

THE 55+ LEARNING GUIDE



**CREATIVE
Retirement**

PROGRAM SCHEDULE – WINTER 2014

- **LECTURES**
- **TECH LIFESTYLE**
- **LANGUAGES**
- **ARTS & LEISURE**
- **COMPUTERS**
- **SPECIAL INTEREST**
- **HEALTH & WELL-BEING**
- **TOURS**
- **CLUBS**

**DAYTIME
CLASSES**
Monday – Friday

CREATIVE RETIREMENT

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The 55+ Learning GUIDE is the official publication of



**CREATIVE
Retirement**

Creative Retirement

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welcome

from the president



Keith Bradley

We had a very successful luncheon this year and, if you attended, you will have heard my presentation. However, for those that missed it, I have included it for the rest of the members because it summarizes the last year at CRM.

We are in good shape financially, and the future looks good. We are operating successfully with a staff of two and one part-time bookkeeper. People working with seniors organizations are impressed with our ability to produce such excellent results with such a small staff. Our thanks to D'Arcy Mansell and Richard Denesiuk who work diligently to create about 100 innovative courses per term, to constantly research and develop new ideas and make all the arrangements necessary to bring them to the community.

Have you noticed our new logo? We are very proud of it and it will grace our website, brochure, bookmarks and newsletter. There is more information in the newsletter we plan on publishing. Sending a newsletter in colour to our members with email costs us nothing, but to print and mail a colour copy is very expensive. We will have a few paper copies available at the front office, but we encourage everyone to get email – it is so much more convenient and saves money.

The board is pleased as well that our finances have allowed us to advertise in a variety of publications including the local regional newspapers and contra ads with the Winnipeg Symphony Orchestra.

I would like to bring your attention to an article featured in the *Winnipeg Free Press* recently "We're Living Longer" by the Manitoba Centre for Health Policy. Manitobans are living longer, healthier lives. Life expectancy has increased significantly. This new trend means that there will be increased demand for more educational and stimulating experiences such as those which CRM offers.

In closing, I would like to tell you a little story. One of our current board members did not know what to do after he retired. He was terrified! He decided to take a course at CRM and was quite impressed by what he experienced. We asked him to serve on the board and he accepted. That is a success story!

However, do not wait to be asked. If you have any questions or would consider serving on the board at CRM, please contact me or any of the board officers.

55+LG

REGISTER BY MAIL OR FAX

Clip and fill out this form.

MAIL TO Creative Retirement
270 Sherbrook Street, Winnipeg, MB R3C 2B9



FAX TO 204-957-7839



BY MAIL: CHEQUES OR CREDIT CARD – DO NOT SEND CASH! **BY FAX: CREDIT CARD ONLY**
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COURSE NAME	COURSE NUMBER	FEE AMOUNT
1		\$
2		\$
3		\$
4		\$
5		\$
6		\$
7		\$
8		\$
COURSES SUBTOTAL		\$

I WOULD LIKE TO MAKE A DONATION \$

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WINTER 2014

OTHER OPTIONS

REGISTER ONLINE

Visit www.crm.mb.ca and complete the registration form. Credit card payment only. Phone 204-949-2565 to confirm your registration after 48 hours.

REGISTER IN PERSON

Visit us at 270 Sherbrook Street. Hours: Monday to Friday, 10 am – 3 pm.

Our office is closed on these dates:

December 24 – January 2
Louis Riel Day - February 14

SORRY, NO TELEPHONE REGISTRATION

CONFIRMATION WILL NOT BE SENT

Assume your registration is confirmed and the course will begin as scheduled. You WILL be contacted if there are any changes.

ADVANCE REGISTRATION

You must reserve your place for all courses. First-come, first served.

WITHDRAWALS

Refunds are subject to a \$5.00 fee. Withdrawal notification must be received no later than **five working days** before the first class. No refunds will be issued after this period. No refunds will be issued due to weather conditions. There are no refunds on membership fees.

LIMITED MEANS?

It is our policy to turn no one away from our programs because of inability to pay. If this is your situation, please call to discuss options.

Creative Retirement reserves the right to cancel any course due to insufficient registration.

Call us about monthly giving by pre-authorized payment right from your bank account

MEMBERS !

To check when your membership expires, look at the address label on this guide.

Want to see polar bears in their natural habitat?

Churchill, on the western shore of Hudson Bay, is referred to as the “Polar Bear Capital of the World” due to the large concentration of polar bears that congregate there, waiting for the pack ice to form, enabling the bears to migrate further north. The optimum time for viewing the bears is the end of October – early November.

**Creative Retirement Manitoba is planning a trip to Churchill
October 31 to November 2, 2014.**

Final details and costs have not been finalized. Maximum participants will be limited to 26. This is a busy time in Churchill, so bookings must be confirmed early. Contact CRM by phone or email, in early January, if you are interested in joining this fascinating adventure!

204-949-2565 or info@crm.mb.ca



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Retirement**

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270 Sherbrook,
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PARKING

Park on Sherbrook between Sara and Portage or on Maryland between Ellice and Westminster. Students attending classes can pick up a parking pass that lifts the 2-hour parking restriction for these blocks:

- Sherbrook, between Sara and Portage from 9 a.m. to 5:30 p.m. Monday to Saturday (unless street signs indicate otherwise)
- Maryland, between Ellice and Westminster from 9 a.m. to 3:30 p.m. (unless street signs indicate otherwise)

DO NOT park before 9 a.m. on Sherbrook

DO NOT park after 3:30 p.m. on Maryland

DO NOT park in bus stops or too close to fire hydrants (leave 3m or 10ft between your car and the nearest hydrant)

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CREATIVE Retirement

THIS IS WHO WE ARE

Creative Retirement is a not-for-profit education centre that contributes to the well-being of retirees and their communities by developing and offering innovative and interactive learning opportunities. Creative Retirement is governed by an elected board of volunteers and administered by a professional staff.

THIS IS WHAT WE BELIEVE

- People in all of their diversity have the right of access to education across their life span.
- Lifelong learning promotes well-being intellectually, emotionally, physically, socially and spiritually.
- The well-being of individuals and the health of communities are interconnected.
- Retirement presents a creative opportunity for individuals to enrich their lives and that of their communities.
- People involved in Creative Retirement are active in governing, shaping and delivering programs.
- Seniors have a very valuable role to play in their communities by sharing their knowledge and life experience.

BECOME A MEMBER NOW!

Register at www.crm.mb.ca or use the form on page 5 of this guide.

OUR VOLUNTEERS MAKE A DIFFERENCE

VOLUNTEER INSTRUCTORS AND ASSISTANTS

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OFFICE VOLUNTEERS

Mohammed Akbari, Glenda Armstrong, Carole Deleau-Masson, Linda Paul, Elaine Primeau, Marilyn Lockwood, Donna Sprague, Cecilia Stanley

Meet the Board - Creative Retirement 2013



(left to right) David Collins, John Graham, Carole Bhakar (resigned), Peggy Prendergast, Diane DeGraves, Marjorie Hutlet (secretary), Norma Drosdowech (vice president), Kenn Green and Keith Bradley (president)

CREATIVE RETIREMENT GRATEFULLY ACKNOWLEDGES THE SUPPORT OF



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Creative Retirement Manitoba's Annual Luncheon was held on October 28th, 2013 at the Viscount Gort Hotel. There were 150 people in attendance. Our featured speaker was stage director and writer Ann Hodges. Norm Grywinski and Don Bailey, former board members, acted as masters of ceremonies.

