



LIFE Institute

in partnership with Programs for 50+ at Ryerson University's
G. Raymond Chang School of Continuing Education

LivingLIFE (formerly known as LIFElines) VOLUME 26, NO. 1

February 2, 2017

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EVENTS

Ageing Well: A Public Education Day to Support Healthy Ageing

Cost: \$40.00

Register online by Feb.8.17 at:
www.sinaigeriatrics.ca/ageing-well

Partners in Learning Save The Date!

Tuesday, March 21, 2017
11:00 a.m. to 12:30 p.m.

*Living*LIFE

LIFE Outside the Classroom **Over the next few editions we will be highlighting our LIFE clubs. Stay tuned.**

The Photography Club

Club Co-ordinator: Edward Zamble

In recent years, several LIFE members have offered a variety of courses on photography, including such areas as history and techniques from very basic to more advanced. When I agreed to co-moderate one of these courses it became apparent that there was untapped potential for rewarding activity in the art and practice of photography among the membership. A club offers greater flexibility than formal courses, so I organized a group that began meeting in the fall of 2014. The number who joined was better than I had expected. The next year, Harold Hutner and Nan Weiner joined me in the leadership role.



This year we have in excess of 40 members. The topics for our meetings are chosen from among ideas submitted by members. Aside from the expected areas such as photographic techniques and practice, we try to include outside speakers; we also have group shoots and/or gallery visits, mainly in warm weather.

The Movie Club

Club Co-ordinator: Terry Poulton

The previous movie club had a long run before I became a LIFE member, but it disbanded for reasons unknown to me. Because of my lifetime enthusiasm for films, I decided to revive the club as its co-ordinator, which I did in 2012. We're now up to 132 members.

We always see matinees at one of the downtown cinemas on a Tuesday (a.k.a. cheapo day). We try for the first Tuesday of every month, but if nothing I believe the majority of us is likely to enjoy arrives by then I postpone till the following week. Those of us who wish to "nosh and natter" after the film do so at a nearby restaurant.

I was a long-time journalist (magazines and newspapers in Toronto and the U.S.), and the gig that is most relevant to the Movie Club was being an entertainment columnist at the Toronto Star in the mid-80s.

Save the Dates Upcoming 50+ Lecture Series

April 2, 2017
"Renewable Energy Initiatives"

April 30, 2017
"Social Venture Innovations"

Sundays at 1:30 p.m.
These lectures are open and free
for you to attend and bring your
friends.

**LIFE's SPRING 2017
REGISTRATION**
is the week of April 3, 2017

The Newsletter Committee is trying something new.

If you have an amusing short story or poem we would like to hear about it. Word has reached our ears that readership is lower than it ought to be, and we hope that raising the fun factor may help to boost it.

Please send your story (no more than 100 words) to peteraustin388@gmail.com.

Note that the subcommittee's decision on whether or not to publish is final, and we also reserve the right to edit submissions. We are starting off this tradition by including two amusing short stories in this edition of *LivingLIFE*.

Thank you!

Quick Links

[LIFE Website](#)

[Contact LIFE Office](#)

[LIFE Board of Directors](#)

[Clubs](#)

[Chang School Programs for 50+](#)

[Ryerson University](#)

[ACT II Studio](#)



The Luncheon Club

Club Co-ordinator: Pam Hitchcock

The idea of organizing lunches for LIFE members was mine, and a board member suggested I form a club. I presented the idea at a LIFE event in November 2013. About 20 people indicated an interest. We met in January to establish parameters and discuss possible venues. In February we met for our first lunch at a Japanese restaurant near Ryerson, and we have continued to meet almost every month since.

I don't have a committee as such but do consult with various members from time to time and always welcome suggestions. I find out about different restaurants from members and friends, reviews in newspapers, Toronto Life and the internet, and while walking round the city.

Before retiring, I was a faculty member in the school of Urban and Regional Planning at Ryerson for 24 years. I am a founding and past board member of LIFE, have moderated several courses and am a member of the Walks committee.

If you are interested in these or any of LIFE's Clubs, please find out more by visiting the [CLUBS](#) page on our website.

