

LIFE INSTITUTE

FALL 2018

COURSES & EVENTS



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, Wendy McDonald, Gail Maron, Simon Pearson, Dorothy Rubinoff, Martha Wall, and Elisabete Way, who formed the core committee
- Eva Bell, Elaine Goldbach, and Marcel Deurvorst, who provided invaluable help
- Rosanne Bernard, LIFE Office Manager
- Sumintra Naraine, LIFE Office Assistant

Contents

About
 LIFE/acknowledgements /disability notice/dates to remember 3
Ombuddy/20 min reminder 4
No scents policy 4
 Fall welcome/wait lists/ refunds/classroom times and locations 5-6
LIFE Board members 6
 Courses and activities by category 7-8
Course details 9-42
Clubs..... 43-44
Accessibility at Ryerson .. 44
TAN..... 44
Courses at a glance ... 45-46
LIFE registration form..... 47
 Maps/Locations/LIFE contact info 48-50

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 – Fall 2018 Session

Friday, August 3 – Monday, August 6	Civic Day weekend; Ryerson University is closed
Monday, August 13 at 7 a.m.	Registration commences
Monday, September 3	Labour Day; Ryerson University is closed
Thursday, September 13	Fall Welcome Event
Monday, September 24	Classes begin
Monday, October 8	Thanksgiving Day; Ryerson University closed
Tuesday, October 16 at 2 p.m.	LIFE 2017-2018 Annual General Meeting
Thursday, December 13 at 12 p.m.	Winterfest, LIFE's Annual Holiday Party
Thursday, December 20, 2018 – Monday, January 7, 2019	Mid-Year Break; Ryerson University closes at end of day on Thursday, Dec 20, 2018 and re-opens on Monday, January 7, 2019

LEARN SOCIALIZE CONTRIBUTE

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 43 - 44 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 Fall 2018 at LIFE Institute

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

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, 2019, 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, August 13, 2018. On-line registration will begin at 7 a.m. each day. You will enroll for your:
 - Monday courses on **Monday, August 13**
 - Tuesday courses on **Tuesday, August 14**
 - Wednesday courses on **Wednesday, August 15**
 - Thursday courses on **Thursday, August 16** and
 - Friday, Saturday and Sunday courses on **Friday, August 17**

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 wait list. 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 any single-session course, event, or the walks program.

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. 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.

Due to class-size based on registration, classroom locations may change.

BE AWARE

In the Fall, many of our classes are held off campus, due to the University's space constraints. LIFE strives to find offsite locations in close proximity to the main campus, but there are occasions when the distance between 'back-to-back' classes are an issue. Please check the location of your courses before you enroll so that you are prepared.

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.

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
 Treasurer - Alan Lavine
 Secretary - Dennis Bockus

Phillip Abrahams
 Barbara Atlas
 Harvey Bernstein
 Milvi Ester
 Sandra Kerr (ex officio)
 Rhonda Singer
 Charles Wright
 Ragip Yergin
 Sharon Zeiler

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

Fall 2018 courses and activities by category

Category	Code	Title of Course	Pg	
ART/ART HISTORY/ ARCHITECTURE	F53	Art along the Silk Routes THIS COURSE IS CANCELLED	29	
	F5	Drawing: Freehand Basics	10	
	F46	Getting Out: Exploring Toronto's Cultural Neighbourhoods	25-26	
	F15	Great 20 th Century Mavericks in the Arts	14	
	F35	The Impressionists	21-22	
	F55	Islamic Art, Music, and Culture through the Ages	30	
	F71	Two Revolutionary Women Artists: Frida Kahlo and Berthe Morisot	35-36	
	F19	Watercolour Painting for Beginners	15-16	
	F72	What Makes Us Human: A Century of Painting Life in British Art	36	
	F77	You Don't Have to Be an Artist. But it helps.	38	
	CULTURAL STUDIES	F32	Canadian Comedy: The History and Influence of Canadian Humour	20-21
F83		The Cultures of the Ancient Near East in a Nutshell	40	
F44		Feast Your Eyes on This! Pt. 3	24-25	
F6		Football (Soccer): A National Mirror	10-11	
F18		Monuments, Memorials, and Men	15	
F63		TED Talks: Shaping Ourselves for an Ethical Future	33	
F36		TED Talks: Where Technology, Entertainment and Design Converge	22	
F37		Tibetan Civilization in Exile	22	
FILM		F78	Altering Realities: As Society Evolves, So Do the Movies	38
		F59	American Cinema of the '70s: The Last Golden Age	31
	F24	Moving Pictures: Art and Cinema THIS COURSE IS CANCELLED	17-18	
	F29	Sunken Places: The Horror Film in Context	19-20	
HISTORY	F88	1918	41-42	
	F54	Great Trials that Changed the Course of Social History	29-30	
	F1	Jack the Ripper and the Whitechapel Murders	9	
	F2	Jerusalem: The Holy City	9	
	F48	Leaders and Heroes	26	
	F68	Lost in History: Exploration of Jewish Heroes COURSE CANCELLED	34-35	
	F42	Marie Antoinette: The Tragic Queen	24	
	F50	More Than Just the Family Compact	27	
	F82	Murder and Mayhem in Toronto the Good	39-40	
	F8	Pirates: From Past to Present	11	
	F28	The Roman Empire and the Culture of Power	19	
	F61	Royal Children from Medieval to Modern Times	32	
	F87	Spain: From the Muslim Conquest to the Catalonia Crisis	41	
	F76	World War II, A Canadian Perspective	37	
LANGUAGE	F13	Discussion de Films Francophones XI	13	
LITERATURE	F9	The Armchair Traveler 1: Reading the Works of Classic Travel Writers	11-12	
	F38	Book Talk	22-23	
	F39	Bright Star: The Life and Works of John Keats	23	
	F27	An Introduction to Canadian Indigenous Writers	18-19	
	F85	The Role of the Scientist in Science Fiction	40-41	
MISCELLANEOUS	F75	Condominiums – An Unmissable Update	37	
	F84	Looking for Value at the LCBO	40	
	F49	Marijuana 101	26-27	
	F62	Speakeasy: Let's Talk About What's on Our Minds	32	
	F86	Victorian Tea and Tour at the Ontario Legislative Building	41	
MUSIC	F10	Broadway/Zeitgeist: How Great Musicals Reflect Their Time	12	
	F4	Classical Music DJ – Fun with Classical Music	10	

Category	Code	Title of Course	Pg
MUSIC cont'd	F47	Jazz 101	26
	F43	Musical Vienna in the 1800s	24-25
	F57	The Rock and Roll Era	30-31
	F58	Thursday Morning at the Opera	31
PASTIMES	F31	Automatic Point-and-Shoot Photography	20
	F26	Chess for Beginners	18
	F30	Chess Strategy and Tactics	20
	F14	Creating Photobooks Tuesday Morning	13-14
	F21	Creating Photobooks Tuesday Afternoon	16
	F65	Creating Photobooks Thursday Afternoon	33-34
	F74	Fall Birding in the Toronto Area	37
	F16	Interesting Explorations: Walks around Toronto	14
	F7	Organizing, Managing, and Enhancing Your Photographs	11
	F56	Photoshop Elements: The Basics	30
	F70	Sorting Out Your Photographs: An Introduction	35
	F64	Video Production: Shooting Techniques and Basic Editing	33
	PHILOSOPHY	F33	Critical Thinkers of Islam: A Journey of Peace and Violence
F60		From Plato to Piaget: An Introduction to Philosophy, Part II	31-32
F12		The Greatest Minds and What We Can Learn from Them	13
F67		The History of Everything: Great Ideas and How they Shape Us	34
POLITICS/PUBLIC AFFAIRS	F34	Dilemmas in the News	21
	F73	<i>The Economist</i> Seminar	36
	F3	Politics, People, and Other Issues	9-10
PSYCHOLOGY / PERSONAL DEVELOPMENT	F20	The Art and Science of Possibility	16
	F66	Eating Without Dieting	34
	F17	Light up Your Life and Your Brain	14-15
	F41	Live Life! Love Life!	24
SCIENCE	F79	Antarctica: Terra Incognita	38
	F22	Fascinating Microscopic Things Called Bacteria	16-17
	F80	From Myth to Science	39
	F45	From Pill to Patient	25
	F23	Gut Health and Gut Bacteria	17
	F69	Medical Ethics: The Dilemmas in Modern Health Care	35
TECHNOLOGY	F11	Cybersecurity and You	12
THEATRE	F25	SEEING Theatre: The Visual Aspects of Production	18
	F51	Theatre Alive!	27-28
	F52	Uncovered: Joni Mitchell and Carole King	28-29
WRITING	F40	Creative Writing – Just for Fun!	23
	F81	Leaving a Legacy: Your Life Story	39

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

F1 Jack the Ripper and the Whitechapel Murders*

In the autumn of 1888, someone known to history as "Jack the Ripper" murdered, with increasing savagery, five prostitutes in London's squalid east end. Although urgently pursued by London police forces, the killer was never identified. He has, however, produced over the decades a virtual cottage industry of books, many of which propose "solutions" to the crimes. This course will first consider what is a serial killer, and then examine the victims, the many suspects, the theories, and the place Jack the Ripper has in modern culture. The final lecture will pit Sherlock Holmes against Jack the Ripper.

Participants will learn from an expert about this serial killer in a series of illustrated lectures. There will be a reading list and weekly handouts and time for questions.

Hartley R. Nathan, QC. a senior partner at the Toronto law firm of Minden Gross LLP, is a founding member of the Bootmakers of Toronto, the local Sherlock Holmes Society. He is a member of the Baker Street Irregulars. Hartley has lectured on Jack the Ripper and Sherlock Holmes and published *Who Was Jack the Ripper?* in 2011 and *Investigating Sherlock Holmes* in 2015.

**Please note: This course has been offered previously at LIFE*

Limited to 50 participants

Dates: Oct. 1 – Nov. 12 (6 sessions, no class October 8)

Time: Mondays, 10:10 – 11:50 a.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$74

Instructor: Hartley R. Nathan

F2 Jerusalem: The Holy City*

The city of Jerusalem is sacred to three of the modern world's great religions: Judaism, Christianity, and Islam. Its position at the crossroads of the great civilizations of the ancient Near East made it almost inevitable that it would play a key role in ancient history. Through a study of some of the most significant architecture of the city, students will learn about the history and culture of this holy city. Among the sites that will be covered will be the Temples of Solomon and Herod, the Church of the Holy Sepulchre, and the Dome of the Rock.

Participants will learn from an expert in the field through a series of illustrated lectures.

Dr. David Lipovitch (Harvard, '99) is an archaeologist who has worked on excavations in southern Ontario, Israel, Jordan, the Republic of Georgia, and Turkey. He has been lecturing since the 1990s and is a course instructor in Wilfred Laurier University's history and archaeology departments, as well as a Research Affiliate at the University of Toronto. He is the zooarchaeologist at U of T's excavations at Tell Ta'yinat, Turkey and Gadachrili Gora, Georgia.

**Please note: This course has been offered previously at LIFE*

Limited to 70 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class Oct. 8)

Time: Mondays, 10:10 – 11:50 a.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: David Lipovitch

F3 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.

This is a discussion class, led by its course leaders.

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: Sept. 24 – Dec. 3 (10 sessions, no class Oct. 8)

Time: Mondays, 10:10 – 11:50 a.m.

Location: CED303

Fee: \$70

Instructors: Lloyd Cadsby and Jay Waterman

F4 Classical Music DJ – Have Fun with Classical Music NEW

This course presents classical or orchestral music in a format that is informative, entertaining, and fun. This music is rich and varied in terms of the approaches and styles used by the composers. Often, the times influence the nature of the music created, reflecting the trends and characteristics, issues and problems in human history over several hundred years. Each session will be based on a theme or topic in the music world such as operatic drinking songs, the tango, Mozart's compositions for wind instruments, and "sexy" classical music. Participants will gain some insight and have a different, perhaps irreverent way of looking at and hearing the music.

The course, taught by a musical enthusiast, will include lectures along with extensive video and music recordings.

Howard Mednick has been an avid listener of classical and orchestral music for many years and during that time has presented music programs at Baycrest and for various social groups. His objective is to give you a taste of this great music as you learn a little more about it.

Limited to 70 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class Oct. 8)

Time: Mondays, 12:10 – 1:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Howard Mednick

F5 Drawing: Freehand Basics

Everyone of us drew as a child. Why did we stop? Freehand drawing is a natural human function. Not a talent, it is an in-built language skill that builds with practice. Come with whatever your level of skill, to pick up wherever you left off.

Sue Ericsson, BFA, SCA, has been drawing all her life. Educated at Slade School, London, England, and Newcomb Art School, New Orleans, she has taught Drawing Fundamentals for Ryerson since 1974. City of Toronto Archives owns three works by Sue.

Limited to 22 participants

Dates: Sept. 24 – Nov. 19 (8 sessions, no class Oct. 8)

Time: Mondays, 12:10 – 1:50 p.m.