Ann's theme was the Alchemy of Theatre. She shared many theatre experiences detailing the powerful effect theatre and opera can have on both the performers and audience. Norm and Don provided a creative dialogue that thoroughly entertained the audience especially those people who won our Wine Raffle and Silent Auction.

Thank you to all our sponsors who supported our event. A special thank you to the luncheon committee: Trish Gibson, Anne Jenkins, Marilyn Lockwood, and Winnifred Warkentin. A special thank you to Anne Jenkins who was a one-person committee in delivering the silent auction.

We appreciated having the Honourable Sharon Blady, newly appointed Minister of Healthy Living, Youth and Seniors, deliver greetings from the province. Greetings from the city was delivered by councillor Brian Mayes.

The Annual Luncheon is CRM's only fundraising event of the year and provides a significant portion of our fundraising efforts. Thank you to all who came out for the event.

Worth Looking at for Winter 2014

Welcome to Creative Retirement's **The 55+ Learning GUIDE** for Winter 2014. There are many lectures, courses, classes and clubs to choose from. Here are a few that you should consider.



Creative Retirement will be offering several opportunities to learn about the economy. Five Years After the Financial Crisis, What We Have Learned is part of our lecture series on page 15. Also, in our special interest section, check out Is Economics Understandable? Economic Ideas and Issues Today, The Canadian Economy and The Manitoba Economy. Find descriptions for these programs on page 27.

We also have a few new classes to tempt those curious about otherworldly matters. Learn to read palms or tarot cards with experienced instructor and practitioner, Celeste Taylor: Introduction to Tarot (on page 26) and Easy Peasy Palm Reading (page 27).

Be sure to look for all of the following new courses as well!

Personalities of World War I

World War One was an event that directly or indirectly left its mark on the lives of millions worldwide. The course explores biographies of eight men who found themselves in a position of enormous responsibility during WWI. Instructor Olexandr Shevchenko has been involved in history programs at universities in Ukraine, Hungary, Germany, U.S. and Canada. He is a part-time lecturer with the universities of Manitoba and Winnipeg. See page 21.

Downsizing Decathlon: Because rightsizing is not a sprint, it's a marathon!

Do you own your things, or do your things own you? Eager to reduce your clutter or thinking about moving but at a loss about how to begin? Does the thought of sorting, packing, unpacking

and downsizing overwhelm you? This seminar is designed to de-mystify the challenges that sometimes get in the way of making positive decisions to move or just declutter. See page 26.

Extreme Weather Driving Experience

This workshop has been designed to provide the experienced driver with a judgement/knowledge skill set that will allow you to better deal with winter driving conditions. Learn how to manage anti-lock braking systems, traction control and vehicle stability systems that you may have on your vehicle. The instructor is a Driver Performance Technologist with experience as a Driver and Traffic Education Consultant with specialties in Motor Vehicle Collision Investigation and Reconstruction. See page 28.

Twitter

Send us a tweet! Follow us on Twitter! What are they talking about? In this session you will learn how to Tweet; how to follow someone on Twitter, And how to join a conversation on Twitter. See page 18.

iPad Club

A forum for iPad users to come together to share and explore the world's most popular tablet computer. Discussion and demonstrations will include: apps, usage, interactivity and multi-media capability. See page 34.

Science Club

Science affects most aspects of our daily lives. Try to imagine modern communications or health care or food production or energy supply without the underlying science. Club members will meet to discuss and develop understanding of any aspect of modern science. See page 34.

Armchair Travel Club

This is for folks who love to travel and share their adventures. Most club meetings will feature a travelogue presented by members and guests. We

will share travel experiences, and tips, and whet our appetites to see beautiful, interesting places. See page 34.

Getting Started with Your iPad

Learn about the iPad and the many commercial and free apps available online. These sessions will provide quick access to sources of information that you'll find most useful in the early stages of setting up and using your iPad, as well as the features and capabilities of your iPad. See page 17.

iPhoto '11 In-depth

Dive into the most versatile photo organizational tool you never knew you had! Learn how iPhoto is designed to be the centralized repository of all your digital photos, and how organization within iPhoto can enhance how you manipulate, share, present, and express yourself through photos. See page 17.

55+LG





February is **I LOVE TO READ MONTH**

Volunteers are needed to read to students
in the Winnipeg School Division.

Manitoba Reading Association: Preparing children for their literacy future is
the most important work anyone can do.

The 2014 theme is **Invent Your Future**.

Creative Retirement is coordinating reading events that provide an inter-generational experience guaranteed to be rewarding for both students and adults. Come and read a story to school children at their school. Books are generally selected and provided by the teacher, or the teacher may request that you share your favourite children's book. Volunteer a little, or volunteer a lot during the month of February. If you can provide a reading session based on a cultural theme, let us know.

Learn more about I Love to Read Month by contacting Creative Retirement at
204-949-2556 or emailing schools@crm.mb.ca



GET FIVE FOR FOUR!

Sign up for any four lectures
and add a fifth at no charge

**NEW
COURSE****The Aging Mind****1410****1:30–3:00 p.m.****January 20****1 Monday**

As the proportion of older people in the population grows, it becomes increasingly important to understand age-related changes in cognitive functioning. For the many aging people in good physical condition, cognitive decline is the main threat to their ability to continue enjoying their favorite activities; for those whose physical activities are limited, cognitive decline is a major additional threat to quality of life. The view that aging is synonymous with universal and rapid cognitive decline is giving way to a recognition that for some aging individuals, mental acuity continues well into advanced age. Moreover, recent scientific findings give growing reason to believe that it may be possible to help older people maintain more of their cognitive function into later years. Jim Clark, Professor of Psychology at the University of Winnipeg, will describe some of the changes that occur in the human brain during later life, and what the consequences are for attention, memory, and other mental processes. He will also consider some of the adaptations that people can make to compensate for these changes.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg,
603 Wellington Cr. – Jim Clark

**NEW
COURSE****Imagining Winnipeg****3380****1:30–3:00 p.m.****January 29****1 Wednesday**

In an expanding and socially fractious early twentieth century Winnipeg, Lewis Benjamin Foote (1873 – 1957) rose to become the city's pre-eminent photographer. Documenting everything from royal visits to deep poverty, from the building of the Fort Garry Hotel to the turmoil of the 1919 General Strike, Foote's photographs are iconic representations of early Winnipeg life. In her book, *Imagining Winnipeg*, historian Esylit W. Jones takes us beyond the iconic to reveal the complex artist behind the lens. Join us for this presentation of the great artists work and discussion of his life and artistry by Ms. Jones, who literally "wrote the book" on Mr. Foote. Esylit W. Jones is an assistant professor in the Department of History at the University of Manitoba.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg,
603 Wellington Cr. – Esylit Jones

It's flu season...

**Get the shot,
not the flu!**

Protect yourself.
Protect your friends and family.

The annual seasonal flu shot is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains:

An annual flu shot is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.


This includes:

- seniors age 65 or older
- children age six months to five years
- those with chronic illness
- pregnant women
- residents of personal care homes or long-term care facilities
- health care workers and first responders
- individuals of Aboriginal ancestry
- people who are severely overweight or obese
- or as determined by your primary health care provider

If you are 65 or older or have a chronic illness, you should also get a pneumo shot. One pneumo shot may give you a lifetime of protection.

For more information, contact a QuickCare Clinic, public health nurse, doctor, pharmacist or call Health Links-Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

manitoba.ca

Manitoba 

NEW
COURSE**Population Aging: Apocalypse or Cause for Celebration?** 1355

1:30–3:00 p.m.

