

LIFE INSTITUTE

SPRING 2018



*Learning Is
ForEver*

LEARN • SOCIALIZE • CONTRIBUTE

Ryerson
University

The Chang School
of Continuing
Education

About LIFE

“Learning is Forever” ... LIFE!

LIFE INSTITUTE is the largest program partner in Programs for 50+ in The G. Raymond Chang School of Continuing Education at Ryerson University. LIFE offers lifelong learning programs to adults 50+ who are retired or preparing for retirement. Members of LIFE can attend stimulating daytime classes and participate in creative learning at Ryerson or at off-campus locations. All members have full access to Ryerson facilities—the library, audiovisual materials, bookstore, cafeteria, the International Conference Centre, and the Ryerson Athletic Centre.

LIFE INSTITUTE offers a wide variety of study groups and lecture courses in the arts, humanities, sciences, technology, and contemporary issues. Computer classes, theatre outings, and creative writing classes are just some of the many programs offered in daytime classes throughout the Fall, Winter, and Spring semesters.

LIFE INSTITUTE is a non-profit organization managed by a board of directors elected annually by members of LIFE. Members are encouraged to participate in the many facets of the board’s activities in furthering new concepts in lifelong learning programs.

ACKNOWLEDGEMENTS

Thanks to:

- Sharon Zeiler, Chair, Glenn Frost, Elaine Goldbach, Wendy McDonald, Gail Maron, Simon Pearson, Dorothy Rubinoff, and Martha Wall, who formed the core committee
- Judith Lowther, Eva Bell, and Marcel Deurvorst, who provided invaluable help
- Elisabete Way, Executive Director, LIFE Institute
- Rosanne Bernard and Sumintra Naraine of the LIFE Office
- Special thanks to the Chang School’s Programs for 50+ Director, Sandra Kerr, and Mena Carravetta, Program Assistant, for their many contributions over the years.

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Disability Notice

If access to classes is difficult due to a disability (mobility, hearing, vision, or other), please advise your class host or the office at e: info@thelifeinstitute.ca t: (416) 979-5000, Ext. 6989.

DATES to REMEMBER – Spring 2018 Session

Friday, March 30, 2018	Good Friday; Ryerson University is closed
Monday, April 2 at 7 a.m.	Registration commences
Monday, May, 21	Victoria Day; Ryerson University is Closed
Friday, June 1 – Sunday, June 3	50+ Festival
Monday, July 2	Canada Day observed; Ryerson University is closed
Monday, August 6	Civic Day; Ryerson University is Closed

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IT'S WHAT LIFE IS ABOUT

*Looking for more classes or things to do?
Why not look in this calendar at
the **clubs** on Pages 30 - 31 that LIFE offers?*

*Also, please view our [website's](#) **GET INVOLVED** page
where [clubs](#) and other **volunteer opportunities** are listed*

BE AWARE

As more and more of LIFE's courses are
being held off-campus, please
consider the possibility that

**BACK-TO-BACK CLASSES
MAY NOT BE IDEAL FOR YOU.**

NO SCENTS POLICY

We are committed to ensuring the enjoyment of all participants. In consideration of those in our classes who may have allergies and chemical sensitivities, please refrain from wearing cologne, perfume, after-shave or other scented products.

LIFE's **OMBUDDY** will assist members who have special financial needs. If you are experiencing difficulties paying your fees, or if you have any other problems you wish to discuss confidentially, please contact your Ombuddy, Jack Marmer jmarmer@idirect.ca
For all other enquiries, call the office at (416) 979-5000, staff ext. 6989

Remember:

You have 20 minutes between morning classes and noon classes. You have 20 minutes between noon classes and afternoon classes. Plan accordingly!

Welcome to Spring 2018 at LIFE Institute

The calendar for Spring 2018 offers a varied selection of courses reflecting a range of styles and delivery.

- **MODERATOR-LED COURSES** are facilitated by volunteer moderators who are members of LIFE. In some courses, the moderator will prepare and direct the content of the sessions. In others, participants not only choose the direction and content of the course, but also research and give presentations to the class on topics chosen.
- **LECTURE COURSES** are usually a series of lectures following a specific theme or topic; these are given by professors or experts in the field and often include time for questions and answers. Reading lists are frequently offered.
- **OFF-CAMPUS COURSES** are run in partnership with various city institutions in the city and are offered on their premises.

Membership and course registration

- Both membership purchase and course registration can be done on-line (payment by credit card) at www.thelifeinstitute.ca. Mail-in registrations are also accepted (payment by individual cheques ONLY; no cash). *We regret, we do not accept walk-in registrations in the weeks prior to and during registration.*
- Only LIFE Institute members can enroll in courses and activities (except as specified in the calendar). Membership for the year ending June 30, 2018, is \$80 per person.
- Registration is required for all classes, walks, and events you wish to attend, even for those that are free, except as specially marked in the calendar.

- **REGISTRATION PROCESS – PLEASE READ**
Registration commences **Monday, April 2, 2018**
On-line registration will begin at 7 a.m. each day.

You will enroll for your:

- Monday courses on **Monday, April 2**
- Tuesday courses on **Tuesday, April 3**
- Wednesday courses on **Wednesday, April 4**
- Thursday courses on **Thursday, April 5** and

- Friday, Saturday and Sunday courses on **Friday, April 6**

For those who wish to register by mail, please submit separate cheques and course registration forms for each course so that the same process can be observed. *Important: The LIFE office does not open until 9 a.m.; consequently, your mailed-in form and cheque will not be processed until after the office opens on each day of registration.*

Priority of registration: registrations are processed as received, on a first received, first processed basis.

Confirmation of registration: confirmation is immediate when you register on-line. If you register by mail, you will be notified by mail or email that your registration has been processed.

NOTE ON WAIT LISTS

Some courses are extremely popular and fill up very quickly. If you do not get in, you may remain on the Wait List or choose a different course.

BE CONSIDERATE

As a courtesy to your fellow LIFE members, if you know that you are going to be away for several classes, please do not register for the course. If you do register but find that you cannot attend, please withdraw as soon as possible so the LIFE office can add a member from the waitlist. Your cooperation is greatly appreciated.

LIFE policy for refund of fees

Refund of course fees, less a \$20 administration charge, will be made upon written application before:

- the first session of a 1-4 week course
- the second session of all courses 5 weeks or more

Course materials, admission, or other unique costs included in the fee may not be refundable.

If a course is cancelled, the entire fee is refundable, and the administration charge will not apply.

No refunds will be made for walks or computer one-session courses.

Theatre Alive: There is no refund once the block of tickets has been purchased. Tickets are not mailed; they are picked up at the first play of the season.

Refund of membership fees will be considered only upon written request and may be subject to an administration charge. Please mail your written withdrawal request to:

LIFE Institute
The Chang School, Ryerson University
350 Victoria Street
Toronto, ON M5B 2K3
or email it to: info@thelifeinstitute.ca

Class times and dates

Class times and dates are usually as shown in the calendar. Occasionally, due to circumstances beyond our control, class times and/or dates may be changed, and classes may be held off the Ryerson campus. Classes start and end on different dates; please read the course descriptions carefully. From time to time, due to unforeseen circumstances, a class (or classes) in a course may have to be cancelled. Should this happen, your understanding will be very much appreciated.

Classroom location

Some rooms for our LIFE courses will not be assigned until the week before classes start. As soon as they are available, the full list of rooms will be posted on the LIFE website (www.thelifeinstitute.ca), with notification sent by email to members who have email. **Note:** Class hosts will be individually phoning only members who do not have email, to let them know their class locations.

BE AWARE

There are occasions when the distance between 'back-to-back' classes are an issue. Please consider the possibility that back-to-back classes may not be ideal for you.

Please advise the LIFE office at (416) 979-5000, ext. 6989 if you have difficulty with a class due to a disability (mobility, hearing, vision, or other). Sometimes we can work out a solution.

LIFE Board of Directors 2017-2018

President - Virginia Bosomworth
V.P. - Howat Noble
V.P. - Donna Woolcott
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Rhonda Singer
Charles Wright
Ragip Yergin
Sharon Zeiler

To reach any of our Board members, please contact the LIFE office.

Spring 2018 courses and activities by category

Category	Code	Title of course	Pg
ART/ART HISTORY	S6	The Art of Political Cartooning	10
	S45	Edvard Munch and the Existential Scream	24
	S34	Getting Out: Exploring Toronto's Cultural Neighbourhoods	19
	S20	Magic Mandalas and the Creative Process	15
	S31	Norval Morriseau – Woodland Style of Art —THIS COURSE IS CANCELLED	18
	S48	Power and Anguish in the Work of Chaim Soutine	24-25
CULTURAL STUDIES	S49	The Assault on the Soul of Islam	25
	S19	Extraordinary Canadians Worldwide	15
	S11	Floating World Culture	12
	S33	Football (Soccer): A National Mirror	19
	S2	Latin America: Image and Reality	9
ENVIRONMENT	S9	Water: Wonderful, Weird, Crucial, and in Crisis	11
ETHICS/LAW	S37	Altruism: Good Deeds, Good Samaritans, Rescuers, and Charitable Acts and Giving	21
	S51	The Evolution of Human Rights	25-26
FILM	S52	Alternative Film: imagining movies, actors, and filmmakers that made a different impact	26
	S42	The Hollywood Musical	22
HEALTH	S30	Light and the Older Eye: Steps to Healthy Visual Aging	18
	S13	Long Term Care Planning: What is it and Why Should I Care?	12-13
HISTORY	S40	Age of the Pharaohs: a History of Ancient Egypt	22
	S22	From Here to There and Back Again: Part II <i>Jews in Arab Lands</i>	15-16
	S58	Great Britain: The 'Disunited' Kingdom?	28
	S57	Iran: From the Great Persian Empires to the Islamic Republic	27-28
	S47	Peter the Great and Saint Petersburg	24
	S4	Prehistoric North America	10
LITERATURE	S29	Book Talk	17-18
	S39	Northern Voices: Canadian Poetry	22
	S8	Novella-ties: An Introduction to the Art of the Novella	11
MISCELLANEOUS	S55	Special Event: Tour of the Ontario Legislative Building	27
MUSIC	S14	Bach Again	13
	S35	God, Genius and the Great Composers: Part II	20
	S12	The Great Symphonies Explained	12
	S56	Greatest Songs of the Sixties: Part II	27
	S27	Joni Mitchell: Words and Music	17
	S23	Love and Marriage in Opera	16
PASTIMES	S7	Composing Photographs	10-11
	S1	Creating Photobooks (a.m.)	9
	S10	Creating Photobooks (p.m.)	11-12
	S59	Feast Your Eyes on This: Exploring the New and Emerging Food Cultures in Toronto, Part II	28
	S21	Organizing, Managing, and Enhancing Your Photographs	15
	S5	Sorting Out Your Photographs: An Introduction	10

