

LIFE INSTITUTE WINTER 2019

COURSES & EVENTS



LIFE



INSTITUTE

*Learning Is
ForEver*

LEARN • SOCIALIZE • CONTRIBUTE

Ryerson
University

The Chang School
of Continuing
Education



Mission Vision Values

MISSION

LIFE Institute is a community of learners aged 50+ engaged in high-quality innovative learning experiences designed to meet members' interests and expectations and to provide opportunities for personal growth and social interaction.

VISION

LIFE Institute, in partnership with Ryerson University, will become the recognized leader in innovative third-age learning and member engagement practices.

VALUES

Learning • Collegiality • Contributing • Community • Inclusiveness • Responsibility • Integrity • Respect for Human Dignity

In addition, members of the LIFE Board will work together for the common good of the organization and will be guided by the following values:

Integrity • Quality of Learning Experiences • Financial Responsibility • Transparency and Accountability • Respect for Human Dignity • Collegiality

LEARN • SOCIALIZE • CONTRIBUTE

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

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Disability Notice

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

DATES to REMEMBER – Winter 2018 Session

Monday, December 3, 2018 at 7 a.m.	Registration commences
Thursday, December 13, 2018	Winterfest; holiday luncheon
Thursday, December 20, 2018	Office closes at 3 p.m. re-open Mon., Jan. 7, 2019
Thursday, January 10, 2019	Winter Welcome Back Event
Monday, February 18, 2019	Family Day; Ryerson University is closed
Friday, March 22, 2019	Partners in Learning
Friday, April 19, 2019	Good Friday; Ryerson University is closed

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 35 - 36 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 Winter 2019 at LIFE Institute

The calendar for Winter 2019 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, December 3, 2018. On-line registration will begin at 7 a.m. each day. You will enroll for your:
 - Monday courses on **Monday, Dec. 3**
 - Tuesday courses on **Tuesday, Dec. 4**
 - Wednesday courses on **Wednesday, Dec. 5**
 - Thursday courses on **Thursday, Dec. 6** and
 - Friday, Saturday and Sunday courses on **Friday, Dec. 7**

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 Winter, 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 2018-2019

Chair and President - Virginia Bosomworth
 Vice Chair, Governance - Donna Woolcott
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To reach any of our board members, please contact the LIFE office.

Winter 2019 courses and activities by category

Category	Code	Title of Course	Pg	
ART / ART HISTORY / ARCHITECTURE	W6	Drawing: Freehand Basics II	10-11	
	W53	From Andy Warhol to Banksy	28	
	W40	Going for it! Highlights of the 2019 Art Scene (Wednesday)	22	
	W64	Going for it! Highlights of the 2019 Art Scene (Friday)	32	
	W35	Great Women Artists of the 20 th and 21 st Centuries	20	
	W55	Impressionism and the City	29	
	W4	South Asian Art: Beauty Created for Humanity and the Gods	10	
	W70	Through an Architect's Eye: More of My Favourite Cities	34	
	W31	Through the Lens: Famous Photographers and Their Work	19	
	W60	Treasures of the Ancient Art of Egypt, Greece and China	31	
	W22	Watercolour: Beginners Plus	16	
	W27	Watercolour Painting for Beginners	17-18	
	CULTURAL STUDIES	W68	Classical Mythology: The Human Need for Myth	33-34
		W69	Cultural Anthropology: Giving Meaning to Human Lives	34
W57		The Documentary Film: Instrument of Social Change	30	
W52		Floating World Culture	28	
W1		The Hebrew Bible – A Secular Academic Introduction	9	
W41		Sex and Violence: Meaning in Human Existence	22	
W26		Trust in the Internet Age	17	
DRAMA/ ENTERTAINMENT	W29	British Comedy: The Cradle of Western Humour	18	
	W49	One of Us: The History and Hysteria of Cult Movies	26	
	W23	<i>Everything I Know I Learned in Vaudeville</i> - James Cagney	16	
	W17	Shaw Festival Preview	14	
	W42	Theatre Alive!	23-24	
FINANCE	W13	Practical Personal Investing	12-13	
HISTORY	W37	The Anatomy of Empire: Ancient Problems Today	21	
	W44	Forgotten Voices, Living History: World War Two and Asia	24-25	
	W24	The History of Madness	16-17	
	W25	The Holy Land Revealed	17	
	W54	Homo Sapiens: A Brief History of Civilization	28-29	
	W59	The Land Between Two Rivers: The History of Ancient Mesopotamia	30-31	
	W67	The Plundering of Africa	33	
	W12	Women and Leadership in History	12	
	W51	Wonders of Egypt: Great Tombs, Temples, Towns of the Pharaohs	27	
	W36	Versailles	20-21	
LITERATURE	W34	Book Talk	20	
	W2	In Translation	9	
	W8	An Introduction to Contemporary Jewish Canadian Books	11	
	W21	Lives of the Writers: Eight Novels about Great Writers	15-16	
MISCELLANEOUS	W56	My Home Town	29	
	W50	Speakeasy: Let's talk about what's on our minds	27	
MUSIC	W14	George Gershwin	13	
	W7	Experience World Cultures Through Classical Music	11	
	W39	God, Genius, and the Great Composers: Part One	21-22	
	W65	An Introduction to Folk Music	32	
	W46	Thursday Morning at the Opera	25-26	
	W11	The Toronto Sound	12	
PASTIMES	W47	Creating Photobooks	26	
	W5	Creating Video Memories	10	

Category	Code	Title of Course	Pg
PASTIMES cont'd	W20	Exploring Two Forms of Light for Photography	15
	W66	Ontario Wine Has Come a Long Way, Baby	32-33
PHILOSOPHY	W9	Mystical Islam: Understanding Sufism	11-12
	W16	Philosophies of Education	14
	W30	Seeing Muslims and Islam Through a Different Lens	18-19
POLITICS / PUBLIC AFFAIRS	W43	Currents in Events – What Matters	24
	W58	<i>The Economist</i> Seminar	30
	W3	Politics, People, and Other Issues	9-10
	W45	Social Innovation: New Ideas for Old Problems	25
PSYCHOLOGY / PERSONAL	W32	The Art and Science of Possibility	19
	W19	Embrace Your Third Age: Part Two	15
DEVELOPMENT	W38	End-of-Life Decisions	21
	W62	Fundamentals of Yoga: Jnana Yoga	31
	W15	Light Up Your Life and Your Brain	13-14
SCIENCE	W61	The Arctic: Life at the Top of the World	31
	W33	The Biology of Our Changing Bodies	19-20
	W28	Science and the Sacred	18
	W18	The Story of Science: Part One	14
TECHNOLOGY	W10	iPad: Beyond the Basics	12
WRITING	W48	Creative Writing: Why Do We Write?	26
	W63	Leaving a Legacy: Your Life Story	31-32

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

W1 The Hebrew Bible – A Secular Academic Introduction NEW

This course is an introduction to the secular, academic study of the books that make up what is known to academics as the Hebrew Bible, to Jews as the Tanakh, and to Christians as the Old Testament. This course will stress the use of modern critical techniques for the better understanding of this collection of documents. No previous knowledge of the Biblical texts or of Biblical Hebrew/Aramaic is required. Please note that the course works under the assumption that the text, while sacred to many, is the work of human hands written and redacted over about 1000 years.

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 with archaeological 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 70 participants

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: David Lipovitch

W2 In Translation NEW

This course offers the opportunity to think about how we read books originally published in

another language and how this has an impact on our own reading habits. Through the work of eight short novels from countries including Poland, Korea, Iceland, Austria, Switzerland, and Japan, we not only will explore other lives and cultures in these imaginative works, but also have an opportunity to discover the voices of some of the most exciting and innovative writers in contemporary literature and the translators who are bringing them to our attention. Novelists will include Gabriel Garcia Marquez, Per Pederson, Michael Kohnmen, and Wioletta Greg.

This is a lecture course, taught by an expert, with opportunity for discussion. A list of suggested readings will be made available, which will enrich your enjoyment of the classes, but reading them is not required.

Jeffrey Canton has lectured on great travel writers, contemporary essayists, the memoir, the novella, and Canadian Indigenous authors at LIFE Institute, as well as at the Baycrest Learning Academy. He was for many years a lecturer in the Children's Studies Program at York University. He is 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: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Jeffrey Canton

W3 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: Jan.28 – Apr.1 (9 sessions, no class Feb. 18)

Time: Mondays, 10:10 – 11:50 a.m.

Fee: \$65

Instructors: Lloyd Cadsby and Jay Waterman

W4 South Asian Art: Beauty Created for Humanity and the Gods **NEW**

This survey course will examine the fascinating art produced in South Asia, home to many ancient and diverse cultures. Its artistic production can be traced back to ancient roots in the Indus valley 4600 years ago when to create art was considered to be a noble pursuit, as well as a means of making offerings to the gods. Although South Asia is best known for its architecture and sculpture, we will also examine exquisite textiles, wall paintings, and other media. This course will focus on art produced from the early to the medieval period.

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

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 70 participants

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Sudharshan Duraiyappah

W5 Creating Video Memories **NEW**

Have you ever wished you could put all your favourite photos and video clips from your smart phone and/or digital camera into a professional-looking, polished video that told a compelling story you could share with family and friends? Well, if you've got the urge to holler "lights, camera, action" and then cut those moving images into your own movie masterpiece (while watching much footage fall to the cutting room floor), then this is the course for you!

This introduction to video storytelling will guide you through a range of production techniques, including addition of music, interview clips, photo animation, titles, transitions, and basic effects. You will need to bring a smart/i-Phone, a DSLR or HD video camera and a laptop with installed video editing software (i-movie or FCP-X for Mac users, and Filmora for PC users). Classroom learning can be reinforced through the use of an online video editing tutorial.

Approximately one-quarter of each class will consist of a lecture; the remaining class time will focus on video shooting, recording interviews, and hands-on video editing. The course is not for "techno-phobic" individuals; however the sessions will address both beginners and more experienced students of the video medium.

Karen Robbins is a professional video producer and digital storyteller who loves to help people put their stories and their most cherished memories into polished and impactful form. Karen uses her production company, *Video from the Heart* (www.videofromtheheart.com), as a springboard for her unique "video heirloom" approach that encourages people to create a moving legacy for future generations.

Limited to 8 participants

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 12:10 – 1:50 p.m.

Location: VIC607A

Fee: \$60

Instructor: Karen Robbins

W6 Drawing: Freehand Basics II

Freehand drawing is a natural human function. Drawing is not a talent: it is an in-built language, a skill that builds with practice. It is a means of gathering information, germinating ideas, and communicating observations. If you attended Freehand Basics or have the equivalent of beginner drawing, you are well-suited to this course. Come with whatever your level of skill, to pick up wherever you left off.

