



The LIFE Institute

SUMMER 2022

ONLINE and IN-PERSON

#StaySafe

#StayConnected

#AgingStrong

thelifeinstitute.ca

LEARN • SOCIALIZE • VOLUNTEER

Mission Vision Values

MISSION

The LIFE Institute aims to be a leader in life-long learning, inspiring and fulfilling a community of adults 50+ through Continuing Education at Toronto Metropolitan University.

VISION

To enable adults age 50+ to pursue their passion for life-long learning through a wide range of educational courses, activities and related opportunities to volunteer.

CORE VALUES

- Learning - We believe learning is core to healthy aging and strive to include educational opportunities in all we do.**
- Community - We create a convivial environment which supports learning and building relationships and enables everyone to contribute.**
- Inclusion - We listen to each other and seek to understand and broaden our viewpoint. We welcome people of all backgrounds and abilities.**
- Integrity - We are truthful and honest in all we do. When faced with difficult decisions and hard choices, we do the right thing.**

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About The LIFE Institute™

“Learning is ForEver” ... LIFE!

THE LIFE INSTITUTE™ is the largest program partner in Programs for 50+ in [The Chang School](#), Toronto Metropolitan University (formerly Ryerson University – [find out more about the renaming](#)). LIFE offers lifelong learning programs to adults 50+ who are retired or preparing for retirement. Members of LIFE can attend stimulating daytime classes and participate in creative learning at TMU or at off-campus locations. All members have full access to TMU facilities—the library, audiovisual materials, bookstore, cafeteria, the Image Arts Centre, and the TMU Athletic Centre (*applicable restrictions during COVID-19 pandemic.*)

THE LIFE INSTITUTE™ offers a wide variety of study groups and lecture courses in the arts, humanities, sciences, technology, and contemporary issues. Computer classes, theatre outings, and creative writing classes are just some of the many programs offered in daytime classes throughout the Fall, Winter, Summer and Summer semesters.

THE LIFE INSTITUTE™ is a non-profit organization managed by a board of directors elected annually by members of LIFE. Members are encouraged to participate in the many facets of the board's activities in furthering new concepts in lifelong learning programs.

- Executive Director, Deborah Bonk Greenwood
- Rosanne Bernard, Program Manager
- Denise Smith, Manager Volunteer Services
- Evette Glidden, Office Administrator

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IT'S WHAT
LIFE
IS ABOUT

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DATES TO REMEMBER – SUMMER 2022 SESSION

Friday, July 1	Canada Day; Toronto Metropolitan University and LIFE are closed
Friday, July 1	The LIFE Institute 2022-23 academic year commences. Time to purchase or renew your membership
Tuesday, July 5, 9 a.m.	Registration commences for July 2022 Walks
Tuesday, July 5, 9 a.m.	Summer Lectures Registration commences
Monday, August 1	Civic Day; Toronto Metropolitan University and LIFE are closed
Wednesday, August 3, 9 a.m.	Fall 2022 Registration Commences
Monday, September 5	Labour Day; Toronto Metropolitan University and LIFE are closed

Welcome to SUMMER 2022 at The LIFE Institute™

This online calendar for Summer 2022 offers a varied selection of courses reflecting a range of styles and delivery.

Membership and course registration

- Both membership purchase and course registration must be done on-line (payment by credit card) at www.thelifeinstitute.ca. We regret, neither mail-in nor in-person registrations are available at this time.
- Only 2022-2023 LIFE members can enroll in courses or clubs
- Membership for the year ending June 30, 2023 is \$80 per person. *Membership runs from July 1 to June 30. You may join at any time during the academic year, but the fee remains the same.* Registration is normally required for all courses and activities you wish to attend.

Regrettably, registration by mail is not available at this time. *The LIFE Institute office is virtual; consequently, your mailed-in form and cheque cannot be processed.*

Priority of registration: registrations are processed as received electronically, on a first received, first processed basis.

Confirmation of registration: confirmation is immediate when you register on-line.

NOTE ON WAIT LISTS

Some courses are extremely popular and fill up very quickly. If you do not get in, you may remain on the wait list – additional spots may be made available.