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Category	Code	Title of Course	Pg
PHILOSOPHY	S44	Brain, Mind, and the Soul: Medical, Existential, and Psychological Perspectives	23-24
	S26	From Socrates to Sartre: An Introduction to Philosophy	17
	S16	The Globalization of Religion: World Religions and Interfaith Dialogue	13-14
POLITICS/ PUBLIC AFFAIRS	S41	Diverse Opinions: Commentary from the World Press	22
PUBLIC AFFAIRS	S50	<i>The Economist</i> Seminar	25
	S3	Politics, People, and Other Issues	9-10
PSYCHOLOGY/ PERSONAL DEVELOPMENT	S28	The Art and Science of Possibility	17-18
PERSONAL DEVELOPMENT	S25	Building Community and Kinship	16-17
	S18	Embrace Your Third Act	14
	S53	Exploring Happiness	26
	S15	Light Up Your Life and Your Brain THIS COURSE IS CANCELLED	13
SCIENCE	S38	Baycrest Presents: Understanding Your Brain	21-22
TECHNOLOGY	S46	iPad: Beyond the Basics	23-24
	S24	Smartphone Basics	16
	S32	Technology and Society: The Connected Technology Revolution	18-19
THEATRE	S17	Stratford Festival Preview	14
	S36	Theatre Alive!	20-21
WALKS	S60	Spring and Summer Walks 2018	29
WRITING	S43	Leaving a Legacy: Your Life Story	23
	S54	Writing Short Fiction	26-27

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Class Times and Locations



We're still expanding! As a result, course times shown in the calendar and rooms first allocated for LIFE classes may be subject to change. If this occurs, it is in order to obtain the best possible classroom space for our members, and we thank you for your flexibility, understanding and patience.

M O N D A Y

S1 Creating Photobooks (a.m.)

Create Photobooks and have a hard copy of your photos. While it is convenient to have pictures on our phones to share, many of us have so many photos from a particular occasion (e.g. a trip, birthday party, family event) that it would be better to have them all arranged in a printed Photobook. Participants will actually put together a Photobook during this course (though it does not have to be printed if one does not want to). We will use Blurb.com which enables participants to work on this and future Photobooks on their home computer or laptop. An internet connection will be required to download the book-making program and to upload the finished book when it is ready for printing. The skills learned will enable participants to create other Photobooks in the future.

Prerequisite: PC users with a working knowledge of computer basics. Participants must bring their own laptops to this class.

Nan Weiner has been creating her own photobooks for years and enjoys showing others how to make these very special albums.

Limited to 6 participants

Please note: this 4-session course is offered twice.

See Monday at 2 as well.

Dates: May 14 – June 11 (4 sessions, no class May 21)

Time: Mondays, 10:10 a.m. – 11:50 a.m.

Location: VIC607A

Fee: \$30

Moderator: Nan Weiner

S2 Latin America: Image and Reality
NEW

Latin America often evokes dramatic images in the popular mind. The people are seen as passionate Latin lovers; their dances as exuberant and sizzling; the governments as corrupt and oppressive; the culture as poverty stricken and drug ridden; the politics as volatile and unstable. Like all stereotypes, whether positive or negative, these have a kernel of truth, but do nothing to further our understanding of this vibrant and complex part of the world. This class will take you on a political, social /economic, and cultural tour of the countries of Latin America. Given the immensity of this diverse region, the information will necessarily be general, designed for the person who wants to become familiar with some of the major issues facing various countries. The focus will be on the developmental paths taken in different regions and the issues currently challenging progress towards sustainable development. The sessions will open with a lecture followed by participatory discussion raised by readings and focus questions submitted in advance. Short videos and slides may also be used.

Lawrence Altrows took his first trip to Latin America in a Volkswagen Beetle and slept in a hammock. Since then he has worked on development projects in Colombia, Honduras, and Cuba, and led student field trips to Cuba, Ecuador, Peru, Mexico, and Colombia. He has been involved in research projects in Sao Paulo and Lima, directed an NGO programme in Cuba, and taught in Tlaxcala, Mexico.

Limited to 25 participants

Dates: Apr. 30 – June 25 (8 sessions, no class May 21)

Time: Mondays, 10:10 a.m. – 11:50 a.m.

Fee: \$60

Moderator: Lawrence Altrows

S3 Politics, People and Other Issues

We face many important and challenging issues today, issues that will have far-reaching impact on our lives. We focus in this group on the fundamental questions and key people driving these world events. We welcome opposing views, which make for a stimulating dialogue, carried on in a collegial and respectful manner. Participants choose the topics for discussion at the beginning of each semester.

Jay Waterman has been a member of the class for many years and has served as a Board member of LIFE. He is a Toronto native and retired lawyer.

Lloyd Cadsby is also a retired lawyer who is intrigued by the political and financial issues that dominate our lives. His background in mediation is useful in the give-and-take of class discussion.

Limited to 30 participants

Dates: Apr. 30 – June 25 (8 sessions, no class May 21)

Time: Mondays, 10:10 a.m. – 11:50 a.m.

Fee: \$60

Moderators: Lloyd Cadsby and Jay Waterman

S4 Prehistoric North America **NEW**

Learn about North-America's first inhabitants, the Paleo-Indians, who came to North America around the time of the last ice age. Discover the Hopewell moundbuilders of the prehistoric Midwestern US and how they built trade networks that ranged from Florida to Thunder Bay. Hear about the great prehistoric "city" of Cahokia which covered more than 16 square kilometres. See the cliff-dwellings of the Ancestral Pueblo and discover how they and their neighbours made the desert bloom. Find out how people lived in our own backyards, here in Ontario, for some 12000 years before the arrival of Europeans. Explore what archaeology can tell us about the lives of those who lived so long ago.

David Lipovitch earned a PhD in Hebrew Bible and Archaeology from Harvard University. He has worked with excavations in Canada, Georgia, Israel, Jordan, and Turkey. He has been lecturing since the 1990s and is currently an instructor in Laurier University's History Department, as well as a Research Affiliate at the University of Toronto.

Limited to 70 participants

Dates: Apr. 30 - June 25 (8 sessions, no class May 21)

Time: Mondays, 10:10 a.m. – 11:50 a.m.

Fee: \$92

Lecturer: David Lipovitch

S5 Sorting Out your Photographs: An Introduction

You now have many photos stored in your camera ... what comes next? This course will teach you how to get photos from your camera to your computer and how to name and organize them. You will also learn

how to e-mail photos and search for photos that have previously been filed.

Prerequisite: For PC users with a working knowledge of computer basics. Students may bring their own laptops to this class, but it is not necessary.

Nan Weiner is an avid camera enthusiast who enjoys helping people learn how to keep their photos organized and accessible!

Limited to 8 participants

Date: June 18 (1 session)

Time: Monday, 10:10 a.m. – 11:50 a.m.

Fee: \$25

Instructor: Nan Weiner

S6 The Art of Political Cartooning **NEW**

This course is a brief introduction to the fascinating world of political cartooning. We'll start with an historical overview, and then examine in more detail the work of two prominent Canadian practitioners, one of whom is still actively skewering those who need it most.

Ralph Wintrob is a retired teacher and long-time LIFE member who has offered many courses in literature.

Limited to 20 participants

Dates: Apr. 30 – May 14 (3 sessions)

Time: Mondays, 12:10 p.m. – 1:50 p.m.

Fee: \$35

Moderator: Ralph Wintrob

S7 Composing Photographs **NEW**

Over time, photographers have developed ideas about what makes a good photograph. Learning these ideas helps avoid the disappointment from failing to capture what we intended. We will discuss and practice a variety of compositional topics, including camera orientation, effect of zooming, placement, and balance, enhancing a sense of depth, and utilizing depth of field. This course is for those with a good working knowledge of photography fundamentals, e.g. camera operation and exposure. Participants must have a camera, phone, or tablet to shoot with, and will get the most out of the course if they can work on assignments between classes and submit some photos for review in each class.

Harold Hutner, Nan Weiner, and Edward Zamble each has many years of experience in the art and practice of photography. Singly or in combination,

they have previously moderated more than half a dozen LIFE courses related to photography, photo editing, and creating Photobooks.

Limited to 10 participants

Dates: May 14 – June 25 (6 sessions, no class May 21)

Time: Mondays, 12:10 p.m. – 1:50 p.m.

Fee: \$50

Location: VIC607A

Moderators: Harold Hutner, Nan Weiner, and Edward Zamble

S8 Novella-ties: An Introduction to the Art of the Novella NEW

The novella is an often-overlooked genre but one that provides readers with a short, accessible text with a tight focus that can be every bit as satisfying as the Victorian three-deckers of George Eliot and Charles Dickens. Participants will look at classic novellas like Henry James's *Daisy Miller* and Joseph Conrad's *Heart of Darkness* before jumping into an exploration of contemporary examples by writers as diverse as Haruki Murakami, Penelope Fitzgerald, Tove Jansson, and Patrick Modiano. The following novellas will be discussed: *Heart of Darkness*, *Daisy Miller*, *Uncommon Reader*, *Grief is the Thing with Feathers*, *Fair Play*, *Beginning of Spring*, *Dora Bruder*, *Signs Preceding the End of the World* and *Strange Library*.

Jeffrey Canton was a lecturer in the Children's Studies Program at York University as well as a freelance writer and reviewer, storyteller, and spoken word performer. At LIFE and the Baycrest Learning Academy he has offered courses on memoirs, the work of great travel writers and contemporary essayists.

Limited to 70 participants

Dates: Apr. 30 – June 25 (8 sessions, no class May 21)

Time: Monday, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturer: Jeffrey Canton

S9 Water: Wonderful, Weird, Crucial, and in Crisis NEW

Water – the precious resource necessary for our survival that we usually take for granted. But not after this course! First learn about the amazing properties of water that make it different from any other liquid. Find out how it bends all the rules – if it didn't, ice

would sink and firefighters' hoses would be useless. Then discover where the world's water is concentrated and where it is lacking. For example, we live in a country that possesses one-fifth of the world's water while Capetown is currently front-page news as the first major city projected to run out of fresh water in the next few months. Water-rich areas inevitably will be asked to share their bounty. Gain a better understanding of the worldwide importance of water, how best to manage this precious resource, and the investments that need to be made to avoid the looming world crisis – a shortage of fresh water. PowerPoint presentations, which will be made available for participants after each session, will be followed by questions and discussion.