Sue Ericsson has taught Drawing Fundamentals for Ryerson since 1974. The City of Toronto Archives owns three of her works.

Limited to 25 participants

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Sue Ericsson, BFA, SCA

***Please Note:** Bring whatever drawing materials you already own. **Do not buy any new supplies.** A list of required materials will be given out at the first class.

W7 Experience World Cultures through Classical Music **NEW**

Classical music often crosses cultural barriers via the composers, the music itself, the performers, and, of course, the audience. We will delve into the extensive range of this world-wide phenomenon through such music as the tango, Gilbert & Sullivan, Spanish music and French composers, classical music in the Holy Land, and Jewish themes in classical music by non-Jewish composers. You will have the opportunity to listen to wonderful music as we explore how it reveals some characteristics of the people who love it. This course will demonstrate how effectively music can break down many of the cultural barriers we perceive.

The course, taught by an expert in the subject, will include lectures along with extensive video and music recordings.

Howard Mednick has been an avid listener to classical and orchestral music for many years and has studied the interesting details underlying it. He has been offering music presentations for many years at Baycrest, in public libraries, and for social groups. His objective is to give you a taste of this great music as you learn more about it.

Limited to 70 participants

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Howard Mednick

W8 An Introduction to Contemporary Jewish Canadian Books **NEW**

Many exciting and interesting books on Jewish themes are currently being published in Canada. In this course, explore what makes a book Jewish as you meet authors who will discuss their writing process and motivation. Discover the finest books and Jewish themes in various genres – fiction, biography, memoir, history, children's literature,

poetry. If you are writing your own book, here's how. If you want to be well read, here are some suggestions. You will receive an annotated reading list comprising the Canadian Jewish Literary Awards winning titles and those that were worthy contenders.

This course, led by a notable expert in the field, will include guest authors, and questions and discussion in the class will be encouraged.

Edward Trapunski is the chair of the Canadian Jewish Literary Awards Jury and the author of three books. As a broadcaster, he wrote and produced many of the finest programs on CBC radio and television. He was nominated for an International Peabody Award, and is the recipient of an ACTRA Award as Best Writer, Radio Documentary.

Limited to 50 participants.

Dates: Jan.28 – Mar.25 (8 sessions, no class Feb. 18)

Time: Mondays, 12:10 – 1:50 p.m.

Fee: \$60

Instructor: Edward Trapunski

W9 Mystical Islam: Understanding Sufism **NEW**

"I searched for God and found only myself. I searched for myself and found only God."

These are the words of Rumi, a 13th-century Persian Sunni Muslim poet, jurist, Islamic scholar, theologian, and Sufi mystic. During the 12th and 13th centuries, Sufism emerged as the dominant Islamic practice in the Muslim empire. The various Sufi orders were founded around this time to train the masses in the disciplines of concentration, breathing techniques, and posture to help them experience a sense of transcendent presence within. This course presents Sufism as a variant of Islam and will inculcate a sense of appreciation of the Sufi masters who dissolve the boundaries of the self and experience God's presence.

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

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

Limited to 50 participants**Dates:** Jan.28 – Mar.25 (8 sessions, no class Feb. 18)**Time:** Mondays, 2:10 – 3:50 p.m.**Fee:** \$92**Instructor:** Uzma Siddiqui**W10 iPad: Beyond the Basics**

For those who have mastered the basics of iPad usage covered in the *iPad for Beginners* class (including Settings, Email, Safari, the Camera and Photos, Contacts, and the iTunes and Apps Stores), this class will cover additional material. We will look at additional Settings, Bookmarks and Favourites, the Calendar, adding text to photos, FaceTime, additional Apps, an introduction to Pages, Numbers, and Keynote, and advanced features in iOS 12 and security suggestions.

Please note that this activity class is not for beginners. Be sure to bring your iPad and your Apple ID and password to each class. This is a repeat of a course previously offered at LIFE.

Dorothy Rubinoff spent her career as an IT Trainer and software expert, for the last 18 years at the Ontario Securities Commission. She has spent the past 8 years learning all the ins and outs of the iPad and is thrilled to share her findings.

Limited to 15 participants**Dates:** Jan.28 – Mar.25 (7 sessions, no class Feb.18, one additional date to be canceled during this time)**Time:** Mondays, 2:10 – 3:50 p.m.**Fee:** \$55**Instructor:** Dorothy Rubinoff**W11 The Toronto Sound NEW**

Remember the excitement of the Yonge street and Yorkville music scenes? Well, come and relive the buzz as we trace the rise and fall of that scene with an emphasis on the participants – amateur and professional musicians, go-go dancers, fans, booking agents, venue owners, and record company reps. We'll also examine the context and discuss the spaces and places where the music lived: legendary venues like the Riverboat, the Purple Onion, Le Coq D'Or, Blue Note, and the Friars Tavern.

This course, taught by an expert in the field, includes illustrated lectures and song clips

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 120 participants**Dates:** Jan.28 – Mar.25 (8 sessions, no class Feb. 18)**Time:** Mondays, 2:10 – 3:50 p.m.**Fee:** \$92**Instructor:** Mike Daley**W12 Women and Leadership in History NEW**

Powerful women throughout the ages have presented themselves as warrior queens, rulers by divine right, wives and mothers of great men, constitutional monarchs, and, most recently, elected officials. This course will examine the most significant female political figures in history, including Boadicea, Queen Isabella, Queen Elizabeth I, Queen Victoria, Indira Gandhi, and Margaret Thatcher. We will discuss how women attain power in political structures intended for men, including the barriers to female rule, how women are still underrepresented in political life and how attitudes toward women have changed over time. From Cleopatra to Angela Merkel, the story of female leaders fascinates and inspires. *Participants will learn from an expert in the field 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 70 participants**Dates:** Jan.28 – Mar.25 (8 sessions, no class Feb. 18)**Time:** Mondays, 2:10 – 3:50 p.m.**Fee:** \$92**Instructor:** Carolyn Harris**W13 Practical Personal Investing NEW**

This course will give you an historical perspective, as well as the theory and practical

applications, of personal investing. Participants will investigate the three best wealth-building investments: stocks and bonds, real estate, and running a small business. Specifically, you will consider the best strategies to invest in stocks and bonds, how and when to invest in real estate, and the different strategies to starting and running a successful business. This review will be complemented by real-world examples of successful investors. Each participant will have the opportunity to create a portfolio and carry out simulated trades (the stock market model). The creation of the portfolio is an optional activity. *This is a lecture course, taught by an expert in the field, with opportunities for questions and discussion.*

Orlando Brown, CPA, CGA, MBA, is a professor of accounting, finance, and taxation courses at Seneca and Sheridan College. He is experienced in brokering mortgage deals, is certified in QuickBooks Online, and has a consultancy which operates in the construction, restaurant, and not-for-profit sectors.

Limited to 40 participants

Dates: Jan.28 – Mar.18 (7 sessions, no class Feb. 18)

Time: Mondays, 4:10 – 5:50 p.m.

Fee: \$83

Instructor: Orlando Brown

T U E S D A Y

W14 George Gershwin **NEW**

George Gershwin's brilliant music, created for the musical theatre and concert hall, is instantly recognizable and still beloved today, 70 years after his death. Dozens of his timeless tunes, with words by his Pulitzer Prize-winning brother, Ira, rank amongst the greatest songs of the 20th century. His *Rhapsody in Blue* remains one of the most innovative and thrilling concert works of all time. Coming from very humble beginnings, George Gershwin became an international superstar that burned very brightly, and very briefly. This course will explore this extraordinary man's life, times, and memorable music.

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 Ryerson's LIFE Institute and is a founding faculty member of The Baycrest Learning Academy.

Limited to 70 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Jordan Klapman

W15 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: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Fee: \$72*

Instructor: Judy Steed

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

W16 Philosophies of Education NEW

Can education be one, if knowledge is many? In these challenging times in our communities and on our planet, education can no longer be defined simply as a transfer of knowledge, skills, or values. Beginning with an analysis of your learning styles and the influences on your own education, we will examine the transformative moments in the history of education where important thinkers and educators have promoted open inquiry and considered the wisdom of children, indigenous knowledge, and ethno-cultural contexts. This course will analyze some leading authors whose philosophies of education aim to generate critical thinking and global concern for our planet.

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

Dr. Marianne Loranger's studies and teaching have focused on issues of diversity, intercultural and multicultural education, and environmental and human rights education. Her doctoral work at the University of Toronto was in Global Education and Transformative Pedagogies. She has taught in secondary schools and at the University of Toronto (philosophy and science), and was Principal of an alternative school.

Limited to 50 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

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

Fee: \$92

Instructor: Dr. Marianne Loranger

W17 Shaw Festival Preview

These spirited lectures will enrich your theatre-going experience. Talks on selected plays being offered this season at the Shaw Festival will be spiced with lively anecdotes, readings, short scene presentations, discussions, and background information on authors and theatre history. Enjoy some coffee, tea, and cookies along with informal discussion during the half-time break. We'll be discussing Shaw's *Man and Superman* and *Getting Married*, Patrick Hamilton's thriller *The Rope*, and Howard Baker's *Victory*. Other plays may be touched on as well.

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

Limited to 30 participants

Dates: March 26 – April 16 (4 sessions)

Time: Tuesdays, 10 a.m. – 12 p.m.*

Location: VIC502

Fee: \$83

Instructor: Vrenia Ivonoffski

* Please note starting and ending times.

W18 The Story of Science: Part One NEW

Over the centuries, we have discovered much about how the world works and learned many ways to control it. This course will explore the development of science in areas such as mathematics, physiology, chemistry, the cosmos, infection, electricity, and energy. By considering the history of science we may perhaps understand more clearly what we know now and discover how to learn new things. This will be the first section of a two-part course.

This is a lecture course, with discussion, taught by an expert. Part two will be offered in the spring semester.

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

Limited to 70 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Terry Picton

W19 Embrace Your Third Act: Part Two

Imagine if the next stage of your life could include the very BEST years of all! How do you want to live, use your time and find purpose if you're going to live 20 to 30 more years? Longevity is determined by both genes (25%) and lifestyle (75%). When you start paying more attention to your health you have the capacity to retrain your body, exercise your mind, and maintain a healthy lifestyle to enjoy your Third Act! This course will be presented from a holistic perspective discussing alternative health practices, natural foods, supplements and remedies based on science-proven studies. You will also learn the best foods to reduce inflammation and joint pain or regulate your blood sugar levels. Gain more knowledge about the benefits of fitness and relaxation techniques to improve sleep, increase your energy, and stimulate your memory.

