



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 27, NO. 1

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SAVE THE DATE

Partners in Learning:

*presentation of the LIFE Institute
Student Awards.*

Tuesday, March 20, 2018
12 - 1:30 PM

Stay tuned for more details.

*Living*LIFE

Embrace *life* and all it has to offer

Executive Director, Elisabete Way, welcomes all new members. Read her message below to find out why LIFE Institute is the premier 50+ learning program centre in Canada for active older adults.



Welcome to the LIFE Institute. Our community is committed to providing the very best in 50+ programs. This could not be achieved without the dedication and commitment of our 260+ volunteers. We are dedicated to our members, who want a lifestyle where they can age successfully, experience great *learning, socializing*

and *contributing* opportunities, the new LIFE pillars that guide the numerous courses, programs and activities offered. Here, you can embrace life and all it has to offer.

Our volunteers and staff have been hard at work planning for spectacular semesters. In the fall 2017 semester we were able to offer 46 moderator courses, 32 lecture courses, three events and five clubs (*Classic Novels Book Club, Luncheon Club, Movie Club, Photography Club* and *Triple-E Investment Club*) to our 2,234 members.... and we are now beginning the winter 2018 semester.

Quick Links

[LIFE Website](#)

[Contact LIFE Office](#)

[LIFE Board of Directors](#)

[Clubs](#)

[Chang School Programs for 50+](#)

[Ryerson University](#)

[ACT II Studio](#)

FAQs

Want answers fast? Check out the [Frequently Asked Questions](#) on the website. Most answers can be found online. Here are some examples:

- [Refund policy](#)
- [Can I claim LIFE courses on my income tax return?](#)

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. If you are interested in volunteering please contact the LIFE office info@thelifeinstitute.ca or 416-979-5000 x6989.

Look for the new *Technology Club* this winter semester. Our *Photography Club* has some amazing photographs taken by our club members on display. These are exhibited in The Chang School lobby - don't miss out on the beauty. And don't hesitate to stop by the LIFE office – I am looking forward to meeting all of you and hearing about your experiences and suggestions.

Looking ahead, we will be launching (or re-launching) two programs ready for the fall 2018 semester -- LIFE *Travels* and LIFE *Bus*. These will provide both international and local travel learning experiences. Stay tuned for more information.

We also have been working on our moderator training program and are just finalizing the program that will allow us to mentor, coach, train and support our moderators and begin our training process.

Looking for something else to fill your *life*? . . . consider becoming a moderator or a class host.

Our staff has been in touch with you regarding our bi-annual survey to help us better understand our members' needs. Those findings will be shared over the coming weeks. Thank you to the 722 members who filled out the survey; without your comments and time commitment we would not be able to develop a clearer picture of your needs.

The fall has been a wonderful time of creativity in our office. We can't wait to share it all with you!

Elisabete Way
e_way@thelifeinstitute.ca

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Fabulous Fridays: thanks for the memories 1996 - 2017

As we age we constantly hear the importance of remaining flexible. Flexibility could be the third F when thinking of



FREE LECTURES

CRISIS IN CATALONIA: Why does it matter?

Dr. Olivier Courteaux.
Sunday, February 11,
1:30 - 3:30 p.m.



[REGISTER NOW](#)

LOVE, ANGER, AND TRAGEDY: The brain basis of emotion in music



Dr. Frank Russo, mezzo soprano
Beste Kalender and pianist,
Geoffrey Conquer.
Monday, February 12, 4 - 5 p.m.

[REGISTER NOW](#)

IMPORTANT INFORMATION REGARDING THE WINTER 2018 SEMESTER

LIFE's winter semester has commenced.

Give your fellow LIFE members your support. Moderators and class hosts are LIFE volunteers who have willingly given their time and talents for the benefit of all. Please give them your support.

Fabulous Fridays. That spirit has always been evident in our members dating back to 1996 when Fran Gruber, Fran Smookler and Harriet Law began LIFE's relationship with art.



Originally named *Art Alive at the AGO*, the course was part of an existing seniors programme at the gallery -- *Artful Conversation*

consisted of a noon-hour film followed by a docent-led tour of the gallery's permanent collection. Between the film and tour there was a Brown Bag Lunch then later afternoon tea, cookies and discussion led by the docent. 1998 saw a new name, *Fabulous Fridays* and a new direction to the course.

In June 2003 our group was cast adrift by the AGO ending a longstanding relationship. All that remained was the idea of art on Fridays, and even though there was no bench on which to enjoy their lunch, our members fully subscribed to a course to be named later. Ever flexible, *Fabulous Fridays: Adventures in Art* was our third stage - we were back on track again in a new format, and it certainly has been an adventure.