Dr Philip Wood is a retired surgeon who has worked for many years in central Africa. He has moderated a number of LIFE courses and travelled extensively.

Limited to 50 participants

Dates: Apr. 30 – June 25 (8 sessions, no class May 21)

Time: Mondays, 12: 10 p.m. – 1:50 p.m.

Fee: \$60

Moderator: Philip Wood

S10 Creating Photobooks (p.m.)

Create Photobooks and have a hard copy of your photos. While it is convenient to have pictures on our phones to share, many of us have so many photos from a particular occasion (e.g. a trip, birthday party, family event) that it would be better to have them all arranged in a printed Photobook. Participants will actually put together a Photobook during this course (though it does not have to be printed if one does not want to). We will use Blurb.com which enables participants to work on this and future Photobooks on their home computer or laptop. An internet connection will be required to download the book-making program and to upload the finished book when it is ready for printing. The skills learned will enable participants to create other Photobooks in the future.

Prerequisite: PC users with a working knowledge of computer basics. Participants must bring their own laptops to this class.

Nan Weiner has been creating her own photobooks for years and enjoys showing others how to make these very special albums.

**Please note: this 4-session course is offered twice.
See Monday at 10 as well.**

Limited to 6 participants

Dates: May 28 – June 18 (4 sessions)

Time: Mondays, 2:10 p.m. – 3:50 p.m.

Location: VIC607A

Fee: \$30

Instructor: Nan Weiner

S11 Floating World Culture NEW

An introduction to life in Edo Period Japan through “ukiyo-e” – the art of the floating world

Japan’s Edo Period (1603-1867) was a period of peace and stability that followed a long period of civil war. Commerce and the arts flourished. The middle class grew, especially in the capital city of Edo (now called Tokyo). Many traditions we associate with Japanese culture, such as Geisha and Kabuki Theatre, were established during this period. They were part of the “floating world,” the world of pleasures and entertainments. This popular culture was illustrated by a new style of art known as “ukiyo-e,” or pictures of the floating world. We will examine life in the Edo Period, particularly the lives of residents of the capital, by examining the wonderful graphic art they produced and collected.

Carol Dorman has 20 years’ experience as an art dealer specializing in antique Japanese woodblock prints (ukiyo-e). She has co-curated print exhibitions and lectured on related subjects in Toronto and Montreal. She developed her interest in the art and history of Japan while at university, receiving her M. A. in Anthropology from the University of Toronto in 1984.

Limited to 25 participants

Dates: Apr. 30 – June 11 (6 sessions, no class May 21)

Time: Mondays, 2:10 p.m. – 3:50 p.m.

Fee: \$50

Moderator: Carol Dorman

S12 The Great Symphonies Explained NEW

Join fellow music-lovers in celebrating spring by exploring four of the world's major symphonies with the legendary Michael Tilson Thomas as your lecturer and conductor. Through DVD presentations of a ground-breaking program from the San Francisco

Symphony Orchestra called *Keeping Score*, we will enjoy both the expertise of its eminent conductor and the beauty of the music performed by his orchestra. Maestro Thomas's four one-hour lectures, one on each of four great symphonies, include biographical information, personal anecdotes, rehearsal segments, and commentary. The symphonies, to be played in their entirety, are:

Beethoven, *Symphony No 3 (Eroica)*

Berlioz, *Symphony Fantastique*

Tchaikovsky, *Symphony No 4*

Shostakovich, *Symphony No 5*

During the sessions your moderator will present additional information on the history of classical music, the effect of nationalism on music of the Romantic era, the art of the conductor, and, finally, the life and times of composer Antonin Dvorak, including a performance of his ninth symphony. *And, as a very special added bonus, the first 40 registrants of this course will be invited to attend a dress rehearsal of the Toronto Symphony Orchestra on June 19 at 10 a.m. with your moderator.*

Marcel Deurvorst, lifelong opera and classical music aficionado, continues in his thirteenth year of presenting superb music to LIFE members from his own CD/DVD collection.

Limited to 60 participants

Dates: Apr. 30 – June 4 (5 sessions, no class May 21)

Time: Mondays, 2:10 p.m. – 3:50 p.m.

Fee: \$45

Moderator: Marcel Deurvorst

S13 Long Term Care Planning: What is it and Why Should I Care?

Most people are afraid of dying, but what about living? What if we live “too long”? Any of us can face illness or disability resulting in the need for years of care. Services and support are available, but where are they? What do they cost? Too much doom and gloom? Not in this course. Karen has been through it all and shares her long-term care experiences with humour and honesty. In this eye-opening course, participants will navigate the realities of long-term care and learn why it is “the elephant in the room”. They will also learn the right questions to ask, and where to find the answers—and leave with practical solutions and peace of mind. Participants will be

encouraged to share in discussion, including some role playing, so that all may learn from one another. A resource list will be provided in each session; on-line access is not required. This is a repeat of a previous LIFE course.

Karen Henderson founded the Long Term Care Planning Network, Canada's leading centre for aging and long term care planning and education – this as a result of a 14-year dementia care experience. She is a well-known educator, speaker, author, media commentator, and consultant who has created a TV series, seminars, and keynote presentations for organizations across Canada and the U.S.

Limited to 60 participants

Dates: Apr. 30 – June 11 (6 sessions, no class May 21)

Time: Mondays, 2:10 p.m. – 3:50 p.m.

Fee: \$74

Lecturer: Karen Henderson

T U E S D A Y

S14 Bach Again

Johann Sebastian Bach is a towering figure in the history of music. But for the better part of a century after his death, his music was rarely heard in public. Musicians like Mozart and Beethoven studied his music and learned from his example, but the music didn't win public performance. That changed as the 19th century advanced. Today, Bach is a shining example for many classical and popular musicians. This course will examine the context from which his music arose. The focus will be on the almost endless variety of ways his music can be performed and can be used in the service of music and musical styles far removed from the Baroque. The larger goal will be to provide ways in which we can deepen our understanding and appreciation of the contribution of J. S. Bach. Much of the music to be heard will be drawn from YouTube. We'll sample the music together; links will be provided so that interested class participants can enjoy full performances at home. This course will be presented in lecture format, with class participation actively encouraged.

Bob Fabian has led a variety of LIFE courses. Heading to university, he faced a choice between music or technology. His degrees were all from an Institute of Technology, but his love for music has been constant. Through the LIFE courses he has had the opportunity

to lead, he has returned to his study of classical music. This will be the third LIFE music course he has offered on and about Bach.

Limited to 50 participants

Dates: May 22 – June 26 (6 sessions)

Time: Tuesdays, 10:10 a.m. – 11:50 a.m.

Fee: \$50

Moderator: Bob Fabian

S15 ~~Light Up Your Life and Your Brain~~

~~You can teach an old dog new tricks! Neuroscience and the emerging discoveries about brain plasticity demonstrate that what we think and how we think actually changes the structure of our brain. Aging can be stressful—and now we can learn to de-stress and rewire our brains by developing new skills and techniques to enhance memory, improve cognition, practice mindfulness, and find inner peace. Stress management is essential as we age. Speakers, group discussion and presentations (and a reading list) will help us explore this fascinating area. Come prepared for a fun, interactive, and experiential course—and wear comfortable clothing for easy warm-ups and to do sessions in the gym, doing mindful exercises on mats on the floor. Guided practice will be part of every session: sit in chairs (or lie down), eyes closed, follow the moderator's voice as we learn how to be present with ourselves, accept what arises in the moment and gain insight into our own feelings and reactions.~~

~~**Judy Steed** is an award-winning writer/author who leads a guided meditation/mindfulness practice. She enjoys moderating at the LIFE Institute, sharing skills and techniques to enhance memory and cognition, and reduce stress~~

~~***Cost of course includes \$12 non-refundable studio fee.**~~

~~**Limited to 30 participants**~~

~~**Dates:** May 1 – June 19 (8 sessions)~~

~~**Time:** Tuesdays, 10:10 a.m. – 11:50 a.m.~~

~~**Location:** CED303 and RAC Studio II~~

~~**Fee:** \$72*~~

~~**Moderator:** Judy Steed~~

S16 The Globalization of Religion: World Religions and Interfaith Dialogue **NEW**

Toronto--acclaimed the most diverse city in the world and home to six million Canadians—has been chosen

as the host city of the seventh [Parliament of the World's Religions](#), to be convened in November 2018. What could be more attractive than real time governance from heaven? Ever since the indelible brilliance of Swami Vivikananda at the first Parliament in 1893 the worldwide community of the Sacred has been called together insistently to serve a war-torn globe. In November of this year the seventh Fire of the Parliament will take place in the most multi-faith city on the planet. Perhaps Toronto should become the site of some sort of permanent home. A strong and very diverse range of faith communities is already convened here in increasing cooperation. From the largest religious communities to the most influential, the Parliament of World Religions offers a concentration of spiritual fires. This course will demonstrate how a true global village of communication, compassion, transcendence and healing is built. In anticipation of the seven days of the Parliament, learn about interfaith etiquette, interfaith dialogue, and marvel at local and global social justice initiatives. Be inspired by the examples of leadership that the Parliament will showcase.

Anthony Muhitch taught high school for 30 years and contributed to three world religion textbooks, as well as offering seminars for teachers with the Ontario English Catholic Teachers Association and co-chairing a Multi-faith literacy conference at the ROM.

Limited to 70 participants

Dates: May 1 – June 19 (8 sessions)

Time: Tuesdays, 10:10 a.m. – 11: 50 a.m.

Fee: \$92

Lecturer: Anthony Muhitch

S17 Stratford Festival Preview

These spirited lectures will enrich your theatre-going experience. Talks on selected plays being offered this season at the Stratford Festival will be spiced with lively anecdotes, readings, short scene presentations, discussions, and background information on authors and theatre history. Enjoy some coffee, tea, and cookies along with informal discussion during the half-time break. List of plays in order of presentation are: *Paradise Lost* (Erin Shields); Shakespeare's *The Tempest*, *Julius Caesar*, *Coriolanus*, and *Comedy of Errors*; and *Napoli Milionaria* (Eduardo di Filippo). Other plays may be touched on.

