

Seniors Resource Centre Association Newfoundland and Labrador

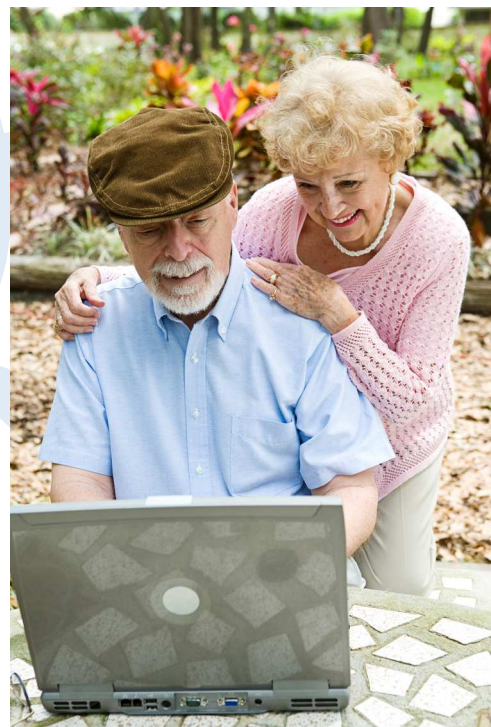


Lifelong Learners Program Annual Calendar September 2009-May 2010

The Lifelong Learners Committee is pleased to announce its upcoming learning opportunities. See what's in store for next year! Sign up!

The Seniors Resource Centre offers the following programs:

- ◆ Bereavement Support
- ◆ Caregiver Support
- ◆ Elder Abuse
- ◆ Friday Friendship Club
- ◆ Friendly Visiting
- ◆ Grocery Bus
- ◆ Heritage Crafters
- ◆ Income Tax Clinics
- ◆ Information and referral
- ◆ Lifelong Learners
- ◆ Link Program
- ◆ Mall Walkers Club
- ◆ Peer Advocate Program
- ◆ Seniors Bridging Cultures
- ◆ Snowbusters Program
- ◆ Volunteer Driving
- ◆ VON Foot Care Clinics



General interest Courses (held at Sobeys, Howley Estates on Torbay Road)

FROM POST WAR TO POST MODERN: Understanding the World Since 1945

September 15th to October 1st, 2009 : Tuesdays and Thursdays 10am -12 noon

Fee \$30.00

Instructor: Dr. Chris Youe

History that people have lived through: Origins of the Cold War, Collapse of empire, globalization and the Middle East Crisis.

CREATIVE WRITING

October 13th to November 5th, 2009 : Tuesdays and Thursdays 10am -12 noon

Fee: \$40.00

Instructor: Geri Rubia

A lively and inventive way to explore various categories of writing to become fearless in putting thoughts into words.

FISHERIES

November 10th to November 26th, 2009: Tuesdays and Thursdays 10am -12 noon

Fee: \$30.00

Instructor: Les Dean

The early days of the fishery in Newfoundland and Labrador from 1600 to 1835.

ESTATE PLANNING

December 1st to December 10th, 2009: Tuesdays and Thursdays 10am -12 noon

Fee: \$30.00

Instructors: Paul Coxworthy and Isabelle O'Shea

Experienced legal counsel will speak about practical planning of wills, advanced health care directives (living wills), power of attorney and other topics.

GARDENING

January 12th to January 28th, 2010: Tuesdays and Thursdays 10am-12 noon

Fee: \$30.00

Instructor: Wilf Nichols

The flora of Newfoundland and Labrador and its potential for research in pharmacy and commerce.

HINDUISM AND BUDDHISM

February 9th to February 25th, 2010 : Tuesdays and Thursdays 10am-12 noon

Fee:\$30.00

Instructor: Canon Cluett

An introduction to the history of the religions and theology of Hinduism and Buddhism.

FARMING: From a Woman's Perspective

March 9th to March 25th, 2010: Tuesdays and Thursdays 10am-12 noon

Fee: \$30.00

Instructor: Hilda Murray

Life as it was in an outpost in pre-confederation Newfoundland with emphasis on the role of women.

MULTICULTURALISM HISTORY AND CULTURE

April 6th to April 22nd, 2010: Tuesdays and Thursdays 10am-12noon

Fee: \$30.00

Instructors: Various

Learn about different cultures and customs from various parts of the world. Listen to people's true life experiences as immigrants to a new land.

PAINTING FOR BEGINNERS II (Maximum of 10 participants)

April 7th to April 26th, 2010 : WEDNESDAYS 10am-12noon

Fee:\$40.00 Plus cost of own supplies

Instructor: Chris Hawkins

This course is for anyone regardless of talent or experience. Anyone can learn to paint! Learn to paint in a fun, relaxed environment and benefit from learning a new skill that will continue to enhance your life!

BEOTHUKS

May 4th to May 20th, 2010: Tuesdays and Thursdays 10am-12 noon

Fee: \$30.00

Instructor: Les Dean

An interactive session about the life and times of the Beothuks, one of the first Aboriginal Peoples of Newfoundland and Labrador.

Computer Courses (listed on back page)
Fee: \$120.00 inc. tax + \$14.00 for parking permit (if required)

Our computer classes take place at Memorial University computer labs and provides a comfortable environment for beginners and those who feel intimidated by computers. Each course offers eight, 2.5 hour classes and have a small class size. A deposit of \$30.00 is required in advance at time of registration.

**INTRODUCTION TO COMPUTERS (Computer Basics):(Maximum of 14 participants)
three sessions to pick from : September 2009, January 2010 & March 2010**

You will learn the absolute basics of operation, what makes up a computer and how to use a variety of programs.

**INTRODUCTION TO INTERNET AND EMAIL:(Maximum of 10 participants)
three sessions to pick from: September 2009, January 2010 & March 2010**

You will learn how to navigate the World Wide Web with confidence and a sense of control. Discover how easy it is to communicate with friends and family using email and other online services.

To find out more about our Lifelong Learners program or to be added to our mailing list, you may contact us in the following ways:

- ◆ Phone: 709-737-2333 or toll free at 1-800-563-5599
- ◆ Email: info@seniorsresource.ca
- ◆ Web: www.seniorsresource.ca
- ◆ Write: Lifelong Learners
c/o The Seniors Resource Centre Association NL
Suite W100, 280 Torbay Road
St. John's, NL A1A 3W8

Important Notice: Payments can be made by credit card, cash, cheque or post-dated cheques. **Payments must be made at the time of registration.** Send the inserted registration form with your payment to the address above or charge by phone using the numbers provided. **Refund Policy:** Refunds for all courses will be issued up to 14 days prior to the commencement of the course. Refunds will also be issued up to the start of the course due to medical issues or other extenuating circumstances.

Thank you for participating in our programs.