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Class Host Recognition Event

On January 26, 2017 LIFE held its first Class Host Recognition Event in POD250 with over 30 hosts in attendance. The focus of the day was to give class hosts opportunities to share their successes and challenges as well as providing feedback to the Class Host Support Committee. Class Hosts as member engagers were discussed and interesting suggestions were shared by experienced hosts. Feedback from this event was very positive and in fact dialogue continued over lunch. A big thank you to the Class Host Support Committee for organizing this event. Members of this committee include Jean Brady (Chair), Eva Bell, Sharon Thomas, and Barry Anderson.

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LIFE Walks Definitely not for the birds!



Doug Paton is a long-standing LIFE volunteer who has folded his personal interests into moderating a LIFE course as well as helping to coordinate LIFE Walks. Doug has had extensive involvement with the Bruce Trail Association, as well as a Seniors Walking Group. This has

FAQs

Want answers fast? Check out the [Frequently Asked Questions](#) on the website.

GET INVOLVED

LIFE Institute is a volunteer-run organization. Almost everything we do is done by volunteers. This includes the board, the committees, moderating and being a class host. As a result, volunteer opportunities occur frequently.

segued nicely into moderating a Fall Birding course, as well as being part of a core group of LIFE volunteers that works together to recruit walk leaders and to help plan walks. Others in this core group are Bernice Holman, Roy Fischer, Donna Oke, Pam Raiken, and Pam Hitchcock.

Walks through our fair city may include strolls through Toronto's many parks and ravines, historic neighborhoods, or various cityscapes. Leaders provide interesting commentary, often supplying little know facts or describing points of interest. Leaders may either volunteer or be "tapped on the shoulder" to lead a group matching their interests. Walks are identified with a scale of difficulty ranging from 1 to 3. Walks are frequently followed by a spontaneous visit to a nearby restaurant to munch - after all that hard work!

Check the Spring 2017 calendar to enroll in the next series of Walks. Please note that the walks continue throughout the summer, and into the early fall. So – may we tap you on the shoulder to lead a LIFE Walk in the future? For more information, contact the LIFE office.

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Winterfest was HOT at the Hot House Restaurant and Bar!

Over 100 LIFE members enjoyed the annual holiday get-together luncheon on December 15 at the Hot House Restaurant and Bar in Toronto's historic St. Lawrence Market area. Guests were welcomed to the private, cheerful dining area which was adorned with seasonal decorations. The guests were warmly welcomed by Sandra Kerr, Director 50+ Programs and Ginny Bosomworth, LIFE President.



Sandra noted that this year's celebrations of three of our country's religious holidays occurred at approximately the same time – Chanukah, Christmas, and Kwanzaa – truly a celebration of Canada's diversity. As well, Sandra conveyed the following vignette provided by Dr. Marie Bountrogianni, Dean of the Chang School, who was unable to attend:

John Lennon told the story of how, when he was 5 years old, his mother always told him that happiness was the key to life. In his later years, when he went to school, they asked him what he wanted to be when he grew up. He told them, "happy." They told him that he didn't understand the assignment – and he told them – they didn't understand life!



The moral of the story is that life is about fulfillment no matter what path you choose. Guests were urged to continue to enjoy learning and to continue to enjoy life/LIFE, and evidently they did!



The piece de resistance was the lovely musical interlude played by Andrew Chan, a talented, passionate harpist. Thanks to the many volunteers who worked diligently on planning and logistics to ensure the members enjoyed the holiday party. And a big thanks to Charles Wright, our competent MC, for keeping us “on schedule.”

- Milvi Ester, Chair Member
Engagement Committee

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Report from a Conference on Ageing



On November 24 and 25, I attended the National Institute on Ageing (NIA) Re-think Ageing National Conference in Toronto.

The NIA was founded in February 2016. Its office is in Ryerson University.

The goal of their conference was to establish principles and goals for a national strategy on ageing. Dr. Samir Sinha, Director of Geriatrics at Mount Sinai and the University Health Network Hospitals is the driving force behind this effort. The collected ideas from this conference will soon be released on the following site:

<http://www.nationalseniorsstrategy.ca>

The National Seniors Strategy develops around four pillars:

- Independent, productive, and engaged citizens (This is where LIFE fits in.)
- Healthy and active lives
- Care closer to home
- Support for caregivers

The activities of the LIFE Institute serve the first pillar. With many Canadians living their later years in good health, we give them opportunities to remain productive and engaged members of society. In addition to the academic subjects that LIFE now offers, we might expand our offerings to help members plan how to finance their retirement years and understand the care options that are available for older citizens.