Vrenia Ivonoffski is the artistic director of ACT II STUDIO, is on the acting faculty at George Brown Theatre School, and has taught at Ryerson Theatre School, University of Guelph and Sheridan College. Vrenia has more than 30 directing credits, has written 14 plays, is a member of Theatre Ontario's Talent Bank, and her show, *Leacock Live!* was Patron's Pick at the 2010 Toronto Fringe Festival. She is a past president of the Toronto Association of Acting Studios (TAAS) and received the 2014 Maggie Bassett Award by Theatre Ontario for her contribution to theatre in Ontario. **Please note starting and ending times.*

Limited to 40 participants

Dates: April 24 – May 15 (4 sessions)

Time: Tuesdays, 10:00 a.m. – 12:00 noon*

Location: VIC502

Fee: \$82

Instructor: Vrenia Ivonoffski

S18 Embrace Your Third Act

What if the next stage of your life includes your BEST years of all? Longevity is determined by both genes (25%) and lifestyle (75%). You can start paying attention to your health at any age, because you have the capacity to retrain your body, exercise your mind, and maintain a healthy lifestyle to enjoy your Third Act! This program is presented from a holistic perspective, discussing alternative health practices, natural foods, supplements, and remedies based on science-proven studies. It will introduce you to the best foods to manage your weight, reduce inflammation and joint pain, and regulate your blood sugar. Learn more about the impact of fitness and relaxation techniques to improve sleep, increase your energy, and stimulate your memory. There will be group activities, food tasting, hands-on meal preparation, and guest speakers on related topics. *This course was previously offered at LIFE.*

Join **Rani Glick**, Certified Holistic Nutritionist, health coach, and functional aging specialist for this workshop.

***Fee includes \$12 non-refundable materials fee.**

Limited to 30 participants

Dates: May 1 – June 5 (6 sessions)

Time: Tuesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$62*

Moderator: Rani Glick

S19 Extraordinary Canadians World Wide **NEW**

This course explores the lives and achievements of acclaimed and controversial Canadians. Perspectives from history, psychology, cultural and media studies will enhance our studies of Stephen Leacock, Norman Bethune, Lester B. Pearson and Glenn Gould. We will present each person over the course of two weeks and learn about their biographers. The Penguin series, *Extraordinary Canadians*, edited by John Ralston Saul, inspires and informs this course, and these biographies, available in public libraries, are recommended reading.

Ruthanne Wrobel and George Wrobel are teachers of Canadian and European History and Culture. They hold degrees in History, Education and Social Sciences. Their research interests include Canadian cultural history, media studies and immigration history.

Limited to 70 participants

Dates: May 1 – June 19 (8 sessions)

Time: Tuesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturers: Ruthanne and George Wrobel

S20 Magic Mandalas and the Creative Process **NEW**

Discover your innate creativity in a safe and supportive learning environment as we explore the creative process. With the mandala as our guide, we will explore its concepts – the segments, geometry, shape, line, space, connections, and patterns. Learn how to incorporate harmony and unity, variety, balance, and repetition into your designs. Together we will discover that mandala art is not about the rules, should dos, and musts of “getting it right.” With lots of class time to create art, this course also includes a framework of ideas for developing and sustaining a creative practice. A variety of tips, tools, techniques, and tasks will add variety to your designs, move you past artist’s block, and help you get good results right from the start. Simple, yet effective, weekly exercises will help you practice, improve, and introduce creativity into your everyday. Online access is helpful. All are welcome.

Linda Hook is a visual artist who enjoys helping people discover their creative nature. An experienced

teacher of children and adults aged 3 to 90, Linda is a big believer in the role of creativity in reducing stress and promoting relaxation.

Please note: a \$5 supply fee will be payable in the first class. Supplies required for subsequent classes include artist quality paper, permanent artist pens, pencils, an art eraser, a geometry set, and a sketchbook, which participants may purchase themselves or bring from their own supplies to class. The total cost for all these items is approximately \$30.

Limited to 25 participants

Dates: May 1 – June 12 (7 sessions)

Time: Tuesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$55

Moderator: Linda Hook

S21 Organizing, Managing, and Enhancing Your Photographs

This course is for those people who want to better organize and manage their digital photographs and learn basic photo enhancement and editing techniques. In addition, the course will introduce various photo-sharing techniques so that you can share your photos with friends and family. The course will utilize photo enhancement and organizing programs that either come with your computer or can be downloaded free from the internet.

Prerequisite: For PC users with a working knowledge of computer basics. Students are encouraged to bring their own computer to class, but it is not necessary.

Harold Hutner is a life-long photography buff who has taught photography courses at LIFE for several years and enjoys helping others learn how to manage their digital photographs.

Limited to 4 participants

Date: May 1 – 22 (4 sessions)

Time: Tuesdays, 12:10 p.m. – 1:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Harold Hutner

S22 From Here to There and Back Again Part II: Jews in Arab Lands

The experiences of life in Moslem countries for Jews were very different from life in Europe. After the Jews were expelled from Spain in 1492, some went north into Europe, and others went to North Africa. Jews

also migrated to the Arabian Peninsula. What is the history of Jews in Arab lands? What were their Jewish practices and how did they differ from those of European Jews? How did Jewish life change after the end of colonialism? When and why did Jews leave their homes in North Africa and the Arabian Peninsula after the State of Israel was established in 1948? These questions and more will be explored in this course, which was previously offered at LIFE.

Karen Goodis retired in 2015 after running religious education programs in various synagogues in Toronto. Originally from Poughkeepsie, NY, Karen has a BA from Vassar College, a Masters of Hebrew Letters from Hebrew Union College, and a M.Ed. from USC. Having enjoyed LIFE courses for the last few years, teaching at LIFE is one of the first things she wanted to do upon retiring.

Limited to 40 participants

Dates: May 1 – June 5 (6 sessions)

Time: Tuesdays, 2:10 p.m. – 1:50 p.m.

Fee: \$50

Moderator: Karen Goodis

S23 Love and Marriage in Opera **NEW**

Nearly every opera is concerned with marriage in some way. We will explore (with video excerpts) over 50 operas, illustrating the perils of pre-nuptial and post-adulterous relationships.

Iain Scott is one of Canada's most popular opera educators and tour leaders. He was a panelist and commentator for 25 years on CBC Radio and for eight years from the Metropolitan Opera. He is in constant demand as a lecturer for opera companies, guilds, and societies across North America, and organizes opera tours to European and North American opera houses.

Limited to 70 participants

Dates: May 1 – June 19 (8 sessions)

Time: Tuesdays, 2:10 p.m. – 3:50 p.m.

Fee: \$92

Lecturer: Iain Scott

S24 Smartphone Basics **NEW**

There's an almost endless array of smartphone options, opportunities and prices. This three-session offering will provide a basic introduction to the smartphone world. What are some of the key smartphone features? How do people take advantage

of those features? How to select a smartphone? How to select a service provider? What applications, or "apps," are worth considering? What is required to effectively manage your smartphone? The goal of the course is to give participants a basic understanding of the smartphone choices they have. The focus will be on Android smartphones with a careful eye on associated costs. While information will be presented by your moderator in lecture format, questions and comments will be welcome.

Bob Fabian has led a variety of LIFE courses. Before LIFE he spent most of his career working on technology and the organizational impact of technology. His experience with smartphones has been mixed. He appreciates (some of) the benefits of a smartphone, but worries about the impact of everyone, and especially children, spending all their time tethered to their smartphones.

Limited to 50 participants

Dates: May 22 – June 5 (3 sessions)

Time: Tuesdays, 2:10 p.m. – 3:50 p.m.

Fee: \$35

Moderator: Bob Fabian

W E D N E S D A Y

S25 Building Community and Kinship **NEW**

A common factor in studies of centenarians is that people who live longer and more fulfilling lives express a sense of belonging, of being engaged and feeling part of – a community, a family – of something. Two well-known reports which support this claim focus on centenarians in Lunenburg County, Nova Scotia and, perhaps more famously, the 600-odd centenarians of Okinawa, Japan. Many are likely already familiar with data which support claims that loneliness and depression are facts of life for Canadians, including (and perhaps especially) seniors. Dissatisfaction, perhaps even a sense of panic about life after becoming retired, newly-single, in new neighbourhoods/living accommodations, is becoming all too common for many, who also describe the difficulty to find, build, or settle into new friendships, communities, and groups. This course will attempt to build relationships among participants by assignments that involve personal interaction and communication, such as teaming up with one or more randomly

selected person(s) in the class. We will discuss successful methods of encouraging community and hear guest speakers from Volunteer Toronto and the YMCA Newcomer Centre.

Tara Seon is a human resources consultant, a true life-time learner in every sense of the word (volunteered overseas after retirement and earned a master's degree at 64), and nurturer of circles of friendship in an active, full life.

Limited to 25 participants

Dates: May 2 – 23 (4 sessions)

Time: Wednesdays, 10:10 a.m. – 11:50 a.m.

Fee: \$40

Moderator: Tara Seon

S26 From Socrates to Sartre: An Introduction to Philosophy **NEW**

Philosophers like to ask the big questions about life. What is real? What is truth? What is the good life? This introductory course provides an overview of the foundations and history of philosophical thought through reflection on the wisdom of prominent Western and non-Western philosophers from the ancient Greeks to major historical figures such as Sartre, Kierkegaard, and Nietzsche, whose ideas and theories form the basis of modern philosophy. Critical thinking and questions will be an integral part of this course.

Dr. Marianne Loranger, BSc, MRE, MDiv, MEd, DEd, focused her undergraduate work in Medical Ethics. Her masters and doctoral work specialized in Ecology, Ethics, and Social Justice. She has been teaching philosophy and ethics for thirty years at the secondary level, the undergraduate level at the University of Toronto, and for the advanced qualification courses for teachers.

Limited to 50 participants

Dates: May 2 – June 20 (8 sessions)

Time: Wednesdays, 10:10 a.m. – 11:50 a.m.

Fee: \$92

Lecturer: Dr. Marianne Loranger

S27 Joni Mitchell: Words and Music **NEW**

This course takes a detailed look at the fascinating life and sublime lyrics, music and performances of Joni Mitchell, one of the greatest and most successful of

Canadian artists. Beginning with her humble roots in Saskatchewan, we will explore the amazing career of Ms. Mitchell, explaining how her music works and putting her in the context of her times.

Dr. Mike Daley holds a PhD in music from York University and has taught undergraduate courses at Guelph, McMaster, Waterloo, and York Universities, as well as acclaimed later-life courses at York University, the University of Toronto, Ryerson, George Brown, Learning Unlimited in Etobicoke, Later Life Learning in Mississauga, and the LIFE Institute.