This course will include group activities, food tasting, and guest speakers on related topics.

Please note: *this is a continuation of a course that has been previously offered at LIFE.*

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

Limited to 30 participants

Dates: Feb. 5 – Mar. 12 (6 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Fee: \$50

Instructor: Rani Glick

W20 Exploring Two Forms of Light for Photography: Constant Light and Flash NEW

Natural light is fine, but sometimes nature could use a little help! This course is for photographers who want to learn how to use their external flash or constant light more effectively for portraits. Come and learn the techniques that will turn your people shots into striking portrayals. We'll first work with constant light, the light that stays on, and demonstrate a proper 3-point lighting set-up so you can see what good lighting is. Then we'll move on to off-camera flash where flash is instantaneous; as a result, you only see the result after you take the photo. You'll learn how to light for portraits, how to light with one light, how to use your flash for fill

light, how to take a pleasing shot of a person or a small group (4 people) using the techniques demonstrated. To participate in this course, you will need the following: 1) a bridge camera or a digital single-lens reflex camera (DSLR) which has a 'hot-shoe,' thus allowing the use of an external flash (not just the on-camera flash); 2) a tripod, and 3) a *clean* memory card. *Having an external flash is not essential to take the class but you will be taught its benefits.* Please familiarize yourself with the following camera settings: exposure compensation and flash exposure compensation.

This is an interactive class in which complete participant involvement is expected.

Neith MacDonald is a retired CBC cameraman and still photographer. Throughout his career, lighting has always been his passion. He believes that the art of photography rests on a solid foundation of skills and looks forward to helping participants build their technical knowledge and expertise.

Limited to 6 participants

Dates: Feb. 5 – Feb. 26 (4 sessions)

Time: Tuesdays, 12:10 – 11:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Neith MacDonald

W21 Lives of the Writers: Eight Novels about Great Writers NEW

Biographies offer an in-depth exploration of their subjects, but sometimes a more literary approach helps us gain a greater understanding of someone's life. In this course, participants will enter into the lives of some of the world's greatest authors through the inventive re-imagining by other writers in innovative and creatively dazzling fictional portraits. Authors' lives to be discussed include John Keats, Fyodor Dostoevsky, Henry James, Herman Melville, Gertrude Stein, Virginia Woolf, Ernest Hemingway, and Antoine de St. Exupery.

This is a lecture course, taught by an expert, with opportunity for discussion. A full list of suggested readings will be made available to enrich your enjoyment of the classes, but they are not required reading

Jeffrey Canton has lectured on great travel writers, contemporary essayists, the memoir, the

novella, and Canadian Indigenous authors at LIFE Institute, as well as at the Baycrest Learning Academy. He was for many years a lecturer in the Children's Studies Program at York University. He is 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 60 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Jeffrey Canton

W22 Watercolour: Beginners Plus **NEW**

This class is for artists who have taken beginner courses or have experience in the basics. If you would like to learn about more sophisticated techniques and creative ways to paint, then this class is for you. We will work in transparent colours for a lovely landscape filled with light and harmony. Crashing waves, rough water, and a dramatic sky will add excitement to our lighthouse paintings. Untangle a complicated handful of flowers and work toward simplification and brilliant colours.

This is a creative activity class. Bring all your own supplies and 140 lb. Arches Medium Cold Pressed paper.

Lorraine Ireland is a practising artist and teacher with over 30 years' experience. She has taught for many art institutions, art groups, and schools including George Brown College, Sheridan College, Visual Arts Mississauga, and the LIFE Institute.

Limited to 18 participants

Dates: Jan. 29 – March 19 (8 sessions)

Time: Tuesdays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Lorraine Ireland

W23 *Everything I know I learned in Vaudeville!* James Cagney **NEW**

At the turn of the 20th century in Canada and the US, thousands of people traveled to big cities to see the amazing acts of vaudeville, which included comedians, singers, plate-spinners,

ventriloquists, dancers, musicians, acrobats, animal trainers, and anyone who could keep an audience interested for more than three minutes! Beginning in the 1880s and through the 1920s, vaudeville was home to more than 25,000 performers and was the most popular form of entertainment in North America, from Toronto's Shea's Hippodrome to New York's Palace Theatre. The course will look at and explore the roots of vaudeville and meet some of the extraordinary talent it produced, while illuminating its connection to our current popular culture.

This course is presented by an experienced practitioner in the art of theatre, and laughter will be encouraged.

Harvey Levkoe became a theatre director following a thirty-year career as a graphic artist and has directed more than 50 plays since he retired. As a long-time member of LIFE, he has moderated at least one course each year for the past 12 years, usually involving some aspect of creativity and entertainment. In 2010, Harvey was the director of a LIFE documentary celebrating our 20th anniversary.

Limited to 30 participants

Dates: Feb. 5 – 26 (4 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Fee: \$40

Instructor: Harvey Levkoe

W24 The History of Madness **NEW**

Over the centuries, people have believed that insanity has been caused by gods or demons or evil spirits or the moon or even by a woman's wandering womb! Or perhaps madness is caused by too much or too little of such things as black bile, serotonin, mothering, drugs, sugar, noise, and marketing. Was madness invented by the state to control obnoxious people? Who decides who is mad and who isn't? Priests? Psychiatrists? In the desire to rid ourselves of the mad, we've sterilized them, put them adrift on a ship, driven them outside the walls of the city, burned them at the stake, passed an electric current through their brains. But does a mad person have the ear of God and know things that a sane person can barely imagine? Scientists have identified many types of madness, and in this course, we will look at the amazing and disturbing ways in which people have interpreted madness in the past.

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

David Reville was an adjunct professor at Ryerson. He taught several subjects for the School of Disability Studies and developed the course *A History of Madness* during that time.

Limited to 60 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: David Reville

W25 The Holy Land Revealed NEW

Let's prepare for the trip of a lifetime to the Holy Land, the cradle of civilization. We'll delve into the history, geography, culture, and life of this fascinating part of the world. And we'll examine its significance, especially places such as Jerusalem, Nazareth, Masada and the Judean desert, to the monotheistic religions of Christianity, Islam, and Judaism. This is the ancient land where Jews, Muslims and Christians, as well as immigrants from every corner of the world, live together – if not always in harmony.

Please note: The Holy Land Revealed is offered as a prelude to a LIFE Institute Travel Club trip in the spring of 2019 to be led by Amnon Zohar, an Israeli native who has lived, studied, and travelled the land. It is also open to all those who simply wish to learn more about this topic but do not intend to join the tour.

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

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 offered several courses at LIFE on the Middle East, football (soccer), and leadership.

Limited to 50 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Fee: \$60

Instructor: Amnon Zohar

W26 Trust in the Internet Age NEW

Civil society is dependent on trust that institutions will enforce necessary laws and regulations and will operate in the interests of all. Until recent times, most people probably trusted their institutions. It was difficult and time consuming to gather information, and communication was largely controlled by these bodies. With the advent of the personal computer and the internet, everything changed. Anyone can search for information and communicate their views to the world. As a result, there is deepening distrust in most institutions, especially government and the media. Countries can surreptitiously interfere in the internal politics of other countries. Criminals can access formerly private information, stealing from institutions and individuals. We will discuss some of the examples that affect our everyday lives and the necessity to judge how a transaction or service is worthy of our trust. The reference material will be sent via email one week before each discussion. Come with your questions and share your views.

This will be a participatory course in which member input and discussion is encouraged and expected.

Geoff Kemp is a long-time member and sometime moderator at LIFE. He spent over 30 years managing a company that manufactured capital equipment. He is keenly interested in politics.

Limited to 25 participants

Dates: Feb. 5 – Mar. 12 (6 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Fee: \$50

Instructor: Geoff Kemp

W27 Watercolour Painting for Beginners

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. This is a repeat of a course previously offered at LIFE.

Lorraine Ireland is a practicing artist and teacher with over 30 years' experience. She has taught for many art institutions, art groups and schools including George Brown College, Sheridan College, Visual Arts Mississauga and The LIFE Institute.

Limited to 18 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: Lorraine Ireland

W28 Science and the Sacred **NEW**

A commonly held view is that science and the sacred are largely independent of one another – or even adversarial. In fact, these realms were deeply interwoven for the ancient Greeks and for later giants of rational inquiry such as Descartes, Newton, and Heisenberg. In this course we'll explore some of the deepest connections between these two realms. Along the way we'll consider such fascinating questions as: Are we living in a simulated reality? Can we infer a designer of the universe? Can religion be explained in terms of neuroscience or the social sciences? How literally should we believe in the afterlife? What exactly is a miracle and how is it different from what Carl Jung called "synchronicity"?

Participants will learn through a series of lectures, PowerPoint presentations, and some discussion, taught by an expert in the field.

Paul Bali has been teaching Philosophy at Ryerson University since 2004. He has also taught at the University of Toronto, Trent and University of Ontario, Institute of Technology. He writes widely in the areas of animal ethics and philosophical theology.

Limited to 60 participants

Dates: Jan. 29 – Mar. 19 (8 sessions)

Time: Tuesdays, 4:10 – 5:50 p.m.

Fee: \$92

Instructor: Paul Bali

W E D N E S D A Y

W29 British Comedy: The Cradle of Western Humour **NEW**

British humour is a famously popular source of comedy in the English-speaking world, as well as exerting an influence on the Romantic cultures in Spain and France. This course examines the prodigious body of creative work in British comedy with the intention of entertaining and informing participants of both the famous and the less well-known creators in this field. Come and enjoy the wonderful work that has made us laugh over the years and is still doing so.

Participants will learn from an expert in the subject in a series of illustrated lectures and videos. Laughter will be encouraged!

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 LIFE Institute for over four years.

Limited to 100 participants

Dates: Jan. 30 – Mar. 20 (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

W30 Seeing Muslims and Islam through a Different Lens: Documentaries and Discussion **NEW**

Muslims do not comprise a monolithic group – an essential fact which is too often ignored by the mainstream media. In this course we will screen documentaries dealing with ideas important to Islam and Muslims. The films will cover issues such as: What is Islam?; Jihad; honor-based violence; the rise and fall of Muslim Spain; Women's place in the Mosque; Sufism; and Radicalization. They will serve as a springboard for our discussion to follow. *Documentaries will be screened during the classes, after which discussion will take place, led by experts in the subject.*

Raheel Raza is President of the Council for Muslims Facing Tomorrow, a 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 the 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 Ryerson for the past five years.

