



ACADIA
UNIVERSITY

ACADIA LIFELONG LEARNING CENTRE

Learning Opportunities for Older Adults

Fall 2010 / Winter & Spring 2011 Calendar

Join the Acadia Lifelong Learning Centre

The ALL Centre is a way for Acadia University, through Open Acadia, to share its intellectual and cultural resources with the growing population of senior adults. The courses listed in this calendar are designed for a senior audience.

ALL annual membership fee (July 1 – June 30): \$25

All membership has its benefits:

- Free credit course audits
- Free access to the Vaughan Memorial Library
- Free ALL seminars, lectures and readings
- Reduced ALL course fees
- Special events and outings
- Invitations to participate in community events
- E-list of ALL events

IMPORTANT INFORMATION:

- New! Register for your favourite courses, seminars and outings on-line at <http://all.openacadia.ca>. Click on Registration. Online registration is fast, convenient and secure.
- New! ALL Gift Certificates make great stocking stuffers, the perfect gift for birthdays and mothers' and fathers' days, and nothing says 'thank you' better. ALL Gift Certificates can be purchased online. They are available in \$25 increments and can be used towards ALL memberships or any ALL course.
- Learn about your ALL Board members at <http://all.openacadia.ca>.
- Courses require a minimum of 10 – 12 registrations to run. Register early to avoid course cancellations.
- Full course descriptions are available online at <http://all.openacadia.ca>. Click on Programs. ALL courses are listed alphabetically. You can use the filter to search by term.
- Fees are listed with each course.
- Seminars are free for ALL members. If you register for a seminar but are unable to attend please contact us as there may be a wait list.
- You will be contacted with the location(s) after you have registered for your course or seminar.
- Detailed course descriptions, instructor biographies, ALL policies and registration forms are available online at <http://all.openacadia.ca>. If you do not have access to the internet please call us at 800-565-6568 to receive your copy of this information.
- Fees listed in this calendar are for ALL members. Non-members please add \$15 to the listed fee.
- The information provided in the calendar and on our website is current as of the time of printing this calendar. Programs listed are subject to changes.



Welcome to an exciting 2010-11 ALL year

Is it possible to keep fit and be well rounded at the same time?
Sure it is – ALL members do it all the time.

You can stretch your mind, body and creativity – and meet other active, engaged people – by taking part in ALL courses and seminars. This year you'll find exciting new ones alongside your favourites:

- Latin dance, Pilates and more
- gourmet delights in food and wine
- painting, writing, and photography
- Henry VIII and Tudor England
- the poetry of gardens
- Broadway and Hollywood
- Cambodia revisited
- radioactivity and chemical hazards
- adventure series
- practical legal issues
- conversational French

The program committee, chaired by Harold Forsyth, have again done excellent work in bringing you a variety of courses, seminars and outings to enjoy.

This calendar covers the fall, winter and spring terms. Keep it handy, and sign up early for items that catch your interest. Some events have a waiting list, so please let us know if you've signed up but can't make it.

Have a great year!

Rachel Cooper, Chair
Acadia Lifelong Learning Centre Board

FALL 2010

Note: There are no classes on Thanksgiving Monday, October 11 and Remembrance Day, November 11.

Course descriptions and instructor biographies are available online at <http://all.openacadia.ca>. Click on Programs.

The numbers in brackets () below indicate the number of weeks the courses run.

MONDAY

FREERING YOUR NATURAL VOICE, \$75

Colin Bernhardt

(4) Sep 27 – Oct 25, 10:00 am – 12:00 noon

Using theatre skills to enrich and empower the voice and the person.

AGING STRONG, \$25

Janet Mooney

Nov 15, 10:00 am - 12:00 noon

A practical introduction to the why and how of a functional exercise program for adults 50+.

TUESDAY

BROADWAY AND HOLLYWOOD: IN THEIR OWN WORDS, \$105

Peter Riddle

(8) Sep 28 – Nov 16, 4:30 – 6:30 pm

Behind the scenes of Broadway musicals and Hollywood productions.

ZUMBA: LATIN GROOVE FOR 50+, \$40

Gaea Jess

(4) Oct 5 – 26, 2:00 – 2:45 pm

For 50+ adults and anyone rehabilitating from injuries. A toned down class with lots of spice!