I was once described as having catholic tastes in art (thanks Nancy P). I'll take that analogy a little further; I feel that it is right to give thanks and praise to then-President Harriet Law, who coined our title phrase *Fabulous Fridays*, but more importantly gave me wings and allowed me to spread them; to Lynne Kurylo. AGO's Adult Education Coordinator, who was instrumental in taking us in a new scholarly direction; to Sandra Kerr who never curbed my enthusiasm, and most importantly, Kathy Maclsaac, my indispensable right-hand and dear friend.

Looking back on my association with LIFE over the past two decades (ouch!) the highlights are too numerous to list. It would be remiss, however, not to mention a couple of my personal favourites. It is not often one gets to wander through an empty airport terminal viewing the art in newly minted halls and byways, after the obligatory security check of course – shoes off! Or take a CEO guided tour of a newly restored iconic theatre (Sony Centre) and view the works of architect/artist R.York Wilson accompanied by the curator Jim Miller. Another first, the animation workshop at the National Film Board and a screening afterward - how cool is that!

[Where are your classes?](#) Confirm the location of your classes by signing into your account and clicking on **View my classes and room assignments**. Don't forget to take advantage of the [MAPS](#) on LIFE's website to locate your classroom location.

ACT II STUDIO

presents **MUSEUM** this February



For more information and to purchase tickets, [CLICK HERE](#)

ACT II STUDIO BUS TRIPS to Stratford and Shaw Festivals

Join ACT II Studio for a wonderful day out: bus transportation, excellent theatre tickets, together with an on-board lecture and lively discussion with Vrenia Ivonoffski, Artistic Director of The Estelle Craig Act II Studio

OF MARRIAGE AND MEN
a comedy double bill by Bernard Shaw
Wednesday, May 16
Royal George Theatre, Shaw Festival, Niagra-on-the-Lake

CORIOLANUS
by William Shakespeare
Wednesday, June 13
Avon Theatre, Stratford

For more information and to purchase tickets, [CLICK HERE](#)

Finally, could there be a more enduring epitome of the romantic, idealized version of an artists' studio/loft than our visit to a derelict-looking warehouse, complete with creaking freight elevator, rooms flooded with light from walls of windows and skylights, all overlooking the rooftops of the city? Artist Marilyn Lightstone was our consummate host and teacher.

Over the years as a coordinator, I've always enjoyed the way the group interacted with good humour, sociability and the way friendships evolved within the class. *Fabulous Fridays* has often been the stepping stone into LIFE Institute - art appreciation is a great way to dip a toe in and test the waters.

It is to our members I give the greatest thanks for making our afternoons adventures together truly *Fabulous!*

Terry McGrail, Coordinator, Fabulous Fridays: Adventures in Art

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LIFE takes afternoon tea

On December 8th, sixty LIFE members enjoyed Afternoon Tea at the Ontario Legislative Building. This has become a very popular event in our calendar and with the building decorated with seasonal lights; it was a very festive affair.



Prior to the Afternoon Tea, members enjoyed a carol service performed by a local school choir, and this was followed by a very informative tour of the Building. All geared to ensuring that we had an appetite for those sandwiches, cakes and, of course, scones with jam and cream.

-John Webb, Coordinator of the annual *Victorian Tea and Tour*

HAVE A LOOK

With our current issue, we hope to keep you up to date on events at LIFE. However, the previous 6 issues of *LivingLIFE* are chock full of news, important information, and other items that will give you a well-rounded picture of the LIFE experience.

We invite you to have a look at these issues by going to the LIFE [website](#), clicking on [About LIFE](#), and scrolling down to [LivingLIFE Newsletters](#).

Our amazing calendar committee

Sharon Zeiler is the Chair of LIFE's Calendar Committee. She has kindly agreed to tell us how LIFE courses are taken from the planning stage into the LIFE Calendar that appears on line.

We asked Sharon a series of questions, and her responses are listed below:

1. What piqued your interest in the Calendar Committee?

I had joined LIFE because of the great variety of courses offered and also the reputed quality of those courses. When I was offered the chance to assist in getting these courses to LIFE members, I was happy to be able to contribute to something I felt was very important to LIFE members.

2. Can you tell us a little about the process of putting together a LIFE Calendar?

Putting together the LIFE calendar for each term is quite a time-consuming process. It is the work of a large committee of dedicated LIFE members.

