



Seniors Teaching and Learning Together

September 2018

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Remember:

We always welcome suggestions, questions, and volunteers!

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**Tantramar Seniors' College
PO Box 6324
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Lunch & Learn
Shediac

Dear Members:

I hope you are enjoying the remaining days of summer while anticipating a busy fall, including our TSC AGM (September 4th) and fall registrations (September 10-13th).

Please make an effort to attend the **AGM** in Sackville to receive updates on the status of TSC, meet your new Board and chat with other members. **Special Anniversary Celebrations** will follow the business meeting as we continue to celebrate our first ten years. Sackville Regional Committee has assembled a program highlighting the many wonderful aspects of TSC where it all began! This builds on celebrations which have been ongoing during this year: a March luncheon presentation of a "Readers" Theater Play and an April free course on "Drone Warfare" in Amherst; as well as an April celebration of past and present TSC courses, members and awards in Codiac.

Once again our regional committees have delivered an amazing scope of fall courses. At time of printing there were 94 courses (one to eight sessions) listed for **fall registrations**. Your challenge will be to limit your choices!

THANK YOU!

This will be my last newsletter as your President. I wish to thank TSC members, committees and Board for their support. A special thank you to our TSC Coordinator, Tracey, who makes it all happen! It has been a privilege and a pleasure to serve as President during this exciting time of change. Your Board consulted widely to produce a strategic plan to guide development in response to members' wishes. This resulted in a new constitution and requisite new committee structure to facilitate the changes which you told us were important. TSC members' enthusiasm and participation indicate that we are on the right track; however, it is an ongoing process. Your continuing support will guarantee the evolution, growth and well-being of this wonderful organization which has so enhanced our lives.

Onward!

Linda Cooper

President, TSC

"You don't stop laughing because you grow old; you grow old because you stop laughing." - Michael Pritchard

We are excited to invite you to join us in celebrating the very successful first 10 years of the Tantramars Seniors' College (TSC). The Celebration will take place immediately after our Annual General Meeting on September 4th at 2:00 pm at the Tantramars Veterans Memorial Civic Centre, 182 Main St, Sackville, NB. We anticipate the Celebration will start at 3:30 pm.

The TSC started in 2008 with 8 classes in Sackville, NB and 2 in Amherst, NS. We now operate in four different locations – Amherst, Greater Moncton, Sackville, and Shediac. Last year, we had over 400 members who were offered approximately 220 courses.

The College brings seniors together to learn, play, create, exercise their minds and bodies, and have fun. Many people, as newcomers to their communities, have made friendships that have led to a wide range of connections in their communities and which have enriched both their lives and that of their new home towns.

The TSC accomplishes all of this through thousands of hours contributed by volunteers as course instructors, regional coordinators, committee members, the Tantramars Seniors' College Board, and all who assist in so many and varied ways. The College has only one staff member, a part-time coordinator.

We believe 10 years of exciting, interesting, and fun courses is something worth celebrating. We are hoping you will help us celebrate our success on Tuesday, September 4th and please bring a friend who has not discovered the Seniors' College yet!

Sincerely
Heather Patterson and Dave Bray
On behalf of the 10th Anniversary Committee



Suggestions & Questions A selection received at the Spring registration :

Newspaper Adverts for Registration

It was suggested that Registration be advertised in local newspapers. Adverts are already placed in the Amherst and Sackville papers and the Times and Transcript the Wednesday before registration. A notice is placed in the Dorchester newsletter and a notice is played on Shift NB. The dates are also shown on the Website and on the Facebook page.

◇ **Offer more courses in French**

If members know of people with suitable experience please let the coordinator know, we would be happy to include more French courses.

◇ **Too many courses at the same time**

Unfortunately there will always be courses that conflict. When scheduling course dates we have to be guided by the dates the volunteer instructors are available. Care is always taken to spread out courses during the term as best we can.

! *As we start a new term after a long break a reminder on the TSC classroom comportment & bad weather policies:* **!**

Classroom Comportment: Active class participation is welcomed and encouraged by TSC. We request that class members remain mindful of the level of comfort of their fellow students and the volunteer instructors as they participate in discussion.

