Learning in Retirement

EARLY AND LATE SPRING 2019
March 11 - June 11
What is Learning in Retirement?

Learning in Retirement (LinR) is a non-credit education program, providing an enriching academic opportunity for those interested in life-long learning.

Learning in Retirement typically features a variety of unique, non-credit lecture series, writing workshops, and language workshops. Single lecture presentations often complement our regular sessions.

What participants say about LinR

"LinR provides an excellent opportunity for retired people to keep on learning. The classes have a broad range and are very interesting."

"This is an extremely varied program, with something to satisfy everyone's interests. The lecturers are top notch, and in terms of value for money, I don't know where you could get a better deal. LinR is a wonderful way to keep an active mind."

"Best language workshop I have ever taken!"

"I look forward to Learning in Retirement lectures each week and I eagerly await the brochure that lists the new offerings."

"A splendid opportunity to learn, explore new areas and light up the brain with fascinating new ideas. I particularly enjoyed the discussions."

Early and Late Spring 2019 Sessions

Learning in Retirement's Early Spring Session runs from March 11 to April 26 and the Late Spring Session runs from April 29 to June 11. Whether you're interested in history, music, science, psychology, politics, writing, the arts, or even learning a new language, LinR's Early and Late Spring 2019 Sessions offer something for everyone. Classes consist of a mixture of lectures, discussions, video clips, and field trips. There are no prerequisites, exams, or age limits!

Visit us online

Remember to visit our website (carleton.ca/linr) regularly to check for additional offerings.
LECTURE SERIES 1

Physics Around Us

Lecturer: Dr. Andrew Robinson
Days: Mondays, March 11th - April 15th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

Physics is an experimental science based on observation of the world around us. Familiar everyday examples will show the important principles of physics in a gentle and non-mathematical way. Examples from biology, chemistry, engineering, and medical sciences will be used as illustrations. The classes will be highly interactive, with many opportunities for discussion and questions, on topics of interest to those attending.

Note: This series has been offered previously as "Physics of Everyday Life".

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 2

Women's and Children's Contributions to Canadian History

Lecturer: Dr. Patricia Kmiec
Days: Mondays, March 11th - April 15th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

While often ignored in mainstream narratives, women and children have been active participants in shaping every aspect of Canada’s past. This series will explore Canadian history through the experiences of diverse women and children. Each lecture will feature a community of women or children in Canada whose contributions have impacted politics, social change, community-building, or transnational connections. Lectures will also investigate types of "hidden" records where we can locate the voices of women and children throughout Canadian history.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
LECTURE SERIES 3

The UN Security Council: "We Cannot Afford to Fail"

Lecturer: Dr. Marcel Jesenský
Days: Tuesdays, March 12th - April 16th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

Since 1946 the United Nations Security Council has gathered the most powerful states together to oversee world security and provide order. To this end, it has launched a broad range of initiatives, using law, diplomacy and military force. This lecture series surveys international crises from the vantage point of the body created to manage them. Each lecture will analyse one of six phases of the Council’s existence, addressing both successes and shortcomings.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 4

Art Appreciation: Canadian Art (Daytime)

Lecturer: Angela Marcus
Days: Tuesdays, March 12th - April 16th
Time: 10:30 a.m. - 12:30 p.m.
Location: National Gallery of Canada

The panorama of art presented in the updated Canadian Galleries at the National Gallery of Canada will be our field of exploration. Beginning with New France through to our current period, we will follow developments in portraiture, landscape, the Group of Seven, Emily Carr, the Beaver Hall Group, the Woodland School, Canadian abstraction, and Inuit and First Nations’ art production. All these, and more, comprise the varied story of Canadian art history.

Cost: $140.00 (HST included)
National Gallery entrance fee not included
Enrollment capacity: 20 participants
Note: Meet at the National Gallery front entrance.
LECTURE SERIES 5

Six Mathematical Results with Profound Impact

Lecturer: Dr. Kevin Cheung
Days: Tuesdays, March 12th - April 16th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

In this lecture series, we look at six mathematical results that can be stated quite simply, yet have profound consequences or impact beyond pure mathematical interests. We will examine the mathematical content and stories behind the Pythagorean Theorem, Euler’s formula, the Four-Colour Theorem, Fermat’s Last Theorem, duality theorem for linear programming, and the Halting Problem. We will also explore these results’ far-reaching implications, some of which have transformed the way mathematicians view their subject, or led to technological advances that we now take for granted. The lectures are aimed at a general audience with a high school math background and an interest in the history of math and technology.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 6

Israel and the Palestinians: Will It Ever End?