Limited to 50 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Fee: \$92

Instructors: Raheel and Sohail Raza

W31 Through the Lens: Famous Photographers and Their Work

Through the lens will be a survey of the evolution of photography from its earliest days to the present, highlighting the work of specific photographers who have made important contributions to its development. Included among these will be Felix Nadar, Louis Daguerre, Margaret Cameron, Alfred Stieglitz, Dorteia Lange, Henri Cartier-Bresson, Robert Frank, Cindy Sherman, and others. This course will be of interest to those who want to learn about the fascinating art of photography and its famous practitioners, and to amateur photographers who want to improve their craft by learning more about some of the greats in the field.

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

Harold Hutner is an accountant with a lifelong interest in photography and enjoys sharing his love of photography with others.

Edward Zamble has had a strong interest in photography over the years and was an early convert to digital photography.

Both Harold and Edward have taught photography classes at LIFE before and have been coordinators of the LIFE Photo Club.

Limited to 25 participants

Dates: Feb. 20 – Mar. 27 (6 sessions)

Time: Wednesdays, 10:10 – 11:50 a.m.

Fee: \$50

Instructors: Harold Hutner and Edward Zamble

W32 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 longer life. We will look at the hidden power of how everyday positive experiences can change our 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 myriads 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. Lillian is currently, and has been for several years, a faculty member at the Institute for Life Coach Training

Limited to 16 participants

Dates: Feb. 6 – 27 (4 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Fee: \$40

Instructor: Lillian Mills

W33 The Biology of Our Changing Bodies

We are getting older – but, we can also get wiser! The more we know about the aging process, the better we will be equipped to live with it. This course will give you a better understanding of the

basic biology of aging, how body functions change with age, and the potential onset of diseases. Also discussed will be our changing nutritional needs, the possibilities and benefits of exercising as we age, and sleep and stress management. Gain insight in how to adjust life-style choices for maximum health and learn how to age successfully.

This is a lecture course, taught by an expert, with opportunities for discussion. It is a repeat of a course previously offered at LIFE.

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 George Brown College.

Limited to 50 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

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

Fee: \$92

Instructor: Christine Dimanche

W34 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: Feb. 13, 27, and Mar. 13, 27 (4 sessions)

Time: Wednesdays, 12:10 – 1:55 p.m.

Fee: \$40

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

W35 Great Women Artists of the 20th and 21st Centuries **NEW**

While the work and lives of female artists like Frida Kahlo, Georgia O'Keefe, and Fran Lebowitz have received lots of well-deserved attention, it's time to open ourselves up to the offerings of other exciting female artists. This course will delve into some of the under-discussed, international female artists like surrealist Eileen Agar, multi-media artist Natalia Goncharova, photographer Eve Arnold, painter Daphne Odjig, narrative quilt maker Faith Ringgold, sculptor Kara Walker, and more. This course will include at least one class in which we will venture out to experience female-created art and meet its creators.

This course is a combination of lecture, film clips and discussion, taught by an expert.

Rosalin Krieger earned an MA in Sociology and Equity Studies at OISE-U of T and is a global lecturer, education consultant, literary advisor, editor, writer, and visual artist based in Toronto.

Limited to 60 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

Time: Wednesdays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Rosalin Krieger

W36 Versailles **NEW**

Versailles has long been associated with the lengthy reign of Louis XIV, the "Sun King". He, alone, chose to build this magnificent chateau, away from a rebellious Paris. The opulent palace of "the greatest king in the world" fascinated Europe's elite in the age of Enlightenment and still fascinates millions of visitors today. This course proposes to discover or rediscover Versailles through several histories: Versailles as a symbol of political power until 1789; the rituals of Europe's most glittering court; and how Versailles became a French national monument after the Revolution.

Participants will learn through a series of illustrated lectures, taught by an expert on the subject.

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: Jan. 30 – Mar. 20 (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

W37 The Anatomy of Empire: Ancient Problems Today **NEW**

Human civilization has always striven to develop to its fullest yet has failed time and again to maintain stability for more than a couple of generations. Empires, as we know, come and go. But why? Looking back at antiquity, we will explore how and why empires are created, what makes them successful, and the reasons why they die. Empires can be viewed as organic entities, and although we pay little attention to this reality, they reveal both the heights and the limits of the human spirit. Our past, it seems, is our future. Must it be? Empires to be considered include those of ancient Assyria, Persia, Greece, and Rome, as well as those in Europe, including Britain, Russia, and the rise of America.

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

Thomas Hart holds degrees in Classics, Humanities, and Philosophy (PhD). He has been teaching for the past 15 years in Scotland, England, the Netherlands, and Toronto, including Ryerson University.

Limited to 60 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: Thomas Hart

W38 End-of-Life Decisions **NEW**

This course aims to help you better understand your rights concerning end-of-life decisions under current law and to consider the complex issues involved as the legislation evolves in the future. We will review the recent history of the "right to physician-assisted dying" debate and how Canadian legislation compares with other countries. Palliative care vs. the right to die will be considered; are they incompatible alternatives or two complementary aspects of late life care? We'll look at the difficult issues not yet covered by legislation, including mental illness, access for minors, and advanced directives for dementia. A core question in all cases is how should "capacity" be defined and evaluated. Come with an open mind to consider these ethically and emotionally complex issues.

Each session of this course will include an introduction by the instructor or a guest, followed by small group discussion and final presentation of group conclusions.

Dr. Frances Wilkinson is Professor Emerita, York Centre for Vision Research and Department of Psychology at York University.

Limited to 25 participants

Dates: Feb. 6 – Mar. 6 (5 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Fee: \$45

Instructor: Frances Wilkinson

W39 God, Genius and the Great Composers: Part One

They have been called "the immortal few who were not born to die" – those immortal few endowed with the powers of creative genius. In this course, we will explore this rarest of phenomena through the lives, attitudes, and music of eight great composers – Bach, Handel, Haydn, Mozart, Beethoven, Brahms, Bruckner, and Mahler. Our main focus will not be on an analysis of the music itself, but rather on the men who created it – their relationship to the world around them and the many similarities and contrasts in the manifestation of their extraordinary powers. Enhance and expand your capacity to appreciate and enjoy this truly timeless music.

This course consists of a series of lectures taught by an expert in the field. Each presentation will

include numerous musical examples from each composer presented on an excellent sound system, as well as listings of recommended recordings. This course has been offered before at LIFE.

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

Limited to 60 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

Time: Wednesdays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: Tom Plewman

W40 Going for it! Highlights of the 2019 Arts Calendar (WED) **NEW**

In the spirit of LIFE Institute's tradition of visits to public museums, galleries, and key arts venues, this course ensures that you will experience the best of the city's dazzling winter cultural roster. Highlights include visiting exceptional exhibitions at museums like the Gardiner, the Art Gallery of Ontario, the Museum of Contemporary Art, and the Power Plant, a curatorial tour, and access to arts leaders. Whether you are a seasoned gallery-goer or a curious novice, we'll learn a lot, discussing what we're seeing in situ (and afterwards during optional post-outing coffee breaks.) Guided by an experienced facilitator, we'll consider the larger issues and discuss matters of intent, process, and content. But, most importantly, we will have a great time as we take the cultural pulse of our amazing city.

This is an activity course with some walking required. Participants will be responsible for paying admission fees, where applicable, to the museums and public galleries.

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 45 participants

Dates: Jan. 30 – Mar. 20 (8 sessions)

Time: Wednesdays, 1 – 3 p.m.*

Fee: \$92

Instructor: Betty Ann Jordan

***Please note beginning and ending times. And this course is also available on Fridays.**

W41 Sex and Violence: Meaning in Human Existence **NEW**

The two most powerful human drives which have shaped history are sexuality/gender and violence/power. Using a variety of methods, including the review of sociological, historical, and philosophical writings, we will analyze the impact of these forces in shaping civilization and everyday life. Our exploration of this central theme will not necessarily be historical. Instead, we will look at key contributions to the study of sexuality and violence and their inter-relationship across disciplines. If we are to ask who we are, we must first observe what we do. With no starting assumptions, such as religion, politics or philosophy, this course will examine our history as a species from the perspective of the sexual and violent behaviours which exist in any given civilization.

Please be aware that this course includes graphic content of both a sexual and a violent nature which may cause some discomfort.

However, the approach is entirely academic, and gratuitous descriptions will be avoided when possible. Sex and violence are all around us and making sense of them is important for all individuals across cultures in order to understand what "makes human beings tick."

Participants will learn from an expert in the subject in a series of illustrated lectures with some opportunity for discussion.

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.

Limited to 100 participants

Dates: Jan. 30 – Mar. 20 (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: David Chandross

W42 Theatre Alive!

Wednesday, January 23, 2019, 1 p.m.

Canadian Stage Company
St. Lawrence Centre, Bluma Appel Theatre
27 Front Street East (Front & Yonge)

Tartuffe

by Moliere (translated by Ranjit Bolt)

Vice becomes virtue in Moliere's timeless satire of religious hypocrisy – or is it the other way around? Falling under the spell of sly con artist Tartuffe, wealthy bourgeois Orgon risks his estate and his family to harbour the pious-seeming vagabond, but when their guest finally reveals his true colours, the household is thrown into chaos. Chris Abraham's production presents Moliere's dark comedy through a contemporary lens, deftly exploring how truth becomes blurred in the quest for power. A Stratford Festival Production presented by Canadian Stage, Crow's Theatre, Groundling Theatre Company, and David Versus Goliath Productions. *"I've never seen a funnier Tartuffe than this one.... A shameless laugh-fest."*

The Globe and Mail *"Hilarious performance from a stacked Stratford Festival cast led by the sublime Tom Rooney."* Toronto Star

Wednesday, February 13, 2019, 1:00 p.m.

Streetcar Crowsnest
345 Carlaw (Dundas & Carlaw)

Mary's Wedding

by Stephen Massicotte

Solo Productions presents a love story set against the backdrop of World War 1. *Mary's Wedding* is an epic, unforgettable story of love, hope, and survival. When Mary and Charlie unexpectedly find one another sheltering in a barn during a thunderstorm, a tentative love is born. But the year is 1914, and they must surrender their fates to the tumultuous times of the First World War. Their love story extends from the fields of Canada's prairies to the battlefields of France's Moreuil Wood, as the playwright weaves time, dreams, and memory together to remind us that the heart is beautifully resilient. *Mary's Wedding* is a

moving memorial to both the Great War and great love.

- one of the most celebrated Canadian plays
- this play has received over 100 productions in Canada, the United States, New Zealand, and the United Kingdom

Wednesday, March 6, 2019, 1:30 p.m.

