours Tues. to Thurs., 9:00 a.m.-3:00 p.m. * note: we follow MPSD school closures.</p>

Specialty and Therapeutic Fitness Programs

Specialty and Therapeutic fitness for seniors and third age learners

Low Impact

Day: Tuesday & Thursday
Time: 10:00 a.m.
Fee: 10 class pass is \$35 member
 \$45 non-member
Dates: On-going begins Sept. 1, 2015
Location: 32444 Seventh Avenue, Mission

50 minutes of music, fun and good exercise, with some weight strengthening too. Class is designed for all levels and is especially useful for people with joint disorders such as osteoporosis and arthritis; we teach flexibility, strength training, light weights and relaxation to help you maintain a healthy lifestyle and to stay mobile and independent. Chairs are provided for the class. Instructor is BCRPA certified.

About OSTEOFIT

Please note: OSTEOFIT classes do not replace your physiotherapist's care and require your physician's permission to attend.

OSTEOFIT is a 50 minute exercise, education and falls prevention program for people with osteoporosis, low bone density or who are at risk of fractures and falls. OSTEOFIT will improve your bone health, posture, strength & endurance and result in increased confidence and independence. Instructor is BC Women's Hospital & Health Centre Certified.

Osteofit –Level 1

Day: Tuesday & Thursday
Time: 9:00 a.m.
Fee: 10 class pass is \$35 member
 \$45 non-member
Dates: On-going begins Sept. 1, 2015
Location: 32444 Seventh Avenue, Mission

Intended to give people with osteoporosis the opportunity to begin, or continue on with, an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity.

Osteofit –Level 2 (Osteofit for Life)

Day: Tuesday & Thursday
Time: 11:00 a.m.
Fee: 10 class pass is \$35 member/ \$45 non-member
Dates: On-going begins Sept. 1, 2015
Location: 32444 Seventh Avenue, Mission

Intended to give people with osteoporosis the opportunity to **continue** on with an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity.

Get Up and Go!

Start Date: Oct. 13, 2015 (10 sessions)
Day: Tuesday & Thursday
Time: 12:30 p.m.
Fee: 10 class pass is \$35 member
 \$45 non-member
 Subsidy may apply
Location: 32444 Seventh Avenue, Mission

Contact Ming Leung at Fraser Health to sign up at 604-587-7850, ext. 764846 or email: fallsprevention@fraserhealth.ca

The Get Up & Go! Program is a collaborative program between the Fraser Health Falls and Injury Prevention and Osteofit (BC Women's Hospital & Health Centre's Osteoporosis Program). It provides an entry level exercise program for seniors with balance and mobility impairment who would otherwise be unable to attend a community based exercise class. It is a safe exercise program specially designed to improve strength, balance and coordination as well as functional ability independence and quality of life. Subsidy for this program may be available through a referral from the Fraser Health Fall and Injury Prevention Program.



Chair Yoga

With Norine Longmire

Series #1: Sept. 15, 2015 (6 sessions)

Series #2: Oct. 27, 2015 (6 sessions)

Day: Tuesday

Time: 11:00 a.m. to 12:00 noon

Fee: 6 class series is \$35 for member/ \$45 for non-member

Location: 32444 Seventh Avenue, Mission

This fun fitness class is for anyone wanting to improve their mobility and flexibility as well as increase circulation, improve focus, and move beyond perceived limitations. Whether wheelchair or chair bound, recovering from surgery, have limited mobility – you can still do yoga.

Stretches, gentle strengthening, breathing techniques, and visualization will all help you to increase your mobility at any level.

Join us and feel better after the 1st class!

Chronic Pain Self-Management Program (CPSMP) Workshops

Date: November 5, 2015 (6 sessions)

Day: Thursday

Time: 1:00 p.m.-3:30 p.m.

Fee: no cost

Location: 32444 Seventh Avenue, Mission

Registration is required. Contact University of Victoria Centre on Aging at 1-866-902-3767 or by email to selfmgmt@uvic.ca to register or for more information.

The Chronic Pain Self-Management Program is a six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives.

The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. Participants can self-refer and the programme is free.

Web site: <http://www.selfmanagementbc.ca/>

Nordic Walking

Please contact the office for details on this new program.

Nordic Pole Walking is a low-impact exercise that can be done by nearly anyone. It works 90% of your muscles and burns up to 46% more calories than regular walking. Exercise, meet new people and enjoy our beautiful community.

Membership and Volunteering Opportunities

OUR MISSION: to provide programs that enhance quality of life, improve general knowledge, provide active living opportunities, and lifelong learning for enquiring minds.

Annual Membership: \$20.00 individual; per \$25 couple;

Donations are gratefully accepted and help to keep our programs affordable; tax receipts are issued for donations over \$10. Thank you!




A perfect Birthday Gift for that someone 'who has everything'! Or Leave a Legacy, Bequests: and add to Lifetime Learning Fund at Mission Community Foundation (call for details).

MAKE A DIFFERENCE! Are you interested in volunteering? We have a variety of jobs and positions available.

Call 604-820-0220 for more information.

How to Register

Choose one of the following ways to register or to obtain more information on our Courses.
Please note: We are currently able to only accept payment by cash or cheque.

		
604-820-0220	<i>Info.Itlc@telus.net</i>	Or in person during office hours Tues. to Thurs., 9:00 a.m.-3:00 p.m. * note: we follow MPSD school closures.

About Lifetime Learning

For 30 years, Lifetime Learning Centre Society has provided active living and healthy aging opportunities through its community and general interest adult education programming. We serve not only Mission's older adults, but anyone interested in intellectual and wellness pursuits.

The Centre offers a wide variety of programs and invites you to become one of our active members. We are a self-financed non-profit organization with a voluntary Board of Directors dedicated to the tradition of lifelong learning, personal enrichment and wellness.

Our programs, offered in an informal setting, enhance quality of life, improve general knowledge and provide opportunities for the citizens of Mission to remain mentally and physically active. Our vision is to promote and support active and healthy aging for the whole of our society, intergenerational cooperation, productive partnerships and elder friendly community, providing programs to enrich our lives.

Our program and membership fees are kept to a minimum and we invite all returning and new members to explore our offerings.

The LTLC has links with Canadian and international networks of organizations that offer learning opportunities for older adults. These network websites are gateways to information about other similar programs.



Our Board & Staff

Board

Dr. Ian Graham, President	John Laing, Treasurer
Joan MacLatchy, Vice-President	Mel Hundert
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Staff

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Lexi Richards – Programs	Norine Longmire - Yoga
Nicole Bellay –French	David Howerton- IT Support
Sharon Syrette- Tech & History	



Acknowledgements

Funding sources for Lifetime Learning Centre are varied. They represent provincial and local governments as well as service organizations, businesses, and foundations who share our vision of an active, healthy, engaged community.

We thank our many partners for their continued support as we grow into the future.

Most of all we thank our members for their commitment, support, and the volunteer time they contribute to the Centre and to the enrichment of the community.

We thank all our funding bodies, partners, members, program participants, staff and instructors and acknowledge the support they have provided us over the last 29 years.

Lifetime Learning Centre acknowledges the financial support of the Province of British Columbia.

Our Sponsors and Partners



New Horizon's Program