Lecturer: Dr. Peter Larson
Days: Wednesdays, March 13th - April 17th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

Over the last 70 years, the conflict between Israel and the Palestinians has cost thousands of lives and imposed misery on many innocent people. To many Canadians, the issue appears unsolvable. It is difficult to have a calm discussion about it, as emotions are high on all sides. This lecture series will examine the Israeli and Palestinian narratives and compare them to the historical record and current reality. We will also ask whether Canada’s current policies are likely to help bring about a resolution.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
LECTURE SERIES 7

After the Cold War: Conflict and Development in Europe and Post-Soviet Countries

Lecturer: Dr. Milana Nikolko
Days: Wednesdays, March 13th - April 17th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

Why did the Soviet Union collapse? How did the end of the Soviet era affect the rest of the world? What happened to Socialist bloc countries, and what kind of problems are former Soviet republics facing now, almost 30 years after the fall of the Iron Curtain? These questions will be carefully analysed during this lecture series. We will start with a discussion on the shift in international development from a bipolar to unipolar world, triggered by the end of Soviet system. Case studies will then highlight the stories of German Unification in 1990, anti-EU sentiments, the rise of populism in Eastern Europe after 2015, Russia's "realpolitik" strategy, and the military conflict in Ukraine.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 8

The Finer Points of Listening to Music

Lecturer: Keith McCuaig
Days: Thursdays, March 14th - April 18th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

This lecture series will increase your enjoyment of music through a greater understanding of what you are hearing. Learn about a variety of musical forms and how to identify individual instruments through sound. Explore the use of production techniques and effects, and further develop your ears through in-depth guided listening sessions. A wide variety of popular genres will be covered, including rock, pop, blues, country, R&B, reggae and more. Our analyses will not be overly technical, and you don’t require a musical background; all you need is a love of music.

Note: If you enjoyed the series "Actively Listening to Music", you will enjoy this series as well; however, knowledge of material from the previous series is not required.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
LECTURE SERIES 9

Positive Psychology: The Science of Happiness

Lecturer: Dr. Jennifer Thake
Days: Thursdays, March 14th - April 18th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

Positive Psychology is the scientific study of human flourishing and wellness. In this lecture series, we will draw from research in personality, developmental, and social psychology that has identified clues to living a good life. Concepts discussed in the lectures will include happiness and well-being, resilience and personal growth, self-regulation, character strengths, and positive relationships. The overall aim of this lecture series is to provide you with an understanding of positive psychology, as well as to develop better personal insight into what might help or hinder your well-being.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 10

Art Appreciation: Canadian Art (Evening)

Lecturer: Angela Marcus
Days: Thursdays, March 14th - April 18th
Time: 5:30 p.m. - 7:30 p.m.
Location: National Gallery of Canada

The panorama of art presented in the updated Canadian Galleries at the National Gallery of Canada will be our field of exploration. Beginning with New France through to our current period, we will follow developments in portraiture, landscape, the Group of Seven, Emily Carr, the Beaver Hall Group, the Woodland School, Canadian abstraction, and Inuit and First Nations’ art production. All these, and more, comprise the varied story of Canadian art history.

Cost: $140.00 (HST included)
Free entrance to the Gallery on Thursday evenings
Enrollment capacity: 20 participants
Note: Meet at the National Gallery front entrance.
LECTURE SERIES 11

Impact of Vitamins and Nutrients on Neurological Function

Lecturer: Dr. Nafisa Jadavji  
Days: Fridays, March 15th - April 26th (no class April 19th)  
Time: 10:30 a.m. - 12:30 p.m.  
Location: Room 124, Leeds House Building

This lecture series will examine the role of vitamins and nutrients on neurological function during development, adulthood, and aging. We will focus on neurology and how these compounds affect normal function and disease processes. Topics covered will include: an introduction to basic neurology; how nutrient and vitamin deficiencies affect neurological function during development; effects of over-supplementation; and diseases of aging, such as neurodegeneration and stroke. This lecture series will cover B-vitamins (folates), vitamins D and E, as well as the nutrient choline.