Policy for refund of fees

To withdraw from a course or event, **LIFE MEMBERS** will need to notify The LIFE Institute™ office in writing. **Written application by LIFE members** must be in the form of an **email** sent to info@thelifeinstitute.ca. A refund of course fees, minus a \$20 administration charge, will be made if **LIFE members'** written application (via email) is received by The LIFE Institute no less than three business days before

- the first session of a two to four week course
- the second session of all courses that last five weeks or more
- No refunds will be made for single-session courses or events.

If a course or event is cancelled, the entire fee is refundable and the administration charge will not apply.

Class times and dates

Class times and dates are usually as shown in the calendar. Please read the course descriptions carefully. From time to time, due to unforeseen events, a class (or class format) may have to be cancelled. Should this happen, your understanding will be very much appreciated.

The LIFE Institute™ Board of Directors 2021-2022

Chair – Milvi Ester
 Vice Chair – Phillip Abrahams
 Vice Chair – Lorne Bernstein
 Treasurer – Alan Lavine
 Secretary – Eva Bell

Executive Director – Deborah Bonk Greenwood
 Barbara Atlas, Harvey Bernstein, Sheila Clemens,
 Vince Fearon, Paul Herbert, Susan Mackle, Angèle Mongul, Rhonda Singer
 Paula Green, PhD, Program Director, Programs for 50+, The Chang School (ex officio)
To reach any of our board members, please contact The LIFE Institute™ office.

J U L Y L E C T U R E S

SM22-01 *Wheat: History and Geopolitics of a Grain Like No Other*

A lot more discreet than oil or gold, less controversial than uranium, wheat has always been a vital natural resource. As the ongoing war in Ukraine demonstrates all too clearly, without wheat, no security or geopolitical influence. A look at the history of wheat, from the ancient civilizations to the wars of the 20th centuries and the current conflict in Europe, as a crucial factor in altering the course of events, strategies, and conflicts.

This is a lecture course led by an expert in the field with extensive audiovisual content presented via LIVE ZOOM webinar format.

Dr. Olivier Courteaux received his B.A. in history, M.A. in war and conflict studies and Ph.D. in contemporary international relations from the University of Paris-Sorbonne. He has lectured at various Canadian universities, including Ryerson and the Royal Military College of Canada. He is the author of *The War on Terror: The Canadian Dilemma* (2009), *Canada Between Vichy and Free France, 1940-1945* (2013) and *Four days that Rocked Québec* on Charles de Gaulle's famous 1967 "Vive le Québec Libre" (2017). He is currently working on his latest book, *The Empress Eugenie and Egypt, a French Passion*.

Date: July 12

Time: Tuesday, 2 – 4 p.m.

Fee: \$20

Instructor: Olivier Courteaux

SM22-02 *The Yonge Street Sound*

Yonge Street is the heart of Toronto, and for decades it was a music mecca as well. From the late 1940s, the stretch from Queen to Carlton was 'the Strip,' hosting performances by Ronnie Hawkins and the Hawks, Stevie Wonder, the Supremes, Jackie Shane and many more. In this informative and entertaining lecture, Dr. Mike Daley tells the story of the Yonge Street Strip as well as the early history of music on Yonge Street from vaudeville to opera with rare photos, recordings, and video.

This is a lecture course led by an expert in the field with extensive audiovisual content presented via LIVE ZOOM webinar format.

Dr. Mike Daley is a freelance popular music history lecturer. He holds a Ph.D. in musicology and has published widely on a variety of musical subjects. Mike's well-received lectures on the Beatles, Elvis, jazz, folk music and much more have gained him a strong following in the GTA. Mike also offers video lecture series on his website, mikedaleymusic.com, and is currently writing a history of live music in the Yorkville coffee house district of Toronto in the 1950s and 1960s.

Date: July 28

Time: Thursday, 10 a.m. – 12 p.m.