Tarragon Theatre
30 Bridgman Avenue (Dupont & Bathurst area)
Co-produced by Prairie Theatre Exchange

New Magic Valley Fun Town

by Daniel MacIvor

World Premiere

A new play from The Siminovitch Prize winner and Governor General's Award winner for Drama. Cape Bretoner Dougie hasn't seen his best childhood pal Allan in twenty-five years, so it's no surprise that their reunion is a boisterous night of memories, laughter, drinking, and dancing. But as evening becomes day, as the smiles begin to fade and the bottles sit empty, the old friends revisit other memories, uncomfortable ones that force them to confront the realities of who – and what – they really are. *"No man is rich enough to buy back his past."* Oscar Wilde

Wednesday, April 17, 2019, 1:30 p.m.

Tarragon Theatre
30 Bridgman Avenue (Dupont & Bathurst area)
In association with Green Light Arts

Guarded Girls

By Charlotte Corbeil-Coleman

World Premiere

A new play from the Governor General's Literary Award nominee. Psychological destruction from solitary confinement is at the heart of this wrenching and powerful play. 19-year-old Sid is transferred to a new prison and finds friendship with Britt – but also forms a complicated relationship with the guard who watches their every move. Soon, it's the guard who's being watched, and this playful, theatrical, mysterious work heads toward its shocking conclusion.

"Those who have suffered understand suffering and therefore extend their hand." Patti Smith

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 be sent by e-mail before each performance.

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

Limited to 90 participants

Dates: Jan. 23, Feb. 13, Mar. 6, and Apr. 17

Time: Wednesday afternoons (see times above)

Fee: \$97

Coordinator: Rayna Jolley assisted by Sharon Stibbard

Theatre websites:

canadianstage.com

tarragontheatre.com

crowstheatre.com

T H U R S D A Y

W43 Currents in Events – What Matters

In our weekly sessions the group will discuss two topics of major interest in current events, as previously selected by class participants. This is a participatory class, and everyone should want, and expect, to join in the discussion. General participation helps the group better understand the complexity of the topics being discussed, and the variety of views and feelings that they evoke. It also minimizes "lecturing" tendencies. The objective of such discussions, over the course, will be to deepen participants' (and the moderator's) knowledge of significant current

events and expose the variation in viewpoints that sometimes makes reasoned discourse difficult. These discussions may be particularly relevant to those with strong views, since they will be especially challenged to consider other points of view.

As described above, this is a challenging discussion class with member participation expected.

Jess Hungate, BA and JD (Harvard), and MPA (Princeton), has worked as a lawyer in New York City and Toronto, and currently volunteers in various capacities in the public and private sector. He is interested in public policy, politics and board governance, among many other things, and believes strongly in collaborative learning approaches.

Limited to 25 participants

Dates: Jan.31 – Mar.28 (8 sessions, no class Mar.14)

Time: Thursdays, 10:10 – 11:50 a.m.

Fee: \$60

Instructor: Jess Hungate

Please note: No class week of Mar. 11, also, two classes may have to be rescheduled.

W44 Forgotten Voices, Living History: World War II in Asia NEW

This course will present the historical and political background and conditions that led to the war in Asia, as well as the significant events, the atrocities, the aftermath, and the stages of peace and reconciliation. Of greater significance, the forgotten voices of World War II in Asia will be examined from four critical dimensions: socio-political, ethical, social activism, and leadership. Through the four aspects, the course hopes to engage participants in thoughtful discussion and questions that connect WW II in Asia to contemporary issues of war, justice, reconciliation, and peace.

This class will be in a lecture format presented by an expert in the field.

Carolina Ruiz is the Research Associate at ALPHA Education. Her experience and expertise are in law, human and indigenous rights, environmental and feminist advocacy. She taught policy courses at the University of Toronto, and law and graduate courses in Manila, while practising human rights law.

Limited to 50 participants

Dates: Feb. 7 – 28 (4 sessions)
Time: Thursdays, 10:10 – 11:50 a.m.
Fee: \$56
Instructors: Carolina Ruiz and the ALPHA Education Team

W45 Social Innovation: New Ideas for Old Problems NEW

How social enterprise and innovation are reshaping how we disrupt the status quo
 “Social innovation is the process of developing and deploying effective solutions to challenging and often systemic social and environmental issues in support of social progress”. (Stanford University)

This course will explore the work of social, purpose-driven organizations such as charities, non-profits, cooperatives, social enterprises, and values-focused businesses. You'll become more familiar with all these forms of social innovation as we examine their benefits, challenges, and potential solutions through the use of real case studies. We'll ask questions and debate responses: How do the various forms of social innovation work together in the ecosystem? Can partnerships within and without the sector benefit the organization and society? How will some charities deal with scarce resources? Is there a conflict between the bottom line and socially responsible business practices? From the Arthritis Society to the United Way, from Me to We to Toronto Co-op Housing, all these organizations play a vital role in society. Come and discover how important they really are.

After an initial introduction by the instructor, each session will include questions for discussion and debate. Various social innovators will be guests.

Rick Blickstead is a senior general management executive with experience in both the Canadian and American public, non-profit, and private sectors. He specializes in organizational revitalization, social and strategic innovation, and operational execution. Rick has a diverse background in organizational branding and positioning, retail, and consulting, having led organizations such as Peoples Jewelers, Walmart FJ (USA), RONA, Wellesley Institute, and Diabetes Canada. He is an Adjunct Professor at the University of Toronto, a Fellow of Social Innovation Generation Canada@ MaRS, and led

the operational team for “Canadian CEO’s in the Community”, an initiative of the Prince’s Trust (UK) and Prince’s Charities Canada
Limited to 50 participants

Dates: Jan.31 – Mar.14 (6 sessions, no class Feb.14)
Time: Thursdays, 10:10 – 11:50 a.m.
Fees: \$50
Instructors: Rick Blickstead

W46 Thursday Morning at the Opera

Die Entführung aus dem Serail (The Escape from the Harem) by Mozart
Maria Stuarda by Donizetti
Fidelio by Beethoven
Otello by Verdi

Reserve your seat now for another LIFE opera season and enjoy glorious music and illuminating commentary! First is one of Mozart’s lesser known operas, *Die Entführung aus dem Serail*, or *The Escape from the Harem*, composed when he was only 26 years old and containing some of his most spectacular and difficult arias. *Maria Stuarda*, one of Donizetti’s three Tudor operas, is loosely based on the tragic life of Mary, Queen of Scots and her powerful cousin, Queen Elizabeth I. Beethoven’s only opera, *Fidelio*, containing the famous *Prisoners’ Chorus*, is a tale of heroism and sacrifice as the heroine rescues her husband from death in prison. And to finish the winter season is Verdi’s gripping *Otello*, his final opera that brought him back to the theatre after an earlier retirement.

This class is led by a LIFE instructor with introductions to the full-length performances of the operas (on DVD) 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: Jan.31 – Mar.21 (8 sessions)
Time: Thursdays, 10* – 11: 50 a.m.
 *Please note start time

Fee: \$70

Instructor: Marcel Deurvorst

W47 Creating Photobooks

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

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

Harold Hutner is an accountant with a lifelong interest in photography and enjoys sharing his love of photography with others.

Limited to 4 participants

Dates: Feb. 7 – 28 (4 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Location: VIC607A

Fee: \$40

Instructor: Harold Hutner

W48 Creative Writing: Why Do We Write NEW

So many of us love writing – but why? What is it about the creative process that drives and inspires us? We will take a different ‘reason to write’ each week and explore it together. We will look at writing as a form of escapism and building stories. We’ll consider writing as a means of sharing our wisdom and life experiences by creating letters to family members or strangers. Another week we’ll focus on journaling and after that, creative non-fiction. We’ll also consider children’s stories and poetry and learn how to write a picture book. We’ll write a great deal, exploring what drives us to create. We’ll also look at excerpts from published pieces, discovering

new things about ourselves as we ask: why do we write?

This course, taught by a leader in the subject, includes lectures, class discussions and many opportunities for writing.

Julie Hartley has a Masters in Creative Writing from UBC. She is the author of *The Finding Place*, and the Director of Centauri Arts, which runs camps, retreats, and classes in Ontario and worldwide. She has taught creative writing for over a decade.

Limited to 40 participants

Dates: Jan.31 – Mar.7 (5 sessions, no class Feb.14)

Time: Thursdays 12:10 – 1:50 p.m.

Fee: \$65

Instructor: Julie Hartley

W49 One of Us: The History and Hysteria of Cult Cinema NEW

“One of us!” cry the titular outcasts of Tod Browning’s 1932 classic *Freaks* – one of the first cult movies. This course will deconstruct the possessive attachments that we have to cinema, both individually and collectively, and examine the history, aesthetics, politics, sexuality, and popularity of movies that generate obsessive fandom – sometimes at the expense of mainstream popularity – as well as movie stars who’ve become worshipped Hollywood icons like Marilyn Monroe and James Dean. Major titles will include *Rebel without a Cause*, *The Misfits*, *The Rocky Horror Picture Show*, *The Room*, *Hairspray*, and *Showgirls*.

This is a lecture course, incorporating extensive film clips, taught by an expert in the field.

Adam Nayman is a critic and author in Toronto. He writes for *Cinema Scope* and *The Ringer* and has taught numerous courses for the LIFE Institute, as well as for other organizations like TIFF. He recently published a critical study of the Coen brothers.

Limited to 70 participants

Dates: Jan. 31 – Mar. 21 (8 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Adam Nayman

W50 Speakeasy – Let's Talk About What's on Our Minds

This 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 in Speakeasy classes? Generally, current events, with discussions usually widening to deeper issues and implications. Terry will get the weekly ball rolling before classes by emailing potential topics to the class, and members also suggest topics and lead the discussion of each.

Mandatory Rule: The tone is upbeat and every member will be given ample chance to speak. When opinions diverge, we politely agree to disagree and *never* indulge in personal criticism.

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: Jan. 31 – Mar. 21 (8 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Fee: \$60

Instructor: Terry Poulton

W51 Wonders of Egypt: The Great Tombs, Temples and Towns of the Pharaohs NEW

They are some of the most storied ancient sites in the world and the greatest wonders of man. The great buildings and architectural works of the ancient Egyptians never fail to mesmerize. Why and how were they built? How were they conceived and used by kings, priests and commoners? What did they look like 3000 years ago? Come take an armchair tour down the Nile and explore in-depth the awe-inspiring pyramids, tombs, towns, temples and structures of this great civilization, including the Karnak Temple, the Mortuary Temple of Hatshepsut, the Valley of the Kings, and the temples of Abydos (Seti) and

Denderah (Cleopatra), that continue to make Egypt a land of endless fascination.