Cost: $140.00 (HST included)  
Enrollment capacity: 55 participants

LECTURE SERIES 12

Genetically Modified Everything

Lecturer: Daniel Burnside  
Days: Fridays, March 15th - April 26th (no class April 19th)  
Time: 1:30 p.m. - 3:30 p.m.  
Location: Room 124, Leeds House Building

The term “genetically modified” can mean many different things. From genetically engineered crops and livestock, to industrial microorganisms, to the development of bioterrorism agents, GMOs affect our lives in many ways. We now have the ability to alter the genome of a wide variety of organisms with relative ease. This lecture series will offer a general simplified explanation of modern genetic engineering, and discuss uses and potential future applications of the technology. We will also address the potential to modify human DNA to cure disease or produce desirable traits in our offspring. No previous scientific knowledge is needed to enjoy this series.

Cost: $140.00 (HST included)  
Enrollment capacity: 55 participants
The Art of Writing Songs

Lecturer: Dr. Diane Nalini
Days: Tuesdays, March 12th - April 16th
Time: 6:30 p.m. - 8:30 p.m.
Location: Room 124, Leeds House Building

Have you ever wanted to write songs, but weren’t sure where to start? Each week, Diane will guide you through different ways of getting your creative juices flowing. You’ll tackle writing lyrics to an existing melody, setting poetry to music, and writing your own song from scratch, all in the style of your choice. Participants can work individually or collaboratively and will come away having worked on at least three songs. Participants will also have the opportunity to have one song performed in a friendly, positive, and supportive class environment.

Note: Formal music training is not required, though basic knowledge of an instrument is an asset. A recommended selection of free apps on iOS and Android devices will help participants choose chords for their songs. If possible, please bring a mobile device to each class.

Cost: $200.00 (HST included)
Enrollment capacity: 12 participants

HAVE A QUESTION?

Visit our Frequently Asked Questions page at carleton.ca/linr/faq or email us at Learning.in.Retirement@carleton.ca
DID YOU KNOW?

The Learning in Retirement program sells gift certificates! Available in denominations of $20 or more, our gift certificates are a wonderful way to give the gift of life-long learning.

E-Gift certificates are also available!

LANGUAGE WORKSHOP 1

Italian for Travellers (Level I)

Lecturer: Carla Bonora
Days: Mondays & Wednesdays, March 20th - April 17th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 342, St. Patrick’s Building

This workshop will provide participants with the skills to feel comfortable while communicating during a trip to Italy or in an Italian environment. You will learn how to introduce yourself, make hotel reservations, ask for directions, make a phone call, write an email, order in a restaurant, and face emergency situations. One field trip will familiarize participants with Italian food products in an Italian shop. Audiovisual materials about Italian culture, music, and daily life will also be a part of the workshop. Vi aspettiamo!

Cost: $260.00 (HST included)
Fee includes printed materials and textbook
Enrollment capacity: 12 participants
Note: April 17th class will take place at the regular time at La Bottega Nicastro, 64 George Street.
EARLY SPRING 2019

LANGUAGE WORKSHOP 2

Itinerari Italiani: Sardinia’s Art, Legends, Celebrations, and Natural Features

Lecturer: Cristina Loi
Days: Tuesdays & Thursdays, March 19th - April 16th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 342, St. Patrick’s Building

This workshop allows participants to practice and improve their Italian language skills (preferably already assessed at A2/B1 low intermediate level), while exploring the topic of Sardinia, Italy’s second-largest island. Through a variety of sources like literary texts, maps, video clips, and guided activities, each lesson will address a specific theme: legends, Christian and pagan rites and celebrations, art, archeologic discoveries, endemic animal species, and trekking from inland Sardinia towards the sea.

Note: The Winter 2019 Itinerari Italiani workshop covered different aspects of Sardinia and is a good companion to this one, but is not a prerequisite.

Cost: $250.00 (HST included)
Fee includes printed materials
Enrollment capacity: 12 participants
DID YOU KNOW?

