



## BENEFITS OF LIFELONG LEARNING

Learning and upgrading your knowledge or skills throughout your lifetime can happen in many different ways. One of those are friendly, studio-room-based courses.

Continuous learning is a great way to remain active, exercise your body, and stimulate your mind. It not only improves your physical health, but also keeps your brain alert and memory sharp.

You may notice that lifelong learners are usually open-minded, curious, happier, and more socially and professionally engaged than others who may not pursue active learning opportunities.

**As physical exercise contributes to physical health, learning contributes to mental and emotional wellness.**

- It brings a sense of purpose and achievement.
- It brings people together and allows for social connections and friendships to form.
- It can keep our memories sharp and our brains alert.

**Learn for Fun, Teach for Pleasure!**

### Our Instructors!

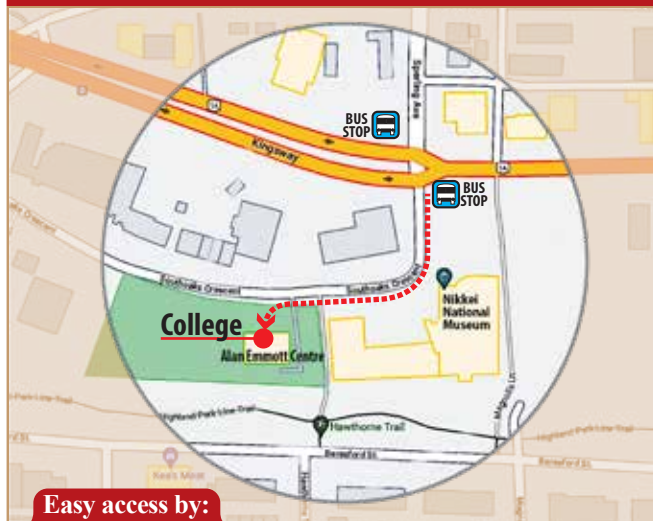
CCCR has been so fortunate to have experienced the generosity of a multitude of volunteer teachers over the years. From Ukelele, to Drawing and from Calligraphy to Desktop Basics we've never had a shortage of retired and kind human beings that have come forward to donate their time to our college.

**Donations welcome.** Tax receipt available.



Alan Emmott Centre

**Community Centred College for the Retired  
6650 Southoaks Crescent. Burnaby**



### Easy access by:

**Bus** - #119 stops at Kingsway & Sperling/Southoaks going both east & west.

**Skytrain** - Edmonds Station - connects with westbound #119 bus or it's a 10-15 min. walk to the College from the Edmonds Station.

**Parking lot & on-street parking.**

**Ground level entrance, a "lift" for mobility.**

We gratefully acknowledge the financial assistance of:



**The College offers  
a variety of weekday, daytime classes**

Including:

- Computers
- Photography on Smartphones & iPhones
- Social Media (iPad + Windows)
- Fine Art (Painting, Drawing)
- Quilting, Sewing, Knitting, Crocheting
- Calligraphy
- Music (Piano, Ukulele)
- Genealogy
- Spanish, French, German, Mandarin
- Memories into Memoirs and more...
- Short Story
- Games (Bridge and Chess)
- Workshop and Discussion Classes too
- Thriving in the Third Stage of Life and more...

**In-person registration begins  
January the 10th-11th, 2024.**

Open 10:00 am – 2:00 pm  
Cheques preferred or Cash

We are looking for new and exciting classes and if you would like to volunteer to teach, please contact us or visit our website.

[www.cccrburnaby.org](http://www.cccrburnaby.org)  
[cccr@telus.net](mailto:cccr@telus.net)  
604-517-8732



6650 Southoaks Crescent, Burnaby

CCCR

**Courses  
Winter Semester  
2024**

For updates to the schedule after printed version; descriptions of courses and course supplies, please visit our website at: [www.cccrburnaby.org](http://www.cccrburnaby.org)



Broaden your comfort zone

On Facebook find us at: **Community Centred College for the Retired**, share our post and like us. 👍