February 3

1 Monday

The fact that people live longer than ever should be celebrated as one of the biggest success stories in history. Yet stories abound in the media about the “gray tsunami;” how seniors are going to bankrupt the health care system, and how the Canadian pension system will collapse under the growing older population. In this presentation some of the myths about the impact of the aging population on society will be dispelled. Dr. Verena Menec is a Professor in the Department of Community Health Sciences, Faculty of Medicine and the Director of the Centre on Aging at the University of Manitoba. She currently holds a Canada Research Chair in Healthy Aging. Her main research interests lie in the areas of healthy aging, determinants of healthy aging, age-friendly communities, and health care utilization among older adults, particularly at the end of life.

FEES: Members \$10 / Non-members \$15**LOCATION:** First Unitarian Universalist Church of Winnipeg, 603 Wellington Cr. — Verena MenecNEW
COURSE**The New Normal for Manitoba’s Climate** 3369

1:30–3:00 p.m.

February 12

1 Wednesday



The concept of “normal” in climatology defines the range of conditions expected in the near future, based upon the recent past, with the assumption that the recent past is a reasonable approximation of the near future. Thanks to climate change, this assumption of “stationarity” in the climate is no longer valid. One of the most important consequences of non-stationarity in the climate system is that the probability of extreme events will change. Dr. Blair will discuss the evidence for non-stationarity in Manitoba’s rapidly changing climate, and will review the implications of continuing change in the coming decades on the nature and impacts of extreme weather. Blair is the Associate Dean of Science at the University of Winnipeg, where he is also a Professor of Geography and the Acting Principal of the Richardson College for the Environment. His main research interests are climate variability and change in Canada’s western interior.

FEES: Members \$10 / Non-members \$15**LOCATION:** First Unitarian Universalist Church of Winnipeg, 603 Wellington Cr. — Danny BlairNEW
COURSE**Norman Wolfred Kittson: Who Was He and Why Should I Care?** 3065

1:30–3:00 p.m.

February 19

1 Wednesday

Winnipeg has always styled itself as a center of trade. The Fur Trade, the Grain Trade, the railway yards and the warehouses of the Exchange and now the vision of Centerport. From his early days as a fur trader, through Red River cart brigades and steamboats, to his participation in opening the West to railways and immigration, Norman Kittson has been front and centre in that development. Yet, with both his business and many personal ties to this city, he never lived here. As we explore his varied and fascinating life, we’ll come to know, and maybe even care about, this forgotten builder of the Winnipeg we enjoy.

FEES: Members \$10 / Non-members \$15**LOCATION:** First Unitarian Universalist Church of Winnipeg, 603 Wellington Cr. — Bill Stannard**EDEN**
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NEW
COURSE

Naturopathic Medicine for Memory and Mental Health 1609

1:30–3:00 p.m.

February 24

1 Monday

Join Naturopathic Doctor, Amy Kroeker for this fascinating exploration of preventing and treating illness and improving your mental health; naturally. Dr. Kroeker will discuss the causes of memory impairment and various options for treatment. Discover some practical everyday tips to improve your brain function. She will also look at “The breaking point!” Why do we feel emotions and when to do we need to get help. Learn about natural home remedies for anxiety, depression and grief. Dr. Kroeker graduated from the Canadian College of Naturopathic Medicine (CCNM). The basis of the program focuses on biochemistry, anatomy, physiology and pathology. Treatment modalities are taught which include botanical medicine, traditional Chinese medicine and acupuncture, nutrition, lifestyle/physical counselling and therapy, etc. Prior to being accepted into the Doctor of Naturopathic Medicine program at CCNM, Amy received a Bachelor of Science in Human Nutritional Sciences from the University of Manitoba.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg,
603 Wellington Cr. — Amy Kroeker

NEW
COURSE

Five Years After the Financial Crisis, What We Have Learned 1376

1:30–3:00 p.m.

March 3

1 Monday

Have we done enough to reduce the risk that the next financial crisis (will there be one?) will do as much damage as the last? Professor Barager will address these questions and more as he looks at what has happened to the global economy over the past five years. Dr. Fletcher Baragar is an Associate Professor in the Department of Economics at the University of Manitoba. His areas of expertise include the history of economic thought, macroeconomics, and the Canadian and Manitoban economies.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg,
603 Wellington Cr. — Fletcher Barager

New to Creative Retirement?

Try us out at the member discount rate!

Introduce yourself by taking a single course at the membership price. This offer is valid only for those who have never taken a course with Creative Retirement.

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To see all our tours, call for a 2014 Tour Catalogue!

February 19 | 20 Days

BEST OF ARIZONA

Price starts at \$2,995



View nature's rock cathedrals at the Garden of the Gods, Colorado, and stand in awe of the majesty of the Grand Canyon while in Arizona.

October 17 | 14 Days

BEST OF THE CAROLINAS

Price starts at \$1,999



View the beautiful coastal area of the Carolinas and enjoy a historic harbour boat tour while in Charleston, SC.

Call your local travel agent or
204.989.7011 or 1.800.263.3691

NEW
COURSE**Human Evolution**

3044

1:30–3:00 p.m.**March 12**

1 Wednesday

We humans have been trying to understand our origin for something over 2,500 years. For most of that time, our origin was explained by the supernatural actions of gods. The first book to explore human evolution specifically was



that of T.H. Huxley in 1863, based largely on the comparative anatomy of living species, humans and the great apes. The earliest fossils that show inklings of human-like features date to about 7 million years ago. In the last 50 years, we have developed technologies for comparing the structural similarities of DNA from different sources. These approaches have confirmed our close relationship to the apes and revealed genetic legacies tracing back to bacteria, and they confirm that we are still evolving. Dr. Lockhart obtained his doctorate in Biochemistry from the University of Western Ontario. He is an Adjunct Professor, University of Manitoba, Department of Entomology, and Department of Zoology.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg, 603 Wellington Cr. – Lyle Lockhart

NEW
COURSE**Sports and National Identity: How Sports Helps Us to Define Ourselves**

3912

1:30–3:00 p.m.**March 19**

1 Wednesday



National identity is a tricky thing: everyone has a good idea about it until they are asked to define it. Olexandr Shevchenko explores how sports help us to establish our sense of community and belonging and what benefits and shortcomings it brings. Shevchenko has been involved in history programs at universities in Ukraine, Hungary, Germany, U.S. and Canada. He is a part-time lecturer with the universities of Manitoba and Winnipeg as well as being a Russian/Ukrainian translator for the Province of Manitoba.

FEES: Members \$10 / Non-members \$15

LOCATION: First Unitarian Universalist Church of Winnipeg, 603 Wellington Cr. – Olexandr Shevchenko



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FOR MAC USERS

Getting Started with Your iPad 2204

10:00–12:00 noon

February 11 – March 18 6 Tuesdays

Learn about the iPad and the many commercial and free apps available online. These sessions will provide quick access to sources of information that you'll find most useful in the early stages of setting up and using your iPad, as well as the features and capabilities of your iPad. If you have an iPad, feel free to bring it along. Pre-requisite: computer experience, not a class for no-experience people.

FEES: Members \$89 / Non-members \$109

LOCATION: CRM Classroom – Cathy Whitfield

iPhoto '11 In-depth 4753

1:00–3:00 p.m.

February 20 – March 6 3 Thursdays

Dive into the most versatile photo organizational tool you never knew you had! Learn how iPhoto is designed to be the centralized repository of all your digital photos, and how organization within iPhoto can enhance how you manipulate, share, present, and express yourself through photos. iPhoto 2011 on OSX 10.7 will be featured. Pre-requisite: a Mac computer and some computer experience.

FEES: Members \$49 / Non-members \$59

LOCATION: CRM Classroom – James Perih

Living the iLife: The Integration of iApps on Mac 4727

1:00–3:00 p.m.