Registration in the Learning in Retirement program allows you to borrow materials from Carleton University’s MacOdrum Library. To receive a temporary borrowing card, please visit the circulation desk and identify yourself as a participant of the Learning in Retirement program.
LECTURE SERIES 1

History of Western Architecture

Lecturer: Raymond Stern
Days: Mondays, April 29th - June 3rd (no class May 20th)
Time: 10:00 a.m. - 12:30 p.m. (2.5 hours, 5 classes)
Location: Room 124, Leeds House Building

Extravagantly illustrated with 400 images, this lecture series covers some 200,000 years, from Prehistoric times to today and beyond, in the Western hemisphere. Each period will begin with the broad historical context leading to the core meanings of architecture through the ages, tracing the development of one period to the next. To aid your understanding, the basic theory of architectural design will be included, together with associated disciplines of structure and applied arts. Together we will explore the challenges that all buildings must meet to qualify as architecture. Included will be revelations about Canadian Indigenous architecture.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 2

The Decline and Fall of Globalisation

Lecturer: Dr. Philip Leech-Ngo
Days: Mondays, April 29th - June 10th (no class May 20th)
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

How do we understand the world in the age of Donald Trump? What's behind the populist backlash to globalisation? This lecture series examines six different perspectives that seek to explain the current “populist moment”. Participants will be encouraged to reconsider their own assumptions, and will engage with cutting edge international relations research on identity, empire, and gender, as well as mainstream perspectives and “insider accounts”.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
LATE SPRING 2019

LECTURE SERIES 3

Oh, Dear, What Can the Matter Be?

Lecturer: Dr. Peter Watson
Days: Tuesdays, April 30th - June 4th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

One of humanity’s obsessions has always been with what “stuff” is made of and why. We knew this empirically a long time ago: the Bronze Age superseded the Stone Age and was followed by the Iron Age. The Greek philosophers had four elements and their ideas became alchemy, which morphed into chemistry. But the hard atoms of Democritus disappeared into the fluff of quantum mechanics. Now we don’t even understand what the vacuum is? That’s progress? This physics lecture series will explore our understandings of matter, from the Stone Age to the beginnings of atomic theory, and then on to quantum mechanics, quarks and the Higgs boson.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 4

Behind the Headlines: Current News and World Events

Lecturer: Dr. Elliot Tepper
Days: Tuesdays, April 30th - June 4th
Time: 1:30 p.m. - 3:30 p.m.
Location: Minto Building

In this World Affairs lecture series, we will discuss current events that are making the news. Hot topics of the week will be explored in depth, providing context and background for stories in the headlines. We will also be exploring some topics that did not make the headlines, but should have. The content will be determined weekly by emerging issues of importance to Canadians that affect our lives and our world. Come for lively discussions of the news that matters, led by a veteran Carleton University political scientist and media commentator. Perspective and analysis will be provided by the lecturer, followed by discussion with participants.

Cost: $140.00 (HST included)
Enrollment capacity: 140 participants
Note: Minto building is a 6-7 minute walk from the designated parking areas.
LECTURE SERIES 5

Canada's UNESCO World Heritage Sites

Lecturer: David Walden
Days: Wednesdays, May 1st - June 5th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

The World Heritage Convention, adopted by UNESCO in 1972, marked a significant shift in international cooperation, bringing together the concepts of nature conservation and the preservation of historic and cultural sites. The success of the Convention has presented challenges and unanticipated consequences: politicization of the designation process; damage to sites caused by tourism; intentional destruction of sites; and the social and economic impact, both positive and negative, of designation as a World Heritage site. We will discuss these and other issues in the context of current World Heritage Sites in Canada and around the world. We will also address the future of the Convention.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 6

The Defence of North America: Legacies and Evolving Challenges

Lecturer: Dr. Michael Dawson
Days: Wednesdays, May 1st - June 5th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

North American defence issues are situated in a complex political-military legacy shaped by national interests, the violent 20th century, the chaotic 21st, and the reality that Canada must accommodate the interests of its much larger and more powerful neighbour. These lectures will examine the origins of the Canada-US defence relationship, and its development through world wars, the Cold War and the post-Cold War period. The series will conclude with discussions of the implications for Canada of worldwide instability, the prospects for a new era of Great Power competition, and the destabilising effects of new thinking on nuclear weapons.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
LEC TURE SERIES 7

Spr ing Art Look Club at CUAG

Lecturer: Fiona Wright
Days: Wednesdays, May 1st - June 5th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 201D, St. Patrick’s Building (1st & 2nd class)
CU Art Gallery, St. Patrick’s Building (3rd - 6th class)

Discover great art at the Carleton University Art Gallery (CUAG) with the unique "Look Club"! Join the gallery’s educator for coffee and conversation sessions about art works in Marlene Creates: Places, Paths, and Pauses (a retrospective exhibition of leading Newfoundland-based environmental artist and poet Marlene Creates). Inspired by her projects from the 1970s to today, we’ll learn about how Creates and other Canadian artists from CUAG’s permanent collection explore the complex and layered relationships between people and the natural world they inhabit. Focused looking, open discussion, and nearby “field trips” will lead to new discoveries about artists and art-making, and help you rediscover the joy of looking at and loving art.