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Bad Weather Policy: In the event that schools in your area are closed due to weather, Tantramars Seniors' College classes in your area are cancelled. To check closures for:

Amherst listen to local radio stations CFTA – 107.9 and CKDH or CBC.

Sackville, Codiac and Shediac call 506-856-7669 or listen to local radio stations and CBC.

Or visit the TSC website where links to the school boards are posted on the homepage. In the event that a Registration session is cancelled due to bad weather members will be notified by e-mail of the new date and details will be posted on the website.

Fall Registration 2018

Sackville – Sept 10, 2018, 3:30 – 4:30 pm, Tantramar Veterans Memorial Civic Centre

Amherst – Sept 11, 2018, 4:00 – 5:00 pm, Nova Scotia Community College

Codiac – Sept 12, 2018, 1:00 – 2:00 pm, Crossman Centre / Kay Arena, 99 Wynwood Drive, Moncton

Shediac – Sept 13, 2018, 12:00 – 1:00 pm, Shediac Multipurpose Centre



Course	Instructor	Location	Day	Time	Start	Ses- sions
Amherst						
Bicycle Mechanics	Basil Hicks	The Bicycle Specialist 98 Church St.	Tues & Weds	6:30 - 9:30 pm	TBA	2
Bridge Club	Nancy Allen	Trinity-St. Stephen United Church	Tues	1:30 - 3:30 pm	Oct 16	4
Chair Yoga	Joan Beswick & Carol Oram	NSCC	Fri	10:00 - 11:00am	Oct 5	4
Colour and Composition in Art and Design	Shirley Ann Hallee	Baptist Church Parlour	Tues	10:00 - 11:30am	Oct 23	4
Cohousing - creating an Intentional Community	Kathlyn Hunter Richard LaChance	NSCC	Tues	1:00 - 4:00 pm	Oct 2	1
Counted Cross Stitch	Linda MacDonald	NSCC and Field Trip to Moncton	Thurs	10:00 am - Noon	Nov 1	4
Design and Decorate A Denim Apron	Carol Oram	NSCC	Fri	1:00 – 2:30 pm	Oct 5	2
Disruptors Who Shaped Our World: Lincoln, Darwin, Churchill & Einstein	Dick Beswick	NSCC	Fri	9:30 - 11:00 am	Nov 2	4
History At Our Doorstep: The Ship Railway	Morris Haugg	NSCC	Mon	2:00 - 4:00 pm	Sept 24	3
Presentation on the Wells Founda- tion – Cumberland County Cemeteries	Ian MacLean, Execu- tive Director	NSCC	Thurs	10:00 am – Noon	Oct 11	1
Writing & Performing: A drama about the <i>Life and Times of Thomas Pichon – The Spy of Beausejour</i>	Dale Fawthrop	NSCC	Tues	10:30 am – Noon	Oct 16	4 +
Somatic Yoga	Sherri Smith	Hatha Yoga Room, 10 Lawrence St., Amherst	Weds	10:00 – 11:00 am	Oct 3	4
Spanish Conversation	Antonia Rubio-Reyes	NSCC	Tues	2:00 - 4:00 pm	Nov 6	4
Tips and Tricks for Easy Travel	Ed Childs	NSCC	Mon	2:00 - 3:30 pm	Oct 15	4
Tour of Waldale Manufacturing	Todd Lawrence, Presi- dent	Waldale Manufacturing 17 Tantramar Crescent	Fri	2:00 - 4:00 pm	Oct 19	1
Walking Tour of Amherst's Built Heritage	Leslie Childs	Downtown Amherst (see Course Handout)	Thurs	1:00 - 2:15 pm	Sept 20	4
What Can You Make in an Instant Pot	Jane Wood & Heather Dyble	Bridge Workshop	Thurs	6:00 - 8:00 pm	Nov 1	4