WEDNESDAY

PAINTING WITH WATERCOLOURS, \$140

Twila Robar-DeCoste

(8) Sep 29 – Nov 17, 10:00 am – 12:30 pm

An introduction to the techniques of this beautiful medium.

A FIELD GUIDE TO WESTERN ART, \$125

Donna Jean-Louis Livingston

(10) Sep 29 – Dec 1, 4:30 – 6:30 pm

A survey of Western Art from the Lascaux to Land Art.

RADIOACTIVITY AND CHEMICAL HAZARDS IN THE ENVIRONMENT, \$75

Cliff Stanley, Sandra Barr, Nelson O'Driscoll

(4) Oct 6 – 27, 4:30 – 6:30 pm

Sources, uses and risks associated with radioactive and toxic elements.

THURSDAY

SPARKLING WINE TOUR, \$5

Bruce Ewert

Field trip, Sep 16, 11:00 am

Tour L'Acadie Vineyards and learn about this exciting new wine style for Nova Scotia. Fee includes tour and cost of wine.

WRITING FICTION, \$140

Susan Haley

(8) Sep 30 – Nov 25, 9:00 am – 12:00 noon

Composition of short pieces for presentation and critiquing in class.

ECOLOGY OF LAKES AND RIVERS, \$85

Graham Daborn

(5) Sep 30 – Oct 28, 1:30 – 3:30 pm

Explore the natural history of lakes and rivers in Canada and the Maritimes.

THE KILLING FIELDS REVISITED: CAMBODIA AND THE KHMER ROUGE TRIALS

Peter Walker

Seminar, Oct 7, 6:30 pm

The story of how Cambodia and the UN are coming to grips with the atrocities of the Khmer Rouge.

ADVENTURE SERIES, \$65

(3) Oct 14 – Oct 28, 6:30 – 8:00 pm

- The History of Oak Island, Danny Hennigar
- The Last Day of the Concordia, Maurice Tugwell
- A Birding Trip to N.W. India, Richard Stern

Various speakers will regale us with their latest from around the world and right here at home.

SATURDAY

WINE APPRECIATION EVENING, \$55

Jonathan Muir

Field trip, Oct 23, 7:00 – 10:00 pm

Learn the senses on your palate and balance food and wine. Fee covers cost of food and wine for this session.

WINTER 2011

Note: There are no classes on Good Friday, April 22.

Course descriptions and instructor biographies are available online at <http://all.openacadia.ca>. Click on Programs.

MONDAY

WHAT IS OSTEOPATHY?

Jan Tait

Seminar, Feb 7, 10:00 am

An introduction to osteopathy. What is it, why does it work and when is it appropriate for you?

THE WISDOM AND CHALLENGES OF TRANSITION FOR WOMEN, \$100

Shauna Glidden

(6) Feb 14 – Mar 21, 4:30 – 6:30 pm

An exploration of women's life transitions, its challenges and wisdom.

TUESDAY

CONVERSATIONAL FRENCH (VOULEZ-VOUS SPEAK FRENCH?), \$125

Marc Sauve

(10) Jan 25 – Mar 29, 4:30 – 6:30 pm

Realistic dialogues and conversational activities in a friendly setting.

GOURMET DELIGHTS FROM THE BOUNTY OF THE VALLEY, \$165

Brit Podolinsky

(6) Mar 8 – Apr 12, 6:30 – 8:30 pm

Gourmet cooking featuring local seasonal ingredients. Price includes the cost of food.

WEDNESDAY

PAINTING WITH ACRYLICS, \$140

Twila Robar DeCoste

(8) Jan 26 – Mar 16, 10:00 am – 12:30 pm

An introduction to this versatile and rich painting medium.

POETRY OF GARDENS, \$95

Anthony Harding

(6) Jan 26 – Mar 2, 1:30 – 3:30 pm

The course explores how gardens and poems have each inspired the other.

PILATES...THE WAY TO FITNESS, \$75

Sherry Swanburg

(8) Jan 26 – Mar 23, 10:30 – 11:30 am

Learn daily movements and breath patterns to enhance your quality of life and keep you pain free.

THURSDAY

BACKYARD BERRY PRODUCTION

John C. Lewis

Seminar, Jan 13, 10:00 am

How to grow healthy, delicious berries in your backyard year round.

HENRY VIII AND TUDOR ENGLAND, \$95

Jennifer MacDonald

(6) Jan 20 – Feb 24, 2:00 – 4:00 pm

Learn about the true life and times of Henry VIII.