Location: CED303

Fee: \$97*

Instructor: Sue Ericsson

**Please note: this fee includes \$5.00 (non-refundable) for drawing materials for the first class. A course handout with a list of required materials will be given out at this class so that participants may purchase materials for subsequent classes themselves.*

F6 Football (Soccer): A National Mirror*

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. No sport has more devoted fans and those numbers are growing – young, old, male, female. The exciting 2014 FIFA World Cup took place in Brazil and was won by Germany due to a goal in extra time; this year's event, played in Russia will be decided by the time you read this. We will reflect on how the balance of power in world soccer has shifted and introduce the new generation of soccer superstars. 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 Footie-Fanatic.com, a website and blog for people who live and love the game of soccer.

**Please note: This course has been offered previously at LIFE.*

Limited to 50 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class October 8)

Time: Mondays, 12:10 – 1:50 p.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$60

Instructor: Amnon Zohar

F7 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

Dates: Sept. 24 – Oct. 22 (4 sessions, no class Oct. 8)

Time: Mondays, 12:10 – 1:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Harold Hutner

F8 Pirates: From Past to Present **NEW**

In the past whenever a pirate ship was about to attack, up went the dreaded flag, the skull and crossbones of the Jolly Roger. Today, amazingly, pirates still ply the oceans, preying on shipping. This course will explore the phenomenon of

piracy in all its mythological, historical, political, and social manifestations through the ages. We'll examine global locations, ethnicities, religions (Christian, Muslim, Jewish, and Buddhist), genders, internal politics, and life styles from the earliest recorded instances to the 21st century, including its new contemporary iterations such as software piracy and "the dark web."

This course will be presented in a series of illustrated lectures. Participants will be encouraged to ask questions and participate in discussion.

Bill Gleberzon earned a Ph.D. and M.Ed. from the University of Toronto. For 50 years he has taught at York University in the History and Humanities Departments, coauthored a text book on U.S. history, and taught many courses for various organizations.

Limited to 120 participants.

Dates: Oct. 1 – Nov. 26 (8 sessions, no class Oct. 8)

Time: Mondays, 12:10 – 1:50 p.m.

Location: ILLC, International Room

Fee: \$92

Instructor: Bill Gleberzon

F9 The Armchair Traveler 1: Reading the Works of Classic Travel Writers*

Take a trek across Europe from Holland to Constantinople via a series of lectures that will explore some of literature's great travel writers and their books. Go around the world by steamboat, railway, or rickshaw with the intrepid Nellie Bly or grab your bike and follow cyclist extraordinaire Annie Londonderry! You can "rough it" with Mark Twain, Charles Dickens, or Hans Christian Andersen, or walk across Europe with Patrick Leigh Fermor. This course will offer you a unique opportunity to see Africa, spend a summer in Paris in the 1920s, and even visit icy Antarctica. These lectures will not only explore some fascinating historical travelers, women and men, but also consider travel writing as a literary genre that has helped shape the way we see the world. Share your passion for travel and literature in this exciting course that takes you around the world without ever leaving home!

The course leader does not expect participants to read all the books that will be presented, but

some advance reading will enrich enjoyment of the classes and enhance discussion.

Jeffrey Canton has lectured on great travel writers, contemporary essayists, the memoir, and the novella at LIFE Institute, as well as at the Baycrest Learning Academy. He was a lecturer in the Children's Studies Program at York University. He's also a writer and performer and has appeared as part of the Toronto Storytelling Festival, Myseum Intersections, Nuit Rose, and the Hamilton Fringe Festival.

**Please note: This course has been offered previously at LIFE*

Limited to 50 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class October 8)

Time: Mondays, 2:10 – 3:50 p.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$92

Instructor: Jeffrey Canton

F10 Broadway/Zeitgeist: How Great Musicals Reflect Their Time NEW

This course explores two dozen of the greatest Broadway musicals of all time and analyzes how they have mirrored and entertained us for more than a century. We'll examine the stories and music from *Show Boat*, *42nd Street*, *Pal Joey*, *West Side Story*, *Fiddler on the Roof*, *Hair*, *Company*, *La Cage aux Folles*, *Rent*, *The Producers* and many other classic Broadway shows, focusing on how they've depicted and taken on the challenges of modern life to reflect their times, aka "the Zeitgeist." Whether examining racism, gender equality, economic disparity, feminism, religious freedom, or sexual diversity, Broadway's greatest shows have always depicted society's issues in ways that engage not only our minds and hearts, but also enchant us with unforgettable stories, vivid characters, and glorious songs.

The course will include lectures, videos, PowerPoint visuals, and historic recordings.

Jordan Klapman is a professional musician and popular music educator. He performs extensively at festivals, jazz clubs, and theatres. He currently presents over two dozen music history lecture series at universities, cultural centres, and schools. Since 2013 he has lectured at LIFE Institute and is a founding faculty member of The Baycrest Learning Academy.

Limited to 70 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class October 8)

Time: Mondays, 2:10 – 3:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Jordan Klapman

F11 Cybersecurity and You NEW

Data breaches and cyber-attacks are now a feature of the modern online world. Ransomware and password phishing, denial of service attacks and worms, the list of potential danger goes on and on. How vulnerable are you to cyberattacks? How may these attacks, which come in many forms, affect you personally? Do you know your responsibilities and rights? This exciting and relevant course will help you learn how to protect yourself.

This is a lecture course led by a person with extensive expertise in the field.

Dr. Carlene Blackwood-Brown has taught computer-related courses at Seneca and Sheridan Colleges. She also provides cybersecurity-related consulting services to organizations and individuals, delivering the knowledge and skills to protect the integrity, security, and confidentiality of their digital assets.

Limited to 120 participants

Dates: Oct. 1 – Nov. 12 (6 sessions, no class Oct. 8)

Time: Mondays, 2:10 – 3:50 p.m.

Location: ILLC, International Room

Fee: \$74

Instructor: Carlene Blackwood-Brown

Occasionally, due to circumstances beyond our control, class times, dates, or locations may be changed. Back-to-back classes may not be ideal for you.

F12 The Greatest Minds **NEW**

Let's get acquainted with some of the most brilliant, inventive, and original minds of history and examine their extraordinary achievements and lives. We'll begin our exploration with Leonardo da Vinci (1452–1519), inventor, scientist, painter, sculptor, and architect. Then on to visit Sir Isaac Newton (1645–1727), mathematician, astronomer, theologian, author, and physicist who famously sat under the apple tree and conceived of universal gravitation. Catherine the Great (1729–1796) is next, the fascinating unconventional ruler and unifier of Russia and a great patron of the arts. Moving nearer present times we'll drop in on Alexander Graham Bell (1847–1922), scientist, inventor, engineer, and inventor of the telephone, and Albert Einstein (1879–1955), the great theoretical physicist who developed the theory of relativity and changed the world of physics forever, Marie Curie (1867–1934), perhaps still the most famous woman scientist and the first and only person to receive two Nobel Prizes in different disciplines, and C.S. Lewis (1898–1963), novelist, poet, essayist, academic, literary critic, broadcaster, and author of the beloved Narnia series for children. Last of all, will be the charismatic Benazir Bhutto (1953–2007), the first woman to head a democratic government in a Muslim majority nation.

This will be an illustrated lecture series in which discussion is encouraged. Questions are welcome during or after the presentation. There will also be opportunity for any participants to contribute from their reading or experience.

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 40 participants

Dates: Oct. 1 – Nov. 26 (8 sessions, no class Oct. 8)

Time: Mondays, 2:10 – 3:50 p.m.

Location: CED303

Fee: \$60

Instructor: Philip Wood

F13 Discussion de films francophones XI

Here's the course for those of you who wish to practise and improve your French skills in a

relaxed cultural context. Shared subject matter for discussion is provided by viewing consecutive segments of films with English or French subtitles, followed by class discussion to analyze and discuss their historical, cultural, and social elements. The necessary vocabulary will be provided for each film so that you can participate in the conversation and exchange of ideas. As always, the films selected for this course are new to continuing participants. It is open both to new members and those who have already taken the previous courses.

This course follows previous courses, Discussion de films francophones I to X, and does require a solid background in French.

Dr. Françoise Mugnier taught French language, culture, and civilization courses at the University of Toronto for 40 years and has been teaching this course on francophone films with the LIFE Institute for the last several years.

Limited to 25 participants

Dates: Oct. 15 – Dec. 3 (8 sessions)

Time: Mondays, 4:10 – 5:50 p.m.

Location: CED303

Fee: \$60

Instructor: Françoise Mugnier

T U E S D A Y

F14 Creating Photobooks: TUES-AM

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 is 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 Picaboo.com which enables participants to work on this and future Photobooks on their home computer or laptop. An internet connection is 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.

Prerequisites:

- PC or MAC users with a working knowledge of computer basics.
- Several computers are available for use in the classroom, but it is preferable that participants bring their own laptops to this class.
- Alternatively, with a Ryerson Library card, you can borrow a fully charged laptop computer for four hours.

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

Dates: Sept. 25 – Oct. 16 (4 sessions) **

Time: Tuesdays, 10:10 – 11:50 a.m.

Location: VIC607A

Fee: \$40

Instructor: Nan Weiner

***Please note: this 4-session course is offered three times. See Tuesdays at 12:10 p.m. (Sept. 25 – Oct. 16) and Thursdays at 2:10 p.m. (Oct. 11 – Nov. 1) as well.*

F15 Great 20th Century Mavericks in the Arts **NEW**

The dictionary defines a maverick as “an unorthodox or independent-minded person.” The art world is home to many such people who challenge the traditions of their time. This course will explore and celebrate the intriguing lives, challenges, and artistic paths of perhaps lesser known or celebrated artists in architecture, cartooning, dance, music, painting, and photography. William Grant Still, Edward Burra, Lynda Barry, Maya Lin and El Lissitzky are a handful of the great creators we will encounter together.

In addition to weekly lectures, participants will spend at least one class taking in public art in downtown Toronto and meeting local artists.

Rosalin Krieger earned a Master’s degree in Sociology and Equity Studies at OISE – U of T and is a global lecturer, food culture guide, education consultant, literary advisor, editor, writer, and visual artist based in Toronto.

Limited to 50 participants

Dates: Oct. 2 – Nov. 20 (8 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$92

Instructor: Rosalin Krieger

F16 Interesting Explorations: Walks around Toronto **NEW**

This course is intended for those who want to get some exercise while learning more about different areas of Toronto. In particular, it should appeal to those who have enjoyed LIFE’s Spring and Summer walks and who are suffering from withdrawal symptoms on Tuesday mornings. Each walk will explore and reveal more about a different area of Toronto, including sites of historical, social, and intellectual importance, such as the Toronto Archives, ethnic events, or unusual small museums. None of the eight walks will duplicate any of the 2018 spring and summer LIFE walks, although there may be some crossover points. Each walk will start from a different TTC subway station and will end at a point with good TTC access, but also near a suitable watering hole where members of the class can share experiences and reactions to the day’s discoveries.

The class leader will choose the starting points and the walks and will try to fit these to the weather and the available options for each Tuesday.

Simon Pearson is a long-time LIFE member who has done just about every available volunteer job in LIFE Institute. He has led many different walks and moderated a variety of courses, and enjoys learning along with the students in his classes.

Limited to 35 participants

Dates: Oct. 2 – Nov. 20 (8 sessions)

Time: Tuesdays, 10:30 a.m. – 12:30 p.m.*

Fee: \$60

Instructor: Simon Pearson

**Please note starting and ending times which will enable us to include more venues.*

F17 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 rewire our brains by learning 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, research projects and presentations, and a reading list will help us explore this fascinating area. Come prepared for a highly interactive course which relies on the active involvement of its members and the mutual sharing of personal experiences and perceptions. And wear comfortable clothing for easy and fun warm-ups and two 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.

This is an interactive class led by its course leader.

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.

Limited to 25 participants

Dates: Sept. 25 – Nov. 13 (8 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Location: CED303

Fee: \$72*

Instructor: Judy Steed

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

F18 Monuments, Memorials and Men **NEW**

*My name is Ozymandias, King of Kings;
Look on my Works ye Mighty, and despair!
Nothing beside remains. Round the decay
Of that colossal Wreck, boundless and bare
The lone and level sands stretch far away.*

The lines of this famous poem are, of course, by Shelley. These words are at the heart of this course in which we will explore many questions about monuments, memorials, and men including: Why do we build monuments and memorials? Who and which events deserve to be marked by a monument? What makes a

memorial or monument successful? How does history change our views of particular monuments or memorials? When, if ever, should a monument be destroyed or removed? A number of these questions have recently been debated in the United States and to a lesser extent, Canada. We must realize that monuments and memorials are only one way to honour individuals and historic events. People are also honoured by awards and by naming public spaces and streets after them. Re-examination of history and recent revelations may put into question honours previously bestowed. Should such honours once granted be withdrawn? In answering the questions posed, we will examine examples of when and how honours can be withdrawn.