Limited to 70 participants

Dates: May 2 – June 20 (8 sessions)

Time: Wednesdays, 10:10 p.m. – 11:50 a.m.

Fee: \$92

Lecturer: Mike Daley

S28 The Art and Science of Possibility

Happiness and positivity, the research suggests, not only will make a person feel better, but also will boost his or her energy, creativity, and immune system, foster better relationships, and fuel higher productivity, as well as lead to a longer life. We will look at the hidden power of how everyday positive experiences can change your brain and at how to transform fleeting experiences into lasting improvements in your neural net worth. We will examine the concepts of and research about the myths of happiness, the importance of positive emotions, the effects of attention, mindfulness, meditation, positive connections, character strengths, and exercise. You will be given practical, easy-to-use strategies in which lie the possibilities for finding meaning, purpose, and a life of well-being. Although some material will be presented in lecture format, this class is essentially an interactive workshop. Be prepared to participate in large and small group discussions.

Lillian Mills, B.S., M. Ed., B.C.C., is a former special education teacher and now a professional life coach who uses the principles of Positive Psychology to inspire her local and international clients to attain their personal and professional goals.

Limited to 16 participants

Dates: May 9 – 30 (4 sessions)

Time: Wednesdays, 12:10 p.m. – 1:50 p.m.

Location: CED303

Fee: \$40

Moderator: Lillian Mills

S29 Book Talk

Come and join the discussion about books in this lively, thought-provoking group where we explore, debate, and enjoy an assortment of contemporary novels and biographies. You will be notified of the first book once you have enrolled in the course. Books for the remaining classes will be decided by the group at the first meeting and presented by members at each subsequent meeting. Participants are encouraged to bring their own book suggestions.

Lindy Small and **Deborah Wingate** are pleased to lead this long-standing group for LIFE. Lindy, a retired educator, and Deborah, a retired librarian, enjoy books of all types and have been avid readers since childhood.

Limited to 16 participants

Dates: May 9 & 23, June 6 & 20 (4 sessions)

Time: Wednesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$40

Moderators: Lindy Small and Deborah Wingate

S30 Light and the Older Eye: Steps to Healthy Visual Aging

Is aging all a down-hill journey for our eyes? This course will introduce you to what happens to the human eye over the course of normal aging, how this impacts our day-to-day living and how, by understanding these changes, we can take steps to make our living space more eye-friendly. A major focus in the course will be sharing our experiences of vision change and demystifying research on the aging eye. The class will combine lecture presentations with discussion groups, and possibly guest speakers. There will be an opportunity for optional participation in online surveys that will provide the basis for some of our discussions. However, internet access is not essential.

Frances Wilkinson, a retired vision scientist and York University professor, has 40 years of research experience in several areas of Visual Neuroscience and Psychology. She has previously offered this course at LIFE.

Limited to 30 participants

Dates: May 2 – 30 (5 sessions)

Time: Wednesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$45

Moderator: Frances Wilkinson

~~S31 Norval Morrisseau and the Woodland Style of Art~~ **NEW**

Norval Morrisseau was an Ojibwe artist who invented a fresh visual expression, neither Indigenous nor familiar to Europeans. Morrisseau's works are arresting, ambiguous, and convey a range of meanings. Participants will consider the man as painter, myth-maker, and founder of the Woodland style of art. Multiple sources with ancient roots informed the artist's imagery: boreal forests, the wildlife of northern Canada, mysterious pictograms, oral teachings, troubling issues facing native communities, and biblical stories seen in stained glass windows. Morrisseau called himself a shaman-artist and referred to his mosaic-like paintings as enduring images with spiritual power. His life story includes resilience, resistance, and resourceful self-preservation. Morrisseau's work holds much visual and cultural appeal while raising questions and generating dialogue.

~~**Ruthanne Wrobel and George Wrobel** are teachers of Canadian and European History and Culture. They hold degrees in History, Education and Social Sciences. Their research interests include Canadian cultural history, media studies and immigration history.~~

~~**Limited to 70 participants**~~

~~**Dates:** May 2 – 23 (4 sessions)~~

~~**Time:** Wednesdays, 12:10 p.m. – 1:50 p.m.~~

~~**Fee:** \$56~~

~~**Lecturers:** Ruthanne and George Wrobel~~

S32 Technology and Society: The Connected Technology Revolution

Economic and social modernization has been driven by the intersection between technology and human society as technological innovation has led to improved quality of life, made communication easier, and generated economic progress. However, innovation and its increasing pace also has led to disruption across various industries and sectors of the economy. One of these ground-breaking innovations is the "connected" technology or Internet of Things.

This lecture series critically examines connected technologies such as Big-Data, artificial intelligence, and cloud computing, all dramatically changing how people live and work.

Mohamed Elmi is a PhD candidate in Information Systems at the University of Cape Town and a lecturer in Global Management Studies at Ryerson University. Mohamed studies the role of technology in Africa. He holds a MA in International Development Studies.

Limited to 70 participants

Dates: May 2 – June 20 (8 sessions)

Time: Wednesdays, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturer: Mohamed Elmi

S33 Football (Soccer): A National Mirror

In a few weeks the greatest sporting event in the world will take place in Russia: *The 2018 World Cup of Soccer*. More than 3.5 billion people (half the world's population) watched the 2014 edition in Brazil. Forty-eight nations are competing for world supremacy of the *Beautiful Game*. Toronto being such a cosmopolitan city will be abuzz. Even if you're not a soccer fan, you'll be caught up in the action. This course will get you ready for the show. Soccer is the world's most popular sport, played by 250 million players in over 200 countries, where it is a staple feature of their popular culture. The way in which different countries play soccer is a form of national self-expression. The rules are the same, but the style of play is a reflection of a country's history, culture, and traditions – the game is a national mirror. In this course, we will survey the beautiful game's fascinating origins, its politics and its impact, as well as many of the important historical events in the world of soccer. We will examine the transcendent power of this game as it changes the lives of individuals and communities across all continents. A noted football guest speaker will visit and give a presentation. No sport has more devoted fans and those numbers are growing – young, old, male, female: the 2014 FIFA World Cup in Brazil reached a global in-home television audience of 3.2 billion people. This course is for those of you who live and love the game, but also for those of you who are new to soccer and wish to discover its thrills.

Amnon Zohar is a hi-tech business entrepreneur and founder of internet and social media companies. He is also a soccer fanatic. He played and coached youth soccer and is a graduate of *The Global Game: Soccer, Politics and Popular Culture* course at Harvard University. Amnon is also the founder of *FootieXI.com*, a website and blog for people who live and love the game of soccer.

Limited to 30 participants

Dates: May 2 – June 20 (8 sessions)

Time: Wednesdays, 2:10 p.m. – 3:50 p.m.

Fee: \$60

Moderator: Amnon Zohar

S34 Getting Out: Exploring Toronto's Cultural Neighbourhoods

Public spaces, art galleries, cafes and eateries and independent, design-crammed boutiques are bellwethers of Toronto's evolution. Beginning with an overview lecture and seven subsequent neighbourhood walks, this course will enjoy the new and transformative while honoring landmarks. We'll visit Bloordale and St. Helens Ave.; the Junction; Tecumseh/Niagara/Walnut; Shaw and Ossington; Artist Studio and West Queen West, and Daniels Spectrum and Regent Park (TBC) with an emphasis on revelatory art and design. Returnees and newcomers alike will catch the latest exhibitions, meet leading artists and gallerists, and discover great places to eat, drink, and support local entrepreneurs. Our only on-campus session is an introductory *2018 Arts Highlights* slide presentation and talk to set the stage for our adventures. In each of the ensuing seven weeks, experience a different walking tour, ending with an optional coffee-break. In addition to daily itineraries, "cheat sheets" will be provided for the various neighbourhoods.

Founder of Art InSite tours, **Betty Ann Jordan** is an arts writer, commentator, and cultural tour maven. Trained as an artist, she also gives talks on art appreciation. **Limited to 40 participants**

**Please note dates, start and ending times. Any admission fees to galleries, if required, will be additional.*

Dates: May 2 – June 27 (8 sessions, no class June 13)

Time: Wednesdays, 1 - 3 p.m.*

*3 - 3:45 p.m. optional post-tour coffee-debrief

Fee: \$92

Lecturer: Betty Ann Jordan

S35 God, Genius, and the Great Composers: Part II

The man of talent hits a target that no one else can hit; the man of genius hits a target that no one else can even see. Those very chosen few endowed with the powers of creative genius have been called “the immortal few who were not born to die.” Explore this rarest and most compelling of phenomena through the lives and music of eight great composers – Schubert, Chopin, Mendelssohn, Dvorak, Sibelius, Tchaikovsky, Rachmaninov, and Shostakovich. Registrants can expect to experience a whole new perspective on the attitudes, the individuality of expression, and above all the extraordinary music they created, music that will enrich humanity for all time to come. This course was previously offered at LIFE.

Born and raised in Toronto, **Tom Plewman** graduated with a BA in History from the University of Western Ontario. For thirty years, he owned and operated the Madrigal Classical Record Shop in London, Ontario, then in Halifax. He has a twenty-five-year background in radio and thirty-five years of experience giving talks on great composers for various church groups, retirement homes, and classes.

Limited to 60 participants

Dates: May 2 – June 20 (8 sessions)

Time: Wednesdays, 2:10 p.m. – 3:50 p.m.

Fee: \$92

Lecturer: Tom Plewman

S36 Theatre Alive!

Wednesday, May 2, 2018, 1:30 p.m.

CAA Theatre (formerly the Panasonic Theatre)
651 Yonge Street (Yonge south of Bloor)

Fun Home

The Musical Stage Company Production, presented by David Mirvish

Alison, a 43-year-old lesbian cartoonist, struggles to untangle her complex relationship with her deceased father. Moving between past and present, Alison relives an unusual childhood growing up in a funeral

home, her sexual awakening, and unanswerable questions about her father’s secret life. This groundbreaking new musical based on Alison Bechdel’s best-selling graphic memoir was the winner of five Tony Awards, including Best Musical, and has received worldwide critical acclaim for its stunning musical score and heartbreaking storytelling.

WINNER! Best Musical, Best Original Score, Best Book of a Musical, Best Direction – 2015 Tony Awards

WINNER! Best Musical – New York Drama Critics’ Circle Award, Obie Award, Lucille Lortel Award, Outer Critics Circle Award, Off-Broadway Alliance Award

“Five Stars. It’s not your ordinary musical because it is extraordinary.”

Time Out New York

“A rare beauty, extraordinary and heart-gripping.”