Course	Instructor	Location	Day	Time	Start	Ses- sions
CODIAC						
5 Element Tai Chi	Barbara Gould	Crossman Centre Kay Arena	Thurs	10:30am - noon	Oct. 18, Oct. 25, Nov 1, Nov. 8	4
A Trip Back In Time: The 1950s	Jacek Brachaniec	Crossman Centre Kay Arena	Tues	10:00am - noon	Oct. 16, 23, 30 & Nov. 6	4
Create a Felted Bowler Hat \$50	Brenda Trafford	Dieppe Library	Weds	10:00 - Noon	Sept 26, Oct 3 +1	3
Easy but Elegant Recipes & Menus for Dinner Parties	Lorraine MacLeod	107 Parkwood Dr.	Thurs	Noon - 2:30pm	Oct. 11 & 18	2
Fall Hikes	Elizabeth Gardner	Various locations	Weds	10:00am - Noon	Oct. 3, 10, 17, 24, & 31	5
Fall Tour of Enchanted Fairy Garden	Susan Duquette, Linda Sheppard	To be given out at registration	Fri	10:30 – 11:30am	Sept 28 and Oct 5	2
Forest Bathing	Susan Duquette & Jean Siddall	Various trails	Mon	1:30 - 2:30pm	Oct. 1, 15, 22	3
Intro to Counted Cross Stitch \$12	Francine Allain	Rose Hall, Camden Place	Tues	1:00 – 3:00 pm	Oct. 23, 30, Nov 6 & 13	4
iPad Basics for Beginners	Eric Guy	Riverview Town Hall Gunningville Room	Thurs	2:00 - 4:00 pm	Nov. 1, 8 & 15	3
Knit a pair of Honeycomb Mittens	Ruthmary G MacPherson	Riverview Town Hall	Fri	1:30 - 3:30pm	Nov. 2, 9, 16 & 23	4
Learn How the Flow of Energy Changes your Life	Holly Gotell	Crossman Centre Kay Arena	Tues	6:30 - 7:30 pm	Oct. 9, 16, 23, 30	4
Learn to Draw	Diane Ryan	Riverview Town Hall & Rec Centre	Fri	10:00 -11:30 am	October 5, 12, 19, 26	4
Let's Do Lunch	David Beckerson	3 Restaurants	Weds	Noon - 2:00pm	Oct. 3, 17 & 31	3
Make the most out of your Free Library Card	Chantale Bellemare	Moncton Public Library	Thurs	9:00am - Noon	Nov. 8	1
Making a Coiled Basket \$10-12	Phyllis Murray	Camden Court, 55 Camden Court	Tues	1:00 – 4:00 pm	Oct.15, 22, 29, Nov 5, 19	5
Making Christmas Cards \$2	Gail Chartrand	Micheal's Craft Room 35 Plaza Blvd.	Weds	10:00 - 11:30am	Nov.7, 14, 21 & 28	4
Making Paper Flowers	Rose Robichaud	Micheal's Craft Room 35 Plaza Blvd.	Weds	3:00 - 4 :30 pm	Nov 7, 14, 21, 28 & Dec. 5	5
Mineral Identification \$10	Gary Plewes	Crossman Centre Kay Arena	Sat	10:00am- Noon	Oct. 13	1
Pour l'amour du cinéma	Debbie Cooney	Dieppe Public Library	Tues	1:00 - 3:30 pm	Oct. 23, 30 Nov.6, 13 & 20	5
Sewing a Cloth Bag for Charity	Joannie Sichel	Michael's Craft Room 35 Plaza Blvd.	Weds	10:00am - noon	Oct. 17	1
So You think you know NB, EH?	Mike Sullivan	Crossman Centre Kay Arena	Thurs	1:00 - 3:00pm	Sept. 27, Oct. 4, 11, 18 & 25	5
The Civil War and other Highlights of American History	John Gould	Crossman Centre Kay Arena	Fri	10:00am - Noon	Oct. 19, 26, Nov 2 & 9	4
TO TWEET OR NOT TO TWEET?	Wayne Harrigan	Riverview Town Hall	Thurs	2:00 - 4:00 pm	Nov. 22	1
Walking Soccer	TBA	Moncton Sports Dome	Tues	10:00-11:00 am	Sept.25, Oct. 2, 9, 16, 23 & 30	6
Wine Bites \$10	Lorraine MacLeod	1-1 Russ Howard Dr.	Thurs	Noon – 2:30 pm	Nov 1 & 8	2