Many efforts are underway now in Canada to serve an ageing population. Many creative and committed people are working on a wide range of ideas to improve the lives of seniors. Good to know.

-Dennis Bockus, LIFE Board Member

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Upcoming Events: Programs for 50+

1. Anyone out there a closet playwright?

The Stella Award is open to a participant in any Programs for 50+ who has written a one act play. Submissions are due Friday, March 3 and financial prizes are awarded at the 50+ festival in early June (hopefully you can make this!). For more details go to:

https://ce-online.ryerson.ca/ce/forms/stella_award_application.pdf

2. Lifestyle and the ARTS



a) Volunteer at Ryerson Learned conference coming this Spring!

Interested in the arts and humanities? Ryerson University will be hosting the **Congress of the Humanities and Social Sciences: The Next150**, Canada's largest academic conference from May 27 – June 2, 2017. We anticipate over 9,000 folks on campus for this event. A few of the lectures will be open to the public, and we will be inviting you to participate in these as part of our 50+ festival this year.

We are looking for 400 volunteers to represent Ryerson. Timetabling will be on your own schedule and training will be provided. You may even get an opportunity to sit in on some of the sessions only open to the participants. LIFE classes will be cancelled for that week, so if you think you can help out, please contact Sandra Kerr at skerr@ryerson.ca or 416-979-5000 ext. 6979.

b) Music and the Brain.

Do you sing in the shower? Do you struggle to hear in various settings? Are these questions related? YES! A new research study at Ryerson's SMART Lab is investigating the effects of singing and learning music on the brain. So far their studies suggest that just 10 weeks of group singing and vocal exercises can improve your ability to discriminate pitches and perceive speech in noise. These results lend support to the use of choir participation and musical training to mitigate age-related auditory and cognitive decline. So Programs for 50+ is opening a Music Program. The first offering is a singing course, which began in the fall and continues this winter. Research suggests that singing, among its many other benefits, improves hearing health.

We will have a new round starting April 19/20 (your choice of Wednesday/Thursday afternoons). **Registration opens February 27.**

Register at www.ryerson.ca/ce/csmu100 and look for the session starting on the day of your choice. If you need help with registering, give us a call at 416-979-5103 and David will help you out.

Sandra Kerr, Director, Programs for 50+

Dr. Peter Lin - The iBrain



Peter Lin, is the Director of Primary Care Initiatives at the Canadian Heart Research Centre, a family practitioner and health columnist for the CBC Radio. He presented a lecture called iBrain on January 22, 2017 as part of the 50+ Festival Series.

Dr. Lin spoke eloquently about myths versus reality with respect to the brain and the aging process. He took us on a journey through the development of the brain from infancy, to adulthood, to our later years. As well, he spoke about dementia in its many facets. Most significantly, he spoke about exciting research that may lead to prevention of dementia. Focusing on “brain health,” Dr. Lin drew parallels between known wisdom on prevention of ailments such as heart disease, and diabetes, and maintaining a healthy brain – namely healthy eating, exercise, and maintaining social contacts. In other words, what is good for the body is good for the brain!

We thank Dr. Lin for delivering an exciting and thought provoking lecture.

- Ruth Lerner

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Life's Like That

The Twelve Days of Christmas

'Dear Hal: a million thanks and more
For the enchanting Christmas gifts.
Although the ground is granite hard
And hidden under chin-high drifts,
Planting a pear tree in the yard
Is just the thing to keep me fit,
While partridge, roasting on a spit,
Will make a ripping change from boar.'...

'Dear Harold: how magnanimous!
The second tree, when dry enough,
Shall feed our fire for many a day.
I've asked the handyman to stuff
The second partridge and display
It, with the pair of turtle doves,

Whose wee-hour plighting of their loves
Has clipped the wings of Morpheus.'...

'Dear Mr. Smith: les trois poulets
Français a dozen eggs have laid,
In shoe, on rug and under chair,
In a deliberate ambushade.
Of turtle doves, the second pair
Is soothing as a shivaree,
While bird and fruit tree number three,
To tell the truth I gave away'....

'Dear Sir [to cut the story short]
The drummers, pipers, geese et al
Have twirled and hooted and percussed
In such a beastly bacchanal
And stirred up so much ire and dust
The rings, impawned, have gone to pay
To have them, wholesale, towed away,
And you, sir, I shall see in court.'