March 13 1 Thursday

iLife is a free suite of software applications for Mac OS X and iOS developed by Apple Inc. for organizing, editing, and publishing photos, movies, and music. The iLife and iWork applications for Mac are highly integrated with each other. Learn how to take advantage of this tight integration during this 2 hour overview. While the course is not hands-on, you are welcome to bring your own Mac and follow along.

FEES: Members \$17 / Non-members \$26

LOCATION: CRM Classroom – James Perih

Getting the Most from your iPhone 4264

1:00–3:00 p.m.

February 6 – February 13 2 Thursdays

The iPhone is the world's leading smartphone with an amazing amount of functionality for both communication and creativity. With the latest release of iOS7, even more creative ways of staying in touch have become possible. Learn how to use well-known (and even some little-known) features of your iPhone.

FEES: Members \$34 / Non-members \$49

LOCATION: CRM Classroom – James Perih

Facebook 2646

1:00–3:00 p.m.

March 18 1 Tuesday

Facebook is the world's largest social networking service on the Internet. Learn what it is, how to use it and how you can get the most out of the service. This introductory workshop is a demonstration workshop, not hands-on.

FEES: Members \$17 / Non-members \$26

LOCATION: CRM Classroom – Richard Denesiuk

Facebook Settings and More 2944

1:00–3:00 p.m.

March 25 1 Tuesday

Is Facebook sending you too many e-mails, not behaving the way you'd like it to, like to better understand its features, how to work with pictures, are you bewildered with all the options and configuration settings? This workshop is for those who already have a Facebook account and want to learn how to manage it more effectively. This is a demonstration workshop, not hands-on.

FEES: Members \$17 / Non-members \$26

LOCATION: CRM Classroom – Richard Denesiuk

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NEW COURSE

Twitter 1200

1:00–2:30 p.m.

March 17 1 Monday

Join the conversation! Send us a tweet! Follow us on Twitter! What are they talking about? We cannot watch anything on TV anymore without hearing these invitations. In this session you will learn how to Tweet; how to follow someone on Twitter, And how to Join in to conversation on twitter. If this is an interest, please join us.

FEES: Members \$35 / Non-members \$40

LOCATION: CRM Classroom – Cendrine Marrouat

Got a Camera and Computer: What Do I Do Now? 2833

10:00–12:00 noon

March 4 – March 25 4 Tuesdays

Learn how to transfer pictures from your camera to your computer, how to organize, edit, improve and print photos. Fabulous free software (Google’s Picasa) will be used. Learn techniques to improve your workflow and manage your picture collection. The emphasis will be on the computer and not the camera. Each student will have a computer to work on. Prerequisite: Intro to Computers Level II or equivalent.

FEES: Members \$64 / Non-members \$79

LOCATION: CRM Computer Room – Richard Denesiuk

Skype – World’s Most Popular Free Video Call Service 3884

1:00–3:00 p.m.

March 26 1 Wednesday

Skype is the world’s most popular ‘voice/video over the Internet’ service. See how to get a free Skype account and install it on your computer, find and add contacts to your phonebook, make free voice and video calls to other Skype users. A projector is used for demonstration.

FEES: Members \$17 / Non-members \$26

LOCATION: CRM Classroom – Richard Denesiuk

Free Software and Updates from the Internet 3744

9:30–12:00 noon

March 26 1 Wednesday

New Internet software, anti-virus/web bug, games and applications, as well as critical Windows Updates and Service packs for your commercial software can be easily downloaded from the Internet for “free.” Find out where you can find reputable sites. Learn how to download and install the free software, and how to upgrade your Internet software. This is not a hands on course; a projector and on-line computer will be used for demonstration.

FEES: Members \$21 / Non-members \$36

LOCATION: CRM Classroom – Richard Denesiuk

How to Easily Make a Free Website with Wordpress 4039

10:00–12:00 noon

February 11 – February 27

6 Sessions – Tuesdays & Thursdays

WordPress is the world’s largest website platform and offers everyone the opportunity to have a free website in short order. Whether focused on a blog, image, video or business theme, this course will walk you through an orientation to WordPress, including setting up and how to maintain your own private or public web site at WordPress.com. While intended for Blogging it does a fantastic job for other formats including text, pictures and more. Course includes presentations and hands-on activity. Handouts and listing of web-based support resources will be included. Prerequisite: Intro to Computer Level II or equivalent and WWW experience.

FEES: Members \$79 / Non-members \$89

LOCATION: CRM Computer Room – Ken Murdoch and Marianne Wawrykow

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\$175 [Seniors - \$150]

- **Power of Attorney**

\$125 [Seniors - \$100]

- **Health Care Directive**

\$75 [Seniors - \$50]

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SPANISH

Do you travel south to escape the cold Winnipeg winters? If so, you will find your stay so much more enjoyable if you can converse with the locals. Learn to speak Spanish for travel or just for stay at home fun. Our Spanish courses focus on developing skills in the areas of listening, speaking, reading and writing. Grammar and vocabulary are introduced at each level and a great emphasis is placed on social interaction and communication skills. New students will be put in touch with an instructor who will determine their course level. Handouts are included in the course fee.

Spanish - Beginner 2233

1:00–3:00 p.m.

January 21 – March 18 9 Tuesdays

FEES: Members \$100 / non-members \$110

LOCATION: CR Board Room – Eva Navarrete-Bérard

Spanish - Intermediate 4398

1:00–3:00 p.m.

January 23 – March 20 9 Thursdays

FEES: Members \$100 / non-members \$110

LOCATION: CR Board Room – Eva Navarrete-Bérard

Spanish - Advanced 3587

2:30–4:30 p.m.

January 22 – March 19 9 Wednesdays

FEES: Members \$110 / non-members \$120

LOCATION: CR Board Room – Rossana McCormack

FRENCH

Do you dream of strolling down the Champs-Élysées or haunting the halls of Versailles? Whether you actually visit France or are content to merely dream, you simply must learn this beautiful language. Our French courses focus on developing skills in the areas of listening, speaking, reading and writing. Grammar and vocabulary are introduced at each level and a great emphasis is placed on social interaction and communication skills. New students will be put in touch with an instructor who will determine their course level. The beginner level is for those who have had limited French instruction. Handouts are included in the course fee.

French - Beginner 3758

10:00–12:00 noon

January 22 – March 19 9 Wednesdays

FEES: Members \$100 / non-members \$120

LOCATION: CR Board Room – Judy Bilenki

French - Intermediate 4759

10:00–12:00 noon

January 23 – March 20 9 Thursdays

FEES: Members \$100 / non-members \$120

LOCATION: CR Seminar Room – Marian Martin

French - Advanced 4761

10:00–12:00 noon

January 23 – March 20 9 Thursdays

FEES: Members \$100 / non-members \$120

LOCATION: CR Board Room – Doreen Pruden

CRM Valentine Cabaret and Big Band Concert

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January, 2014 – \$25 each



Bridge: Basics II 3059

10:00–12:00 noon

January 22 – March 19 9 Wednesdays

This course is for novice bridge players who have completed Bridge Basics I or equivalent. Cover topics such as preemptive opening bids, overcalls and take-out doubles. Course materials – \$25.00.

FEES: Members \$90 / Non-members \$110

LOCATION: CRM Classroom – Grant Woods

Bridge Basics III 3379

1:00–3:00 p.m.

January 22 – March 19 9 Wednesdays

This is for bridge players who have completed Bridge Basics 2 or equivalent. Each class will begin with a mini lesson followed by supervised play. The class has a focus on playing. Course materials – \$25.00.