Participants will learn through a series of lectures by an expert in the subject.

Eric Gertner is the co-founder of the Supreme Court Law Review in 1978. He was Director of Research at McCarthy, Tetrault, Canada's first national law firm, and adjunct professor at Osgoode Hall Law School from 1981 to 2011.

Limited to 70 participants

Dates: Oct. 23 – Nov. 27 (6 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Location: Textile Museum, Auditorium

Fee: \$74

Instructor: Eric Gertner

F19 Watercolour Painting for Beginners **NEW**

William Blake used watercolour to hand-colour etchings. J.M.W. Turner found it ideal for painting *en plein air*. Our Group of Seven member, J.A. MacDonald, founded the Canadian Society of Painters in Watercolour. And you can do it too! This class is for anyone who would like to learn to paint in watercolours. If you have little or no experience, or you would like to go over the basics of watercolour painting, then this class is for you. We will cover everything you need to know to get you off to a good start with painting. There is a demo in each class. Participants will then follow along with the techniques in their own individual painting.

Supplies will be provided for the first class only. At that time, participants will be provided with a suggested list of required materials; price range approximately \$50 - \$90 depending on the quality

of materials you wish to purchase from local art supply stores.

Lorraine Ireland is a Toronto artist who has been painting and teaching for over 30 years. She has taught at some of the most prestigious art institutes including the McMichael Gallery.

Limited to 16 participants

Dates: Oct. 2 – Nov. 27 (8 sessions, no class Oct. 16)

Time: Tuesdays, 10 a.m. – 12 p.m.*

Location: Oakham House, Layton Room

Fee: \$92

Instructor: Lorraine Ireland

**Please note starting and ending times.*

F20 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: Oct. 9 - 30 (4 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Location: CED303

Fee: \$40

Instructor: Lillian Mills

F21 Creating Photobooks: TUES-PM

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 is 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 Picaboo.com which enables participants to work on this and future Photobooks on their home computer or laptop. An internet connection is 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.

Prerequisites:

- PC or MAC users with a working knowledge of computer basics.
- Several computers are available for use in the classroom, but it is preferable that participants bring their own laptops to this class.
- Alternatively, with a Ryerson Library card, you can borrow a fully charged laptop computer for four hours.

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

Dates: Sept. 25 – Oct. 16 (4 sessions) **

Time: Tuesdays, 12:10 – 11:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Nan Weiner

***Please note: this 4-session course is offered three times. See Tuesdays at 10:10 a.m. (Sept. 25 – Oct. 16) and Thursdays at 2:10 p.m. (Oct. 11 – Nov. 1) as well.*

F22 Fascinating Microscopic Things Called Bacteria **NEW**

Billions of bacteria surround us – they are part of us and part of nature. Life and nature cannot function without these fascinating microscopic living organisms. We will explore what makes bacteria so special, where they can be found,

what amazing functions they have in organisms, agriculture, ecology, and food production. Do you like yoghurt? Say thanks to bacteria. We will discover which ones are harmful and cause diseases such as food poisoning, tetanus, or pneumonia. How can we reduce the risk for bacterial infections? How do antibiotics work and why can bacteria become resistant to these life-saving medicines? We also will try to understand why most bacteria are so extremely beneficial, such as soil bacteria or our gut bacteria. And much more will be discussed as we explore this ancient life form, present in most places on earth. *This is a lecture course with time allotted for discussion, and question-and-answer sessions.*

Christine Dimanche is an enthusiastic higher education professional with over 20 years of international experience in teaching, with a focus on biology, human biology, nutrition, health, and wellbeing. She has taught varied student populations, including adults with special needs and seniors, and is experienced in health and fitness program development. Christine is currently teaching biology and nutrition courses for GBC and Older Adult Fitness classes at Ryerson University.

Limited to 50 participants

Dates: Oct. 30 – Nov. 20 (4 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$56

Instructor: Christine Dimanche

**Please note: This course and the other course offered by this course leader, Gut Health and Gut Bacteria, run consecutively, and therefore both may be taken.*

F23 Gut Health and Gut Bacteria NEW

This course will take you on an exploration of your digestive system from the gastrointestinal tract—also called the GI tract or digestive tract—to the liver, pancreas, and gallbladder. You'll encounter the vital gut bacteria and find out how they function. Discover what a healthy digestive system is and what makes it so, as well as how diet and lifestyle affect the gut microbiome. Discover how the gut system and microbiome is linked to other systems, such as the endocrine and cardiovascular systems, and to the

development of chronic disease. Learn about the gut-brain connection to mood and behavior. And after all that, take away practical advice on diet and how to deal with stress, toxins, and parasites.

This is a lecture course with time allotted for discussion, and question-and-answer sessions.

Christine Dimanche is an enthusiastic higher education professional with over 20 years of international experience in teaching, with a focus on biology, human biology, nutrition, health, and wellbeing. She has taught varied student populations, including adults with special needs and seniors, and is experienced in health and fitness program development. Christine is currently teaching biology and nutrition courses for GBC and Older Adult Fitness classes at Ryerson University.

Limited to 50 participants

Dates: Oct. 2 – 16 (3 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$47

Instructor: Christine Dimanche

**Please note: This course and the other course offered by this course leader, Fascinating Microscopic Things Called Bacteria, run consecutively, and therefore both may be taken.*

F24 Moving Pictures: Art and Cinema

NEW

Film is a new medium. At just over 120 years it's practically a newborn compared to the other, more established media. And, film has been consistently influenced by and enamoured with its artistic predecessors. From biopics of Vincent Van Gogh to documentaries on the most intriguing contemporary artists, film and visual art have gone hand in hand for years. Looking to the intersections of these media, this course aims to tease out how images are made and how they function, both still and moving. Among the films we will look at are: *Lust for Life* and *Loving Vincent*, *Frida*, *Finding Vivian Maier* and *Russian Ark*, along with the film contributions of artists like Salvador Dali.

The course will be in lecture format with film clips and discussion.

Chelsea Phillips-Carr is a film critic from Toronto. Her writing has appeared in publications

such the *National Post* and *TIFF Review*, and she is a senior editor for *Cleo*, a journal of films and feminism. She holds a Master's in Cinema Studies from the University of Toronto.

Limited to 40 participants

Dates: Oct. 2 – Nov. 13 (6 sessions, no class Oct. 16)

Time: Tuesdays, 12:10 – 1:50 p.m.

Location: Oakham House, Layton Room

Fee: \$50

Instructor: Chelsea Phillips-Carr

F25 SEEING Theatre: The Visual Aspects of Productions **NEW**

We say that "we are going to SEE a play." But do we audience members really have a full understanding of how the visual information we take in enhances (or sometimes confuses) our appreciation of the play, musical, or opera we are attending? This course will discuss and illustrate the various visual elements that directors and designers employ to "manipulate" the spectator's reaction to a work. The discussions will include the theatre space, audience/performer relationship, and details of scenic, costume, and lighting design.

Each class will include an opportunity for class members to comment on the visual aspects of productions they have seen recently, as well as introduce questions for discussion relating to the topic.

Phillip Silver's 50-year stage design career includes close to 300 productions at major theatres across Canada, including Stratford Festival and Toronto's Canadian Stage and Tarragon Theatre. He taught design at York University, where he also served as Dean of the Faculty of Fine Arts.

Limited to 70 participants

Dates: Oct. 2 – Nov. 20 (8 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Phillip Silver

F26 Chess for Beginners

If you have always wanted to learn to play chess, or you did learn but you could use a review from the start, this course may be for you. It will begin with the basics: the layout of the board; how each of the pieces move, special and exceptional

moves; the promotion of pawns; the object(s) of the game and how a game is won or drawn. Elementary playing possibilities will be presented in a demonstration lecture, where participants will be encouraged to raise questions which the moderator will hope to answer satisfactorily. The ideas will then be put into practice in actual games between class members. These may be games between individual participants or group games where one half of the class plays the other half. In either case, the course leader will be sticking his nose in and discussing the game(s) in progress to ask questions and make suggestions. *This course is intended as an introduction that will serve to prepare participants to move on to the next stage represented by the course Chess Strategy and Tactics. Note: No class on November 13.*

Byron Wall taught at York University (Mathematics & Statistics and Science & Technology Studies). Over 50 years ago, he was the New Orleans Junior Chess Champion and winner of various runner-up prizes in chess tournaments including the US Open and the Canadian Open. In ages past he taught chess classes and ran chess clubs.

Limited to 12 participants

Dates: Sept. 25 – Nov. 27 (9 sessions, no class Nov. 13)

Time: Tuesdays, 2:10 – 3:50 p.m.

Location: VIC607A

Fee: \$65

Instructor: Byron Wall

F27 An Introduction to Canadian Indigenous Writers **NEW**

We are all settlers in Canada, and even now in the 21st century, we are discovering how little we know and understand the indigenous peoples who inhabited this country before first contact. This course offers participants an opportunity to read and talk about the Indigenous experience through the stories offered by a variety of indigenous writers. These novels are intense, passionate, hilarious, heart-breaking. They force us to reconsider a relationship that is being redefined and remade, offering us insights into Canada's often troubled and dismissive relationship with its Indigenous peoples that allow us to see the possibility for a stronger and more just relationship. In particular, this course focuses

on the strong and powerful voices of Indigenous women writers.

Books to be discussed include Ravensong by Lee Maracle, In Search of April Raintree by Beatrice Culleton Mosionier, Indian Horse by Richard Wagamese and The Break by Katherena Vermette. The course leader does not expect participants to read all the books that will be presented, but some advance reading will enrich enjoyment of the classes.

Jeffrey Canton has lectured on great travel writers, contemporary essayists, the memoir, and the novella at LIFE Institute, as well as at the Baycrest Learning Academy. He was a lecturer in the Children's Studies Program at York University. He's also a writer and performer and has appeared as part of the Toronto Storytelling Festival, Myseum Intersections, Nuit Rose and the Hamilton Fringe Festival.

Limited to 50 participants

Dates: Oct. 2 – Nov. 20 (8 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$92

Instructor: Jeffrey Canton

F28 The Roman Empire and the Culture of Power NEW

Ancient Rome is a powerful metaphor in the western imagination. The Roman Republic inspires images of democracy and civic engagement while the Roman Empire is the epitome of decadence. In an age where knowledge of classical history is rare, Rome is still used for ideological arguments. It has been a symbol for the justification or condemnation of expansion, immigration, and commercialization, used to attack enemies and praise allies, and as a model and a warning. Politicians see their nations as heir to the Roman legacy while race theorists claim to be either the modern Romans or the descendants of the Barbarians. Rome has also been used by both the promoters of ordered modernity and of individual democracy. This course will examine the end of the Republic and the Empire into the period of the Pax Romana. It will examine the challenge posed to civic engagement and tolerance by sheer size and by an army that realized it could make and unmake emperors, and to the growth of external threats

from alliances among the German tribes that eventually conquered Rome.

This course will include content delivered by the course leaders with time for guided discussion, as well as PowerPoint slides and video clips.

Suzette Blom retired from the practice of family law in 2005 and subsequently completed her PhD in French history at the University of Guelph. She co-authored a book on family practice in Ontario and has published several articles relating to eighteenth-century French history

Judy Beamish: A cardiologist by training, Judy spent most of her career in the life insurance industry, eventually becoming Chief Medical Director of Sun Life Financial. Since retiring in 2015, she has spent her time studying Brazilian Portuguese, and taking in a wide variety of courses, primarily history-related. She has also taught two courses at the LIFE institute on plagues and pandemics, and their historical effects.

Limited to 40 participants

Dates: Oct. 16 – Nov. 27 (7 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Location: CED303

Fee: \$55

Instructors: Suzette Blom and Judy Beamish

F29 Sunken Places: The Horror Film in Context NEW

This course will explore the critical and cultural history of horror cinema, a genre that never seems to lose its strange and compelling appeal. Starting with German Expressionism and films such as *The Cabinet of Dr. Caligari* and *Nosferatu*, continuing to the classic horror films of the 30's and 40's like *Frankenstein* and *Cat People* and finally considering the modern horror films of today such as *Carrie* and *28 Days Later*, this course will examine a popular and often misunderstood genre to determine its social resonance and relevance over the last 100 years. This class will leave students with a greater knowledge and appreciation of a genre that at its best forces us all out of our comfort zones. Key films analyzed include *King Kong*, *Psycho*, *Rosemary's Baby*, *The Shining*, and *Get Out*. *This course will include a combination of lectures, carefully selected film clips, and class discussion.*

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: Oct. 2 – Nov. 20 (8 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Adam Nayman

F30 Chess Strategy and Tactics

This course is intended for participants who know the basics of how to play chess and want to improve their playing and their understanding of this ancient and ever-challenging game.

Classes will examine some features of the three major parts of the game—opening, middle game, and endgame—with the object of giving participants tangible principles and goals to help them understand and plan actual games. This is an ongoing course that evolves to suit the wishes of those enrolled.