The New York Times

Wednesday, May 16, 2018, 1:30 p.m.

Tarragon Theatre
30 Bridgman Avenue (Dupont/Bathurst area)

Girls Like That

(Canadian Premiere)

A naked photo of Scarlett goes viral. Rumours spread like wildfire across smartphones and her reputation becomes toxic, threatening to shatter the clique of girls she has grown up with. But how long can Scarlett remain silent? And why isn’t it the same for boys? *Girls Like That* is an explosive new play that explores the evolution of feminist consciousness and modern female friendships in the wake of advancing technology.

“It’s viciously funny. Maybe change starts with plays like this” *The Guardian*

Wednesday, May 23, 2018, 1:00 p.m.

Harold Green Jewish Theatre Company
Toronto Centre for the Arts, Greenwin Theatre
(formerly Ford Centre for the Performing Arts)
5040 Yonge Street (North York Centre subway stop)

Brighton Beach Memoirs By Neil Simon

Brighton Beach Memoirs is a coming of age story about Eugene Morris Jerome, a 15-year-old growing up in 1930s Brooklyn, who thinks of little else but playing for the Yankees...and girls. Eugene's witty commentary about his life, his overworked father, his overbearing mother, his overconfident brother, and his overly gorgeous cousin, makes this tender journey through young adulthood both poignant and joyful. "Coming of age may not be easy – but it sure can be hilarious."

There will be a talkback after every performance. Tickets for all performances will be given to you at the theatre before the first play. They will not be mailed to you. A reminder will be sent by e-mail before each performance.

PLEASE NOTE: No exchange or refund will be given after the final ticket order has been placed. Please address any concerns or complaints to the LIFE office and not to the theatre.

IMPORTANT: Please be aware of the start times of each performance as some theatres do not allow latecomer seating.

Limited to 80 participants

Dates: May 2, May 16, May 23, 2018

Time: Wednesday afternoons (see times above)

Fee: \$110

Locations: as indicated

Coordinator: Rayna Jolley assisted by Florence Silver

Theatre Web Sites:

musicalstagecompany.com

mirvish.com

tarragontheatre.com

hgjewishtheatre.com

T H U R S D A Y

S37 Altruism: Good Deeds, Good Samaritans, Rescuers, and Charitable Acts and Giving **NEW**

This course will explore a variety of issues relating to the concept of altruism – the principle or practice of unselfish concern for or devotion to the welfare of others. We will explore the origins of this concept and its relation to evolutionary theory; what constitutes

altruistic conduct; and the significance of a person's intentions. We will consider whether or not certain actions are truly altruistic, such as so-called good Samaritan acts and charitable behaviour (e.g. financial giving, organ and blood donations). In addition, we will examine legal concepts like the duty to rescue and compare the differences between civil law and common law on this issue. We will also look at international legal obligations for refugees and the international "responsibility to protect." Finally, we will consider the motivation of rescuers, with a focus on those declared the Righteous Among the Nations by Yad Vashem, Israel's official memorial to the victims of the Holocaust and rescuers in other genocidal and civil conflicts such as Rwanda and Syria. **Eric Gertner** is the co-founder of the Supreme Court Law Review in 1978. He was Director of Research at McCarthy Tétrault, Canada's first national law firm, and adjunct professor at Osgoode Hall Law School from 1981 to 2011.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 10:10 a.m. – 11:50 a.m.

Fee: \$92

Lecturer: Eric Gertner

S38 Baycrest Presents: Understanding Your Brain

Join Baycrest postdoctoral fellows and students as we uncover the mysteries behind the most advanced computer on earth – your brain! In this course, you will gain a comprehensive understanding of cognitive processes that underlie all human life and the brain areas that support them. Find out how your brain navigates, remembers, ages, and even heals itself as we review ground-breaking research in the field of brain science. The Rotman Research Institute (RRI) at Baycrest Health Sciences is an internationally recognized cognitive neuroscience research institute fully affiliated with the University of Toronto. Their PhD students and post-doctoral fellows conduct research on a wide range of topics spanning the fields of cognitive neuroscience and cognitive aging.

Jordana Wynn is a PhD student in Psychology at the University of Toronto and Rotman Research Institute, Vice President of the UofT Psychology Graduate Students Association and a member of the RRI

Research Training Centre steering committee. She will moderate the sessions each week with different students presenting their research.

This course was previously presented at LIFE.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 10:10 a.m. – 11:50 a.m.

Fee: \$92

Lecturer: Jordana Wynn

S39 Northern Voices: Canadian Poetry **NEW**

Is there something distinctive about Canadian poetry? We will try to find out through presentation and discussion of a selection of Canadian poems and songs, many of them read by the poets who wrote them. Their writings will be placed in the context of Canada's history and related to contemporary developments in music, film, and painting. Looking at poets from Indigenous cultures to Susanna Moodie, Robert Service, Earle Birney, Leonard Cohen, Irving Layton, Margaret Atwood, and many others, the goal will be to see whether there is something uniquely Canadian to be found in their work, and how this might help us to better understand our national identity.

Terry Picton is a retired scientist. He has studied how perception, attention, and memory occur in the human brain. At the LIFE Institute, he has presented courses on modern poetry, the human brain, and the interactions between religion and science. He is intrigued by the creative human mind.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 10:10 a.m. – 11:50 a.m.

Fees: \$92

Lecturer: Terry Picton

S40 Age of the Pharaohs: A History of Ancient Egypt **NEW**

Spanning more than 3000 years, ancient Egypt is among the greatest civilizations the world has known. Join us for a whirlwind journey – from the time before the pyramids through the birth of language and religious thought, through the Valley of the Kings and Tut's golden treasures and Ramses's triumphs – all the way to Alexander's conquest and the tragedy of

Queen Cleopatra. This course will take you on a rich and engaging adventure, exploring the great events, characters, beliefs, and tremendous feats of art and architecture that characterized this magnificent era. You will become familiar with the course of Egyptian history while you remain endlessly fascinated by these astonishing ancient people.

Laura Ranieri is an Egyptologist (University of Toronto), writer, and founder-director of Ancient Egypt Alive (www.ancientegyptalive.com). She has excavated in Egypt at the site of Amarna and Asasif and has developed/led specialized Egyptian history tours. As an educator, she has presented extensively on ancient Egypt at museums, symposiums, and libraries across North America.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturer: Laura Ranieri

S41 Diverse Opinions: Commentary from the World Press

Do you regularly peruse the comments section of the world's press? Are you interested in world events? The online access we all have to opinion pieces on a daily basis provides us with a source of information unknown even a few years ago. The intention of this course will be to select several of these pieces each week to use as a basis for discussion. Articles will be taken from major Canadian news sources and the International Press. Selected columnists may include Doug Saunders, David Brooks, Thomas Friedman, Dow Marmur, Tony Burman, and other respected journalists. The class format will allow for a wide-ranging discussion around these articles each week.

Halton Doyle is a retired teacher and Guidance Counsellor. He has been leading discussions for LIFE Institute at Ryerson for the past 4 years.

Limited to 25 participants

Dates: May 3 – May 31 (5 sessions)

Time: Thursdays, 12:10 p.m. – 1:50 p.m.

Fee: \$45

Moderator: Halton Doyle

S42 The Hollywood Musical **NEW**

Your toes will be tapping in this course as we examine some of Hollywood's most iconic and beloved musicals. Beginning in the 1940s with the MGM classics *Meet Me in St. Louis*, *On the Town* and *Anchors Aweigh*, we'll carry on with many more, including *Singin' in the Rain*, *An American in Paris*, *West Side Story*, *My Fair Lady*, and *Cabaret* and finish with such recent films as *La La Land* and *The Greatest Showman*. In this series of lectures accompanied by film clips, we'll discuss how musical movie styles have evolved over eight decades. And revisit their great music and spectacular dancing!

Adam Nayman is a film critic and author whose work has appeared in a variety of publications, including *The Globe and Mail* and *The Walrus*. He teaches at the University of Toronto and Ryerson and has published two books on cinema.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturer: Adam Nayman

S43 Leaving a Legacy: Your Life Story

You don't have to be famous to have an interesting life story that deserves to be told and will be treasured as a one-of-a-kind legacy by those you love today and heirs you will never meet. In bygone days, this happened naturally because handwritten letters were passed from generation to generation. But today's communications are usually by phone, email and text, resulting in too few personal archives being preserved. This course will help you create your life story by breaking the mammoth process into small chunks of memories. Before class each week, you will write a new 500 – 1,200-word memoir to read aloud. Outside of class, you will weave your individual pieces into what will eventually become your complete autobiography. While this is not a teaching class, the moderators will, as time permits, comment constructively on each memoir. Also, you will be sent a comprehensive "starter" package before classes begin. And there is a valuable after-class opportunity (at the nearby Imperial Tavern) to chat with your fellow memoirists about the projects you're all working on.

Terry Poulton is now in her seventh year of moderating Life's memoir courses. She is a retired journalist and author who now focuses on helping people write their life stories (www.memoirwhisper.com).

Tamara Handler is a former school teacher and an accomplished and enthusiastic memoirist.

Limited to 12 participants

Dates: May 3 – June 28 (9 sessions)

Time: Thursdays, 12:10 p.m. – 1:50 p.m.

Fee: \$65

Moderators: Terry Poulton and Tamara Handler

S44 Brain, Mind, and the Soul: Medical, Existential, and Psychological Perspectives **NEW**

As research and exploration in neurosciences continue to reveal new understandings about the functions and structures of the human brain, we are discovering that the brain is not a machine. It is, instead, a complex organism that itself changes because of thoughts, feelings, memories, and life experiences. This neuroplasticity of the brain is rendering new insights into mental disorders such as autism, Parkinson's disease, dementia, and depressions, and is redefining mental health. Whereas the brain is a bio-chemical localized physical entity, the mind is one of the expressions of the faculties of the brain. The soul, on the other hand, is the most pervasive concept in all cultures – it connotes the essence of our being and as such has had many spiritual and religious meanings in all human communities. Based on Dr. Kumar's extensive research and writings in this field, and drawing from medical, existential, and psychological perspectives and research, and from many spiritual traditions, this eight-week course explores how our understanding of the brain, mind, and soul has evolved in defining and articulating human nature.

Dr. Sehdev Kumar is Professor Emeritus at the University of Waterloo. For the past decade he has been lecturing in the School of Continuing Studies at the University of Toronto. He is also Distinguished Professor of Culture and Communication in Himgiri Zee University, India and the University of Human Unity, Auroville, India. An internationally renowned lecturer and historian and philosopher of cultures and

civilizations, Dr. Kumar is also the author of several books including: *Lotus in the Stone* and *Matters of Life and Death*.