Fee: \$20

Instructor: Mike Daley

AUGUST LECTURES

SM22-03 *As the World Turns. A Geopolitical Evaluation of a New World Order*

The illegal Russian war in Ukraine has accelerated a shift in the world order forcing a renewed balance of power. It upended the existing world order and with it the global energy, production, distribution, and financial systems. Many countries are calculating the implications of rebalancing and positioning for significant changes. Ukraine is ravaged; Russia is the aggressor and will suffer long-term consequences; the US-led North Atlantic Treaty Organization (NATO) has strengthened and is forcing the rebalance, Europe is undergoing a human security crises and remilitarization; China has made a strategic choice to remain neutral; India like many countries of the global South faces geostrategic pressure as they calibrate their positions. What are these shifts, the implications, and consequences? In this lecture we will evaluate the status of the present dynamics and offer insightful perspectives on some critical global challenges.

This is a lecture course led by an expert in the field with extensive audiovisual content presented via LIVE ZOOM webinar format.

Amnon Zohar is a retired hi-tech entrepreneur. Born and educated in Israel. He is a graduate of the Israeli Military Academy for Computer Sciences. Amnon studied Political Science at York University and International Relations at Tel-Aviv University. He has offered several courses at LIFE on the Middle East, football (soccer), and leadership.

Date: August 9

Time: Tuesday, 2 - 4 p.m.

Fee: \$20

Instructor: Amnon Zohar

LIFE's **OMBUDDY** will assist members who have special financial needs. If you are experiencing difficulties paying your fees, or if you have any other problems you wish to discuss confidentially, please contact The LIFE Institute office at info@thelifeinstitute.ca

Summer Walks 2022

*Two thousand years ago, Hippocrates told us,
“Walking is man’s best medicine.”
Here is medicine you won’t mind taking!*

Where: Toronto's ravines, parks, neighbourhoods, gardens, downtown, public art, rivers, waterfront, literature, and writers

Coordinators: Our wonderful Walk Leaders, LIFE members who enjoy sharing their knowledge of the city, and introducing others to some special areas

NEED TO KNOW INFORMATION:

- ✓ There will be no overall sign-up for the season of walks
- ✓ Enrollment and payment will be on a 'per walk' basis
- ✓ Registration numbers will be limited for each walk
- ✓ One walk per week - usually on Friday
- ✓ Most walks will be accessible by TTC
- ✓ There will be a variety of walks: nature walks, historical walks, art and architecture walks, as well as different levels of difficulty.
- ✓ Members will be notified by email when more walks are added



N.B.: Please review the 2022 Acknowledgement and Release of Liability on The LIFE Institute™ [website](#) which applies to all members and guests of LIFE.

LEARN MORE

J U L Y W A L K S

Friday, July 8, 10:30 a.m. The Kingsway GREY LEVEL 2

Join LIFE member John Webb and explore a small section of Etobicoke. Starting at the Old Mill teashop, you will visit the British Home Children memorial in Park Lawn cemetery before moving to the pedestrian friendly streets of The Kingsway. This area was developed by Robert Home Smith in the 1930s with the motto *Angliae pars, Anglia procul*, and is known for its idyllic setting as it nestles in the forest of the Humber River Valley.

Leader: John Webb **Walk Assistant:** Donna Oke

Fee: \$5 (LIFE members) \$20 (non-members)

Limited to 20 participants

Be prepared to upload your COVID-19 PROOF OF VACCINATION DOCUMENT with SMART Health Card QR Code at time of enrollment. You will not be able to complete your registration without valid documentation.

Note: Full details of start and finish points will be sent to all registrants before each walk.

Friday, July 15, 10:30 a.m. Chinatown GREY LEVEL 1

Many ethnic groups made their first homes in The Ward and gradually migrated westward. Starting from City Hall towards Chinatown West at Dundas and Spadina, we will focus on the history of the Chinese community and the interrelationships with other groups who also started out in the Ward.

Leader: Gary Chang **Walk Assistant:** Barb Williams

Fee: \$5 (LIFE members) \$20 (non-members)

Limited to 20 participants

Be prepared to upload your COVID-19 PROOF OF VACCINATION DOCUMENT with SMART Health Card QR Code at time of enrollment. You will not be able to complete your registration without valid documentation.