The course is for those who know and play the game but want to progress farther in skill, and who are willing to toss strategic ideas back and forth with others. Players new to chess or who have forgotten the basic rules are encouraged to take the preceding course, Chess for Beginners, before going on to this course.

Byron Wall is retired from teaching at York University (Departments of Mathematics & Statistics and Science & Technology Studies). Over 50 years ago, he was the New Orleans Junior Chess Champion and winner of various runner-up prizes in chess tournaments including the US Open and the Canadian Open. In ages past he taught chess classes and ran chess clubs.

Limited to 12 participants

Dates: Sept. 25 – Nov. 27 (9 sessions, no class Nov. 13)

Time: Tuesdays, 4:10 – 5:50 p.m.

Location: VIC607A

Fee: \$65

Instructor: Byron Wall

W E D N E S D A Y

F31 Automatic Point-and-Shoot Photography

People who have point-and-shoot cameras loaded with automatic features are often disappointed with the photos they take. In this course you will learn how to get the most out of those automatic settings on your camera and how to take better pictures without having to decipher photography jargon or theory. You will benefit most from the class if you have a point-and-shoot camera, but it is not essential. Each week, there will be time to practise what has been discussed in class, and, for those who want to share their pictures, the resulting photos will be critiqued in the next week. Travel and family photography will be emphasized throughout the class as these are the most typical subjects for these cameras.

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 12 participants

Dates: Sept. 26 – Oct. 31 (6 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Location: VIC 607A

Fee: \$50

Instructor: Harold Hutner

F32 Canadian Comedy: The History and Influence of Canadian Humour NEW

Canadians are known for their sense of humour, forged in the cold and permafrost of our vast country. We are reputed to continually apologise. But, we don't have to apologise for our sense of humour. We have a "trade surplus" when it comes to comedy exports in writing and performing. This course will cover everything from literary greats like Stephen Leacock and Mordechai Richler to current comedy creators like Lorne Michaels, Mark Breslin, Ivan Reitman, and Mike Myers. We will look at the history of stand-up comedy in Canada and the development of situation comedies and of sketch comedies like SCTV and *The Kids in the Hall*. Join us while we explore the many examples of good Canadian laughter.

The course will be in lecture format with videos and discussion.

Jack Newman has been an award-winning actor and writer in Toronto for 45 years. He has worked at ACTRA (Association of Radio and Television Artists) for 25 years. He has lectured on comedy subjects at community centers and the LIFE Institute for over 4 years.

Limited to 100 participants

Dates: Oct. 10 – Nov. 28 (8 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Location: *Please Note: this course will be held at the North York Civic Centre, 5100 Yonge Street. Burgundy Room, Memorial Hall, North York Civic Centre

Fee: \$92

Instructor: Jack Newman

F33 Critical Thinkers of Islam: A Journey of Peace and Violence NEW

This course in Islamic philosophy showcases the most influential Muslim thinkers since the dawn of Islam, exploring the lives and work of individuals who shaped history as they were heard and followed by millions of Muslims around the world. The course will take participants on a journey through Islam, the Religion of Peace, and show how it was hijacked towards violence. The participants will learn how the message of Islam was interpreted and spread by the most celebrated Islamic thinkers throughout history.

This is a lecture course given by an experienced instructor in the field.

Uzma Siddiqui has an MBA degree with over 20 years of corporate experience in finance, consulting, and training and over 10 years of teaching experience, including lecturing on Islam at Ryerson University. Her vision is to reclaim Islam and present it as a religion of love, harmony, tolerance and progress.

Limited to 50 participants

Dates: Oct. 3 – Nov. 7 (6 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Fee: \$74

Location: Pantages Hotel, Drama Room 5

Instructor: Uzma Siddiqui

F34 Dilemmas in the News

Every day we are presented with global, national, and local issues that clearly have two (or more)

sides. In this era of political turmoil at home, in the US, and around the globe, dilemmas abound. The policies of a new Ontario administration, Trudeau and Trump, carbon taxes, pipelines, the legalization of marijuana, the pros and cons of artificial intelligence, privacy, and a whole host of other issues present questions that are constant topics of conversation and conjecture. The answers are not always clear. Members of the class will help determine which dilemmas will be discussed. Pairs of volunteers will be asked to research (normally online), and very briefly summarize in class (no more than five minutes), short articles that outline the various issues related to their chosen topic. The course leader will email the articles, which will form the basis of the class discussion, to the class in advance.

This is a discussion class with participant presentations on important issues.

Dr. Diane Schulman was a chemistry faculty member and administrator at several US colleges, and served as Ryerson's Secretary of Senate and Director of Academic Initiatives for twelve years. She was a member of the LIFE board, and has been a long-standing LIFE moderator.

Limited to 30 participants

Dates: Sept. 26 – Nov. 14 (8 sessions)

Time: Wednesdays, 10:10 – 11:55 a.m.

Location: CED303

Fee: \$60

Instructor: Diane Schulman

F35 The Impressionists NEW

Come and enjoy a unique and fun-filled look at a group of artists who changed the way the world looks at art. Starting with Manet, whose unconventional ideas turned the art world on its head, we'll discuss the psyche of this artist who painted some of the most beautiful works of art and examine how he influenced the other Impressionists. Then, let's take a lighthearted look at Monet, Pissarro, Degas, Cassatt, Morisot, Gauguin, Van Gogh and the rest. And we'll visit Paris and the French countryside to look at what life was like there during this period.

During the first half of each class, participants will watch a video on the Impressionists, followed by information from a working artist and class discussion.

Lorraine Ireland is a Toronto artist who has been painting and teaching for over 30 years. Among the institutions she has taught for are Sheridan College, Toronto District School Board and George Brown College.

Limited to 50 participants

Dates: Oct. 3 – Nov. 21 (8 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$92

Instructor: Lorraine Ireland

F36 TED Talks: Where Technology, Entertainment, and Design Converge **NEW**

TED is a nonprofit media organization devoted to spreading ideas worldwide by posting short talks of 20 minutes or less online for free distribution. It began in 1984 as a conference with an original focus on the convergence of technology, entertainment, and design, and today covers almost all topics – from science to business to global issues. The topics to be presented and discussed in this course will include:

academic/scientific research, gene/DNA editing, brain research, and the opioid/drug crisis.

Videos will be viewed and interactive group participation is expected/desired after each topic. While on-line viewing is preferable, and links to the videos will be sent to participants prior to each session, it is not mandatory as each video will be shown in class.

Wayne Marigold is a retired pharmacist who spent much of his career in senior positions in a number of hospitals, most recently The Centre for Addiction and Mental Health. He is a relative newcomer to LIFE and currently is one of the coordinators for the Photography Club.

Limited to 30 participants

Dates: Sept. 26 – Oct. 31 (6 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Location: ILLC 226

Fee: \$50

Instructor: Wayne Marigold

F37 Tibetan Civilization in Exile: A Story of its Challenges and Resiliency **NEW**

Tibetan civilization has not only survived but flourished for the last 60 years, led by His Holiness, the revered Dalai Lama. Yet, China continues to tighten its grip on Tibet and its people, and violate their human rights. Tibetans have appealed to the international community to end this oppression and restore justice; they have set themselves on fire to awaken the world to their plight. And these efforts have garnered some passionate celebrity supporters. Yet, the world still watches in silence. Powerful countries are unwilling to risk their business ties with China by supporting Tibet's cause. And, China never hesitates to intimidate other countries on the basis of its economic power. Where does Tibet stand given the reality of world politics? Must financial markets take precedence over human rights and social justice? We will explore all these issues and more in this course.

This will be a lecture course supplemented with audio/video material and suggested readings. Each session will also involve small groups, as well as whole class interaction/discussion with the course leader.

Dechen Dorjee holds a PhD in Tibetan Studies from Central Institute of Higher Tibetan Studies from Varanasi, India. He has nine years of teaching and research experience in the field of Tibetan Buddhism, Tibetan language, and Fine Arts Philosophy. He immigrated to Canada in October 2017. Currently, he serves as an Advisor on the Education Policy Committee to the Tibetan Canadian Cultural Center in Toronto, Canada. He also works as an International Language Instructor with Toronto District School Board.

Limited to 40 participants

Dates: Oct. 3 – Nov. 21 (8 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Location: Oakham House, Layton Room

Fee: \$92

Instructor: Dechen Dorjee

F38 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.

This class involves participant presentations and lively discussion.

Deborah Wingate, Patricia O'Sullivan, and Lindy Small are pleased to moderate this long-standing group for LIFE. Deborah and Patricia are retired librarians and Lindy is a retired educator. They enjoy books of all types and have been avid readers since childhood.

Limited to 16 participants

Dates: Oct. 10 & 24, Nov. 7 & 21 (4 sessions)

Time: Wednesdays, 12:10 – 1:55 p.m.

Location: ILLC 226

Fee: \$40

Instructors: Deborah Wingate, Patricia O'Sullivan, and Lindy Small

F39 Bright Star: The Short Life and Radiant Works of John Keats (1795-1821) NEW

His friends cherished his "beautiful soul." Critics have called him the greatest lyric poet in the English language. Yet John Keats died aged 26, almost forgotten by the world he had served with his art. Thankfully, posterity has proved Keats right when he said to a friend: "I think I shall be among the English Poets after my death."

Join us as we explore Keats' luminous life, enduring poetry, and moving letters through biographical stories, literary criticism, multi-media, and discussion. We will analyze Keats' mastery of such poetic forms as the ode, sonnet, and narrative ballad. The course will examine his views on art, truth, love, and beauty, as well as contemporary writers' views on Keats.

The poet's personal courage, passionate love, remarkable friendships, and romantic realism offer comfort in our fragmented times. Perhaps the course will have you believe, as Keats did, that "Beauty is truth, truth beauty, — that is all / Ye know on earth and all ye need to know."

This course will include, in equal measure, thematic lectures, media presentations, guided

textual readings, and voluntary class member participation.

Tim Gauntley received his M.A in English from the University of Toronto. After teaching English at Victoria College and the Toronto District School Board, Tim assumed the role of Coordinator of Library and Interdisciplinary Studies before retiring to become a luthier and aspiring poet. He lives with his wife in both Collingwood and Devon, England.

Limited to 40 participants

Dates: Oct. 31 – Dec. 5 (6 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Location: **Oakham House, Layton Room

Fee: \$60* **Location may change

Instructor: Tim Gauntley

**Please note: your course fee includes a \$10 materials fee for instructor-provided, photocopied, public domain materials.*

F40 Creative Writing – Just for Fun! NEW

This workshop is designed for those with little or no writing experience. Participants will be given fun assignments, both in class and at home, to try their hand at writing short fictional pieces. Each will focus on specific aspects of writing. There will be in-class group work where appropriate, and many pieces will be read and discussed in class. Internet access is required for sharing of notes and assignments.

This is an interactive class involving participant writing in class and at home.

Diane Schulman, as a former faculty member at several US colleges, authored various articles and a text on topical science. Later, as a senior administrator at Ryerson, she was responsible for the writing of policies and reports. After retirement her interest turned to the writing of fiction. She continues to take writing courses and to pursue her own work.

Limited to 20 participants

Dates: Sept. 26 – Oct. 31 (6 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Location: CED303

Fee: \$50

Instructor: Diane Schulman

F41 Live Life! Love Life! NEW

We basically all want the same thing in life, to be healthy, to be active, to continue to learn. In this course we will identify and explore those factors that enable you to lead a happy, healthy, well-balanced, and fulfilled life. We will learn how to identify boundaries, let go of judgments, and know ourselves better. We will focus particularly on those behaviours and attitudes you might want to make “habits” in order to live a happy and fulfilling life. Let’s make our target the ‘New Beginning’ and not the ‘End’ of what is or what was – being aware that we always have a choice – a choice of how we look at things.

This course will include some lecture, much discussion, and voluntary class member participation. Online access is not required.

Christina M. Demeester, BA in Consciousness Studies and a MA in Transpersonal Psychology, is a certified personal life coach with extensive training in Relationship Coaching. She specializes and enjoys working with people who want to plan the next 10 years of life with joy and gratitude.

Limited to 50 participants

Dates: Oct. 3 – Nov. 7 (6 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Location: Pantages Hotel, Drama Room 5

Fee: \$50

Instructor: Christina M. Demeester

F42 Marie Antoinette: The Tragic Queen NEW

More than 200 hundred years after her death, Marie Antoinette remains as famous as ever. Widely popular upon her arrival in France, at the age of 14, she soon came to epitomize all the wrongs and excesses of the French monarchy. Stubborn, frivolous, spendthrift, extravagant, a free spirit? So much has been said and written about Marie Antoinette before and after her death. The purpose of this course is to discover or re-discover one of the most controversial and tragic figures in history by focusing on her life and dying world.

This is a lecture course with some opportunity for discussion.