Course	Instructor	Location	Day	Time	Start	Ses- sions
SACKVILLE						
An introduction to Spanish	Judith Weiss	Lafford Classroom	Tues	10am - Noon	Oct 9, 16, 23, 30, Nov 6	5
Art with Hart - what you see when you view visual Art	Hart Swedersky	Lafford Classroom	Weds	2 - 4 pm	Oct 31, Nov 7, 14, 21 (28)	4/5
As we grow older	Harold Popma	Lafford Classroom	Thurs	1:30 - 3pm	Nov 8, 15, 22, 29	4
Badminton	Harold Popma	Middle Sackville Baptist Church	Thurs	10:30 am - Noon	Sept 27; Oct 4, 11, 18, 25; Nov 1.	6
Bridge - tips and play for experienced players	Anne Posch & Jon Shute	Middle Sackville Baptist Church	Weds	7 - 9 pm	Oct 10, 17, 24, 31	4
Bridge in a day - for new or rusty former players	Anne Posch & Jon Shute	Middle Sackville Baptist Church	Saturday	1-5 pm	6-Oct	1
Cohousing - creating an Intentional Community	Kathlyn Hunter & Richard Lachance	T.B.A.	Thurs	1 - 4 pm	4-Oct	1
Colourful Fall Hikes	Roy Pierog & Carole Konesky	Various	Fri	1 - 3 pm	Oct 5, 12, 19, 26	4
Dancing with the STARS	Don MacIntyre	Sackville Curling Club, 22 Lansdowne	Tues	8:15 - 9:15 pm	Oct 16, 23, 30; Nov 6, 13, 20	6
Gentle Yoga for Low Back Pain (LBP)	Monika Boehringer	St Paul's Church	Tues	10 - 11:15 am	Sept 25; Oct 2, 9, 16, 23	5
Improving your Balance	Renee Rioux	Perpetual Motion Dance Studio, 53E Main St	Weds	2 - 3:30 pm	Oct 10 (poss 17)	1
Inside the Ivory Tower series	Various profs	Council Chamber, 110 Main St.	Weds	Noon	Sept 26, (11.30am) Oct 31, Nov 28	3
Knitting for Intermediate Knitters	Susan Spence	Lafford Classroom	Mon	1.30 - 3.30 pm	Oct 22, 29; Nov 5, 12	4
Making Mini Masterpieces - fun with Artist's Trading Cards \$5 payable at registration	Helen Dyer & Susan Richards	Lafford Classroom	Tues	1:30 - 3.30 pm	Oct 9, 16, 23, 30; Nov 6, 13	6
Relaxed Cycling	Kate Bredin & Richard Elliot	Various	Weds	10am - Noon	Oct 3, 10,(16)	2/3
T'ai Chi - Yang style stages 1 and 2	Alex Whitla	Perpetual Motion Dance Studio	Tues	10:30 am - Noon	Oct 30; Nov 6, 13, 20, 27; (Dec 4)	6
The Wonders of the Wetland	Sarah Boorne	Wetlands Centre at rear of TRHS	Weds	1 - 3 pm	Sept 26; Oct 3, 10, 17	4
Traditional and Genetic Genealogy Workshop	David McKellar	Anderson House, THT, 29 Queen Rd.	Weds	10am - Noon	Nov 7, 14, 21	3
Up Close & Personal with the Arts: Writers, Artists, Musicians & Actors	Janet Hammock introduces various artists	United Church	Thurs	10am - Noon	Oct 4, 11, 18, 25	4