FEES: Members \$90 / Non-members \$110

LOCATION: CRM Classroom – Sue Treble

NEW COURSE

Personalities of World War I 4907

10:00–12:00 noon

January 30 – March 20

8 Thursdays



World War One was an event that directly or indirectly left its marks on the lives of millions worldwide. To reduce it all to the decisions of a selected few is incorrect. One needs to look at a wider group of people to understand what really occurred. The course explores biographies of 8 men: Kaiser William the Second of Germany, General Hindenburg, Marshal Foch, Winston Churchill, Marshal Douglas Haig, Nicolas the Second of Russia, Mustafa Kemal Ataturk and Vladimir Lenin. Learn the backgrounds, lives and roles these men played. See our website for more detail. Olexandr Shevchenko has been involved in history programs at universities in Ukraine, Hungary, Germany, U.S. and Canada. He is a part-time lecturer with the universities of Manitoba and Winnipeg as well as being a Russian/Ukrainian translator for the Province of Manitoba.

FEES: Members \$80 / Non-members \$100

LOCATION: CRM Classroom – Olexandr Shevchenko



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HOURS OF OPERATION

WEEKDAYS 9:00AM - 5:00PM

SATURDAYS 9:00AM - 1:00PM

**WSO Matinee Rehearsals:
Beethoven: Symphony No. 3 (Eroica) 5676**
10:00–12:00 noon
January 17 1 Friday

Join Winnipeg Symphony Orchestra's Artistic & Operations Associate, James Manishen for a pre-concert chat before this WSO matinee dress rehearsal designed to introduce you to the music you will hear that day. This pre-concert chat is available only to those who register with CRM and is not open to the general public. Main Concert Hall doors open at 9:30 am for CRM registrants. Following the chat, you will have the opportunity to hear the maestro take the orchestra through a dress rehearsal. He will be wearing a microphone so that the comments he makes will be audible. Following the rehearsal will be a Q & A session in which the entire audience may participate after which the CRM registrants will receive a backstage tour. José Luis Gomez is the conductor. James Manishen was the classical music columnist for the *Winnipeg Free Press* and was a well-known CBC broadcaster and writer. Beethoven's Symphony No. 3 was the first of his truly momentous symphonies and the one that changed the course of musical history through its depth of expression and unprecedented artistic vistas.

FEES: Members \$30 / Non-members \$35
LOCATION: Centennial Concert Hall, 555 Main St.
– Host Staff

NEW COURSE

Tell Your Own Story 2973
10:00–12:00 noon
January 28 – February 18 4 Tuesdays

History is often considered dry and uninteresting. Maybe it appears to be because of the way it is presented. In this course, you will learn how to weave your own story in the framework of traditional events and how to tell it to your children and grandchildren in a way that will make them feel connected. The sessions will cover: why your story is important, how to capture your audience and make them want to hear more and ways of presenting your story. See more detail on our website.

FEES: Members \$50 / Non-members \$60
LOCATION: CRM Seminar Room – Olexandr Shevchenko

The Beauty of Winter Photography 2865
10:00–12:00 noon
February 4 – February 18 3 Tuesdays

Jack Frost visited Winnipeg last night. Come out and learn how to take wonderful winter photographs. Capture some of the beauties of winter with the guidance of John Buchanan & Kenn Green. This course will be three sessions long – a workshop on tips and techniques, then an outing to take pictures, and a follow up sharing and critique session. How to get the right exposure on snow scenes, how to take pictures in snowstorms, and how to take action shots are just a few of the topics. First and last classes run 10 to noon. Second class/Field Trip runs 10 to 2.



FEES: Members \$45 / Non-members \$56
LOCATION: CRM Classroom – John Buchanan and Kenn Green

Getting Started on a Photobook 1640
1:00–3:00 p.m.
February 10 1 Monday

Would you like to produce something meaningful with your thousands of printed or digital photographs? This session will help you get started on creating your own photo book from planning your book to managing your photographs and even developing the text.

FEES: Members \$15 / Non-members \$20
LOCATION: CRM Classroom – Eleanor Suderman

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NEW COURSE

Intro to Card Making 2498
10:00–12:00 noon
February 4 – February 25 4 Tuesdays

Giving cards becomes more special when you've made the card yourself! Whether you've made a card before or not, this four-week card class will have you creating beautiful cards. Different techniques using stamping and die cutting will be taught. You will leave each class with 2 to 3 cards! Anita Recksiedler is married and a stay-at-home mom of two. You can find her work in popular paper crafting magazines such as *Paper Crafts and Cards*. Anita also runs a successful etsy shop, anitaredesigns.etsy.com, selling her handmade wreaths all over the world. Anita shares her creativity with the community teaching creative classes to preteens in the inner city. Check out Anita's blog at <http://craftygirlsgroup.blogspot.com/>

FEES: Members \$45 / Non-members \$55
LOCATION: CRM Board Room – Anita Recksiedler

Chelsea Hotel: The Songs of Leonard Cohen 7354
2:00–5:00 p.m.
February 9 1 Sunday

Leonard Cohen's powerful and inspirational music is the heartbeat for Chelsea Hotel, an eclectic cabaret of loves crumpled up and tossed aside like a writer's first draft. Through Cohen's transcendent songs and the honesty of his lyrics we become witnesses in the search for words to cure love's pain. Some of the Juno- and Grammy-winner's most iconic songs are featured to intensely dramatic effect, including *Suzanne*, *Bird on a Wire*, *Tower of Song*, *Chelsea Hotel*, and *Hallelujah*, performed by a multi-talented cast of six musicians who also sing and dance. Check into the illusionary world of New York's infamous hotel – a room full of music, enchantment, desire, passion and love. CRM registrants will receive a backstage tour of the PTE following the play. Tickets will be held at the door.

FEES: Members \$27 / Non-members \$32
LOCATION: Prairie Theatre Exchange, Portage Place – Host Staff

NEW COURSE

Learn to Knit 1158
1:00–3:00 p.m.
January 20 – March 17 8 Mondays

Thinking about learning to knit? This class is for you! Learn how to cast-on, knit and purl and cast-off, all while knitting a project of your choice! Whether you've never learned to knit, or just can't remember how, this is your opportunity. Supplies will be provided by the instructor for the first class (\$5.00 fee paid directly to instructor). After the first class, students will bring supplies to work on their own project.

FEES: Members \$80 / Non-members \$90
LOCATION: CRM Board Room – Liliias Scarrott

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INTRO TO COMPUTERS



Introduction to Computers Level I

No prerequisite. This is a basic “hands-on” course for those with little or no computer experience who have a Windows computer to use for practice. Classes are in a relaxed environment with an instructor who has experience teaching older adults. Learn how computers operate, basic computer terminology, use of the keyboard and mouse, some Windows Accessories, simple document creation and basic Internet functions. Fee includes a manual.

Level I **2663**

1:00–3:00 p.m.

February 25 – March 25

9 Sessions, Tuesdays & Thursdays

FEES: Members \$90 / Non-members \$110

LOCATION: CRM Computer Room – Isabella Dryden

Introduction to Computers Level II

Prerequisite: Introduction to Computers (Level I) or equivalent. Continue to learn about the Windows operating system, file management, basic word processing and the Internet. A good refresher or continuing course for those with some computer experience. Fee includes a manual. Both Level II sections meet twice a week and have the same course content.

Level II - Section A **2329**

1:00–3:00 p.m.

January 21 – February 18

9 Sessions, Tuesdays & Thursdays – Isabella Dryden

Level II - Section B **1673**

1:00–3:00 p.m.