For the Fall Calendar, the largest issue, we start planning at the beginning of May for the Calendar which will be posted in late July. The process for the other two terms is similar, but the time frames are more condensed.

At the start of the process, we look at the evaluations for the previous term to see how the courses were received. We make note of courses that are "stars" which we hope to have again, or others which require some improvement.

We make a first contact with the instructors to see if they are interested/available to teach for the next term and if they are, what will be the subject of the course. We ask for a course proposal that the committee can discuss to see if there would be interest among LIFE members. We often make suggestions of topics that LIFE members might enjoy and sometimes we suggest revisions to course proposals to make them more appealing to our members.

Once we have the course proposals which include a brief description, A/V needs, a presenter biography and preferred

dates and times, our editors work on the course descriptions for clarity and sometimes to enhance their appeal.

Once the course descriptions are clear, we have to "schedule" the classes by day, time frame, and now site, as the space at Ryerson is so limited; fortunately, we have a committed volunteer who finds appropriate space. Once this is completed, it goes to Rosanne Bernard, Office Manager, who creates the pdf of the calendar that, once approved, is posted on the LIFE website.

3. What has been your favourite part of being a member of this committee?

I would say that my favourite part of this committee is the people that I work with. There is a lot to do to get the Calendar ready, but many hands make light work. LIFE is lucky to have such a hard working and dedicated committee and I am really pleased to be a part of it.

In addition, I would say that most people think of our courses when they think of LIFE and I am delighted to be part of the group that helps to make these courses happen.

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Winterfest - celebration of LIFE members



Hundreds of LIFE members enjoyed the annual holiday luncheon at the Hot House Restaurant in Toronto's historic St. Lawrence Market area on December 14, 2017. The room was soon abuzz with greetings and conversation between new and longtime members.

Sandra Kerr, Ryerson's Director 50+ Programs, delivered warm holiday greetings and Elisabete Way, LIFE's executive director, added her best wishes and thanks to the many volunteers who make LIFE work.



Besides a mouth-watering three-course meal, which included a delectable dessert, guests were treated to a series of musical interludes by distinguished cellist Samuel Bisson.

A big vote of thanks goes to Charles Wright, the accomplished MC, for keeping the event running on time and a round of applause to the team of volunteers who worked diligently to plan and host the party.



Milvi Ester - Chair, Event Management Committee

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IT hiccups - moving right along

The IT Committee is busy planning the next generation of our LIFE web site. We intend to provide a more flexible site and avoid the loss of service problems that have sometimes occurred in the past. If you have thoughts or suggestions about improving the site, send them to Dennis Bockus at dbockus@gmail.com.

Toujours en français

It all began eight years ago with Palomba Yashinsky's Advanced French class at LIFE. Palomba, a former York University professor limited her class to 25 so we would all be able to contribute to the discussions in French. These were wide ranging, based on books we read, plays we acted out (Molière was one of Palomba's favourites) and articles on French politics and culture. Of course, we were all learning and practising but the small class size, linked to the many discussions had another benefit: members got to know each other. And so, coffee or lunch after class became frequent.



Clockwise from right: Jeanette Browne, Palomba Yashinsky, Joy Noguchi, Linda Knowles, Helen Pierre.

And then, Palomba retired. And no one took her place at LIFE! What do LIFE members do when confronted with such a challenge? They start their own class. Café et Bavardage began with more members but the group in the photo has remained constant. Over the years since Palomba's retirement, we have met twice a month throughout the LIFE term. Our Café et Bavardage has succeeded mainly because of Palomba's skill. She kept her class small, encouraging us all to speak and learn. She was merciless in refusing to hear English in her class. Most of all, she encouraged the relationships to grow amongst her students. Toujours en français, we have supported each other through the joys and sadness of our lives. We are now good friends in English and en français. So here we are, happily meeting with her before Christmas toujours en français.

Thanks, Palomba!

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In Memoriam and The Back Page

In Memoriam

Unfortunately, over the past few months, some LIFE members passed away.

We remember:

Harvey Brooker, died October 24, 2017

Helen Fox, died October 30, 2017

Lorraine Kerzner, died October 28, 2017

Joan Lee, died November 1, 2017

Linda Ploeger, December 8, 2017

Greg Shtock, died December 27, 2017

THE BACK PAGE

To make sure this newsletter is interesting and useful for LIFE members, on behalf of the Newsletter Committee, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Newsletter committee, or to join the Committee if you have the urge to let your inner writer shine. Please send your feedback to either Peter Douglas at ptdins@sympatico.ca or to Ruth Lerner at rzlerner@hotmail.com.

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