



feed your mind

Mind-boggling non-credit
classes for people 50+
Registration opens
April 3, 2024.

SPRING SESSION

April 29 – May 17, 2024

EDUCATION BUILDING

UNIVERSITY OF ALBERTA

87 Avenue between 112 and 114 Streets



EDMONTON
lifelong
learners
ASSOCIATION

Message from the President

Welcome to the ELLA Spring Session 2024 from your Board of Directors.

We are looking forward to returning to the University of Alberta campus, and enjoying springtime at "the U".

Thanks to the hard work of our program development and implementation teams, and all of our volunteers, we once again are pleased to offer a captivating slate of courses in a wide variety of disciplines. There are sure to be topics of interest for all!

We are bringing back our popular flexible bundle purchase options of 2, 3, or 4 courses (The more you choose, the less each course costs!). Speaking of affordability, we are holding tuition costs at last year's rates, realizing that inflation is affecting all of us.

Please visit the Registration Check-In desk on April 29. We look forward to renewing old friendships and forging new ones!

Steve Chambers



“It is what we know already that often prevents us from learning.”

- Claude Bernard

Introduction

We acknowledge that we are on Treaty 6 Territory, a traditional meeting ground, gathering place, and traveling route of the Cree, Blackfoot, Metis, Dene, Saukteaux, Nakota Sioux and others. As part of our commitment to lifelong learning, we embrace seeking knowledge and engaging in conversation to work together toward a stronger and healthier future



Spring in-person learning is the cornerstone of ELLA. From our first class sessions back in 2002 through to today, we have offered mature adults the opportunity to continue learning in a supportive environment, and friendships and great memories have been made along the way.

Offering nearly 40 classes takes a tremendous amount of work from many dedicated volunteers, and we are so grateful to everyone who has put their very valuable time and experience into making this happen. Thank you so much.

Enjoy the session! Introduce yourselves to your neighbours, sit with someone new at lunch, maybe consider volunteering – we are always looking for people to help ELLA grow and prosper.



Course Timetable

H	Humanities	S	Science	W	Wellness	A	Fine Arts & Art Instruction
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Classes are divided into morning, afternoon, and art options.

Early Morning Classes 9:15 – 10:15 am

24-S207	What's Behind the Barn Door?	Frank Robinson
24-S203	Wonders of the Night Sky	Brian Martin
24-S202	Remote Sensing and the Environment	Patrick O'Brien
24-H208	World War II – Germany Victorious	Brent Bennett
24-W204	Simplifying Your Life	Johanne Yakula
24-W206	Introduction to Genealogy	Colleen Murray
24-A201	20th Century Orchestral Masterworks	Michael Roeder
24-A204	Steampunk: Vintage Futures	Mike Perschon

Midmorning Classes 10:35 – 11:35 am

24-S205	Bugs that Bother Us	Janet Sperling
24-S208	Cancer Fundamentals: From Cell Biology to Modern Treatment	Mary Hitt
24-H205	An Introduction to Cults	Maryam Razavy
24-H207	Democratic Government in Canada: Myths, Misinformation and Reality	Elizabeth Smythe
24-H209	Women's Current Challenges in Accessing Reproductive Health and Rights	Marieliv Flores Villalobos
24-W205	Carving in the Round	Niall Capstick
24-W208	Modern Board Games	Jared McGeough
24-A203	Introduction to Choral Singing	Erin Craig
24-A207	Playtime! Improvised Theatre	Joey Lucius

Course Timetable

Double-period Classes 9:15 – 11:35 am

with 20-minute break

24-A208	Mixed Media Drawing: Flowers and Botanicals in the Sketchbook	Samantha Walrod
23-A210	Pen and Ink Nature Drawing	Susan Casault



Early Afternoon Classes 1:10 – 2:10 pm

24-S204	Marvels of Mathematics	Len Bonifacio
24-S209	Archeology in Alberta	Heinz Pyszczyk
24-H202	Economics for Everyone	Junaid Jahangir
24-H203	Humans: A People's History	Alvin Finkel
24-H206	Germany, Austria-Hungary and the Coming of World War 1	Brent Bennett
24-W201	Progressive Core Stability	Barb Turner
24-W207	Not Just for the Floor: Learn the Art of Traditional Rug Hooking	Laurie Wiles
24-A205	The Art Gallery of Alberta at 100!	Megan Bertagnolli
24-A206	The Man Booker Prize	Jared McGeough

Course Timetable

Mid-afternoon Classes 2:30 – 3:30 pm

24-S206	Forensic Anthropology: The Skeleton of Your Life	Alexandra Rocca
24-S201	Genetics	Heather McDermid
24-H210	Municipal Government in All Its Intricacies	Ben Henderson
24-H201	Inuit 201: A Celebration of Inuit Literature and Art	Norma Dunning
24-H204	Canadian Constitutional Controversies	Richard Mailey
24-W202	Gentle Yoga to Address Your Body-Mind Needs	Anita Sielecki
24-W203	Professional Techniques for the Amateur Photographer	Chris Stambaugh
24-A202	Children of Orpheus: The Story of Opera	D.T. Baker

Double-period Classes 1:10 – 3:30 pm

with 20-minute break

24-A209	Your Guide to Watercolours!	Frank Haddock
24-A211	Explorations in Acrylic Landscape	David Shkolny and Will Truchon

Offsite Evening Class 7 – 9 pm

Vines Riverbend Wine Merchants, 2331 Rabbit Hill Road NW

April 29, May 1, 3, 5, 8, 10, 13, 15th

24-W209	Discovering the World of Wine	William Bincoletto
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Registration

REGISTER
ONLINE

To register, you must be a member of ELLA. The annual membership fee is \$25. You can purchase your membership [HERE](#)

Cost structure

- **\$220 for one or two courses** (art instruction counts as 2 courses)
- **\$300 for three courses**
- **\$360 for four courses (which is the full day)**

Note: Art instruction classes count as 2 courses as they take place over 2 periods. In order to allow access to as many students as possible, we ask that you register in only one of the 4 half-day Art Courses. Evening Class counts as one class.