Cost: $140.00 (HST included)
Enrollment capacity: 20 participants

LEC TURE SERIES 8

Learning to Look: Navigating the Mysteries of the Art World

Lecturer: Maria Martin
Days: Thursdays, May 2nd - June 6th
Time: 9:30 a.m. - 11:30 a.m.
Location: Room 124, Leeds House Building

Have you ever felt like a novice when it comes to art, and when you visit a gallery or a museum do you feel overwhelmed by all the landscapes and portraits of people in powdered wigs? And what the heck is that splash of paint on canvas? My kid could do that! This series will help you navigate the mysteries of the art world, and develop your knowledge, appreciation and comfort level when viewing and discussing art. The lectures will highlight works from the collection of the National Gallery of Canada, with reference to works from other collections. Each week we will consider a different theme, including portraiture, landscape, history painting, still life and symbolism, photography, and abstract art.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
"Spain is a scar on my heart. Do you understand? It is a scar that can never heal".

The Canadian doctor Norman Bethune wrote those words in 1938 before leaving for China, where he would achieve his greatest fame. But it was Spain, and that country's civil war (1936-39), that gripped him like no other cause or conflict. Millions around the world felt the same way. In this series we will try to understand why. We will explore the war, considered by many to be a dress rehearsal for the Second World War, as well as its long-reverberating impact. Special attention will be paid to the more than 1600 Canadians who defied their government to fight on behalf of the Spanish government.

Cost: $140.00 (HST included)
Enrollment capacity: 35 participants

LEcTURE SERIES 10
Theories of Personality and Beyond!

Lecturer: Misha Sokolov
Days: Thursdays, May 2nd - June 6th
Time: 1:00 p.m. - 3:00 p.m.
Location: Room 118, Leeds House Building

This lecture series will explore how people develop into unique individuals yet remain similar to others. In the first part of the lecture series, we will explore classical theories of personality and contrast them with modern models of personality. The second part of the lecture series will focus on aspects of "Dark Personalities" and "Pathological Personalities". Finally, we will explore how personality research can be applied in everyday life, as well as how it is applied by professionals. As part of this class, participants will have the opportunity to anonymously take a series of personality tests.

Cost: $140.00 (HST included)
Enrollment capacity: 35 participants
LECTURE SERIES 11
Learning to Look at the Gallery: Navigating the Mysteries of the Art World

Lecturer: Maria Martin
Days: Thursdays, May 2nd - June 6th
Time: 1:00 p.m. - 3:00 p.m.
Location: National Gallery of Canada

This series will help you to navigate the mysteries of the art world, and develop your knowledge, appreciation and comfort level when viewing and discussing art. Each week we will gather together at the National Gallery of Canada to view artworks from the collection. There will be a different theme every week: landscape art; portraiture; representations of history and historical figures; still lifes and symbolism; photography; and modern/contemporary art. Lectures and discussions will take place in front of selected works in the Gallery’s collection.

Cost: $140.00 (HST included)
National Gallery entrance fee not included
Enrollment capacity: 20 participants
Note: Meet at the National Gallery front entrance.

LECTURE SERIES 12
Ottawology: A Critical Study of the Nation's Capital

Lecturer: Dr. Tonya Davidson
Days: Thursdays, May 2nd - June 6th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

How can the cholera epidemic of 1832 and the Spanish Flu help us understand Ottawa’s response to the opioid epidemic? How would a feminist sociological analysis help us make sense of both the flannel that floods the Glebe every game day, and the “Log Driver’s Waltz”? In this series we will draw on urban sociology, history, and human geography for a series of unique takes on Ottawa, as both a national capital and a living city. This lecture series employs multiple perspectives, to present Ottawa as both a lens through which we understand broader national processes, and as a city in its own right.