Olivier Courteaux received his B.A. in history, M.A. in war and conflicts studies and Ph.D. in contemporary international relations from the

University of Paris-Sorbonne. He has lectured at various Canadian universities, including Ryerson and the Royal Military College of Canada. He is the author of *The War on Terror: the Canadian Dilemma* (2009), *Canada Between Vichy and Free France, 1940-1945*, (2013) and *Quatre Journées qui ébranlèrent le Québec* on Charles de Gaulle’s famous 1967 “Vive le Québec Libre”, (2017). His latest book, *The Empress Eugenie at Suez, 1869: France and Egypt during the Second Empire* is scheduled for release in April 2019.

Limited to 100 participants

Dates: Oct. 10 – Nov. 28 (8 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Location: *Please Note: this course will be held at the North York Civic Centre, 5100 Yonge Street. Burgundy Room, Memorial Hall, North York Civic Centre

Fee: \$92

Instructor: Olivier Courteaux

F43 Musical Vienna in 1800 NEW

Vienna was at a crossroad in 1800. Napoleon and French revolutionary ideas were sweeping across Europe. The old order was under threat. Political and musical change was in the air. Haydn was an old man, and Mozart had already died. Beethoven was a brash young musician challenging the previous social and musical ideas. A new kind of music was emerging. The refinement of Haydn and Mozart was giving way to the force and drive of Beethoven and Schubert. This six-session course will examine those changes that were happening. Music will be the focus, but placed into its social, economic and political context. Almost all the musical examples will come from YouTube, allowing participants to enjoy the full performance at home.

This will be a lecture course, but questions and comments will be encouraged.

Bob Fabian has previously offered seven music courses at LIFE. His academic training was in math, but music has always been important. Presenting these courses drives him to explore music that interests him and allows him to organize and share what he discovers.

Limited to 50 participants

Dates: Oct. 17 – Nov. 21 (6 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$50

Instructor: Bob Fabian

F44 Feast Your Eyes on This: Exploring New and Emerging Food Cultures in Toronto – Part Three

NEW

This course is for the ultimate foodie. If you love meeting and learning about eclectic food entrepreneurs behind Toronto's newest and interesting food trends, join us. In the previous two courses, we hosted food writer Suresh Doss, meat pie expert Evis Chirowa, and TV chef and restaurateur Devan Rajkumar. We don't just sample food. We learn what motivates our guests, a bit about their family stories, early food memories, and make onsite visits. This course aims at forging meaningful connections between the food entrepreneurs and you.

Like the previous two courses there will be short talks, food tastings, and tours. Extra costs for these visits will be minimal and will be reviewed in class. It is not necessary to have taken Parts One or Two of this course to take Part Three.

Rosalin Krieger earned a Master's degree at OISE-U of T and is a global lecturer, education consultant, literary advisor, editor, writer and visual artist based in Toronto. She is an award-winning broadcaster, a member of *Canadian Women in Food*, and an intrepid food consultant-enthusiast. She hosts social-historical food tours in North Toronto, Markham, Thornhill and Richmond Hill.

Limited to 25 participants

Dates: Oct. 3 – Nov. 21 (8 sessions)

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

Fee: \$92 (*additional costs for on-site visits to be discussed in class*)

Location: Oakham House, Layton Room

Instructor: Rosalin Krieger

F45 From Pill to Patient*

How does a new drug get to a shelf in your drugstore or a hospital pharmacy? Well, come and find out in this course which aims to demystify the processes involved in developing a medication and subsequently bringing it to market. We will consider each stage of a drug's development; the interaction between the pharmaceutical company, the medical research

*community, and the government; the evaluation of the clinical trial results by the government; and the launching of the drug in the market. The course will also highlight some of the critical issues that have emerged in this area such as the problematic reporting of side effects; patents and pricing; off-label use; generic vs. branded drugs. *Illustrated PowerPoint presentations will be supplemented by question-and-answer sessions and small group discussions to enable class interaction.**

Angèle Mongul has over 25 years of diversified industry experience managing the development of pharmaceutical products, including the clinical trial process, drug development, business development, government liaison, and marketing. She has worked in a global capacity with notable international pharmaceutical companies.

Limited to 30 participants

**Please note: This course has been offered previously at LIFE*

Dates: Oct. 3 – Nov. 7 (6 sessions)

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

Fee: \$50

Location: ILLC226

Instructor: Angèle Mongul

F46 Getting Out: Exploring Toronto's Cultural Neighbourhoods

Public spaces, art galleries, cafes and eateries and independent, design-inflected boutiques are bellwethers of Toronto's evolution. Over the course of seven walks, discover new and transformative enclaves and revisit must-sees. We'll visit Tecumseth & Niagara; Shaw & Ossington; Harbourfront, the Grange neighbourhood; Yorkville; West Queen West, and the new Museum of Contemporary Art. Newcomers and returnees will see exhibitions, meet artists and gallerists, and discover great places to eat, drink, and support local entrepreneurs. Our sole on-campus session is an illustrated "2018 Arts Highlights" talk. Each week detailed itineraries will be provided, and we'll end with an optional coffee break.

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

Dates: Oct. 3 – Nov. 21 (8 sessions)

Time: Wednesdays, 1* – 3 p.m.

**Please note start time*

Location: CED303 (*First class only*)

Fee: \$92

Instructor: Betty Ann Jordan

F47 Jazz 101: The History, the Artists, the Music. **NEW**

From humble beginnings in turn-of-the-century New Orleans, jazz has become a legitimate form of art music, prompting more than one writer to call it “America’s Classical Music”. This course charts the course of jazz from down-and-dirty to high-falutin’, through the music of such musicians as Jelly Roll Morton, Duke Ellington, Charlie Parker, Dave Brubeck, John Coltrane and many more.

The course leader uses vintage films and recordings, along with live musical demonstrations, to show how jazz has changed and grown over its century of history.

Dr. Mike Daley holds a PhD in music from York University and has lectured at several universities and retiree learning programmes around Toronto. He is a musicologist, specializing in the history of popular music. Mike has also toured the U.S. and Canada as a musician with Jeff Healey, the Travellers and others, and has appeared on dozens of recordings as a guitarist and singer.

Limited to 100 participants

Dates: Oct. 10 – Nov. 28 (8 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Location: **Please Note: this course will be held at the North York Civic Centre, 5100 Yonge Street. Burgundy Room, Memorial Hall, North York Civic Centre*

Fee: \$92

Instructor: Mike Daley

F48 Leaders and Heroes **NEW**

Very few men or women have left their mark on human history through their legendary and, at times, heroic leadership qualities. This course will profile the life and times and the unique leadership qualities and achievements of those individuals who transcend the ordinary.

The lectures will feature two leaders (one male and one female) who are remembered for their extraordinary accomplishments in sport, politics,

military, science, literature, business, music, theater, film and TV. It will highlight their unique talent, qualities, values, and achievements that propelled them to greatness in their respective fields. Among these giants will be Leonardo Da Vinci, Joan of Arc, Madame Curie, George Orwell, Viola Desmond, Sir Alex Ferguson, Lawrence Olivier, Nelson Mandela, Rosa Parks, and more.

This will be an illustrated lecture series with time for questions in which discussion is encouraged.

Amnon Zohar is a retired hi-tech entrepreneur. Born and educated in Israel, he is a graduate of the Israeli Military Academy for Computer Sciences. Amnon studied Political Science at York University and International Relations at Tel-Aviv University. He has moderated two courses at LIFE in his areas of expertise and passion: the Middle East and football (soccer).

Limited to 50 participants

Dates: Oct. 3 – Nov. 21(8 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Location: Pantages Hotel, Drama Room 5

Fee: \$60

Instructor: Amnon Zohar

F49 Marijuana 101 **NEW**

Recreational marijuana will be legal across Canada in October! This new course will demystify cannabis, offering how-to sessions on buying and using marijuana safely. Discussions will include the drug's history and how acceptance of marijuana has changed over time. You'll learn details about the new Canadian law in plain language. Classes will cover the science of marijuana, how it works on the body and mind, and how it compares to pharmaceuticals. We'll delve into the wide variety of cannabis strains, and the language and jargon associated with marijuana. Dust off your lava lamps!

This will be a directed course with research and content prepared by the course leader. Videos and images will be included with plenty of time allotted for questions and discussion. Online access is not required.

As a director of communications for a national television network, **David Ellis** entertained crowds with his knowledge of theatre, music, and the visual arts. As a government spokesperson,

he held court on a variety of complex policies.

Limited to 30 participants

Dates: Oct. 10 – Nov. 14 (6 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Location: CED303

Fee: \$50

Instructor: David Ellis

**F50 More Than Just the Family
Compact: St. James Cathedral and
the Development of Upper Canada,
York, and Toronto NEW**

St. James Cathedral is one of the oldest and most historic buildings in Toronto. It has been an ongoing presence in the downtown area since 1807 when the first church opened for services. The Church was a fundamental institution of governance in the colonial period, and its leaders played key roles in the development of Upper Canada, York, and the city of Toronto. Some see the Church and its leaders as a homogeneous group intent on promoting economic and political views for the benefit of a select elite. A more nuanced examination of this institution suggests a more dynamic and diverse organization that responded in unexpected ways to the social, political, and spiritual issues it faced.

This class will include lectures with visual presentations, guest lecturers, and an on-site visit to St. James Cathedral, as well as time for questions and answers. Online access is not required.

Rebecca McTaggart is a recently retired executive from the Government of Canada. She holds a Masters in Public Administration, Queen's University and a B. A. (Honours) in History, Huron College, University of Western Ontario. Ms. McTaggart is a parishioner of St. James Cathedral and is an active member of the Refugee and Archives committees.

Limited to 50 participants

Dates: Oct. 3 – Nov. 21 (8 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$60

Instructor: Rebecca McTaggart

F51 Theatre Alive!

Wednesday, October 3, 2018, 1 p.m.

Canadian Stage Company and Centaur Theatre
co-production

Berkeley Street Theatre

26 Berkeley Street (Front & Parliament area)

The Children

By Lucy Kirkwood

Canadian Premiere

In a remote countryside cottage, two retired scientists live a seemingly quiet life in the aftermath of a devastating catastrophe at a nearby nuclear power station. When an old friend and colleague unexpectedly turns up at their door, they soon discover the shocking reason for her visit, forcing them to confront their responsibility for past actions and to make a difficult choice about future generations.

2018 Tony Award Nomination, Best Play

“A richly suggestive and beautifully written piece of work. Lucy Kirkwood is the most rewarding dramatist of her generation.”

The Independent

Wednesday, October 24, 2018, 1:30 p.m.

Tarragon Theatre

30 Bridgman Avenue (Dupont & Bathurst area)

Harlem Duet

By Djanet Sears (a Canadian classic)

A play from a multi-award-winning and nationally recognized playwright. The return of a Canadian theatre milestone! Djanet Sears' rhapsodic blues riff on *Othello* whisks the tale off to Harlem, where a college professor leaves his grad student wife for a white colleague. The stinging abandonment leads to profound questions about love, loss, loyalty, and race, played over two centuries in a wide range of settings. An iconic work that packs as powerful a punch now as it did when it debuted over twenty years ago.

Governor General's Literary Award

Floyd S. Chalmers Canadian Play Award

Wednesday, November 21, 2018, 1:30 p.m.

Tarragon Theatre

30 Bridgman Avenue (Dupont & Bathurst area)

The Message

By Jason Sherman

World Premiere, A new play from the Governor General's Literary Award Winner for Drama

"Whatcha doin', Marshall McLuhan?" That's what the world wanted to know back in the 1960's, when Canada's internationally renowned professor-turned-prophet started to sound the alarm on the effects of technology on the human body and spirit. But after a lifetime of warning us all about the hazards of modern life, McLuhan suffered a stroke that robbed him of his ability to speak. What this couldn't do, though, was stop this deeply religious man from trying to finish his magnum opus; a last desperate attempt to save our souls – and his own.

Wednesday, November 28, 2018, 2 p.m.

Crow's Theatre

Streetcar Crowsnest

345 Carlaw (Dundas & Carlaw area)

Middletown

By Will Eno

As a friendship develops between long-time resident John Dodge and new arrival Mary Swanson, the lives of the inhabitants of Middletown intersect in strange and poignant ways in a journey that takes them from the local library to outer space and points between. This luminous production features the cast of the original Shaw production including festival stars Benedict Campbell, Moya O'Connell, Sara Topham, Gray Powell, and Jeff Meadows, and is led by one of Vancouver's leading directors, Meg Roe.

"Delicate, moving, piercing, tart, funny, gorgeous. Mr. Eno's gift may be unmatched among writers of his generation. Glimmers from start to finish."

New York Times

"A play by Will Eno is a testament to the power of words and wordplay. The worlds he creates are shaped by the cadence, timing and positioning of words to tell stories about the everyday."

Chicago Sun Times

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

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 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.