Course	Instructor	Location	Day	Time	Start	Ses- sions
SHEDIAC						
100th Anniversary End of WW I	Jocelyne Ross	Shediac Multipurpose Centre	Mon	2:00-4:00	Sept.24	4
Addictions	Dr. Bill Allanach	Shediac Multipurpose Centre	Thurs	10:00-noon	Sept 27	3
Astronomy	Emma MacPhee	Shediac Multipurpose Centre	Mon	7:00-8:30pm	Oct 15	1
Biology-Positive Life of Parasites	Andrew Boghen	Shediac Multipurpose Centre	Tues	2:00-4:00	Oct.2	1
Bridge: Beginners Part 2	Joanna LeBlanc	Shediac Multipurpose Centre	Tues	10:00-noon	Sept.25	6
Canada in WW II	Jack Brachaniec	Shediac Multipurpose Centre	Weds	10:00-noon	Oct.31	4
Computers & Social Media	Jeremie Landry	Shediac Multipurpose Centre	Mon	9:00-11:30	Sept.24	8
Cribbage	Jean-Paul Hebert	Shediac Multipurpose Centre	Thurs	1:00-3:00	Sept.27	5
Current Events	Bill Belliveau	Shediac Multipurpose Centre	Mon	7:00-9:00pm	Sept.24	8
Elder Abuse	Chantal Thanh	Shediac Multipurpose Centre	Weds	10:00-noon	Sept.26	1
Equine Therapy	Double Diamond Stables	Shediac Multipurpose Centre	Tues	7:00-9:00 pm	Sept. 25	1
Fall Trails	Bea Patterson	Local Trails	Tues	2:00-4:00	Sept. 25	4
Healthy Cooking	Susan Jardine	Shediac United Church	Tues	10:00-1:00	Sept. 25	5
Impact of Cannabis	Dr. Peter Ford	Shediac Multipurpose Centre	Tues	2:00-4:00	Oct.23	1
Kazakh Eagle Hunters	Bonnie Folkins	Shediac Multipurpose Centre	Tues	2:00-4:00	Oct.9	1
Knit Wits	Batog, Horsman, Keast	Shediac Bay Church	Thurs	1:00-4:00	Sept. 27	8
Line Dancing	Lorraine Milburn	Shediac Multipurpose Centre	Weds	2:00-3:30	Sept.26	6
Natural Burial	Denise LeBlanc	Shediac Multipurpose Centre	Tues	1:00-4:00	Oct.30	1
Aesthetics or Philosophy of Art	Dr. Serge Morin	Shediac Multipurpose Centre	Fri	10:00-noon	Sept.28	8
Photography Field Trip - Part 1 & Editing - Part 2 \$10	Louis Melanson	Kingston Peninsula	Thurs then Weds	7:30am-5:00pm	Sept.27	2
Pickleball \$5	JP Boudreau	Pickleball Court, Shediac	Tues	2:00-4:00	Sept.25	1
Preparing Home and You for Winter	Northrup, Rees, Murchson, Ainsworth	Shediac Multipurpose Centre	Thurs	2:00-3:30	Oct.4, 11, 18	3
Senior Bullying	Chantal Thanh	Shediac Multipurpose Centre	Weds	10:00-noon	Oct.3	1
Shakespeare Lightly	Steve Campbell	Shediac Multipurpose Centre	Thurs	10:00-noon	Sept.27	4
Small Acrylic Painting \$10	Clarence Cormier	Shediac Multipurpose Centre	Fri	1:00-3:00	Oct.5	4
Tai Chi	Maria Gillespie	Pointe du Chene Centre	Thurs	10:00-11:30	Sept.27	6
The Beatles	Floyd Anderson	Shediac Multipurpose Centre	Weds	10:00-noon	Sept.26	4
Trivia Fun	Dr. David Harpp	Shediac Multipurpose Centre	Weds	2:00-4:00	Oct.10	1
Wills - Basics	John Filliter	Shediac Multipurpose Centre	Tues	2:00-4:00	Nov. 6	1
Write Away!	Warren Redman	Shediac Multipurpose Centre	Mon	10:00-noon	Sept.24	6
Knowing Your Car Today	Jim Challes	Shediac Multipurpose Centre	Thurs	2:00-3:30	Sept.27	1