Note: The series begins and ends with accessible downtown walking tours, led by the lecturer.

Cost: $140.00 (HST included)
Enrollment capacity: 40 participants
LECTURE SERIES 13
Human Nature from the Perspective of Social Psychology

Lecturer: Dr. Ayça Güler-Edwards
Days: Fridays, May 3rd - June 7th
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 124, Leeds House Building

How does the real or imagined presence of others influence what we think and do? Experiments in social psychology have examined the power of social influence and group identity, as well as the role of socialization in the formation of our thoughts and actions. In doing so, they challenged assumptions that we are unique in our decisions and behaviours. This lecture series features a different social psychology experiment each week, to describe and explain human nature under the influence of situational and social forces. Can we make a difference in our and others' lives by learning about our weaknesses and strengths? We will address and question conformity, prejudice and discrimination, and the role of social status and power, as well as prosocial behaviour.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants

LECTURE SERIES 14
Creativity at Scale: How the Creative Process Powers the World

Lecturer: Adrian Cho
Days: Fridays, May 3rd - June 7th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

In this series of inspiring and engaging lectures, we will explore individual and collaborative creativity, using examples from photography, jazz, business, military, and other domains. To explore the theory and practice of creativity and problem-solving, lectures will draw on sociology, psychology, physics, biology, and systems theory. One class will feature a performance by a jazz trio. As participants explore the creative process, they will discover ways to unleash personal creativity, and help teams and groups become more effective.

Cost: $140.00 (HST included)
Enrollment capacity: 55 participants
WRITING WORKSHOP 1
Writing Opinion Articles

Lecturer: Kate Heartfield
Days: Mondays, April 29th - June 10th (no class May 20th)
Time: 10:30 a.m. - 12:30 p.m.
Location: Room 270, Residence Commons Building

Democracy thrives when citizens from all walks of life can express their opinions. There have never been more opportunities to join the public conversation, but it can be hard to make oneself heard. Writers who understand what editors are looking for from opinion pieces, including the unspoken rules and assumptions, will have better luck placing their articles. This workshop will train participants to write and submit opinion articles to newspapers and magazines. Participants will learn how to hook readers, convey expertise in a compelling way, and maybe even change a few minds. The same skills are also applicable to blog posts, social media, and letters to the editor. By the end of the workshop, participants will have a polished op-ed ready to submit.

Cost: $200.00 (HST included)
Enrollment capacity: 24 participants

WRITING WORKSHOP 2
Spirituality, Aging and Personal Narrative Writing: Exploring Your Own Third Act Wisdom

Lecturer: Dr. Lee McCoy
Days: Mondays, April 29th - June 10th (no class May 20th)
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 270, Residence Commons Building

Are you experiencing your Third Act as a generative time of peace and joy? When we review some of our life’s events through a spiritual lens, we often discover much-needed Third Act wisdom. As an introduction to the life review process, this writing workshop will present six different contemplative activities and six different personal narrative-writing techniques, each designed to help you tap into your own spiritual well. Inspired by the psycho-spiritual theories of Abraham Maslow, Erik Erikson, and Lars Tornstam, you will leave this workshop with a nuanced understanding of the Third Act as an exciting time of great potential, opportunity, and insight.

Cost: $200.00 (HST included)
Enrollment capacity: 20 participants
LATE SPRING 2019

WRITING WORKSHOP 3
Stories From Our Lives: An Introduction to Memoir Writing

Lecturer: Dr. Anna Rumin
Days: Tuesdays, May 7th - June 11th
Time: 10:00 a.m. - 12:30 p.m. (2.5 hours)
Location: Room 270, Residence Commons Building

We write to taste life twice: once in the moment and once in retrospection (Anais Nin). This is an invitation to re-collect, record, and share the stories from your life. Participants will be invited to use a variety of prompts and writing strategies as a way of accessing and generating life-stories. Please bring your writing instruments to a safe environment where you can write, share your writing with others, and begin building your collection of life stories.