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

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

Limited to 70 participants

Dates: Jan. 31 – March 21 (8 sessions)

Time: Thursdays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Laura Ranieri

WEATHER ALERT

If weather necessitates cancellations, Ryerson advises media of closures; call 416.979.5000 or check the [Chang School web page](#).

W52 Floating World Culture

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

Participants will learn from an expert about this topic in a series of illustrated lectures. Questions and comments will be encouraged.

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

Limited to 25 participants

Dates: Jan. 31 –Mar. 21 (8 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Fee: \$60

Instructor: Carol Dorman

Please note: *This course was offered in 2018, but with two additional sessions it contains additional material*

W53 From Andy Warhol to Banksy **NEW**

Obsessed with celebrity, consumer culture, and mechanical (re)production, Andy Warhol created some of our most memorable Pop Art images. From the Campbell soup cans to Marilyn Monroe, these famous works are embedded in our consciousness. This course will explore Warhol’s life and rich body of work from his early beginnings as commercial artist to his now-legendary status as an icon of modern art. We will also examine how his work may have

influenced that of the elusive and infamous street pop artist Banksy, whose identity is the subject of many rumours and whose *Girl with a Balloon*, one of his most well-known works, self-destructed by suddenly passing through a shredder embedded in the frame moments after being sold for \$1.4 million at a recent Sotheby’s auction.

This class consists of lecture presentations supported by PowerPoint material, with time for questions and discussion.

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: Feb. 7 – Feb. 28 (4 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Fee: \$56

Instructor: Osnat Lippa

Please note: *This course From Andy Warhol to Banksy and the course Impressionism and the City run consecutively, and therefore both may be taken.*

W54 Homo Sapiens: A Brief History of Civilization **NEW**

Join us for a continuous journey through time to examine the idea of civilization. What is civilization? Do we progress, or do we just accumulate new technologies? What are our origins dating back 1.4 million years, and what can we learn from our extinct ancestors? These and other “big ideas” are discussed in this fascinating look at humanity from a fresh perspective. We begin our journey with the origins of the earth and the rise of life and then progress through the ancient Greek, Indo-Tibetan and Chinese histories. We next travel to the Roman Empire, the Dark Ages, and examine the origins of the first universities in Paris and Salerno. Our journey then brings us to the Enlightenment, Modern Romanticism, and finally to the dawn of “the electric world” as our lifespan increases but our relationship to the divine and to nature undergo profound transition. What is the relationship between mysticism, violence, and

technology? What does the word “civilization” mean?

Participants will learn from an expert in the subject 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. Clients include the Faculty of Medicine, University of Toronto, Elections Canada, the Canadian Armed Forces, the Senior Executive of the Chang School at Ryerson, Baycrest Health Sciences and the College of Family Physicians, Ontario.

Limited to 70 participants

Dates: Jan. 31 – Mar. 21 (8 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: David Chandross

W55 Impressionism and the City **NEW**

Although Impressionist artists, as a group, are primarily known for their landscapes with emphasis on the effect of light, they did not look only to nature for their inspiration. Many of their paintings are grittier and focus on the city, especially Paris and its rapid growth and transformation into a busy industrial centre. Part of their unique modernity was this ability to capture the new realities of urban life. This winter, the Art Gallery of Ontario will stage an exciting new exhibit entitled *Impressionism in the Age of Industry: Money, Pissarro and More*. Works from the AGO’s collection and from around the world will illustrate how these artists depicted the changes industrialism brought to the streets of their city. We will examine and discuss this lesser known side of Impressionism; participants are encouraged to attend the exhibit which opens in February.

This class consists of lecture presentations supported by PowerPoint material, with time for questions and discussion.

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: Mar. 7 – Mar. 28 (4 sessions)

Time: Thursdays, 2:10 p.m. – 3:55 p.m.

Fee: \$56

Instructor: Osnat Lippa

Please note: *This course Impressionism and the City and the course From Andy Warhol to Banksy run consecutively, and therefore both may be taken.*

W56 My Home Town **NEW**

Canada is a land of immigrants and many of us in different times and under different circumstances flocked to this beautiful country and made it our new home. However, many of us still retain an emotional attachment to our original homeland and especially our original home town. In this course LIFE members have volunteered to share memories of their distant home towns from childhood to the final goodbyes. Each presenter will have 45 minutes to narrate their story using PowerPoint with photos and videos, followed by questions and discussion. Discover the interesting places we come from, from as far away, perhaps, as Tibet or across the ocean in Europe or from the southern hemisphere. Remember the important people, the unforgettable events, the local history that made your home town such a memorable place to you. Let’s share our stories with each other for a fascinating visit to the past.

This is an interactive course in which some class members will be responsible for delivering a PowerPoint introduction to their original home to the class.

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 offered several courses at LIFE on the Middle East, football (soccer), and leadership.

Limited to 40 participants

Dates: Jan. 31 – Mar. 21 (8 sessions)

Time: Thursdays, 2:10 – 3:50 p.m.

Fee: \$60

Instructor: Amnon Zohar

FRIDAY

**W57 The Documentary Film:
Instrument of Social Change NEW**

Since 1895, the moving picture has demonstrated a unique ability to emotionally engage and move audiences. The non-fiction content of these early films represented reality in a new way and the early filmmaker soon learned that he could influence and educate audiences as a means of agency for social change. As techniques and technologies changed, so too, did the documentary's ability to inform power. This course will examine some of the world's most successful filmmakers and their films in this regard: John Grierson and the National Film Board of Canada, Robert Flaherty, Dziga Vertov, and Colin Low. Important and influential films such as *Nanook of the North*, *Man with a Movie Camera*, *The Fogo Island Films*, *If You Love This Planet*, and *The Antarctica Challenge: A Global Warning* will be screened.

This course will include screenings of documentary films with lectures led by an expert in the subject.

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 productions made in the Arctic) who is currently a course director and teacher at York University.

Limited to 60 participants

Dates: Feb. 1 – March 22 (8 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Mark Terry

W58 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: Feb. 1 – Mar. 29 (9 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Fee: \$65

Instructors: Lloyd Cadsby and Jay Waterman

**W59 The Land Between the Two
Rivers: The History of Ancient
Mesopotamia***

The area known as Mesopotamia – modern Iraq and Syria – was home to some of the earliest and most influential cultures of the ancient world, including the Sumerians, Assyrians, and Babylonians. Today, the region is marked by violence, turmoil, and the rampant destruction of cultural heritage. Much the same can be said about it in antiquity as unfortunately, over millennia, not much has changed in this part of the world. We will explore the cultures and history of the region from the era of hunter-gatherers (roughly 12,000 years ago) to the conquest of the Persian Empire by Alexander the Great in 333 BCE.

*Participants will learn from an expert in the field through a series of illustrated lectures. *Please note: This is a repeat of a course previously offered at LIFE.*

Dr. David Lipovitch (Harvard, 1999) is an archaeologist who has worked with archaeological 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'ynat, Turkey and Gadachrili Gora, Georgia.

Limited to 70 participants

Dates: Feb. 1 – Mar. 22 (8 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: David Lipovitch

W60 Treasures of the Ancient Art of Egypt, Greece, and China **NEW**

This is an art lover's look at the extraordinary art of our ancient ancestors. We'll start our visual journey back at the beginnings of art, represented by the sophisticated cave paintings from France. Next, thirty pieces of the bewitching art from Ancient Egypt will illustrate the story of that civilization's lives, hopes, and fears. On to the Greeks, who taught us how to see art that was rooted in a world of myths, monsters, and imagination with works from unexpected places. We will finally examine the mysteries and beauty of early Chinese art and their culture. This will be an extraordinary tour of art masterpieces of the ancients.

This is a lecture course including video clips and discussion.

Lorraine Ireland is a practising artist and teacher with over 30 years experience. She has taught for many art institutions, art groups, and schools, including George Brown College, Sheridan College, Visual Arts Mississauga, and the LIFE Institute.

Limited to 60 participants

Dates: Feb. 1 – Mar. 22 (8 sessions)

Time: Fridays, 10:10 – 11:50 a.m.

Fee: \$92

Instructor: Lorraine Ireland

W61 The Arctic: Life at the Top of the World **NEW**

The global Arctic is comprised of eight nations: Canada, the Kingdom of Denmark, Finland, Iceland, Norway, Sweden, Russia, and the USA. And while these nations represent millions of people, very few of them live in the Arctic, and even fewer have ever visited. This course examines the beauty, mystery, and dangers of today's Arctic: the impacts of climate change, environmental transformations, geo-political land claims, the Northwest Passage, the flora and fauna, and the people who live there.

This course will combine lectures and films clips led by an expert in the field.

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 productions made in the Arctic) who is currently a course director and teacher at York University.

Limited to 60 participants

Dates: Feb. 1 – March 22 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Mark Terry

W62 Fundamentals of Yoga: Jnana Yoga **NEW**

What is yoga? This course will delve into the essence and practice of yoga, ranging far beyond the actual physical component. We will discover the history and origin of yoga and some of its sutras. Here in the West, we tend to think that yoga only consists of some postures (asana) but yoga is much more than just exercise. We will explore Yama (ethical disciplines), Niyama (rules of conduct), Asana (postures), Pranayama (restraint of expansion of the breath), Pratyahara (withdrawal of the senses) and more. Participants will gain a better understanding of yoga's philosophy and theory, how this relates to the popular exercises, and how yoga becomes a holistic experience with amazing added benefits. *Participants will learn from an expert in the field through a series of lectures with some limited practice of yoga techniques. **No mats or special clothing needed.***

Ilan Halfon has been a certified yoga instructor since 2005. He studied at the Prana Yoga and Zen Centre in Vancouver and has traveled in India, Thailand, and the United States.

Limited to 35 participants

Dates: Feb. 1 – Mar. 22 (8 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Fee: \$92

Instructor: Ilan Halfon

W63 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: Feb. 1 – Apr. 5 (10 sessions)

Time: Fridays, 12:10 – 1:50 p.m.

Fee: \$70

Instructors: Tamara Handler and Martha Olynyk

W64 Going for it! Highlights of the 2019 Arts Calendar (FRI) **NEW**

In the spirit of LIFE Institute’s tradition of visits to public museums, galleries, and key arts venues, this course ensures that you will experience the best of the city’s dazzling winter cultural roster. Highlights include visiting exceptional exhibitions at museums like the Gardiner, the Art Gallery of Ontario, the Museum of Contemporary Art, and the Power Plant, a curatorial tour, and access to arts leaders. Whether you are a seasoned gallery-goer or a curious novice, we’ll learn a lot, discussing what we’re seeing in situ (and afterwards during optional post-outing coffee breaks.) Guided by an experienced facilitator, we’ll consider the larger issues and discuss matters of intent, process, and content. But, most importantly, we will have a great time as we take the cultural pulse of our amazing city.