Limited to 70 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays 2:10 p.m. – 3:50 p.m.

Fee: \$92

Lecturer: Sehdev Kumar

S45 Edvard Munch and the Existential Scream NEW

"I do not believe in the art which is not the compulsive result of Man's urge to open his heart." This was the powerful manifesto of the symbolist Norwegian artist Edvard Munch (1863-1944), who was deeply concerned with conveying emotions or ideas in his work and whose highly personalized paintings of human anxiety and loneliness won him lasting fame. *Between the Clock and the Bed*, a searing self-portrait, was one of his final works which serves as a lens to reassess Munch's oeuvre and was the title of an exhibition shown this winter at the Met Breuer in New York. We will examine Munch's conflicted life and explore his work which gives such vivid expression to human suffering.

Osnat Lippa graduated in art and design from London Guildhall University, with postgraduate work in digital imaging. She has taught at George Brown College, worked as a freelance illustrator, and presented workshops in the Silver Screens Arts Festival in digital media. She has presented many popular art history courses at LIFE.

Limited to 70 participants

Dates: May 24 – June 14 (4 sessions)

Time: Thursdays, 2:10 p.m. – 3:50 p.m.

Fee: \$56

Lecturer: Osnat Lippa

***Please note:** *This course, Edvard Munch and the Existential Scream, and the course Power and Anguish in the Work of Chaim Soutine run consecutively, and therefore both may be taken.*

S46 iPad: Beyond the Basics NEW

For those who have mastered the basics of iPad usage covered in the *iPad for Beginners* class (including Settings, Email, Safari, the Camera and Photos, Contacts, and the iTunes and Apps Stores), this class

will cover additional material. We will look at additional Settings, Bookmarks and Favourites, the Calendar, adding text to photos, using your smartphone's data plan on your iPad (tethering), FaceTime, additional Apps, an introduction to Pages, Numbers, and Keynote, and advanced features in iOS 11 and security suggestions. Please be sure to bring your iPad and your Apple ID and password to each class.

***Please note that this class is not for beginners.**

Dorothy Rubinoff spent her career as an IT Trainer and software expert, for the last 18 years at the Ontario Securities Commission. She has spent the past 7 years learning all the ins and outs of the iPad and is thrilled to share her findings.

Limited to 15 participants

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 2:10 p.m. – 3:50 p.m.

Fee: \$60

Moderator: Dorothy Rubinoff

S47 Peter the Great and Saint Petersburg NEW

Peter the Great (reigned 1682 to 1725) was determined to transform Russia into a great European power. In this course, we will examine the traditional Russia of Peter's childhood, his Grand Tours of Europe, and his subsequent dream of building Saint Petersburg, a new city to match his vision of the country. With images of the city and accounts of Peter's drive to create it, we'll see how the city emerged as a symbol of his power and Russia's hopes. **Carolyn Harris** received her PhD in European history from Queen's University. She is the author of *Raising Royalty: 1000 Years of Royal Parenting* and two other books. She provides commentary on royal history for TV and radio.

Dates: May 3 – June 21 (8 sessions)

Time: Thursdays, 2:10 p.m. – 3:50 p.m.

Fee: \$92

Lecturer: Carolyn Harris

S48 Power and Anguish in the Work of Chaim Soutine NEW

The Lithuanian artist Chaim Soutine (1893-1943), one of the leading painters in Paris in the 1920's and 30's, created pictures imbued with torment and personal

expression. Most School of Paris painters believed he was their most talented contemporary, and he was widely regarded as the heir to Vincent Van Gogh. *Soutine's Portraits: Cooks, Waiters and Bellboys*, an exhibition recently shown at London's Courtauld Gallery, throws light on Soutine's rise to fame and how this particular group of portraits helped lift him out of his desperate circumstances and brought him to greater prominence. We will focus on Chaim Soutine, his influence and importance, as well as considering other Jewish artists working in Paris at this time.

Osnat Lippa graduated in art and design from London Guildhall University, with postgraduate work in digital imaging. She has taught at George Brown College, worked as a freelance illustrator, and presented workshops in the Silver Screens Arts Festival in digital media. She has presented many popular art history courses at LIFE.

Limited to 70 participants

Dates: May 3 – 17 (3 sessions)

Time: Thursdays, 2:10 p.m. – 3:50 p.m.

Fee: \$47

Lecturer: Osnat Lippa

***Please note:** *This course, Power and Anguish in the Work of Chaim Soutine, and the course Edvard Munch and the Existential Scream run consecutively, and therefore both may be taken.*

F R I D A Y

S49 The Assault on the Soul of Islam

NEW

This course will be an eye-opener on the ultra-conservative movements, such as Wahhabism, that have been hijacked by heretics whose deviant practices have distorted Islam. A terrifying form of Islam projected by extremists and so-called "jihadis" is at war not only with the Western world, but also with millions of peace-loving Muslims. It is often accepted that Islam is a religion that by its definition oppresses women and encourages violence. This course hopes to cultivate an appreciation of true Islam as it was revealed to the Prophet Muhammed and practiced by his early followers. It also examines the events and actions undertaken by the West to

promote the image of "Islamic radical fundamentalists."

Uzma Siddiqui has an MBA with over twenty years of corporate experience in finance, consulting, and training, and over ten years of teaching experience, including at Ryerson University. Her vision is to reclaim Islam and present it as a religion of love, harmony, tolerance, and progress.

Limited to 70 participants

Dates: May 4 – June 22 (8 sessions)

Time: Fridays, 10:10 a.m. – 11:50 a.m.

Fee: \$92

Lecturer: Uzma Siddiqui

S50 The Economist Seminar

Our stimulating discussions are based on articles from this prestigious and influential magazine. The topics dealt with are broad in scope: issues relating to nations, the economy, the arts, science, and the people influencing these concerns. We will focus on specific articles that the class members have been directed to and discuss the challenging issues that are raised in those articles. Join us in a lively and respectful exchange of views.

Please Note: *Class members will be able to subscribe to The Economist at a considerably reduced annual rate.*

Lloyd Cadsby and **Jay Waterman** are both retired lawyers who have found there is LIFE after law by pursuing their interest in world events.

Limited to 30 participants

Dates: May 4 – June 29 (9 sessions)

Time: Fridays, 10:10 a.m. – 11:50 a.m.

Fee: \$65

Moderators: Lloyd Cadsby and Jay Waterman

S51 The Evolution of Human Rights

NEW

This course will examine the doctrine of human rights from several perspectives, including its history, the international instruments available, and domestic legislation such as the Ontario Human Rights Code and the Canadian Charter of Rights and Freedoms. Also included will be a comparison of human rights as interpreted and applied in the US and in Canada, and how the doctrine specifically affects Indigenous persons. As well as exploring the role that the courts

and legislation play in shaping these issues, we will look at the growing influence of the media on social change. The class format will include small group discussion, the introduction of text and newspaper articles, guest speakers, and case presentations which may involve some role playing and lecture.

Participants will be encouraged to raise contemporary human rights cases and examples and present them to the class. Some online access is preferred.

Harvey Savage is a retired lawyer, former tribunal member, and former part-time lecturer at Innis College and Dalhousie University. He was a member of several tribunals, the Immigration and Refugee Board of Canada, and was an arbitrator/mediator in accident benefits.

Limited to 25 participants

Dates: May 11 – June 15 (6 sessions)

Time: Fridays, 10:10 a.m. – 11: 50 a.m.

Fee: \$50

Moderator: Harvey Savage

S52 Alternate Cinema: Imagining Movies, Actors, and Filmmakers that Made a Different Impact **NEW**

Why aren't filmmakers Jan Troell, Noah Baumbach, and Philip Kaufman as well-known as directors Ingmar Bergman, Martin Scorsese, and Steven Spielberg, despite an equally stellar body of work to their name? How come actors Jessica Lange, Angelica Houston, and Emily Watson, despite some praise and recognition, are still not considered in the same class as Julia Roberts, Meryl Streep, and Judi Dench? Why haven't you likely heard of *The End of the Tour*, *The Prizewinner of Defiance*, *Ohio*, *Of Gods and Men*, *White Oleander*, *Devil in a Blue Dress* or *Metroland*, some of the very best movies of the last twenty years? In an alternate cinematic universe, these directors, actors and films would be among the best known and most lauded in their fields. But in ours, they're either unknown or severely underrated. We'll examine why that is and introduce, or acquaint you, with talents that deserve much better than they've gotten.

Shlomo Schwartzberg has been an arts reporter, film critic, and programmer for over 25 years. He is the former chair of the Toronto Jewish Film Society and a co-founder and regular contributor to the Critics at Large website (<http://www.criticsatlarge.ca/>).

Limited to 70 participants

Dates: May 4 – June 22 (8 sessions)

Time: Fridays, 12:10 p.m. – 1:50 p.m.

Fee: \$92

Lecturer: Shlomo Schwartzberg

S53 Exploring Happiness **NEW**

We pursue happiness because it is in our nature as human beings to do so. Evidence now shows that practising happiness skills can change your brain circuits and therefore you can learn to be happy. If we really want to be happier, we need to know what conditions generate happiness and how to cultivate them. While there are some basic principles that can guide us toward the good life, there is no universal prescription for it. It is up to us to identify our unique needs and wants. Through class and small group discussions, as well as individual exercises, students will gain knowledge, insight, and the opportunity to test a variety of theories for personal fit.

Rhonda Albert is a retired university career counsellor with an M.Ed. in Adult Education and Counselling. With a life-long interest in understanding what helps people learn, grow, and change, she has taught Ryerson courses in Mindfulness Meditation, Exploring Spirituality, and "Retired and Ready to Follow my Dreams... If I Only Knew What They Were."

Limited to 22 participants

Dates: May 11 – June 15 (6 sessions)

Time: Fridays, 12:10 p.m. – 1:50 p.m.

Fee: \$50

Moderator: Rhonda Albert

S54 Writing Short Fiction **NEW**

In this creative writing course for beginner and experienced writers we will explore the building blocks of short fiction – everything from micro-fiction to much longer stories. We'll explore beginnings, build characters, examine structure, read the works of short story writers, and explore sources of inspiration. Each class will involve about 40 minutes of discussion and lecture-format instruction. The remaining time will be spent on writing prompts and debriefing. Participants will leave the course with the skills necessary to begin writing short fiction of their own.