Note: Full details of start and finish points will be sent to all registrants before each walk.

Friday, July 22, 10:30 a.m. Highlights of St. Clair West GREY LEVEL 1

Stroll the popular and vibrant community along and surrounding St. Clair Avenue West between Bathurst and Christie. Learn about some of the interesting artists and architects, entrepreneurs and teachers who lived and contributed to life here. Explore the history of the area through its places of worship, schools, private homes and even trees. The importance of the streetcar in propelling development in this part of the city also will be noted.

Leader: Diana Sernick **Walk Assistant:** John Webb

Fee: \$5 (LIFE members) \$20 (non-members)

Limited to 20 participants

Be prepared to upload your COVID-19 PROOF OF VACCINATION DOCUMENT with SMART Health Card QR Code at time of enrollment. You will not be able to complete your registration without valid documentation.

Note: Full details of start and finish points will be sent to all registrants before each walk.

Friday, July 29, 10:30 a.m. Early Black Settlers of Toronto GREY/GREEN LEVEL 1

Many early black settlers in Toronto in the mid 1800s were freed men and women. This urban walk will crisscross downtown Toronto to see where they lived, worked, prayed. We will visit some historic landmarks that played a part in their activism and daily life, as well as visit Ontario historic plaques that mark their achievements and contributions to Toronto.

Leader: Jennifer Singh **Walk Assistant:** Diana Sernick

Fee: \$5 (LIFE members) \$20 (non-members)

Limited to 20 participants

Be prepared to upload your COVID-19 PROOF OF VACCINATION DOCUMENT with SMART Health Card QR Code at time of enrollment. You will not be able to complete your registration without valid documentation.

Note: Full details of start and finish points will be sent to all registrants before each walk.

A U G U S T W A L K S
(t o b e c o n f i r m e d)



The LIFE Institute™

LECTURE COURSES (in-person)

Real-time presentation in a classroom, lecture hall or auditorium.

Instructor presents with time for Q & A at various times (at beginning, middle and/or end of session)

LECTURE COURSES (online)

There are various formats 100% online or *HYBRID* (which will take various forms)

Real-time presentation like a virtual lecture hall or auditorium

Presented via Zoom and Instructors share their video, audio and screen.

At present, most courses are not recorded - LIFE will indicate *which* offerings are offered as recordings in the course description.

If 100% ONLINE ZOOM WEBINAR FORMAT: Attendees join in *listen and watch mode* -- view-only platform where the attendees cannot see each other, and the Host and Instructor cannot see the attendees. Only the Host and panelists can mute/unmute their own audio. Attendees' **questions and comments are made through the CHAT** or Q & A **section and will be addressed at various intervals** throughout the lecture. *Or can engage via 'raised hand – unmute' capabilities.*

If 100% ONLINE ZOOM MEETING FORMAT: Attendees join in *listen and watch mode* but as **participants will be on-screen and may be granted audio and video permissions** it is recommended that members review the [Zoom Etiquette and Best Practices](#) document. Attendees' **questions and comments are made through the CHAT** or Q & A **section and will be addressed at various intervals** throughout the lecture *Or can engage via 'raised hand – unmute' capabilities.*

RECORDED LECTURE PLUS SEMINAR / Q&A COURSE This is one form of *hybrid* course
Pre-recorded video presentations shared a few days prior to the advertised day and time.

On the day and time listed in the calendar there is a **LIVE Zoom Q & A session**. Combined, the course material and live Q&A *together* should add up to the equivalent of approximately a 2-hour weekly class.

Only the Host can mute/unmute their own audio

Attendees' questions and comments are made through the CHAT or Q & A section and will be addressed at various intervals throughout the lecture.

Participants may be on-screen and have audio permission – in these cases, it is recommended that LIFE members review the [Zoom Etiquette and Best Practices](#) document.

50/50 HYBRID; LECTURE COURSES (online as well as in-person)

This is one form of *hybrid* course

50% of the course is online (presented via Zoom)

50% of the course is in-person (currently Outdoor)

THE LIFE INSTITUTE™

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DISCUSSION / PARTICIPATION COURSE (in-person)

Smaller size class of 16-30 students per class. Real-time presentation in a classroom, hall or auditorium. These classes or seminars are **peer-led**. Round-table discussion format. Students are expected to actively participate and to prepare and make presentations in these forums.