Cost: $200.00 (HST included)
Enrollment capacity: 12 participants

WRITING WORKSHOP 4
The Personal Journal: A Springboard for Memoir

Lecturer: Dr. Anna Rumin
Days: Tuesdays, May 7th - June 11th
Time: 1:30 p.m. - 4:00 p.m. (2.5 hours)
Location: Room 270, Residence Commons Building

Hemingway said, "in order to write about life, you must live it". Whether we call ourselves writers or not, writing gives clarity to our lived experiences. This is a workshop for those who are interested in pausing, looking back, and honouring their lives through focused journal writing. While the goal of this writing workshop is to gather memories and stories, participants can expect to learn about writing as a craft, and how we go from writing for ourselves to writing for others. We will move from daily “me-centered” free-form writing that is often the spark for creativity, to writing with a purpose and audience.

Cost: $200.00 (HST included)
Enrollment capacity: 12 participants
WRITING WORKSHOP 5

Poetry: The Open Mind

Lecturer: Mark Frutkin
Days: Tuesdays, April 30th - June 4th
Time: 1:30 p.m. - 3:30 p.m.
Location: Room 124, Leeds House Building

Poet Muriel Rukeyser once said: "Breathe-in experience, breathe-out poetry". In these classes, we will take an enjoyable look at examples of poetry from some of the world's great authors, from the classical to the contemporary. We will consider what skills to employ when writing poetry. We’ll also do in-class poetry writing exercises, and have discussions about writing and publishing. We will also look at some of your own poems in a non-threatening, open-minded atmosphere. Open to any style of poetic writing.

Cost: $200.00 (HST included)
Enrollment capacity: 20 participants

VISIT OUR WEBSITE FOR LATE SPRING LANGUAGE WORKSHOPS

Remember to visit our website (carleton.ca/linr) regularly to check for additional offerings.

In the Late Spring 2019 Session, Italian and Spanish language workshops will be offered!

Details will be posted on our website as they become available.
Registration begins
Tuesday, February 12th at 9:00 a.m.

You can register by:
- On-line registration & payment system (carleton.ca/linr/registration)
- Mail (send in the enclosed registration forms)

Withdrawal Policy

Withdrawal anytime before the beginning of the second class:
- 100% credit placed on your Learning in Retirement account (no expiry date)

Withdrawal after two or more classes:
- No credit

We are unable to provide credit for workbooks and supply fees.

There are no refunds.

For a detailed listing of all policies, please visit our website at carleton.ca/linr or call us at 613-520-3699.

Contact Us

Learning in Retirement (LiNR)
Carleton University
1516 Dunton Tower
1125 Colonel By Drive
Ottawa, ON K1S 5B6
Phone: 613-520-3699
E-mail: Learning.in.Retirement@carleton.ca

If you would like to be added to our electronic mailing list and receive notifications of upcoming sessions and special events, please e-mail or call us.

Additional Information

Please visit our website at carleton.ca/linr for lecturer biographies and updated information.

Please note that lecture series with fewer than 15 registered participants, and writing or language workshops with fewer than 8 participants, may be cancelled, with a full refund.
Classroom Locations
Details about on-campus class locations will be provided after registration and payment has been processed. To view or download the Learning in Retirement campus map please visit carleton.ca/linr/map.

Parking
NEW! The Learning in Retirement (LinR) program is pleased to announce virtual parking permits based on licence plate numbers.

These virtual parking permits replace the need for participants to display physical parking permits on their dashboards.

During registration, participants who request parking will be asked to provide their licence plate number. The licence plate number will be submitted to Parking Services and will function as the parking permit credential.

Parking permits for the Early Spring 2019 Session are valid for parking lot R6 and parking permits for the Late Spring 2019 Session are valid for parking garage P18. Both of these parking areas are close to the Leeds House, St. Patrick's, and Residence Commons Buildings at Carleton University. Minto Building is approximately a 6-7 minute walk from the designated parking areas.

If participants do not wish to purchase a parking permit in advance, they may purchase parking by the hour at the pay-and-display machines for parking garage P18.

A detailed digital map of Carleton’s campus, including Learning in Retirement parking and classroom locations is also available at carleton.ca/linr/map.
EARLY SPRING 2019
REGISTRATION FORM

Title: □ Dr. □ Mr. □ Mrs. □ Ms.

First Name: ____________________________________________
Last Name: ____________________________________________
Address: ______________________________________________
City: ____________________________ Prov.: ____________
Postal Code: __________________________________________
Telephone: ____________________________________________
E-mail: _______________________________________________

☐ Please send me all future brochures electronically.