Julie Hartley has been a writer and writing instructor for the past 20 years. She has an MFA in Creative Writing from the University of British Columbia, and

her novel for young adults, *The Finding Place*, was published in 2015. Hartley's fiction and poetry has appeared in literary magazines across Canada and the U.K., where she has also been the recipient of The Peace Poetry Prize. She is the owner-director of the Centauri Arts Academy in Toronto, and Centauri Summer Arts Camp, which offers more than 40 specialist arts programs to 500 youth from all over the world, and also the director of Centauri Retreats, which runs creative writing holidays for adult writers in a rainforest lodge in Costa Rica.

Limited to 25 participants

Dates: May 4 – June 8 (6 sessions)

Time: Fridays, 12:10 p.m. – 1:50 p.m.

Fee: \$50

Moderator: Julie Hartley

S55 SPECIAL EVENT: Afternoon Tea and Tour at the Legislative Building, Queen's Park

A century of heritage and tradition awaits you at Ontario's Legislature. Enter an atmosphere of elegance and refinement as you step back in time with this special program. Learn about the building's history and architecture in a one-hour guided tour, followed by historical vignettes and an afternoon tea with sandwiches, scones, and cream.

Limited to 50 participants

Date: Friday, June 8

Time: *2 p.m.—4 p.m.

Fee: \$30

Leader: John Webb

Location: Lobby of the Legislative Building, Queen's Park, Ontario (north of the University Avenue/College Street intersection, Queen's Park Subway on the Yonge/University line).

Please note: This event is for LIFE members only.

Please note the start time and arrive 10 minutes early.

Enter through the main doors of the Legislative Building.

S56 Greatest Songs of the Sixties:

Part II

NEW

Building on Jordan Klapman's *Simply Brill* course offered last term, we will dig deeper into many more hit songs of the tumultuous 1960s: folk and anti-war protest songs, the biggest hits of rock's British Invasion, cool jazz, the great cabaret artists, and the bossa nova's impact in America. Featured will be the music of Peter, Paul and Mary, Joni Mitchell, Carly Simon, James Taylor, Simon and Garfunkel, the Rolling Stones, Aretha Franklin, Stan Getz, Neil Diamond, and many more superstars of the decade.

The course will feature lectures, PowerPoint visuals, video, archival recordings, and sing-alongs.

Jordan Klapman is a professional pianist, music director, and popular musicologist. He lectures at LIFE Institute, Baycrest Learning Academy, and several other institutions and cultural centres.

Dates: May 4 – June 22 (8 sessions)

Time: Fridays, 2:10 p.m. – 3:50 p.m.

Fee: \$92

Lecturer: Jordan Klapman

S A T U R D A Y

S57 Iran: From the Great Persian Empires to the Islamic Republic

NEW

Iran is an enigma. To understand this fascinating country, it is necessary to go back to the days of Cyrus the Great, Alexander, and those dynasties who resisted the influence of Rome, thus precipitating the rise of Islam. In the 19th and 20th centuries, attempts at reforming Iran failed and led to the rise of the Mullahs. Forty years later, should we be afraid of the Islamic Republic of Iran?

Olivier Courteaux holds a doctorate from the University of Paris IV-Sorbonne in the field of 20th century international relations. He has taught at various Canadian institutions including Ryerson University and the Royal Military College of Canada. Dr. Courteaux is the author of *The War on Terror: Canada's Dilemma* (2009) and *Canada between Vichy and de Gaulle, 1940-1945* (2013) on Franco-Canadian relations during the Second World War. **Limited to 150 participants**

Dates: April 21 – June 23 (8 sessions, no class May 19 or June 2)

Time: Saturdays, 10 a.m. – 12 noon

S60 Spring and Summer Walks 2018

*Two thousand years ago, Hippocrates told us, “Walking is man’s best medicine.”
Here is medicine you won’t mind taking!*

*Featuring: Toronto’s ravines, parks, neighbourhoods, gardens, downtown, art, rivers, waterfront, literature and writers

*Directors: Our wonderful Walk Leaders, LIFE members who enjoy sharing their knowledge of the city, and introducing others to some special areas

*Opening: Tuesday, May 1

*Other dates: Tuesdays and Fridays in May, June, and early September; Tuesdays ONLY in July and August; additional “bonus” days

*Producers: LIFE Walks Committee



Need to know information:

- Registration numbers are limited.
- Most walks are accessible by TTC, begin at 10:00 a.m., and continue to around noon. (Exceptions will be noted on the schedule.) We try to include a variety of walks: nature walks, historical walks, art and architecture walks, as well as different levels of difficulty.
- Each month the full list of meeting places and a brief description will be sent by email to all who have registered. In May, June, and early September, walks are scheduled for Tuesdays and Fridays. In the hotter months of July and August, walks are on Tuesdays only, with the possibility of some special walks (e.g. Canada Day).

Limited to 250 registrants

Dates: Tuesdays and Fridays (exact dates TBA) **Registration Day: Tuesday**

Time: 10 a.m. – 12 noon

Fee: \$30

LIFE Walks Committee: Pam Hitchcock, Bernice Holman, Donna Oke, Pam Raiken, Doug Paton (Chair)

Please note: a LIFE member in good standing who registers for the Walks Program in the spring term will have their 2017-18 membership extended to the end of the Walks Program.

LIFE CLUBS

CLASSIC NOVELS BOOK CLUB

Let's revisit and rediscover the great works of fiction that have stood the test of time. Their themes are universal, their characters memorable, their scope large, and their insight profound. Join us as we meet – usually on the **fourth Saturday or Sunday** of every month - to savour some literary classics.

All LIFE members are welcome to join.

Dates: Sat., May 26; Sun., June 24; Sat., July 28, Sat., Aug. 25; Sat., Sept. 22

Time: 10 a.m. – 12 noon

Coordinators: Patricia Wilkes (416) 766-0833, Simon Pearson, Martha Wall



LUNCHEON CLUB



The luncheon club usually meets the **fourth Thursday** of the month, from September to June, at an ethnic restaurant or one that is a neighbourhood favourite or unique in some other way. Members recommend restaurants that are reasonably priced and accessible via TTC and share in the responsibility of organizing lunches. Members are sent notices of upcoming lunches beforehand and **must reply if they plan to attend**. Most restaurants are small and space is limited so reservations are necessary.

Coordinator: Pam Hitchcock at pamandjohn@sympatico.ca.

MOVIE CLUB: LIFE Goes to the Movies

All LIFE members are welcome to join the Movie Club for monthly matinees. Membership is free and emails are sent to club members with complete details regarding each month's film. Check the club blog to get a sense of the types of movies we enjoy: <http://www.lifemovieclub.blogspot.ca/>.

Many members like to get together at a nearby restaurant afterward. If you plan to join in the noshing and nattering, RSVP is required the Monday before the film. *No need to RSVP if you're not going to the restaurant.*

Day: **First or second Tuesday** of each month, depending on the arrival date of new films

Time: Early to mid-afternoon

Location: A cinema easily reached via TTC

Coordinator: Terry Poulton

To register for membership: Send an email to poultonterry@gmail.com



PHOTOGRAPHY CLUB

Are you interested in photography as an art form? Do you want to be able to make better images? Our meetings will feature discussions of ideas and techniques, equipment, computer software, common problems, etc. We include sharing and constructive feedback for each other's images, and sometimes group shoots or gallery visits. The club is aimed at those who already have some experience making photos, but LIFE members at *any* level of expertise are welcome. A schedule of topics will be chosen at the beginning of each term.

Dates: Dates to be confirmed

Time: **First and Third Wednesday** of each month during term, 12:10 – 1:50 p.m. (May 2, 16 and June 6, 20)

Location: **to be confirmed**

To join the Club email lifeaperture@gmail.com and indicate you want to be a member

TRIPLE 'E' INVESTMENT CLUB

The Triple-E Investment Club meets monthly to monitor the investment scene, to learn how to put together portfolios, and to enhance our investing knowledge. At club meetings we review the economic events of the past month, make presentations, review reports and books, and discuss issues raised by members.

You must be a LIFE member to attend.

Dates: April 10, May 8, June 12

Time: **Second Tuesday** of each month, 4– 6 p.m.

Location: CED303

Annual Fee: \$5

Coordinator: Harold Brief

To Register: Harold Brief harold.brief@gmail.com

**ACCESSIBILITY AT RYERSON**

Would you like to know where stairs, accessibility paths, ramps and automated doors are located in Ryerson's buildings? There is a comprehensive set of Ryerson University Accessibility maps, in pdf format, available on-line at: www.ryerson.ca/cpf/accessmaps.html

The LIFE Institute is a member of



for more information:

<http://www.thirdagenetwork.ca/>

Thank You, Moderators!



It is time to give a heartfelt thank you to our wonderful Moderators who presented courses during the period Fall 2017 through Spring 2018.

Throughout the year, they have offered all of us a chance to engage with other members in intellectually stimulating and enjoyable courses, giving us the opportunity both to learn and make new friends. Every one of us at LIFE appreciates their dedication, enthusiasm, and generosity in devoting so much time to planning, researching and presenting their exciting courses.

Rhonda Albert	Lawrence Altrows	Judy Beamish	Bob Biderman
Suzette Blom	Alex Borman	Lester Brown	Lloyd Cadsby
Donna Davey	Marcel Deurvorst	Carol Dorman	Halton Doyle
Robert Fabian	Vince Fearon	Carolyn Filteau	Tim Gauntley
Rani Glick	Nestor Golets	Karen Goodis	Tamara Handler
Julie Hartley	Linda Hook	Jess Hungate	Harold Hutner
Rayna Jolley	Sandra Kingston	Terry McGrail	Rebecca McTaggart
Lillian Mills	Françoise Mugnier	Gary Opolsky	Doug Paton
Simon Pearson	Terry Poulton	Harold Povilaitis	Dorothy Rubinoff
Zak Sabry	Harvey Savage	Diane Schulman	Tara Seon
Greg Shtock	Alan L. Simons	Lindy Small	Ken Smookler
Judy Steed	Chris Van Duermen	Keith Walden	Byron Wall
Jay Waterman	John Webb	Nan Weiner	Frances Wilkinson
Deborah Wingate	Ralph Wintrob	Philip Wood	Charles Wright
Ragip Yergin	Edward Zamble	Amnon Zohar	

We all know there would be no LIFE without them!

And a special thank you to the Walks Committee

Chair, Doug Paton, Pam Hitchcock, Bernice Holman, Donna Oke and Pam Raiken.