Code	Level	Course	Description	Instructor	Day	Time	# Sessions	Start	Fees
<b>Art &amp; Creativity</b>									
A5	All	Quilt, Sew, Knit, Crochet	An encouraging handcrafting group	Group	F	9:00-3:30	10	Jan 10	\$100
A6	All	Calligraphy	Learn the art of calligraphy	H. Martin	TH	11:15-1:15	10	Jan18	\$100
A8	Beg	Introduction to Drawing	Learn to draw with Arthur	A. Babiarz	W	1:30-3:30	8	Jan 18	\$80
<b>Computers</b>									
C7	Beg	Spreadsheets for Daily Life	Computer w/Microsoft Excel 2007 or later	W. Postma	TH	1:30-3:30	8	Jan18	\$80
iP1	Beg/Int	More iPad Fun!	Must actively use an iPad	G. Fraser	TH	9:00-11:00	8	Jan 18	\$80
iP3	Beg/Int	More iPhone Fun!	Must actively use an iPhone	G. Fraser	TH	11:15-1:15	8	Jan 18	\$80
iP6	Beg/Int	Video Editing w/iMovie on iPad	Must actively use iPad	NEW- G. Lemay	W	1:30-3:30	8	Jan 18	\$80
iP7	Beg/Int	Social Media for iPad	Must actively use iPad	NEW- M. Crosby	W	11:15-1:15	4	Jan 18	\$40
iP8	Beg/Int	Social Media for iPhone	Must actively use an iPhone	NEW- M. Crosby	W	11:15-1:15	4	Feb 14	\$40
<b>Photography</b>									
C3a	Beg	Smartphone Photos	Must have iPhone or Smartphone	B. Daniel	F	11:15-1:15	4	Jan 19	\$40
C3b	Beg	Smartphone Photos	Must have iPhone or Smartphone	B. Daniel	F	11:15-1:15	4	Feb 16	\$40
C3	All	Historical Photos & Postcards	A close-up look at older images & their history	D. Rogers	F	1:30-3:30	1	Jan 19	\$10
<b>Genealogy</b>									
G1	All	Finding Your Roots	Family History - First Steps	D. Rogers	F	1:30-3:30	1	Jan 26	\$10
G2	All	Genealogy	Intermediate/Adv. Research	D. Rogers	F	1:30-3:30	8	Feb 2	\$80
<b>Languages</b>									
L2	Int	Spanish Conversation	Learn more Spanish	E. Zuniga	Th	9:00-10:30	8	Jan 18	\$80
L4	Int	German	Continuing German	I. Plettner	Th	11:15-1:15	8	Jan 18	\$80
L6	Beg	Beginner's Spanish	Learn Spanish	E. Zuniga	W	9:00-10:30	8	Jan17	\$80
L8	Level 1	Mandarin	Conversational Mandarin	M. Lo	W	11:15-1:15	8	Jan 17	\$80
L9	Level 2	Mandarin	Learn Mandarin	M. Lo	W	1:30-3:30	8	Jan 17	\$80
L11	Beg	French	Practical Conversational French	NEW!	Th	1:30-3:00	8	Jan 18	\$80
<b>Mental Wellness</b>									
B1	All	Thriving-3rd Stage of Life	Short lectures & plenty of discussion	NEW-Dr. S. Murphy	F	1:15-3:30	4	Jan19	\$60
<b>Music</b>									
M0	Beg	Beginner's Ukulele	No Experience Necessary	S. Miller	F	12:00-1:00	8	Jan 19	\$40
M1	Int	Intermediate Ukulele	M0 or Another Ukulele Class Experience	S. Miller	F	9:30-10:30	8	Jan 19	\$40
M2	Adv	Advanced Ukulele	Level 1 Requirement or Experience	S. Miller	F	10:45-11:45	8	Jan 19	\$40
M7	Int	Int. Piano Appreciation Group	Piano Appreciation Group	Group	W	9:00-11:00	8	Jan 17	\$80
M8	Int	Intermediate Piano	Intermediate Piano	M. Fraser	Th	9:30-11:00	8	Jan18	\$75
<b>Reading &amp; Writing</b>									
R3	All	Memories Into Memoirs	Write your memoirs; share in class	J. Berkana	Th	1:30-3:00	8	Jan 18	\$80
<b>Social Games</b>									
S3	Int	Mod. Stand. American Bridge	Come Play Bridge!	Group	W	11:15-1:15	8	Jan 17	
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