



## 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!

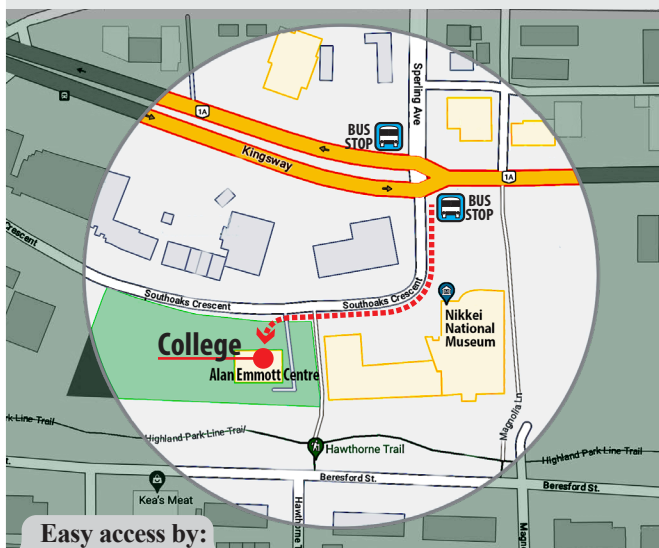
CCCR has been so fortunate to have experienced the generosity of a multitude of volunteer teachers over the years. From Ukelele, to Drawing and from Calligraphy to Desktop Basics we've never had a shortage of retired and kind human beings that have come forward to donate their time to our college.

**Donations welcome.** Tax receipt available.



Alan Emmott Centre

**Community 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:



**Community College for the Retired**

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

**Including:**

- Computers (Beginners, Spreadsheet, Internet)
- 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, Korean
- Memories into Memoirs and more...
- Short Story, Poetry
- Games (Bridge and Chess)
- AI for creative minds; Cyber Security
- Workshop and Discussion Classes too
- Film afternoon
- Thriving in the Third Stage of Life and more...

**In-person registration begins**

**April the 16th-17th, 2025.**

**Open 10:00 am – 2:00 pm**

**Classes start Wed., April 22nd**

**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**

**cccr@telus.net**

**604-517-8732**

**6650 Southoaks Crescent, Burnaby**



Code	Level	Description	Course	Instructor	Day	Hours	# Sessions	Start	Fees
<b>Art &amp; Creativity</b>									
A5	All	Quilt, Sew, Knit, Crochet	An encouraging handcrafting	Group	F	9:00-3:30	10	Apr 25	\$100
A6	Int./Adv	Calligraphy-for any who've taken this class in the past	Explore further the art of calligraphy	H. Martin	Th	11:15-1:15	10	Apr 24	\$100
A12	Beg	<b>NEW!</b> Watercolour	Learn Watercolouring	Joo Park	F	1:30-3:30	8	May 2	\$80
A 14	All	<b>NEW!</b> Ikebana - Introduction	Learn the Japanese art of flower arranging first hand	B. MacLaren	W	1:30-3:30	1	June 11	\$20
<b>Computers &amp; More</b>									
G3	All	Online Family Trees	Start or build up your family tree online	D. Rogers	W	11:15-1:15	3	May 14	\$30
<b>Photography</b>									
C3a	Beg	Smartphone Photos	Must have iPhone / Smartphone	B. Daniel	F	11:15-1:15	4	May 2	\$40
C10	All	Historical Photographs	Photos - History, Analysis & Preservation	D. Rogers	W	11:15-1:15	2	Apr 30	\$20
<b>Genealogy</b>									
G1	All	Finding Your Roots	Family History - First Steps	D. Rogers	Th	1:30-3:30	1	Apr 24	\$10
G2	All	Genealogy	Intermediate / Adv. Research	D. Rogers	Th	1:30-3:30	8	May 1	\$80
<b>Languages</b>									
L1	Beg	Spanish - Level 1	Start learning Spanish!	K. Olivera	W	1:30-3:30	8	Apr 235	\$80
L2	Int	Spanish Conversation	Learn more Spanish	E. Zuniga	Th	9:00-10:30	8	Apr 24	\$80
L11	Beg	French	Learn French	C. Theraroz	TH	9:00-11:00	8	May 1	\$80
<b>Mental Wellness &amp; Health</b>									
B5	All	<b>NEW!</b> Digital Citizenship For All	Learn about the impact of technology, AI & data gathering	L. A. Davies	W	9:00-10:00	5	Apr 23	\$50
B7	All	<b>NEW!</b> Mental Wellness	Build New Habits	M. Wu	W	1:30-3:30	8	Apr 30	\$80
<b>Music</b>									
M0	Beg	Beginner's Ukulele	No Experience Necessary	S. Miller	F	12:00-1:00	8	Apr 25	\$40
M1	Int	Intermediate Ukulele	MO or Another Ukulele Class Experience	S. Miller	F	9:30-10:30	8	Apr 25	\$40
M2	Adv	Advanced Ukulele	Level 1 Requirement or Experience	S. Miller	F	10:45-11:45	8	Apr 25	\$40
M7	Int	Int. Piano Appreciation	Piano Appreciation Group	Group	Th	11:15-1:15	8	Apr 24	\$80
M8	Int	Intermediate Piano	Intermediate Piano	M. Fraser	W	9:00-11:00	8	Apr 23	\$75
<b>Reading, Writing &amp; Discussion</b>									
R3	All	Memories Into Memoirs	Write your memoirs; share them in class	J. Berkana	Th	1:30-3:00	8	May 1	\$80
<b>Social Games</b>									
S3	Int	Mod. Stand. American Bridge	Come Play Bridge!	Craig T. Wilson	W	11:15-1:15	8	Apr 23	\$80
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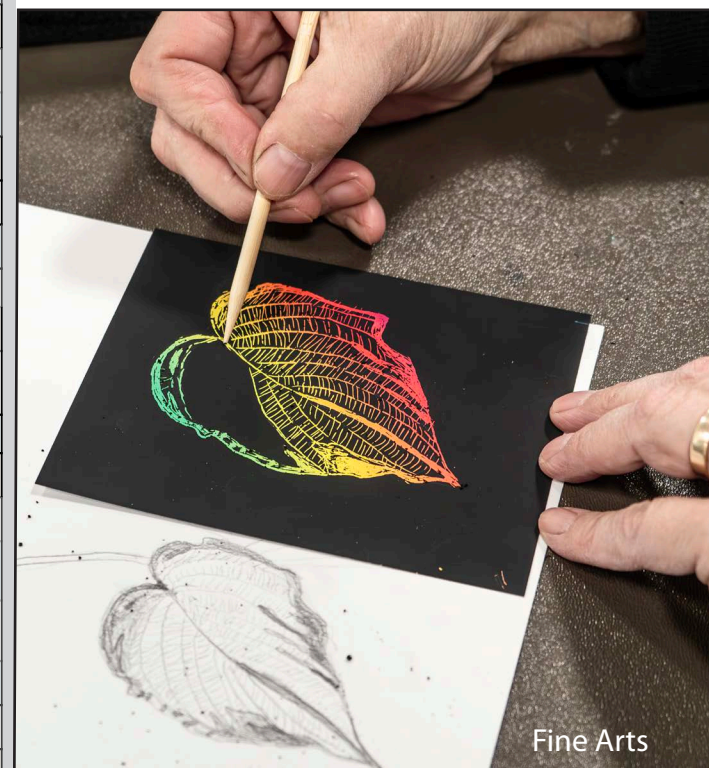
For the latest schedule updates, see our website: [www.cccrburnaby.org](http://www.cccrburnaby.org)

**CCCR**

## Courses Spring Semester 2025

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)



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