Limited to 100 participants

Dates: October 3, 24, November 21, 28**Time:** Wednesday afternoons (see times above)**Fee:** \$100**Coordinator:** Rayna Jolley assisted by Sharon Stibbard**Theatre websites:**

canadianstage.com

centaurtheatre.com

tarragontheatre.com

crowstheatre.com

F52 Uncovered: Joni Mitchell and Carole King**SPECIAL EVENT**

Presented by The Musical Stage Company

With Maev Beatty as Joni Mitchell and Linda Kash as Carole King

The music of legendary singers/songwriters brought to life by Canada's leading musical theatre artists in the Musical Stage Company's annual UnCovered concert at the stunning Koerner Hall. For the 12th annual instalment, an all-star, all-female ensemble re-interprets the iconic music of two pioneering songstresses: Joni Mitchell and Carole King. Juno award-winner Jilly Black, Toronto Theatre Critics award-winner

Sara Farb, Jazz legend Jackie Richardson, and more will perform wildly imaginative arrangements by Dora award-winning music director Reza Jacobs, bringing your favourite songs to life in a way that makes you hear them again for the very first time.

Limited to 100 participants

Date: November 14

Time: Wednesday, 8 p.m.

Location: Koerner Hall, Telus Centre for Performance and Learning
273 Bloor Street West

Fee: \$42

Coordinator: Rayna Jolley

Seats for this performance are reserved but will **not** be pre-assigned. Tickets will be distributed to each individual at the venue on the night of performance on a first come, first served, basis.

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.

Company web site: musicalstagecompany.com

T H U R S D A Y

F53 Art Along the Silk Routes NEW

The fabled Silk Routes were an ancient lacing of land and naval routes connecting Asia, Africa and Europe. This course will focus on the exquisite art produced along the Silk Routes in Afghanistan, China, Egypt, Greece, Iran, Iraq, India and the Taklamakan regions. These astonishing works include sculpture and pictorial art, glazed tile work, textiles, ceramics, metalwork, glass, and a variety of decorative techniques used to beautify utilitarian objects. Importance will be given to the context in which such works were created, including the socio-political history and the lasting impact of the trade routes.

Participants will learn from an expert in the subject in a series of illustrated lectures. The final class will be held at the Royal Ontario Museum.

Professor Sudharshan Duraiyappah teaches at the University of Toronto. His research includes the study of Eastern religious iconography, Silk

Routes, and Hinduism in the diaspora. He has written and edited several publications.

Limited to 30 participants

Dates: Oct. 4 – Nov. 22 (8 sessions)

Time: Thursdays, 10:10 – 11:50 a.m.

Location: ILLC226

Fee: \$92 (*Please note: In addition to the course fee, there will be a charge for admission to the ROM.*)

Instructor: Sudharshan Duraiyappah

F54 Great Trials that Changed the Course of Social History

This course will examine the connection between legal trials and social evolution. We'll look at some of the most famous trials of the past to see how legal battles have often led the way to ending entrenched attitudes and policies. In the trials of Socrates, Galileo, and Scopes, philosophy and science were under attack. The trials of Joan of Arc and those women condemned as witches, based on evils that didn't exist, led to dire consequences for thousands of women. The repercussions of colonial powers clashing with Indigenous Peoples, a struggle still underway, is revealed in the trials of Louis Riel. Brown vs. Board of Education, acknowledged as one of the greatest U.S. Supreme Court decisions of the 20th century, was a watershed moment for racial equality and galvanized the nascent civil rights movement. The trials of Alfred Dreyfus and Adolph Eichmann ignited religious and political maelstroms. The trials of Nelson Mandela reminded the world that each individual matters regardless of colour, and that freedom is an inalienable right. These trials all represent significant moments in the struggle toward a more just world.

This is a lecture course led by enthusiasts and students in the field.

Sylvia Solomon is an experienced educator and passionate learner, who retired after more than 20 years of teaching (elementary and secondary) and 14 years at the Ontario Ministry of Education. She was an Adjunct Professor at Ryerson University, University of Toronto, Queen's University, and University of Western Ontario.

David Wintre is a retired business person with an interest in the law and philosophy. He began at the LIFE Institute as a learner and is interested in

encouraging participants to see history and philosophy as “ourselves writ large” through the magnifying lens of great trials.

Limited to 40 participants

Dates: Oct. 4 – Nov. 8 (6 sessions)

Time: Thursdays, 10:10 – 11:50 a.m.

Location: CED303

Fee: \$74

Instructors: Sylvia Solomon and David Wintre

F55 Islamic Art, Music, and Culture through the Ages **NEW**

Recently Islam and Muslims have been seen primarily through the lens of terrorism and violence. Unfortunately, their rich history of art and culture has been sidelined and neglected due to the threat of fundamentalism. This course will examine some of that diverse rich culture and introduce you to some of the astonishing artistic developments in Islamic music, calligraphy, architecture, literature, and poetry.

This class will consist of a series of lectures by experts in the subject incorporating videos and live demonstrations of calligraphy and music.

Raheel Raza is President of the Council for Muslims Facing Tomorrow, founding member of The Muslim Reform Movement, the Director of Forum for Learning, an award-winning journalist and public speaker and an advocate for human rights, interfaith dialogue, gender equality and dignity in diversity.

Sohail Raza has had a long-term involvement in community services as Director of Forum for Learning and Muslims Facing Tomorrow. In this capacity he has dealt extensively with extremism and radicalization. Both Raheel and Sohail have taught courses at George Brown College and LIFE Institute for the past five years.

Limited to 50 participants

Dates: Oct. 4 – Nov. 22 (8 sessions)

Time: Thursdays, 10:10 – 11:50 a.m.

Location: Chelsea Hotel, Monarch Room

Fees: \$92

Instructors: Raheel and Sohail Raza

F56 Photoshop Elements: The Basics

If you would like to improve your photography editing skills, then this hands-on course is for you. Learn how to use some of the basic digital photo-

editing and enhancing capabilities of Photoshop Elements (PSE) – a VERY powerful program. You'll be introduced to a variety of the program's techniques from the very basic tools for fixing common problems to learning how to select part of a photograph on which to focus edits. After this course, you'll be prepared to learn even more advanced Photoshop techniques.

Please note: PSE is a challenging editing program, so if you're looking for a more basic program, consider enrolling in the four-session *Organizing, Managing, and Enhancing Your Photographs* offered by Harold Hutner on Mondays at noon beginning on September 24.

Prerequisite:

- Participants must bring their own laptop computers with Photoshop Elements (Version 11 or higher) loaded on it.
- This program can cost between \$50 and \$100. The current version (2018) costs about \$100 CDN although previous versions can be bought more cheaply.

Nan Weiner has been using Photoshop Elements since 2007, leaving almost none of her photos untouched.

Limited to 12 participants

Dates: Sept. 27 – Nov 1 (6 sessions)

Time: Thursdays, 10:10 – 11:50 a.m.

Location: VIC607A

Fee: \$50

Instructor: Nan Weiner

F57 The Rock and Roll Era*

This course looks in detail at the music and memories of the rock and roll era, from about 1945 to 1965. Beginning with the first rumblings of a new youth-oriented music after World War II, we take in Elvis Presley, Little Richard, Jerry Lee Lewis, Buddy Holly, and others. We finish up our survey with the arrival of the Beatles and the folk-rock of the middle 1960's.

This course, presented by a musicologist and musician, will include illustrated lectures, recordings, and video clips.

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 of Toronto, Ryerson, George Brown, Learning Unlimited in Etobicoke,

Later Life Learning in Mississauga, and the LIFE Institute.

Limited to 120 participants

**Please note: This course is a repeat of a course previously offered at LIFE.*

Dates: Oct. 4 – Nov. 29 (8 sessions, no class Oct. 18)

Time: Thursdays, 10:10 – 11:50 a.m.

Location: ILLC, International Room

Fee: \$92

Instructor: Mike Daley

F58 Thursday Morning at the Opera

Don Carlos by Giuseppe Verdi

Eugene Onegin by Pyotr Ilyich Tchaikovsky

Elektra by Richard Strauss

Porgy and Bess by George Gershwin

Opera has a unique ability to express emotion, and four of the most passionate and tragic operas in the repertoire are on offer this fall. First is Verdi's complex tale of thwarted love and political intrigue, *Don Carlos*, the story of the son and heir to the throne of Spain, whose beautiful betrothed was married instead to his father. Next is Tchaikovsky's *Eugene Onegin*, based on the classic Russian novel by Alexander Pushkin, a heart-rending depiction of the damaging love of a young and naïve girl for a worldly and dissolute aristocrat. The impotent hatred of the daughter of Agamemnon for her mother, who murdered her beloved father, as she waits for her brother to return and exact revenge, is explored in Strauss's *Elektra*. And finally, the melodic *Porgy and Bess* brings us into the modern era and ends this season of some of the most beautiful music ever written.

This class is led by a LIFE course leader, and the full-length performances of the Operas (on DVD) are introduced by an expert in the field.

As always, **Professor Eric Domville**, University of Toronto Professor Emeritus, lecturer, broadcaster, and writer, will introduce these four operas.

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 70 participants

Dates: Oct 4 – Nov. 22 (8 sessions)

Time: Thursdays, 10* – 11: 50 a.m.

**Please note start time*

Location: Textile Museum, Auditorium

Fee: \$70

Instructor: Marcel Deurvorst

F59 American Cinema of the 70s: The Last Golden Age*

This course will examine why and how American cinema of the 1970s successfully broke all the previous rules of how Hollywood movies were made. From taboo-busting subject matter to actors who openly displayed their ethnicity on screen, to films that really spoke to the concerns of their times, American cinema of the 70s created unforgettable classics – *The Godfather*, *Nashville*, *Taxi Driver*, *Carrie*, *Jaws*, etc. – that make today's mostly uninspired American movies look dull and out of touch. You'll learn what was fresh about those films from the decade, why they resonated with film goers, and why we likely won't see movies like that emanating from Hollywood ever again.

This class is led by a knowledgeable film critic and a long-time contributor to LIFE who presents both information and film clips.

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/>).

**Please note: This course has been offered previously at LIFE.*

Limited to 120 participants

Dates: Oct 4 – Nov. 29 (8 sessions, no class Oct. 18)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: ILLC, International Room

Fee: \$92

Instructor: Shlomo Schwartzberg

F60 From Plato to Piaget: An Introduction to Philosophy: Part II **NEW**

The journey to understanding philosophy continues as we explore the deeper questions in major areas of study, such as metaphysics, ethics and epistemology, environmentalism, economics, and more. We'll ask: What is Being? How do we live together? How do we know and learn? What

is the contribution of feminist epistemology? What is the difference between science and pseudoscience? Is science compatible with religion and metaphysics? What do justice and freedom mean in a culturally diverse world? The arguments of major philosophical thinkers will be examined.

This class will be led by an academic with experience teaching in the field. Completion of Part 1 is NOT required. Catch-up reading will be suggested.

Dr. Marianne Loranger has a unique background in science, medical ethics, theology and philosophy. She has taught at both the secondary and university level, University of Toronto and Niagara for 30 years.

Limited to 70 participants

Dates: Oct. 4 – Nov. 22 (8 sessions)

Time: Thursdays 12:10 – 1:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Marianne Loranger

F61 Royal Children from Medieval to Modern Times NEW

William and Kate, the Duke and Duchess of Cambridge, are blending royal tradition with 21st century innovations in the upbringing of their three children, Prince George, Princess Charlotte, and Prince Louis. This course examines the history of royal parenting from medieval times to today, from fending off Viking attacks to fending off paparazzi. We will discuss how royal childhoods compared to the parenting ideals of each century and how public scrutiny of royal parenting developed over time. We will also compare the experiences of British royal children to royal children across Europe and around the world.

Participants will learn from a historian and author through a series of illustrated lectures.

Carolyn Harris is a historian and author. She received her PhD in history from Queen's University. She is the author of three books, *Magna Carta*, *Queenship and Revolution in Early Modern Europe* and *Raising Royalty: 1000 Years of Royal Parenting*. She frequently provides historical commentary on TV and radio.

Limited to 50 participants

Dates: Oct. 4 – Nov. 22 (8 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$92

Instructor: Carolyn Harris

F62 Speakeasy – Let's Talk About What's on Our Minds

NEW

This new course is for people who enjoy absorbing heaps of knowledge about current events and diverse other things but lack sufficient opportunities to discuss them with others. What might we talk about? Could be “cabbages and kings” or “whether pigs have wings;” could be what's currently in the zeitgeist; could be ... whatever. Terry will get the weekly ball rolling before classes by emailing everyone two or three topics based on what she guesses is on members' minds. She'll also ask members to send her topics they'd like to discuss next and then circulate them to give everyone time to consider what to say in class. Also, at the beginning of each session, she'll ask members what else they'd like to talk about that day, write the topics on the board and take it from there. *Mandatory Rules:* Every member will be given ample chance to speak. Anyone who tries to hog more than their share of talking time will be severely shushed. When opinions diverge, we will politely agree to disagree. We will *never* indulge in personal attacks.