LECTURE SERIES

1. □ "Physics Around Us", Dr. A. Robinson
2. □ "Women’s and Children’s Contributions...", Dr. P. Kmiec
3. □ "The UN Security Council...", Dr. M. Jesenký
5. □ "Six Mathematical Results with Profound Impact", Dr. K. Cheung
6. □ "Israel and the Palestinians: Will It Ever End?", Dr. P. Larson
7. □ "After the Cold War: Conflict and Development...", Dr. M. Nikolko
11. □ "Impact of Vitamins and Nutrients...", Dr. N. Jadavji
12. □ "Genetically Modified Everything", D. Burnside

WRITING WORKSHOP

1. □ "The Art of Writing Songs", Dr. D. Nalini

LANGUAGE WORKSHOPS

1. □ "Italian for Travellers (Level I)", C. Bonora
2. □ "Itinerari Italiani: Sardinia’s Art, Legends...", C. Loi
Method of payment

- Cheque made payable to Carleton University (attached)

- Credit card

Please DO NOT provide your credit card number on this form. A Learning in Retirement staff member will call you to confirm your registration and to collect payment.

Please provide the best phone number for reaching you:
LATE SPRING 2019 REGISTRATION FORM

Title: □ Dr. □ Mr. □ Mrs. □ Ms.
First Name: ____________________________
Last Name: ____________________________
Address: __________________________________________________________
City: ____________________________ Prov.: __________
Postal Code: ____________________________
Telephone: ____________________________
E-mail: ____________________________

☐ Please send me all future brochures electronically.

LECTURE SERIES
1. ☐ History of Western Architecture, R. Stern
2. ☐ The Decline and Fall of Global..., Dr. P. Leech-Ngo
3. ☐ Oh, Dear, What Can the Matter Be?, Dr. P. Watson
4. ☐ Behind the Headlines..., Dr. E. Tepper
5. ☐ Canada’s UNESCO World Heritage..., D. Walden
6. ☐ The Defence of North America..., Dr. M. Dawson
7. ☐ Spring Art Look Club at CUAG, F. Wright
8. ☐ Learning to Look: Navigating..., M. Martin
9. ☐ The Spanish Civil War..., Dr. M. Petrou
10. ☐ Theories of Personality and Beyond!, M. Sokolov
11. ☐ Learning to Look at the Gallery..., M. Martin
12. ☐ Ottawology: A Critical Study..., Dr. T. Davidson
13. ☐ Human Nature from the..., Dr. A. Güler-Edwards
14. ☐ Creativity at Scale: Creative Process, A. Cho

WRITING WORKSHOPS
1. ☐ Writing Opinion Articles, K. Heartfield
2. ☐ Spirituality, Aging, and Personal..., Dr. L. McCoy
3. ☐ Stories From Our Lives..., Dr. A. Rumin
4. ☐ The Personal Journal: Springboard..., Dr. A. Rumin
5. ☐ Poetry: The Open Mind, M. Frutkin

VISIT OUR WEBSITE FOR LANGUAGE WORKSHOP DETAILS!
**LATE SPRING 2019**

<table>
<thead>
<tr>
<th>Series fees (HST included)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$140.00 per lecture series</td>
<td></td>
</tr>
<tr>
<td>$200.00 per writing workshop</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td>$</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>On-campus parking fees (HST included)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$30.00 for lecture series #1</td>
<td></td>
</tr>
<tr>
<td>$36.00 for lecture series #2-9, #11-14</td>
<td></td>
</tr>
<tr>
<td>$24.00 for lecture series #10</td>
<td></td>
</tr>
<tr>
<td>$36.00 per writing workshop</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td>$</td>
</tr>
</tbody>
</table>

| Final TOTAL: | $ |

**NEW! Licence plate information**

If you selected to purchase on-campus parking above, please write your licence plate number below. The licence plate number provided will function as the parking permit credential.

Licence plate number: 

Alternate plate number: 

**Method of payment**

- Cheque made payable to Carleton University (attached)
- Credit card

Please DO NOT provide your credit card number on this form. A Learning in Retirement staff member will call you to confirm your registration and to collect payment.

Please provide the best phone number for reaching you:

---

Carleton University | Learning in Retirement  
1516 Dunton Tower | 1125 Colonel By Dr.  
Ottawa, ON K1S 5B6  
Phone: 613-520-3699  
E-mail: Learning.in.Retirement@carleton.ca  
Website: carleton.ca/linr