- Peter Austin

LIFE Travel Trips

EUROPE

1. **"Highlights of Eastern Europe"** offered by GoAhead Tours 15 DAYS | OCTOBER 16, 2017 Starting at \$3,379
Imperial palaces, World War II sites, vibrant cafes—you can find it all in Eastern Europe. Journey along the Danube from the two-sided city of Budapest to Vienna, unrivaled for its beauty and majesty. Then, visit the castles and cathedrals of Prague and explore medieval Kraków before ending in modern Warsaw. Your tour includes guided sightseeing, handpicked hotels, local cuisine and more. CONTACT: Go Ahead Tours Group #: 70105672 www.lifeeurope.grouptoursite.ca
Contact: Christopher.Gentile@EF.com or either Chris Gentile or Charlotte Dibden at 1-800-742-1731.

2. **"From the Danube Delta to Prague"** offered by Avalon Cruises and Flight Centre Travel. 20 DAYS | AUGUST 22, 2017 Starting at \$9,735
Bucharest, to the mouth of the Danube where it flows into the Black Sea, and all along the Danube to Nuremberg, ending in Prague in the Czech Republic. Explore the Danube Delta with its unique bird life, celebrate the end of the Danube's journey as it flows into the Black Sea, and sail through the dramatic Iron Gates gorge. See the sights with a Certified Local Guide in Romania's lively capital of Bucharest, Constanta on the Black Sea, Bulgaria's Arbanassi and Veliko Târnovo, Serbia's Belgrade, the Hungarian capital of Budapest and Vienna, the magical "City of Music." Finally, travel to the "Golden City" of Prague for a final three overnights.
<http://www.avalonwaterways.com/river-cruise/from-the-danube-westbound/won/> Contact: rita.puglisi@flightcentre.ca

SOUTH EAST ASIA

Vietnam and Cambodia for October 2017 and Myanmar/Burma for January 2018.

These times have been selected as being the coolest and driest for those countries. Both areas have fascinating histories, and picturesque landscapes with multiple cultural experiences planned.

Presentations by John Potter of The Travel Network
Tuesday, February 21 starting at 10 am.

- Vietnam/Cambodia presentation 10 AM - 11 AM
- Myanmar (Burma) presentation 11 AM - 12 PM

Location: The Travel Network, 2 Queen Street East, Suite 200

Mr. Potter, an experienced travel agent who comes highly recommended, will answer all your questions at the presentation(s). Our small LIFE committee also will be on hand to help.

Please follow the links below to access itinerary and prices.

[Vietnam and Cambodia Voyage of Discovery 20](#)
[Mystical Myanmar 2018](#)

Life's Like That Too

A Christmas Letter [Adapted from an actual letter]

Dear family and friends: this year
Has been a trying one, I fear:
In January, on the ice
I slipped and broke my pelvis - twice.

In February, sore depressed
By weeks of doctor-ordered rest
And consequently soaring debts,
I overdosed on Percocets.

From March's winds and April's rain
I got pneumonia - again -
Which, in the month of bloom and bee
Mutated into pleurisy.

A brief return to health, I won
In June, beneath a balmy sun
But, ere July had murmured, "ciao,"
A melanoma marred my brow.

The doc said, radiating cheer
"This chap, we'll charbroil: never fear!"
Then, not at all so merrily
"There's always chemotherapy..."

October waxed; November waned
With yours - before, so lushly maned -
Unable to afford a rug
And balder than a ladybug.

It's spread to kidneys, now, and brain;
I shall not see the spring again;
But who fears death, when life is hell?
ps: a merry Xmas!
Nell.

- Peter Austin

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In Memoriam and The Back Page

In Memoriam

Unfortunately, over the past few months, three long-term LIFE members have passed away. They were all active LIFE members and volunteered as well.

We remember the following members:

Lyle Stanway, died November 8, 2016

Beulah Wagman, died December 8, 2016

Pam Kernaghan died January 13, 2017

Ivan Goldman, died January 19, 2017

THE BACK PAGE

Members of the Newsletter include Peter Austin, Peter Douglas and Ruth Lerner. To make sure this newsletter is interesting and useful for members, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Editorial Committee and to join the committee if you have the urge to let your inner writer shine.

Please send your feedback or story ideas to Susan Zimmerman, at s_zimm@thelifeinstitute.ca.

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