This will be a lively discussion class with member participation expected.

Terry Poulton moderated LIFE's popular memoir-writing courses (*Recording Recollections* and *Leaving a Legacy*) for seven years. She is a former journalist and author who now focuses on freelance editing and helping people write their life stories (www.memoirwhisperer.com).

Limited to 12 participants

Dates: Oct 4 – Nov. 22 (8 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: ILLC226

Fee: \$60

Instructor: Terry Poulton

F63 TED Talks: Shaping Ourselves for an Ethical Future

Welcome to the new world of online education! This course will be based on a series of fascinating TED talks (the acronym "TED" comes from the initials of the words Technology, Entertainment, and Design). These talks, or occasionally dialogues, are recorded before an audience and are delivered by people who have made significant advances in their fields. These experts describe their work and discuss its implications. For example, an MIT Professor raises problems the driverless car might both create and solve. After each talk, a free-ranging discussion on the speaker's position will be held, and we will spend the rest of each class examining these positions and trying to decide which one may be the better. We will try to consider the pros and cons of each position (not always with complete success). The first several topics will be selected by the moderator with others to follow based on participant suggestions. *This is a discussion course on often controversial issues led by the course leader. Bring your opinions, it doesn't matter which side you're on. If you don't have an opinion, we'll see that you get one before the course is over!*

Kenneth Smookler is a retired lawyer, columnist, and former Board Member. He has been involved in LIFE travels and its newsletter, and has moderated a number of courses. He has been a member of LIFE since its first year.

Limited to 30 participants

Dates: Sept. 27 – Nov. 1 (6 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: CED303

Fee: \$50

Instructor: Ken Smookler

F64 Video Production: Shooting Techniques and Basic Editing

NEW

Gain an understanding of the steps needed to shoot the videos you want. Learn the essential production skills and techniques of videography and basic editing. In every session we will shoot and edit.

Prerequisites:

- It is expected that you will know how to use the video function on your device (DSLR point-and-shoot camera or phone).
- You will be asked to download a free editing program onto your laptops or onto the classroom computers.
- Bring a USB stick (at least 16 gigabytes)

This is a course for active learners who are prepared to learn new techniques.

Neith MacDonald is a retired cameraman with 35 years of industry experience at the CBC. He is still passionate about shooting and believes he can make the process of learning enjoyable and illuminating.

Limited to 6 participants

Dates: Sept. 27 – Nov. 1 (6 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: VIC607A

Fee: \$50

Instructor: Neith MacDonald

F65 Creating Photobooks: THURS-PM

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 is 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 Picaboo.com which enables participants to work on this and future Photobooks on their home computer or laptop. An internet connection is 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.

Prerequisites:

- PC or MAC users with a working knowledge of computer basics.
- Several computers are available for use in the classroom, but it is preferable that participants bring their own laptops to this class.
- Alternatively, with a Ryerson Library card, you can borrow a fully charged laptop computer for four hours.

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

Dates: Oct. 11 – Nov. 1 (4 sessions) **

Time: Thursdays, 2:10 – 3:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Nan Weiner

***Please note: this 4-session course is offered three times. See Tuesdays at 10:10 a.m. or at 2:10 p.m. (Sept. 25 – Oct. 16) as well.*

F66 Eating Without Dieting NEW

Eating, as we all know, is something we do quite naturally! Dieting, on the other hand, requires planning and determination. When dieting, we alter our behaviour in order to achieve certain outcomes, most commonly to lose weight. In the process we may risk optimum health as many diets often result in inadequate nourishment. Our discussion will center on the nutrients we need to sustain health, where these nutrients are in foods, and what other components of foods support health outcomes. We will study the metabolic processes consistent with good health and how our biology regulates such processes. We will then address health issues that drive us to modify our eating habits by following specific diets, and what benefit or harm might result from such diets.

Presentation of material by the course leader will be followed by an equal amount of time for class discussion. Before each session, participants will receive email notes on the presentation content and may submit questions for discussion by email via the class host.

Zak Sabry, PhD, taught Nutrition and Public Health at the American University of Beirut, and the universities of Toronto, Guelph, and California. He was National Coordinator of Nutrition Canada and Director of Nutrition at the Food and Agriculture Organization of the United Nations.

Limited to 25 participants

Dates: Oct. 4 – Nov. 22 (8 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: ILLC226

Fee: \$60

Instructor: Zak Sabry

F67 The History of Everything: Great Ideas and How They Shape or Destroy Civilizations NEW

Come explore the history of civilization by examining the fundamental ideas of the past, ideas that represent how we see the world and shape our society. Slavery was an idea, as was emancipation. Religions are ideas, as is atheism. How do our ideas form? Do we passively acquire them? Do we create them based on rationality or purely on emotion? Are human beings even rational? Come find out as we take a journey through time, starting in the Neolithic age, moving through the Greek and Hindu views of the world, the first universities, the birth of physiology, the first doctors, the arrest of Galileo, and many other topics, before arriving at the doorstep of digital psychology.

The material of this class will be presented in a series of illustrated lectures.

David Chandross B.Sc., M.Sc., M.Ed., Ph.D. is currently a professor in residence at Humber College where he leads initiatives in simulations and serious game development. He is a two-time award-winning game designer who collaborates with numerous organizations to improve learning, including clients such as the Faculty of Medicine at U of T, Elections Canada, the Canadian Armed Forces, Baycrest Health Sciences, and the College of Family Physicians, Ontario.

Limited to 120 participants.

Dates: Oct. 4 – Nov. 29 (8 sessions, no class Oct. 18)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: ILLC, International Room

Fee: \$92

Instructor: David Chandross

F68 Lost in History: An Exploration of Little Known Jewish Heroes NEW

This course will explore the lives of individuals who made an impact on Jewish history during their lives. We will examine the lives of Sarah Aaronson and the Nili Spies, who thwarted the British Empire during WWI; Moe Berg, baseball player and WWII spy; Hannah Senesh, poet and hero; and Rachel, an early Israeli poet; Eli Cohen, an Israeli who infiltrated the highest levels of the Syrian government; Mickey Marcus, a West Point-trained US army officer who helped train

the Israeli army; Zev Jabotinsky and other early Zionist Leaders; Eliezer Ben Yehuda, who revived the Hebrew language; and Righteous Gentiles – individuals who saved Jews during the Holocaust.

The course will be in lecture format with videos and discussion.

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: Oct. 11 – Nov. 29 (8 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: CED303

Fee: \$60

Instructor: Karen Goodis

F69 Medical Ethics: The Dilemmas in Modern Health Care*

The problems involved in applying ethics to medical decision-making have increased enormously and become much more difficult with the recent explosion of medical technology and drugs. Thirty years ago babies were not made in test tubes, the gender of children was not up for parents to choose, genes could not be altered to suit personal preferences, no drug cost \$500,000 per dose, and it was illegal to help patients die, to name just a few current burning issues. Personal and societal decisions have to be made on all these problems.

In this class, the instructor will present background information, and you will be asked to give your opinion on these and many other issues.

Dr. Charles Wright's career has spanned 50 years as physician, surgeon, researcher, teacher, senior administrator, and advisor in the Canadian health care system.

Limited to 50 participants

**Please note: Although this course will contain some new material, it was previously offered at LIFE in 2016.*

Dates: Oct. 18 – Nov. 22 (6 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: Chelsea Hotel, Monarch Room

Fee: \$50

Instructor: Charles Wright

F70 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 PC 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.

Prerequisites:

- 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

Dates: Sept. 27 (1 session)

Time: Thursday, 2:10 – 3:50 p.m.

Location: VIC607A

Fee: \$25

Instructor: Nan Weiner

F71 Two Revolutionary Women Artists: Frida Kahlo and Berthe Morisot **NEW**

With the rise of Frida Kahlo's fame, especially since her death in 1954, different interpretations of her life and art have flourished, highly influenced by her extraordinary life story. For example, her success is constantly measured against that of her famous husband Diego Rivera or dismissed as Mexican folk art because of her origins. While it is important to examine Kahlo's life, there are many other aspects to consider when looking at the output of this complex artist. Who was the real Frida Kahlo? London's V&A is offering a fresh perspective on her life and art in a groundbreaking exhibition, *Frida Kahlo: Making Her Self Up*. We too will dig deeper into Frida's mind and heart, re-examining her legacy and important contributions to 20th century art and fashion.

Berthe Morisot, the French Impressionist painter, has long been overshadowed in art history by her male contemporaries, such as Degas, Monet, and Renoir. Despite her important place at the time within the Impressionist movement, her own reputation suffered and only now is she beginning to regain her rightful place in art history. A ground-breaking exhibition, coming this June to the Musée national des beaux-arts du Québec and then in the fall to the Barnes Foundation in Philadelphia, aims to re-evaluate, restore, reassess, and bring the significant body of work of this important painter to a wider audience and acclaim.

This is a lecture course given by a working artist.

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: Oct. 4 – 25 (4 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$56

Instructor: Osnat Lippa

**Please note: This course, Two Revolutionary Women Artists, and the course What Makes Us Human run consecutively, and therefore both may be taken.*

F72 What Makes Us Human: A Century of Painting Life in British Art **NEW**

Figurative painting is currently enjoying a renaissance as leading contemporary artists continue to give it prominence. An important exhibition at Tate Britain in London this spring and summer explores how British artists of the last and current century have represented the human figure, from the grotesque to the tender. Dominated by Lucian Freud who famously said, "I want the paint to work as flesh does," and Francis Bacon's disturbing, contorted figures, the exhibit includes many other artists, including Paula Rego, Frank Aurbach, Walter Sickert, David Bomberg, Jenny Seville, Euan Uglow, Stanley Spencer, RD Kitaj and others.

We will explore how these artists attempted to capture the intensity of human life with paint and how the older generation of British artists impacted their younger followers.

This is a lecture course given by a working artist.

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: Nov. 1 – 22 (4 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$56

Instructor: Osnat Lippa

**Please note: This course, What Makes Us Human and the course Two Revolutionary Women Artists run consecutively, and therefore both may be taken.*

F R I D A Y

F73 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.*

This is a discussion class, led by the course leaders.

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: Sept. 28 – Nov. 30 (10 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Location: CED303

Fee: \$70

Instructors: Lloyd Cadsby and Jay Waterman

F74 Fall Birding in the Toronto Area

We will explore our city as we seek the best spots to observe our feathered friends. A list of meeting places, all accessible by TTC, will be provided to all registrants before the first class. The moderator will share tips for using binoculars and bird books, and explain some of the techniques for bird identification. Walks are often on uneven ground, but the pace is leisurely. Wear sturdy footwear, dress for the weather, and come prepared to enjoy the outdoors.

Doug Paton leads birding walks for the Toronto Field Naturalists, and enjoys sharing his expertise and experience in this fascinating hobby with other LIFE members.

Limited to 35 participants

Dates: Sept. 28 – Nov. 30 (10 sessions)

Time: Fridays, 10 a.m. – 12 p.m.

**Please note starting and ending times.*

Locations: GTA: TTC accessible, to be advised

Fee: \$70

Instructor: Doug Paton

F75 Condominiums – An Unmissable Update

Condo life can be great or not so good. Whether you're considering a move from your single-family home or rental apartment, or already living in a condominium, this six-part course will answer all your questions, and many more you may not have considered. We'll cover such topics as the pros and cons of condo living; the Board of Directors; property management; rules and regulations; good neighbours/bad neighbours; noise; maintenance fees; renovations and yes, location, location, location. We will also spend time on the new condominium legislation and how it will affect life in condominiums. If you're interested in condo life, this course is essential – and it'll be fun as well.

Participants will learn from an expert in the field. This course is an updated version of one previously taught at LIFE.

Alan Rosenberg provides advisory services to condominium Boards of Directors in the GTA, assisting condominiums in improving their management or in changing their management

for the better. Alan has been serving the condominium community for over forty years.

Limited to 50 participants

Dates: Oct. 5 – Nov. 9 (6 sessions)

Time: Fridays, 10:10 – 11: 50 a.m.

Location: ILLC226

Fee: \$74

Instructor: Alan Rosenberg

F76 World War Two: A Canadian Perspective NEW

It is now estimated that the Second World War ended the lives of almost seventy million human beings, making it by far the most catastrophic conflict in recorded history. Its enduring impact is such that seven decades later there are more than five thousand new books and periodicals published every year on the subject of World War II. This course will look back on the war's momentous events, from the rise of Nazi Germany and the disastrous 1938 peace conference in Munich to D-Day and the Battle of Normandy, Hitler's last gasp in the Battle of the Bulge, and the fearful decision to drop atomic bombs on Hiroshima and Nagasaki. There will be a special emphasis on the role of Canada, and the still largely unknown great Canadians whose courage, initiative, and sacrifice made a meaningful difference in determining the final outcome – names like William Stephenson (Intrepid), C.D. Howe, 'the Minister of Everything,' George Burling, Canada's greatest fighter ace, Aubrey Burrows, Victoria Cross winner, and many others.