DISCUSSION / PARTICIPATION COURSE (online)

Smaller size class of 16-30 students per class. These are conducted in the standard **Zoom meeting format**, fully interactive and allows all participants the ability to see, speak, hear, and screen-share with each other. These classes or seminars are **peer-led**. Round-table discussion format. Students are expected to actively participate and to prepare and make presentations in these forums. **Meetings are designed to be a collaborative event with all participants being able to screen share, turn on their video and audio, and see who else is in attendance. As students will be on-screen and have audio and video permissions** it is recommended that members review the [Zoom Etiquette and Best Practices](#) document. On occasion, some courses use **breakout rooms** to help students talk in smaller groups, just as they would do break-out groups in a larger class environment. The instructor may visit the breakout rooms, broadcast messages to various rooms, and end the breakout sessions when it is time to regroup.

50/50 HYBRID; PARTICIPATION COURSES (online as well as in-person)

This is one form of *hybrid* course

50% of the course is online (presented via Zoom meetings)

50% of the course is in-person (currently Outdoor)



With the shift to online classes here are some tips to ensure a positive experience for you as a class participant:

- Due to enrolment numbers, many of LIFE's webinars are in [listen-and-watch mode](#). Q&A is addressed by the instructor in the [CHAT](#). Please note your comments are public, and you are not anonymous.
- In some classes or clubs, you will be [on-camera](#) with [audio](#) permissions. To help keep background noise to a minimum, please make sure you [mute](#) your microphone when you are not invited by the instructor or host to speak. If you are in a videoconference where your camera is on, remember to be wary of doing things you might not want others to see, or at least turn your camera off when doing so.
- These expectations are no different than what is expected in the classroom. Be on time for class, wait your turn to talk, and keep your discussions on topic.

If you are new to Zoom, please peruse LIFE's [Using Zoom as a Participant](#) which many members have found a very helpful resource.

- Your LIFE Team

Membership has its benefits.
[#StaySafe](#) [#StayConnected](#) [#AgingStrong](#)

THE LIFE INSTITUTE

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ONLINE CODE OF CONDUCT

BY ENROLLING IN LIFE COURSES AND CLUBS STUDENTS AGREE TO:

Help to establish and maintain a positive and supportive online learning environment.

Participants are expected to communicate in a respectful, inclusive manner that is absent of harassment, violence, racism, bullying, intimidation, or discrimination of any kind.

Treat all other students and instructors and their opinions with respect, cultural sensitivity and civility.

Stick to topics related to the course during online CHATS and similar discussion forums.

Be supportive and constructive when offering feedback to students and instructors in a collaborative dialogue.

Mute their audio in interactive conferences when not actively speaking so as to not distract the rest of the group.

BY ENROLLING IN LIFE COURSES AND CLUBS STUDENTS AGREE NOT TO:

Share zoom links or passwords with individuals not enrolled in the course or club.

Post/upload anything off-topic, offensive, abusive or illegal to the CHAT.

Post/upload inappropriate messages, content, unauthorized advertising, promotional material or spam to the discussion forums/CHAT.

Any behaviour that is contrary to the Code of Conduct will result in removal from a class or club without refund or compensation.

The LIFE Institute Calendar SUMMER 2022

www.thelifeinstitute.ca

The LIFE Institute™

Mailing address:

The LIFE Institute
The G. Raymond Chang School of Continuing Education
Toronto Metropolitan University (*formerly Ryerson University*)
350 Victoria Street
Toronto, ON M5B 2K3

Office location:

The Chang School
TMU; 297 Victoria Street

Office hours:

Mon-Thurs 9 a.m.–3 p.m., Fri 9 a.m.–12 p.m.

N.B.: The office is currently virtual

Tel: 416.979.5000, ext. 556989

Email: info@thelifeinstitute.ca

Programs for 50+

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**The Chang School
of Continuing
Education**



*Learning Is
ForEver*