Please note: *Participants will be responsible for paying admission fees, where applicable, to the museums and public galleries.*

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 45 participants

Dates: Feb. 1 – Mar. 22 (8 sessions)

Time: Fridays, 1 – 3 p.m.

Fee: \$92

Instructor: Betty Ann Jordan

Please note beginning and ending times. And this course is also available on Wednesdays.

W65 An Introduction to Folk Music

This course is a wide-ranging examination of Canadian and American folk music, especially that of the last century. We’ll cover early folk-song collecting, field recordings, and leftist protest songs from the 1930s labour movement.

Beginning with the commercial breakthrough of the Weavers in 1950, we’ll examine the 1950s – 60s urban folk revival in the US and Canada. We’ll conclude with a discussion of the folk legacy in the singer-songwriter milieu and contemporary folk music traditions.

This course, taught by an expert in the field, incorporates illustrated lectures with video and song clips. This is a repeat of a course taught previously at LIFE.

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 US 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 60 participants

Dates: Feb. 1 – March 22 (8 sessions)

Time: Fridays, 2:10 – 3:50 p.m.

Fee: \$92

Instructor: Mike Daley

W66 Ontario Wine Has Come a Long Way, Baby **NEW**

Do you remember Baby Duck, Hochtaler, Canadian Chablis, and Burgundy? Nasty stuff the lot. However, there’s been great change in the

Ontario wine industry in recent years. Each week we'll look at a variety of wines from Ontario (Riesling, Chardonnay, Gamay, Cabernet Franc, Sauvignon Blanc, Pinot Gris, Blends – both red and white) to show how far Ontario has come from the bad old days of winemaking in the 70s and 80s. We'll discuss the regions of Ontario and the boom in quality that has many saying we are now in the Golden Age of Ontario Wines. *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: Feb. 1 – Mar. 22 (8 sessions)

Time: Fridays, 2:10 – 3:50 p.m.

Fee: \$135* *Cost of course includes \$43 non-refundable materials fee*

Instructor: Michael Pinkus

S A T U R D A Y

W67 The Plundering of Africa (1870-1914)

NEW

The history of African peoples encompasses a succession of violent shocks between foreign models and local identities and traditions. The plundering of Africa, which intensified in the 1870s, is one of those shocks. Indeed, at the turn of the 20th century, seven European powers sought to establish spheres of influence all the way to the heart of the African continent. These countries, France, Belgium, Great Britain, Germany, Italy, Spain, and Portugal, paved the way to Africa's ongoing problems, starting with its contested borders.

Participants will learn through a series of illustrated lectures, taught by an expert.

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: Jan.26–Mar.23 (8 sessions, no class Feb. 16)

Time: Saturdays, 10 a.m. – 12 p.m.

Fee: \$92

Instructor: Olivier Courteaux

W68 Classical Mythology: The Human Need for Myth

NEW

Why do we recognize these names: the Argonauts and their quest for the Golden Fleece, King Midas with his golden touch, Hercules and his twelve labours? Why do people still search for the fabled island of Atlantis and try to trace the voyage of Odysseus on his way back from the battles at Troy? We will examine the myths of the Greco-Roman classical tradition and beyond through a multidisciplinary and thematic approach. A central question will be how various mythological traditions have influenced our own understanding of the world. We will identify and discuss their universal human themes, such as love, fertility, friendship, assault, redemption, cruelty, death, retribution, immortalization, and the afterlife, that found expression in myths and legends. We will also look at how myths and legends offered explanations of natural and supernatural phenomena. Participants will explore the historical meaning and cultural significance of some of the most popular symbols, archetypal images, and

compelling narratives passed down to us from different cultural groups reaching back to the beginnings of human history. We will also discuss the most recent discoveries in archaeology, ancient history, religious studies, psychology, and natural sciences.

Participants will learn through a series of illustrated lectures, taught by an expert in the field.

Dr. Konstantin Boshnakov has been teaching the History of Ancient Civilizations, Culture and Religion at European and Canadian universities for more than twenty years. His research and publications are focused on how past cultural traditions shape our lives today and how our vast experience with history can help us inform our own opinion and get prepared for the rapidly shifting world of tomorrow.

Limited to 60 participants

Dates: Jan.26–Mar.23 (8 sessions, no class Feb. 16)

Time: Saturdays, 1 – 3 p.m.

Fee: \$92

Instructor: Dr. Konstantin Boshnakov

W69 Cultural Anthropology: Giving Meaning to Human Lives **NEW**

Anthropology, the study of human beings, their origins and biology, and their dynamic languages, arts, and cultures, provides knowledge that helps solve human problems today. Anthropology intertwines with a wide variety of disciplines, including philosophy and religion, psychology, biology and anatomy, sociology, political science and history, linguistics, visual culture, and music.

This course offers an introduction to the holistic study of cultural and social diversity in human populations and provides a framework for asking questions about the complexity of human experience and the meaning of life, both past and present. Through the process of semantic image analysis, participants will explore the power of symbols in their context and discover the invisible world of ideas beneath the surface of visual narratives.

Participants will learn through a series of illustrated lectures, taught by an expert in the field.

Dr. Anna Boshnakov is a professor of Anthropology and teaches a variety of cultural anthropology and creativity courses at Sheridan College. She specializes in theory and history of culture, visual culture and philosophy of music, bio-musicology and music archeology.

Limited to 60 participants

Dates: Jan.26 – Mar.23 (8 sessions, no class Feb. 16)

Time: Saturdays, 1 – 3 p.m.

Fee: \$92

Instructor: Anna Boshnakov

W70 Through an Architect's Eye: More of My Favourite Cities **NEW**

Come on a journey through the exciting streets of Washington DC, Florence, London, Copenhagen, and Beijing, exploring architecture old and new. We'll travel vicariously to these great cities of the world to examine architectural styles, iconic buildings, and renowned architects. Each week will focus on a different city, looking at its history, city planning, public spaces, art, and architecture.

Participants will learn from an expert in the subject in a series of illustrated lectures. This is a follow-up to a course offered in Winter 2018. It is not necessary to have taken the previous course to enjoy this offering.

Shermeen Beg is an architect turned educator and combines all her interests in art, architecture, and history by working at the Aga Khan Museum in Toronto.

Limited to 60 participants

Dates: Jan.26 – Mar.9 (6 sessions – no class Feb. 16)

Time: Saturdays, 12 noon – 2 p.m.

Fee: \$74

Instructor: Shermeen Beg

LIFE CLUBS

CLASSIC NOVELS BOOK CLUB

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

All LIFE members are welcome to join.

Dates: Saturday, Jan. 26, Mar. 23, Apr. 27 and Sunday, Feb. 24

Time: 10 a.m. – 12 noon

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



LUNCH CLUB



The Lunch Club normally meets the fourth Thursday of the month, except July and August, and December when we join LIFE for its winter holiday lunch. Exact dates are confirmed at the beginning of each month. Lunch may be at an ethnic restaurant or one that is a neighbourhood favourite or unique in some other way. Members recommend restaurants that are reasonably priced and accessible via TTC and share in the responsibility of organizing lunches. All members are sent notices of up-coming lunches beforehand and **must reply if they plan to attend**.

Most restaurants are small and space is limited so reservations are necessary. For further information contact club **Coordinator:** Pam Hitchcock
jandphitchcock@gmail.com.

MOVIE CLUB: LIFE Goes to the Movies

All LIFE members are welcome to join the Movie Club for monthly matinees. Membership is free and emails are sent to club members with complete details regarding each month's film. Check the club blog to get a sense of the types of movies we enjoy: <http://www.lifemovieclub.blogspot.ca/>. Many members like to get together at a nearby restaurant afterward. If you plan to join in the noshing and nattering, RSVP is required the Monday before the film. *No need to RSVP if you're not going to the restaurant.*

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

Time: Early to mid-afternoon

Location: A cinema easily reached via TTC

Coordinator: Terry Poulton

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



PHOTOGRAPHY CLUB

Are you interested in photography? Do you want to be able to make better images? Our meetings will feature discussions of ideas and techniques, equipment, computer software, common problems, etc.



In addition to professional photographers who speak to our club, we include sharing and constructive feedback for each other's images, and sometimes group shoots or gallery visits. The club is aimed at those who already have some experience making photos, but LIFE members at any level of expertise are welcome. A schedule of topics will be chosen at the beginning of each term. **You must be a LIFE member to attend.**

Dates: February 6, 20, March 6, 20 and April 3

Time: First and Third Wednesday of each month during term, 12:10 – 1:50 p.m.

Location: to be confirmed

Register and pay online at www.thelifeinstitute.ca

Questions about the club? Contact lifeperture@gmail.com

TRIPLE 'E' INVESTMENT CLUB

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

You must be a LIFE member to attend.

Dates: February 13, March 13, April 10

Time: Second Wednesday of each month, 2 – 4 p.m. October through June.