Tom Plewman is a graduate in history from the University of Western Ontario and has been an avid amateur historian for almost fifty years. With an extensive background in music retail and radio, Mr. Plewman has devoted his entire adult life to music, and has presented courses in both classical and popular music at the LIFE Institute.

Limited to 50 participants

Dates: Oct. 5 – Nov 23 (8 sessions)

Time: Fridays, 10:10 – 11: 50 a.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$92

Instructor: Tom Plewman

F77 You Don't Have to be an Artist. But it helps. **NEW**

Contemporary art dominates much of the current market. In this course full-time artist Mark Gleberzon shares his thoughts and observations on a number of post-World War II artists (and art movements). Topics include female artists, the black artists' perspective as well as crafts as fine art. Participants will gain insights into how the art market works, who's buying what, and where they're from.

This course will consist of a series of illustrated lectures. In addition, questions and discussion will be encouraged.

Mark Gleberzon is a mixed-media artist and honours graduate of OCADU. He continues to offer his work in shows and fairs throughout North America.

Limited to 70 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Mark Gleberzon

F78 Altering Realities: As Society Evolves, So Do the Movies **NEW**

In much the same way as gay marriage and legal marijuana were unimaginable just a few years ago, the movies have also had to change with the times and their often quickly altering mores.

Altering Realities will look at how American movies have depicted issues like feminism, class, business and capitalism, patriotism, crime, and race relations over the years, sometimes ahead of the societal curve, sometimes behind, but in the end always forced to reckon with the public's often quicksilver beliefs and mindset. From the forward-thinking gender-balanced comedies of the 30's and 40's – *Bringing Up Baby*, *The Lady Eve*, *Adam's Rib* – to the startling and often provocative examinations of gender fluidity and transition today – *Boys Don't Cry*, *Transamerica*, *Tangerine* – we'll find out why and how the movies adjusted to their eras and what that says about the continuing importance of cinema as a facet of and influence on American life and manners.

This course will consist of lectures which will include extensive video clips of the films discussed.

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: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Location: Textile Museum, Auditorium

Fee: \$92

Instructor: Shlomo Schwartzberg

F79 Antarctica: Terra Incognita **NEW**

The most "undiscovered" continent on Earth, Antarctica is the only continent on which man has never lived. In fact, man's discovery of Antarctica is only 100 years old. This course will examine the familiar aspects of the continent – the penguins, the glaciers, climate change – as well as some of the newer, less-known aspects of the continent – the ozone hole, areas of new chlorophyllic growth, new indigenous life, the decline of the krill population, penguin suicide, and more. Antarctica is also the only place on Earth where man has come together in peace to jointly administer an entire continent as the world's largest scientific research station.

This course will combine lectures with extensive film clips from videos directed by the course leader, decorated polar explorer, Mark Terry.

Mark Terry is a Canadian explorer (one of Canada's 100 Greatest Explorers as awarded by *Canadian Geographic Magazine*) and award-winning film maker (including several productions made in Antarctica) who is currently a course director and teacher at York University.

Limited to 50 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Location: ILLC226

Fee: \$92

Instructor: Mark Terry

F80 From Myth to Science: How Challenges to Creation Myths Led to Science **NEW**

Why did some ancient philosophers from India, China, Persia, and other cultures, challenge creation myths? How did the view of some ancient Greeks that only 'atoms' and empty space exist in a purposeless universe influence the rise of science in Europe? Why did atomism come into conflict with religious beliefs? How did atomism come to influence everything from poetry and music in Renaissance Europe to scientists like Galileo and Isaac Newton? How are the views of ancient Greek and Roman atomists relevant to current scientific research about the nature of consciousness and the nature of the universe? If you are curious about these questions, this is the course for you!

Participants will learn from an expert in the subject in a series of illustrated lectures with an opportunity to ask questions.

Dennis Bartels, in addition to a background in philosophy, taught anthropology for many years at the Grenfell Campus of Memorial University of Newfoundland. His doctoral research in Guyana was followed by research in Russia. With Alice Bartels, he has published extensively on Newfoundland Mi'gmau.

Limited to 50 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$92

Instructor: Dennis Bartels

F81 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 course leader 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.

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

Martha Olynyk has been a long-time avid participant in Leaving a Legacy and Recording Recollections.

Limited to 12 participants

Dates: Sept. 28 – Nov. 30 (10 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Location: VIC607A

Fee: \$70

Instructors: Tamara Handler and Martha Olynyk

F82 Murder and Mayhem in Toronto the Good **NEW**

"Toronto the Good" was a phrase coined by former Mayor William Howland (1886-87) to describe our city. This course will challenge its premise and demonstrate that Toronto was not and is not now as good as Mayor Howland imagined. We will see how Toronto's good name has been sullied by murder and mayhem—whether it's cop killers, gang-style killings, contract-killings, lawyers who died in the line of duty, or random violence that felled innocent victims. Cases will include the Just Desserts slaying, the notorious Boyd Gang, the murder of shoeshine boy, Emanuel Jaques, Peter Demeter, convicted of the murder of his wife, the Boxing Day shooting of Jane Creba, and more. And, finally, we will look at Toronto's 'whodunits!'

This is a lecture course with some time for questions-and-answers and discussion. In addition, there will be PowerPoint slides, and 'sound-effects,' namely: William Howland turning over in his grave!

Alex Borman BA, LLB, practiced law for over three decades and has served as an instructor of

paralegal courses, as well as a guest speaker for different groups, including LIFE Institute.

Sandra Kingston, BA, LLB, has served as counsel for the Ministry of the Attorney General, Criminal Law Division. She has taught numerous and varied legal courses at Seneca College, York University, and Durham College, among others.

Limited to 40 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Location: CED303

Fee: \$60

Instructors: Alex Borman and Sandra Kingston

F83 The Cultures of the Ancient Near East in a Nutshell **NEW**

The earliest great civilizations were all founded in the ancient Near East. Those cultures were the first to domesticate plants and animals, build cities, have kings, and communicate in writing. They had complex religions, built elaborate architecture, and produced stunning artwork. Participants will be introduced to the worlds of the Sumerians, Akkadians, Egyptians, Nubians, Assyrians, Babylonians, Hittites, Hurrians, Israelites, Phoenicians, Persians, Arameans and others.

Participants will learn from an expert in the field through a series of illustrated lectures.

Dr. David Lipovitch (Harvard, '99) is an archaeologist who has worked on excavations in southern Ontario, Israel, Jordan, the Republic of Georgia, and Turkey. He has been lecturing since the 1990s and is a course instructor in Wilfred Laurier University's history and archaeology departments, as well as a Research Affiliate at the University of Toronto. He is the zooarchaeologist at U of T's excavations at Tell Ta'yinat, Turkey and Gadachrili Gora, Georgia.

Limited to 50 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 2:10 – 3:50 p.m.

Location: Bond Place Hotel, Piccadilly Room

Fee: \$92

Instructor: David Lipovitch

F84 Looking for Value at the LCBO **NEW**

Want to drink better wines from around the world but not spend an arm and a leg to do so? Come

to this course to discover some of the best values at the LCBO. Each week we'll taste and talk about a variety of wines to find out if they offer good value for the money or if they are overpriced. We will also discuss winemaking practices, regions, countries, and what makes a wine truly worth your dollar. You'll learn and taste your way through the regions of the world and come out the other side a more educated consumer.

This is a wine-tasting class offering expert information and advice.

Michael Pinkus has a love affair with wine that goes back over 20 years and continues to this day. He is a multi-award-winning journalist, as well as national and international wine judge, and is a freelance writer whose articles have appeared in numerous national and international magazines. He is also the sole writer for his website MichaelPinkusWineReview.com (formerly OntarioWineReview.com), and was President of the Wine Writers' Circle of Canada (2000 – 2015).

Limited to 40 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 2:10 – 3:50 p.m.

Location: CED303

Fee: \$135

Instructor: Michael Pinkus

**Cost of course includes \$43 non-refundable materials fee.*

F85 The Role of the Scientist in Science Fiction **NEW**

One of the earliest depictions of the scientist in science fiction literature, Dr. Victor Frankenstein, has set the stage for many similar representations of the obsessed genius forced to work alone to realize his unpopular theories. These scientists – often categorized as “mad” – have idealistic goals to use science for the betterment of mankind. They often succeed, but with disastrous results. In this course, we will examine the role of the scientist over three centuries of science fiction: Mary Shelley's *Frankenstein* (1818), H.G. Wells' *The Time Machine* (1895), David Cronenberg's *The Fly* (1986), and Rupert Wyatt's *Rise of the Planet of the Apes* (2011). These literary and cinematic texts will be compared to determine how science

fiction creators view the role of the scientist in their respective societies in the U.K. and the U.S. as well as in the 19th, 20th and 21st centuries. *Half of each class will consist of watching a portion of a film with the other half devoted to a lecture by an expert in the subject.*

Mark Terry is an award-winning film maker who is currently a course director and teacher at York University. He has also taught at the Toronto District School Board and the Canadian Film Centre. Last year he was the recipient of an Excellence in Teaching Award from the Department of Humanities at York University.

Limited to 50 participants

Dates: Oct. 5 – Nov. 23 (8 sessions)

Time: Fridays, 2:10 – 3:50 p.m.

Location: ILLC226

Fee: \$92

Instructor: Mark Terry

F86 Victorian Tea and Tour at the Legislative Building, Queen's Park

SPECIAL EVENT

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 a trip to a "parlour" of the 1890s for a Victorian tea and a festive musical recital. Enjoy tea, sandwiches, scones, and cream.

Limited to 58 participants

Date: Friday, December 7

Time: Friday, 2 – 4 p.m.

Fee: \$30

Coordinator: 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.

S A T U R D A Y

F87 Spain: From the Muslim Conquest to the Catalonia Crisis

NEW

In 1959, a leading Spanish historian lamented the surprising violence with which Spaniards tend to oppose one another in the name of political ideologies. The ongoing Catalonia crisis is the latest threat to Spain's unity. One of the oldest European nations, Spain remains more than ever a fragile entity. From the Muslim conquest to the Catalonia Crisis, this course will study the history of Spain, which was built on three pillars, monarchy, Catholicism, and empire. Religious and political rivalries, including the 1930s civil war, have long plagued Spain. Will it survive its latest challenge? And what will be the consequences be for Europe?

This is a lecture course with some opportunity for discussion.

Olivier Courteaux received his B.A. in history, M.A. in war and conflicts studies and Ph.D. in contemporary international relations from the University of Paris-Sorbonne. He has lectured at various Canadian universities, including Ryerson and the Royal Military College of Canada. He is the author of *The War on Terror: the Canadian Dilemma* (2009), *Canada between Vichy and Free France, 1940-1945*, (2013) and *Quatre Journées qui ébranlèrent le Québec* on Charles de Gaulle's famous 1967 "Vive le Québec Libre", (2017). His latest book, *The Empress Eugenie at Suez, 1869: France and Egypt during the Second Empire* is scheduled for release in April 2019.

Limited to 120 participants

Dates: Oct. 13 – Dec. 1(8 sessions)

Time: Saturdays, 10 a.m. – 12 p.m.

Please note starting and ending times.

Location: to be announced

Fee: \$92

Instructor: Olivier Courteaux

F88 1918: The Year the Great War Ended and its Legacies

NEW

At the beginning of 1918, few people believed the war would end anytime soon. The horrors of trench warfare, the death of millions, seemed endless. Having "made peace" with Russia, the

Germans believed they had a chance at victory. But, within a few months, they were suing for peace. On the allied side, celebrations proved short-lived. The cost of victory had simply been too high!

Focusing on key events in 1918, including the armistices and peace treaties, the end of the Ottoman Empire, the 3 million refugees, the rise of pacifism, the creation of the League of Nations, and more, this course will look at the Central Powers' defeat and help participants understand why the conclusion of the Great War only opened the path to new sources of conflict.

This is a lecture course with some opportunity for discussion.

Olivier Courteaux received his B.A. in history, M.A. in war and conflicts studies and Ph.D. in contemporary international relations from the

University of Paris-Sorbonne. He has lectured at various Canadian universities, including Ryerson and the Royal Military College of Canada. He is the author of *The War on Terror: the Canadian Dilemma* (2009), *Canada between Vichy and Free France, 1940-1945*, (2013) and *Quatre Journées qui ébranlèrent le Québec* on Charles de Gaulle's famous 1967 "Vive le Québec Libre", (2017). His latest book, *The Empress Eugenie at Suez, 1869: France and Egypt during the Second Empire* is scheduled for release in April 2019.

Limited to 120 participants

Dates: Oct. 13 – Dec. 1 (8 sessions)

Time: Saturdays, 1 – 3 p.m.

Please note starting and ending times.

Location: to be announced

Fee: \$92

Instructor: Olivier Courteaux