March 3 – March 31

9 Sessions, Mondays & Fridays

– Kay Lehr, Chris Kowal

FEES: Members \$90 / non-members \$110

LOCATION: CR Computer Room

Windows 8 – Hands-On

1546

10:00–12:00 noon

March 10

1 Monday

Learn what is new and different about Windows 8. While it's still Windows, there are many changes from previous Windows. Learn about: the Start Screen, Desktop, Apps, new layouts for many Windows components and a tour of changes in where things are and how to use them. Everyone will have a Windows 8 computer (no touch screens) to use in class. Prerequisite: Intro to Computers Lev II or equivalent experience.

FEES: Members \$17 / Non-members \$26

LOCATION: CRM Computer Room – Richard Denesiuk

Microsoft Office Level I

3464

10:00–12:00 noon

January 22 – March 19

9 Wednesdays

This course will introduce students to the fundamentals of Microsoft Office's Word, Excel and PowerPoint. Students will spend three sessions on each program. Learn the basics of word processing with Word, how to set up a basic spreadsheet in Excel, and learn how PowerPoint can be used for a presentation or slideshow of text and/or images. Pre-requisite is Intro to Computers Level II or equivalent experience.

FEES: Members \$90 / Non-members \$110

LOCATION: CRM Computer Room – Isabella Dryden

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Microsoft Office Level II**3166****1:00–3:00 p.m.****January 22 – March 19****9 Wednesdays**

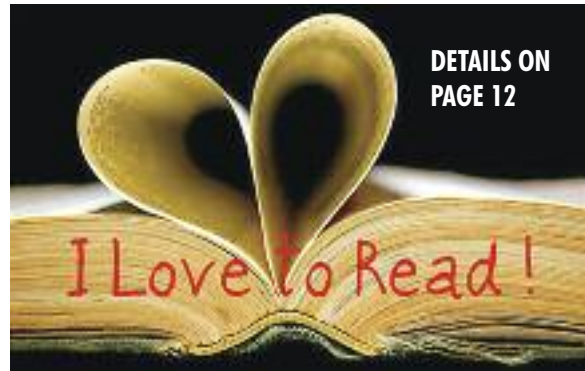
This is an intermediate course for those who wish to learn more about Office's Word, Excel or PowerPoint. Each student will choose ONE of the applications and receive exercises and instruction in that application's specific intermediate features in a mixed classroom environment. Pre-req: Microsoft Office level I or equivalent experience.

FEES: Members \$90 / Non-members \$110**LOCATION:** CRM Computer Room – Isabella Dryden**Computer Tune-Up – A Clean Machine** **4992****1:00–3:00 p.m.****March 20****1 Thursday**

Computer running slow, misbehaving? Odd things popping up? Learn techniques to keep your computer in tip-top shape and running quickly. Hear about: uninstalling unnecessary software, the System Configuration Utility, disk maintenance and other methods to keep your machine clean of unwanted programs and web bugs from browsing the Internet and installing software. This is not a hands-on course; a projector and computer will be used. Prerequisite: Minimum Intro to Computers Level II or equivalent.

FEES: Members \$17 / Non-members \$26**LOCATION:** CRM Classroom – Richard Denesiuk**Do You Know Where Your Files Are?****File Management****5755****10:00–12:00 noon****January 24 – January 31****2 Fridays**

File Management involves organizing all types of files (pictures, music and documents). Hear about organizational philosophy, file management techniques, backing up and importing pictures. Learn how File/Windows Explorer should be used to manage your computer files. This is "must-have knowledge" for computer users. Prerequisite: Intro to Computers Level II or equivalent experience.

FEES: Members \$32 / Non-members \$42**LOCATION:** CRM Computer Room – Richard Denesiuk

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NEW
COURSE**Introduction to Tarot**

1225

1:00–4:00 p.m.

February 10 – February 24 2 Mondays



The tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths. In the past few years, interest in the tarot has grown tremendously. More and more people are seeking ways to blend inner and outer realities to live their lives more creatively. They have discovered in the tarot a powerful tool for personal growth and insight. The following topics will be covered: foundation reading, a brief history of the origins of tarot, the major arcana and minor arcana, the Golden Dawn Tableau, patterns in tarot, demo of a one, three and five card reading and practice. Celeste is a third-generation tarot reader who picked up her first deck at age 12. Although much of Celeste's experience with reading comes from an innate intuitive sense, her formal education in tarot and palmistry comes from the McClaren Tarot Institute in Winnipeg and the Tarot School of New York.

FEES: Members \$45 / Non-members \$55

LOCATION: CRM Seminar Room – Celeste Taylor

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Hot Docs**Documentaries and Discussion**

1839

10:00–12:00 noon

January 27 – March 10 4 Mondays, every 2nd week

Meet every second Monday morning to view and discuss a recently released documentary film. Check out our website at www.crm.mb.ca for a list of the films to be shown.

FEES: Members \$30 / Non-members \$40

LOCATION: CRM Classroom – Don Bailey

NEW
COURSE**Creating a Butterfly Oasis in Your Yard**

1617

10:00–11:30 a.m.

March 17

1 Monday

How many times have you seen a Spring Azure butterfly? Certain types of butterflies aren't very common in certain parts of Canada, but you may see them if you plant a butterfly garden!



To help the butterflies, you can create your own butterfly garden by planting different flowers. Cathy Shaluk, from the Nature Conservancy of Canada, will share her knowledge on how you can create your own butterfly oasis and get you started with some seeds. Cathy has been integral in the development of the Forks Prairie Garden project, the Agassiz Interpretive Trail at the Manitoba Tall Grass Prairie Preserve, and NCC's new Conservation Volunteers Program. She has spent the last 24 years working in the field of environmental education.

FEES: Members \$8 / Non-members \$12

LOCATION: CRM Classroom – Cathy Shaluk

NEW
COURSE**Downsizing Decathlon: Because rightsizing is not a sprint, it's a marathon!**

1639

10:00–11:00 a.m.

March 3

1 Monday

Do you own your things, or do your things own you? Eager to reduce your clutter or thinking about moving but at a loss about how to begin? Does the thought of sorting, packing, unpacking and downsizing overwhelm you? This seminar is designed to de-mystify the challenges that sometimes get in the way of making positive decisions to move or just declutter. Gain proven strategies to minimize clutter, maximize your home's marketability and bring greater ease to the physical process of moving. You'll leave with all the motivation and practical tips you need to decide which possessions to keep, give away, sell, toss or donate to charity. BIO-James Carter, President of Loved Ones Senior Moving & Estate Services and a member of the National Association of Senior Move Managers.

FEES: Members \$10 / Non-members \$15

LOCATION: CRM Classroom – James Carter

NEW
COURSE**Extreme Weather Conditions
Driving Experience**

2018

10:00–12:00 noon

February 4

1 Tuesday

This workshop has been designed to provide the experienced driver with a judgement/knowledge skill set that will allow you to better deal with winter driving conditions and the sophistication of current automobiles and light trucks. The interactive classroom session combined with the course text



assists you in controlling the winter driving environment and the extreme weather that can occur. Learn how to manage anti-lock braking systems, traction control and vehicle stability systems that you may have on your vehicle today or in the future. The instructor is a driver performance technologist with experience as a driver and traffic education consultant with specialties in motor vehicle collision investigation and reconstruction.

FEES: Members \$12 / Non-members \$15

LOCATION: CRM Classroom – Bill Ward

**Your Personalized Guide to
Estate Planning**

2672

10:00–11:30 a.m.

March 25

1 Tuesday

How to prevent the family sanctuary from becoming the family battleground! Topics will include: the tax planned will, different types of Power of Attorney, Executors & their role(s), Survivorship options – non-registered assets vs. registered assets, cottage succession planning, insurance planning for estate equalization and/or estate preservation purposes. Ken Nolin, CFP, provides personal financial planning services with emphasis on tax efficient retirement income solutions for individuals and corporations, also specializing in intergenerational wealth transfers.