Location: to be confirmed

Coordinator: Harold Brief

Register and pay online at www.thelifeinstitute.ca

Questions about the club? Contact lifetripleeinvestmentclub@gmail.com



ACCESSIBILITY AT RYERSON

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

The LIFE Institute is a member of



Third Age Network (TAN)
an association of lifelong learning groups in Ontario

for more information:

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

WINTER 2019 COURSES AT A GLANCE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning 10:10 - 11:50 a.m.	The Hebrew Bible In Translation Politics, People, and Other Issues South Asian Art: Beauty Created for Humanity and the Gods	George Gershwin Light up Your Life and Your Brain Philosophies of Education Shaw Festival Preview* The Story of Science: Part One	British Comedy: The Cradle of Humour (NYCC) Seeing Muslims and Islam through a Different Lens Through the Lens: Famous Photographers and Their Work	Currents in Events – What Matters Forgotten Voices, Living History: World War II in Asia Social Innovation: New Ideas for Old Problems Thursday Morning at the Opera	The Documentary Film: Instrument of Social Change <i>The Economist</i> Seminar The Land Between the Two Rivers: The History and Archeology of Ancient Mesopotamia Treasures of the Ancient Art of Egypt, Greece, and China	10 a.m.– 12 p.m. The Plundering of Africa*
Noon 12:10 - 1:50 p.m.	Creating Video Memories Drawing: Freehand Basics II Experience World Cultures through Classical Music An Introduction to Contemporary Jewish Canadian Books Mystical Islam: Understanding Sufism	Embrace Your Third Act: Part Two Exploring Two Forms of Light for Photography Lives of the Writers: Eight Novels about Great Writers Watercolour: Beginners Plus	The Art and Science of Possibility The Biology of Our Changing Bodies Book Talk Great Women Artists of the 20 th and 21 st Centuries Versailles (NYCC)	Creating Photobooks Creative Writing: Why Do We Write? One of Us: The History and Hysteria of Cult Movies Speakeasy: Let's Talk about What's on Our Minds Wonders of Egypt	The Arctic: Life at the Top of the World Fundamentals of Yoga Leaving a Legacy: Your Life Story	12– 2 p.m. Through An Architect's Eye: More of My Favourite Cities* 1– 3 p.m. Classical Mythology: The Human Need for Myth* Cultural Anthropology: Giving Meaning to Human Lives*
Afternoon 2:10 - 3:50 p.m.	iPad: Beyond the Basics The Toronto Sound	Everything I Know I Learned in Vaudeville The History of Madness	The Anatomy of Empire: Ancient Problems Today End-of-Life Decisions	Floating World Culture From Andy Warhol to Banksy	Going for It! Highlights of the 2019 Arts Calendar* An Introduction to Folk Music	

<p>Afternoon 2:10 - 3:50 p.m. Cont'd</p>	<p>Women and Leadership in History</p>	<p>The Holy Land Revealed Trust in the Internet Age Watercolour Painting for Beginners</p>	<p>God, Genius, and the Great Composers: Part One Going for It! Highlights of the 2019 Arts Calendar* Sex and Violence (NYCC) Theatre Alive!*</p>	<p>Homo Sapiens: A Brief History of Civilization Impressionism and the City My Home Town</p>	<p>Ontario Wine Has Come a Long Way, Baby</p>	
<p>Afternoon 4:10 – 5:50 p.m.</p>	<p>Practical Personal Investing</p>	<p>Science and the Sacred</p>				

***Please note day or times of these courses**

LIFE INSTITUTE

WINTER 2019 Course Registration Form

Name: _____ Telephone: _____

E-mail: _____

(Email is required for notification of all events and updates)

PLEASE PRINT LEGIBLY.

Use a separate form for each person and separate cheque for each course

Day	Time	Code	Course Name	Fee Encl \$
Mon.	morning (10:10 a.m.)	_____	_____	_____
	noon (12:10 p.m.)	_____	_____	_____
	afternoon (2:10 p.m.)	_____	_____	_____
	afternoon (4:10 p.m.)	_____	_____	_____
Tues.	morning (10:10 a.m.)	_____	_____	_____
	noon (12:10 p.m.)	_____	_____	_____
	afternoon (2:10 p.m.)	_____	_____	_____
	afternoon (4:10 p.m.)	_____	_____	_____
Wed.	morning (10:10 a.m.)	_____	_____	_____
	noon (12:10 p.m.)	_____	_____	_____
	afternoon (2:10 p.m.)	_____	_____	_____
	evening (8 p.m.)	_____	_____	_____
Thurs.	morning (10:10 a.m.)	_____	_____	_____
	noon (12:10 p.m.)	_____	_____	_____
	afternoon (2:10 p.m.)	_____	_____	_____
Fri.	morning (10:10 a.m.)	_____	_____	_____
	noon (12:10 p.m.)	_____	_____	_____
	afternoon (2:10 p.m.)	_____	_____	_____
Sat.	morning (10 a.m.)	_____	_____	_____
	afternoon (12/1 p.m.)	_____	_____	_____

Please make cheques payable to LIFE Institute.

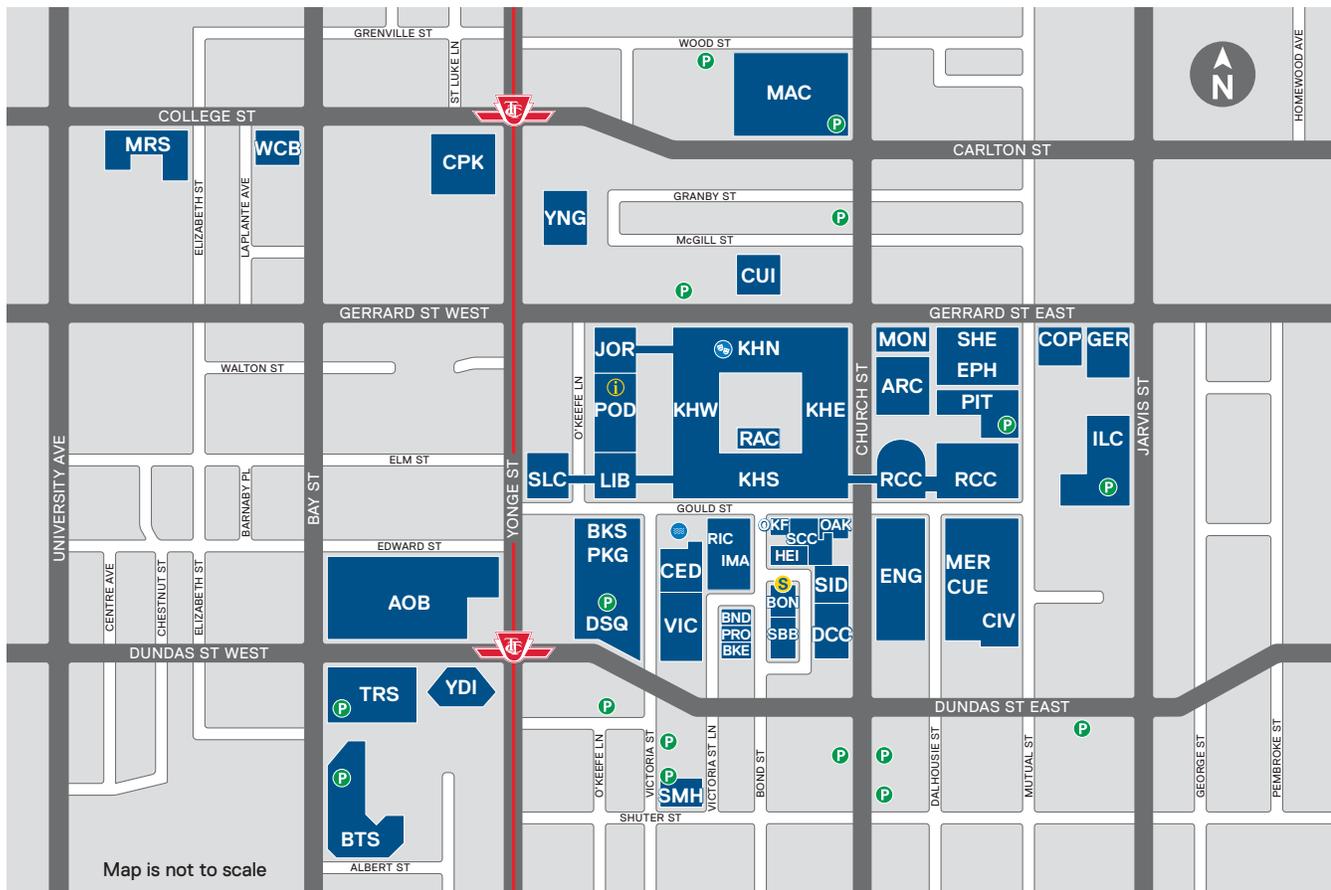
Registration requires both a completed Course Registration form and payment in full.
If either is missing, the registration will not be processed.

Separate cheques required for each course.

Mail this form with your **cheque** to:

**LIFE Institute, The Chang School, Ryerson University,
350 Victoria St., Toronto ON, M5B 2K3**

Ryerson University Campus Map



Map is not to scale

AOB Atrium on Bay 20 Dundas St West	DSQ Yonge-Dundas Square 10 Dundas St East	MAC Mattamy Athletic Centre 50 Carlton Street	SHE Sally Horsfall Eaton Centre for Studies in Community Health 99 Dalhousie Street
ARC Architecture Building 325 Church Street	ENG George Vari Engineering and Computing Centre 245 Church Street	MER Merchandise Building 159 Dalhousie Street	SID School of Interior Design 302 Church Street
BKE 110 Bond Street	EPH Eric Palin Hall 87 Gerrard St East	MON Civil Engineering Building 341 Church Street	SLC Student Learning Centre 341 Yonge Street
BKS Campus Store 17 Gould Street	GER Research / Graduate Studies 111 Gerrard St East	MRS MaRS Building 101 College Street	SMH St. Michael's Hospital 209 Victoria Street
BND 114 Bond Street	HEI HEIDELBERG Centre - School of Graphic Communications Management 125 Bond Street	OAK Oakham House 63 Gould Street	TRS Ted Rogers School of Management 55 Dundas St West
BON 111 Bond Street	ILC International Living / Learning Centre 133 Mutual St & 240 Jarvis St	OKF O'Keefe House 137 Bond Street	VIC Victoria Building 285 Victoria Street
BTS Bell Trinity Square 483 Bay Street	IMA School of Image Arts 122 Bond Street	PIT Pitman Hall 160 Mutual Street	WCB Women's College Bay 790 Bay Street
CED Heaslip House - The G. Raymond Chang School of Continuing Education 297 Victoria Street	JOR Jorgenson Hall 380 Victoria Street	PRO Projects Office 112 Bond Street	YDI Yonge-Dundas I 1 Dundas St West
CIV Civil Engineering Storage 106 Mutual Street	KHE Kerr Hall East 340 Church St	RAC Recreation and Athletics Centre 40 / 50 Gould Street	YNG 415 Yonge Street
COP Co-operative Education 101 Gerrard St East	KHN Kerr Hall North 31 / 43 Gerrard St East	RCC Rogers Communications Centre 80 Gould Street	
CPK College Park 424 Yonge Street	KHS Kerr Hall South 40 / 50 Gould Street	RIC Ryerson Image Centre 33 Gould Street	
CUE Centre for Urban Energy 147 Dalhousie Street	KHW Kerr Hall West 379 Victoria Street	SBB South Bond Building 105 Bond Street	
CUI Centre for Urban Innovation (under construction) 44 / 46 Gerrard St East	LIB Library Building 350 Victoria Street	SCC Student Campus Centre 55 Gould Street	
DCC Daphne Cockwell Health Sciences Complex (under construction) 288 Church Street			

	Undergraduate Admissions and Recruitment
	Security
	Ryerson Theatre
	Lake Devo
	Parking
	TTC Subway Stop



LIFE Institute Calendar WINTER 2019

www.thelifeinstitute.ca

LIFE Institute

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