PRACTICAL LEGAL ISSUES, \$75

Peter Muttart

(4) Mar 3 – 24, 4:30 – 6:30 pm

Useful legal information for the layperson: estate planning, home purchases and sales, wills, succession, planning trusts, etc.

SATURDAY

DIGITAL PHOTOGRAPHY AND PHOTO EDITING, \$75

Rick Penney

(3) Mar 5 – 19, 9:30 am – 12:00 pm

A hands-on course to help you get better photos and make photos better.



SPRING 2011

Note: There are no classes on Good Friday, April 22.

Course descriptions and instructor biographies are available online at <http://all.openacadia.ca>. Click on Programs.

MONDAY

LIFE WRITING, \$105

Dianne MacPhee

(8) Mar 28 – May 16, 6:00 – 8:00 pm

Shaping and piecing together our memories, stories, journals, diaries, and anecdotal information into an ordered compilation.

TUESDAY

SEEING PHOTOGRAPHS OUTDOORS, \$75

Darrell Slauenwhite

(4) May 3 – 24, 6:30 – 8:30 pm

Improve your ability to see photographs in the 'natural world.'

WEDNESDAY

DRAWING AND SKETCHING, \$95

Twila Robar-DeCoste

(6) Apr 6 – May 11, 10:00 am – 12:00 noon

Learning to make marks count.

A WALK BETWEEN THE TIDES AT HORTON BLUFF

Sherman Williams

Seminar, May 25, 1:15 pm

Explore the stratified layers of rock, prehistoric pages recording events reaching back to the Carboniferous past.

CHIMNEY SWIFTS

Jim Wolford

Seminar, Jun 1, 8:30 pm

Learn the interesting facts about chimney swifts and witness their dramatic entrance into their roosting site at dusk.

THURSDAY

USING SOCIAL MEDIA TO CONNECT WITH OTHERS SAFELY, \$60

Shelly Vaughan

(5) Mar 24 – Apr 21, 6:30 – 7:30 pm

Leveraging social media to stay connected or to reconnect with family and friends.

SUNDAY

NEPTUNE THEATRE: WESTSIDE STORY, \$90

May 1. Departure time to be confirmed.

Excursion to Halifax to see the Neptune Theatre production of West Side Story. Fee includes premium show tickets and return transportation to Neptune Theatre in Halifax. Bookings and payment must be confirmed by January 14, 2011. Minimum 25 people are required for this to run.

More Learning Opportunities

NEW HORIZONS' BAND: IT'S NEVER TOO LATE!

\$100 for ALL members

\$120 for non-members

Contact Barb Jordan (902-585-1512) at the School of Music, Acadia University, for further information.





BEACH FINDS, BY ED KERR

A longtime resident of Hants County, Ed began painting in oils through a continuing education class at his local high school. Since this introduction, he has received instruction and attended workshops in watercolour and acrylics with acrylics now being his medium of choice. Following a time away from painting, Ed was re-introduced to the hobby through classes offered by the ALL Centre at Acadia and praises the professional instruction received through the program. Ed and his wife Cathy are longtime residents of Windsor.

→ How to Register

Go to <http://all.openacadia.ca>. Click on Programs to review full course descriptions and instructor biographies. Click on Register to register for your course online or download the registration form. You can register quickly and conveniently with our secure online registration option.

If you do not have internet access contact us to receive detailed course descriptions, instructor biographies and the registration form.

Phone 902-585-1434 or 800-565-6568, Monday to Friday between 8:30 am and 4:30 pm.

Call the ALL update line for program changes and updates 902-585-1434 or 800-565-6568, press 1 at the prompt.

ALL AUDIT

ALL members are eligible for free credit course audits. You may be able to audit any lecture style undergraduate course offered by the university pending available space and permission by the professor. To review the available courses, visit <http://all.openacadia.ca>. Click on "Audit Credit Courses" and follow the instructions that guide you through the Registrar's course listing. To register for a course, contact Open Acadia by calling 902-585-1434 or email allinfo@acadiu.ca. Be sure to include the course name, instructor, subject and section number with your request. We will try to arrange permission for you to audit the course.



Contact Us...

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Acadia University
Wolfville, Nova Scotia B4P 2R6

800-565-6568 (toll free)
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