FEES: Members \$8 / Non-members \$12

LOCATION: CRM Classroom – Ken Nolin

**Newspapers and Directories for
Genealogists**

2974

10:00–12:00 noon

March 18

1 Tuesday

This class will show how important newspapers and directories are to genealogical research by exploring: their origin and development; their content; resources for Canada, United States and Britain; newspapers in Winnipeg; accessing on-line newspaper catalogues and indexes; and examples of information gleaned from newspapers. Learn about directories by looking at examples of their historical content available with on-line research.

FEES: Members \$15 / Non-members \$24

LOCATION: CRM Board Room – Elizabeth Briggs

**Hands-on Internet Genealogy:
Using the new FamilySearch Website**

4164

9:30–12:00 noon

March 13

1 Thursday

This is a hands-on class using the new and improved www.familysearch.org website, a must-have in your “genealogy toolkit.” It is the largest genealogy organization in the world. Learn how to use the databases, filter information for a family search, search other family trees, use support information, learn new techniques, ordering microfilms for independent work and much more. Prerequisite: Intro to Computers Level II and WWW experience or equivalent.

FEES: Members \$19 / Non-members \$28

LOCATION: CRM Computer Room – Elizabeth Briggs

To find out more about
Creative Retirement,
visit www.crm.mb.ca.

Self-Exploration as Play!

10:00–12:00 noon

February 10 – March 24

1209

4 Mondays

Self-exploration is a life-affirming experience that brings self-awareness and the opportunity to create the life you desire! If you are feeling at a cross-roads in your life or are wondering if there could be more vitality in your life, come to this four-part class designed to stimulate a journey of self-discovery leading you to whatever changes you seek. The course facilitator will engage participants through a combination of in-class exercises, and the use of a resource book specially developed by the course facilitator. Each participant will receive a copy of this book at the first class. Class is held every second Monday. Marianne Farag, the instructor for the class, has a certificate in Applied Counselling from the University of Manitoba and has developed and led workshops on personal development topics including: meditation, forgiveness, self-awareness and living consciously.

FEES: Members \$50 / Non-members \$60

LOCATION: CRM Board Room – Marianne Farag

NEW COURSE

Beyond Self-Esteem: An Introduction to Self-Compassion

1113

1:00–4:00 p.m.

February 24

1 Monday

Despite the efforts of what amounts to an industry focused on raising people's self-esteem, the expected personal and social benefits have not materialized. In fact, we are experiencing an epidemic of narcissism, self-entitlement, and reactive anger. The research-based model of self-compassion provides a proven alternative. Rooted in ancient Buddhist concepts of mindfulness, and shared human experience, the practice of self-compassion delivers on the benefits, personal and social, that self-esteem movement did not. Learn why Self-Compassion is an antidote to the unstable nature of Self-Esteem, and how it relates to emotional resiliency by embracing difficult emotions, and appreciating our strengths while honestly identifying our inevitable limitations.

FEES: Members \$25 / Non-members \$35

LOCATION: CRM Classroom – Scott Byiers

PLEASE RENEW YOUR MEMBERSHIP!

Check on the address label on this copy of The Guide, you will find the expiry date of your membership. Please help us save the cost of postage for a reminder notice. CRM depends on your membership fees. You may use the form on page 5 to renew your membership.

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Denture Care Solutions**1526****1:00–2:30 p.m.****March 24****1 Monday**

Have you or your family and friends ever had to deal with losing a tooth? If so, has someone addressed the issue and answered all the questions that arise in such a situation? If the answer is no, then come meet Mark Serebnitski,



licensed denturist, at this exciting lecture that will cover many hot topics related to dental care and dealing with the loss of teeth. Some of the topics that will be covered include: what is attrition and how to prevent or stop it by use of a night guard; how the loss of even a single tooth can affect and compromise your dental health; what kind of partial or complete denture can be fabricated when we have missing teeth; details on implant supported dentures; and, finally, how a healthy, balanced mouth can improve your quality of life. Whatever your concerns are, come and meet Mark Serebnitski for professional advice and make the first step towards achieving the oral health and function you desire.

FEES: Members only \$5**LOCATION:** CRM Classroom – Mark Serebnitski**NEW COURSE****Where Next? Pathways to Eldercare 2612****10:00–11:00 a.m.****January 28****1 Tuesday**

For many, retirement comes with the responsibility of caring for elderly family members. This presentation will explore both the issues of family caregiving as well as our future as aging Canadians. Wendy Sutton is the creator of *Where Next? Pathways to Eldercare*, a program that supports caregivers with information and access to local resources. For the past 7 years she has been the primary caregiver for her mother who has dementia.

FEES: Members \$6 / Non-members \$9**LOCATION:** CRM Classroom – Wendy Sutton**Tai Chi****2713****10:00–11:00 a.m.****January 21 – March 25****10 Tuesdays**

Tai Chi is an ancient Chinese exercise. The benefits of Tai Chi are: improved balance, concentration, co-ordination, flexibility, and endurance. Over time and with practice Tai Chi will help you to reduce stress, increase bone density, lower blood pressure and more. This course is for beginning or continuing students. No special equipment is needed, just soft soled shoes and loose clothing. No perfume please.

FEES: Members \$100 / Non-members \$120**LOCATION:** Young United Church/Crossway Community Centre, 222 Furby – Susan Nash

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Urban Poling

1:30–3:30 p.m.

February 14 – 28

5216

3 Fridays

How can I make the most of my daily walk? Am I really getting as much cardio fitness as I could? Urban poling combines lower body walking with the upper body technique of cross-country skiing to make it a full body workout. It is an ideal exercise that is safe and inexpensive for people of all ages and fitness levels with many health benefits. Research has shown that when done correctly, walking with poles can increase



oxygen consumption by 20 to 40%, burn up to 50% more calories and increase heart rate by 30%. The poles also provide additional stability and balance that will benefit older adults (photo courtesy of urbanpoling.com). For more info check out Urban Poling at www.urbanpoling.com.

FEES: Members \$25 / Non-members \$35

LOCATION: Meet at the Assiniboine Park Duck Pond



February is **I LOVE TO READ MONTH**

Volunteers are needed to read to students in the Winnipeg School Division.

Learn more about **I Love to Read Month** by contacting Creative Retirement at 204-949-2556 or emailing schools@crm.mb.ca

Working for Manitoba Seniors



Greg Selinger
MLA for St. Boniface
Premier of Manitoba
204-237-9247
GregSelinger.ca



Flor Marcelino
MLA for Logan
204-788-0800
FlorMarcelino.ca



Gord Mackintosh
MLA for St. Johns
204-582-1550
GordMackintosh.ca



Kerri Irvin-Ross
MLA for Fort Richmond
204-475-8433
KerriIrvinRoss.ca



Nancy Allan
MLA for St. Vital
204-237-8771
NancyAllan.ca



Peter Bjornson
MLA for Gimli
204-642-1977
1-866-253-0255
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Greg Dewar
MLA for Selkirk
204-482-7066
1-855-695-1381
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Dave Chomiak
MLA for Kildonan
204-334-5060
DaveChomiak.ca



Sharon Blady
MLA for Kirkfield Park
204-632-2318
SharonBlady.ca

NEW COURSE

Pharaohs and Mummies 3253

10:00–12:00 noon

March 26

1 Wednesday



Venture into the ancient world at the Manitoba Museum. Begin the morning with an amazing show at the Planetarium – *Stars of the Pharaohs*. Travel to ancient Egypt to see how science was used to tell time, make a workable calendar, and align huge buildings. You'll learn about the connection the ancient Egyptians felt with the

stars and various astronomical phenomena and see some of the most spectacular temples and tombs of the ancient world digitally recreated in their original splendor. After the Planetarium, you'll tour the exhibit – *Wrapped: The Mummy of Pesed* which showcases a real mummy and her coffin, more than 60 Egyptian antiquities, CT scans and facial reconstructions of mummies, and tells the story of the Western fascination with mummies over the last 400 years. The tour will focus on ancient Egyptian beliefs, the process of mummification and how we study mummies today.

FEES: Members \$25 / Non-members \$35

LOCATION: Manitoba Museum, 190 Rupert Ave. – Host Staff

NEW COURSE

Mennonite Heritage Centre 5344

10:30–12:00 noon

February 7

1 Friday



The archives of the Mennonite Heritage Centre holds the records of the numerous Canadian Mennonite organizations and the personal papers of many individuals. The extensive vault collection alone holds 6,000 boxes of materials related to the Russian Mennonite tradition. In addition to partaking in a guided tour of the archives, visitors are invited to enjoy the MHC art gallery which will feature paintings by Gus Froese and Marj Moore as well as quilts by Karen Barg. Located on the campus of the Canadian Mennonite University

FEES: Members \$8 / Non-members \$12

LOCATION: Mennonite Heritage Centre, 600 Shaftesbury Blvd – Host Staff

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NEW CLUB

iPad Club 5712

10:00–12:00 noon

January 24 – May 23 5 Fridays, monthly

A New Club! A forum for iPad users to come together to share and explore the world's most popular tablet computer. Discussion and demonstrations will include: apps, usage, interactivity and multi-media capability. Bring your iPads and be prepared to ask questions and share. Meets monthly on the fourth Friday of the month.

FEES: Members only \$20

LOCATION: CRM Board Room – Cathy Whitfield and Charlene Erb

NEW CLUB

Science Club 5110

1:00–3:00 p.m.

January 10 – May 9 5 Fridays, Monthly

Science affects most aspects of our daily lives, often without our knowing it. Try to imagine modern communications or health care or food production or energy supply without the underlying science. Can you do it? Club members will meet to discuss and develop understanding of any aspect of modern science - its role in our lives now, in the past, and in the future. Meets monthly on the second Friday afternoon of the month.

FEES: Members only \$18

LOCATION: CRM Board Room – Lyle Lockhart



Let Your Legacy Live On

John was so excited to become a grandfather. When James was born, John was grateful to have a healthy grandson who loved to smile. He decided to make a bequest in his will to help create a legacy to help keep smiles on the faces of sick kids... even in difficult times.

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Contact Blair Nicholls at 204-787-4038 or bnicholls2@hsc.mb.ca to learn how you can leave a bequest in your will or other legacy gift to the Children's Hospital Foundation of Manitoba, or visit www.goodbear.mb.ca today.



Armchair Travel Club 5171

1:00–3:00 p.m.

January 17 5 Fridays, monthly

Join CRM's latest club – the Armchair Travel Club. This is for folks who love to travel and share their adventures. Most club meetings will feature a travelogue presented by members and guests. We will share travel experiences, and tips, and whet our appetites to see beautiful, interesting places. The club meets the third Friday afternoon of the month, but for April when it will meet on April 17.

FEES: Members only \$20

LOCATION: CRM Classroom – Brian McCann and Kenn Green

Lunch Club 2951

1:00–3:00 p.m.

January 14 – June 10 6 Tuesdays, monthly

Lunch Club meets on the second Tuesday of the month. The first lunch will be at Jane's. Located in Red River College's Paterson Global Foods Institute, Jane's is a student-run upscale restaurant in Winnipeg's historic Exchange District.

FEES: Members only \$6

LOCATION: Various locations – Ayoka Musa

Creative Retirement Book Club I 4679

1:30–3:00 p.m.

January 16 – May 15 5 Thursdays, monthly

This group meets on the third Thursday of each month. Please read *Before the Poison* by Peter Robinson for the first meeting.

FEES: Members only \$15

LOCATION: CRM Library – Lorna Crean

Creative Retirement Book Club II 4724

10:00–11:30 a.m.

January 2 – May 1 5 Thursdays, monthly

This group meets on the first Thursday morning of each month. Please read *The Rainbow Troops* by Andrea Hirata, translated by Angie Kilbane for the first meeting.

FEES: Members only \$15

LOCATION: CRM Library – Gwenna Moss

Basic Computing Club 5681

10:00–12:00 noon

January 3 – June 6 6 Fridays, monthly

Do you have questions about how to use a computer? Do you want to improve at the computer tasks that you do? This club offers a comfortable smaller forum for beginners to learn more about computing in general, the Windows operating system and the Internet. The format is mostly questions and answers. The club meets the first Friday morning of the month. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – Gary Collins

Financial Management Shareclub 5418

10:00–12:00 noon

January 17 6 Fridays, monthly

This club is designed for seniors to gain information about investing in a friendly environment. It's an opportunity to exchange varied experiences regarding investments. All members will have an opportunity to assist, participate and share their knowledge in the sessions. This is not an investment club. However, ideally members should have their own active direct or full service broker's account and a desire to improve their basic investment knowledge. The club meets on the third Friday of the month, but for April when it will meet on April 25th.

FEES: Members only \$21

LOCATION: CRM Board Room – Fred Chernoff and Jean Wiens

Video Club 5684

10:00–12:00 noon

January 10 – June 14 6 Fridays, monthly

This is a forum for participants to learn and share information about digital video cameras, video editing, web cams and other matters relating to digital video. Meets the second Friday morning of the month till June 13, 2014. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – Keith Bradley

Basic Adobe Photoshop Club 5686

10:00–12:00 noon

January 24 – June 27 6 Fridays, monthly

A friendly forum for Photoshop novices to explore basic use of Adobe's Photoshop program. Meets on the fourth Friday morning of the month till June 27, 2014. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – Kenneth Green and John Buchanan

Intermediate Adobe Photoshop Club 5683

1:00–3:00 p.m.

January 10 – June 13 6 Fridays, monthly

A group exploring and sharing intermediate knowledge of Adobe's Photoshop image editor program. Meets on the second Friday afternoon of the month till June 13, 2014. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – Elaine Delannoy and Phil Calver

Basic Digital Photography Club 5718

1:00–3:00 p.m.

January 24 – June 27 6 Fridays, monthly

A forum for beginner level photographers to learn and share information about photography and digital cameras, printing, techniques and more. Meets the fourth Friday afternoon of the month. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – Peter Stechishin

Intermediate Photography Club 5682

1:00–3:00 p.m.

January 3 – June 6 6 Fridays, monthly

A forum for intermediate level photographers to share information about photography, including image design, how-to techniques, and more. There will also be reviews of members images. Meets the first Friday afternoon of the month till June 6, 2014. No need to re-register if you registered in the Fall.

FEES: Members only \$21

LOCATION: CRM Classroom – William Bremner and Jim Roy

To find out more about Creative Retirement, visit www.crm.mb.ca.



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The annual seasonal flu shot is available to all Manitobans at no charge. An annual flu shot is important for those at increased risk of serious illness from the flu, their caregivers and close contacts. If you are 65 or older or have a chronic illness, you should also get a pneumo shot. For more information, contact a QuickCare Clinic, public health nurse, doctor, pharmacist or call Health Links-Info Santé at 204-788-8200 or toll-free 1-888-315-9257 or visit www.manitoba.ca.



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