Wednesday April 3 @ 10:00 am

Online registration opens.

Monday April 22 @ 3:00 pm

Deadline for registration and/or course changes.

Wednesday April 24 @ 3:00 pm

Deadline to withdraw and obtain a refund minus a \$75 administration charge.

All registrations are handled online.

If you experience **any difficulty**, please contact our **office** by **email** at support@my-ella.com or by **phone** at **825-901-0515** (standard office hours). Course changes, withdrawals and refund requests must be made to the ELLA office email: support@my-ella.com.



1, 2, 3, or 4 Register for the number of classes you want



The Information Table

The Info Table, located in the hallway by the main-floor Euro Cafe in the Education Building, is the primary place for information.

First Day Check-In

Beginning at **8 am Monday, April 29**, head to the **Registration Check-in** to pick up your name badge and find out where your classes are.

Food

The Education Building's 'Euro Cafe' is open for food and beverage purchase. You can bring your own food and use the tables across from the cafe, or eat and relax in the seating area in the north wing on the 2nd floor. Short walk options are Earls or Booster Juice (south on 112 St to Campus Tower). HUB mall has a variety of kiosk eateries (walk N on 112 St to 89 Ave. Elevator thru LRT Station) and SUB (Students Union Building) (walk W on 89 Ave).



Photos

ELLA volunteers take photos during Spring Session for use in our promotional material, newsletters, social media, and website. If you do not want your photograph taken, please let the photographer know and/or move aside so that you are not in the photograph.



Accommodations

ELLA does not arrange accommodations. There are several options available at the University of Alberta

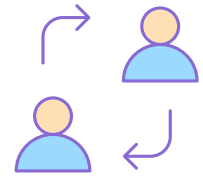


[U of A Accommodations](#)

39 Classes are offered at Spring Session!

Course Changes

Up to 3 pm on Monday April 22, changes to your selected courses can be requested by emailing us at support@my-ella.com or using the [Contact Us](#) form on the ELLA website. Note: if you increase/decrease the number of periods you will be attending, additional charges/refund may be in order, based on the pricing structure for the Session (examples in [FAQ](#)).



Once the session begins, we ask that you remain in your pre-registered class for the first 3 days (April 29 – May1). After this, course change requests can be made between **Wednesday, May 1 at 9 am – Thursday, May 4 at 11:30 pm** by emailing support@my-ella.com. Please note the course number and title of the course you want to leave and the number and title you want to move to. Changes are dependent on classroom occupancy space and registration numbers at time of request.

Course Cancellation Policy



In the event that a course does not meet the minimum requirements for enrollment, you will be informed of the decision to cancel the course and may either choose another course, or receive a refund based on the pricing structure for Spring Session.

Refund Policy



At any time prior to Wednesday April 24 @ 3:00 p.m., you may withdraw your registration and receive a refund, but please note a \$75 administration charge will apply.

Course Materials and Resources



To find course materials and resources, go to [My account](#) on the my-ella.com website, scroll down to **Your Courses** and **click on the title of your course**.

*Course materials are added by the course instructor and are only available during Spring Session and for a short time after Spring Session ends. Course materials will no longer be available after Friday May 24 at 11:59 pm (7 days after the last course).

Etiquette

Distance between classes, after-class discussions, mobility issues, and non-class responsibilities can make us late for a class or lecture. However, it is possible to minimize the effects on others. These suggestions will help foster an atmosphere of respect for both presenters and other students:



- Settle into your seat before the session.
- Front rows are generally reserved for those with limited mobility.
- If you need to leave your cell phone or other devices on, please place on silent or vibrate mode and leave the room if you have to answer it.
- Have to leave the session before it ends? Sit near the door and hold the door as you leave so it does not bang shut.
- Please refrain from side-conversations during the presentation.
- Remember to **have fun**, and enjoy the session and the camaraderie.



"Education is not the filling of a pail,
but the lighting of a fire."

- William Butler Yeats

Your Health

If you are unwell, please stay home. Take care of yourself as this helps keep our Spring Session campus community healthy. By taking care of yourself today you will be in better shape to return to classes.

STAY HOME when you are unwell.



Course Evaluations

Course Evaluation responses are so important as they are used for future program planning.

3 days before the last classes of Spring Session, Course Evaluations will be added to your ELLA Account .

- To locate: scroll down past 'Your Courses'. Click on the course title in green letters (hyperlink to the evaluation). Once the evaluation is opened you cannot go back to finish or change responses.
- Responses are anonymous and collated for the course and then for the overall Spring Session.

Spring Session evaluations close on Wednesday May 22nd at 11:59 p.m.

If you don't see your course listed in Available Surveys, send a message via support@my-ella.com, noting the course evaluation number and title you are not seeing.

Code of Conduct

ELLA is committed to providing an environment free of discrimination and harassment, and is supportive of the productivity, dignity, and self-esteem of every employee, volunteer, guest and participant in ELLA.

ELLA members, volunteers and guests are expected to conduct themselves in accordance with the Code of Conduct. Failure to do so may result in disciplinary action ranging from a simple discussion, to a warning, to revocation of membership including suspension from attending Spring Session.

Getting Around



Location:

Classes and noon-hour presentations will be held in the **Education Building** on the north side of 87 Avenue between 112 St. and 114 St. at the University of Alberta main campus in Edmonton.



Getting to the U of A

The Education Building is easily accessible by **LRT and bus**. See [routes and schedules](#) .

Bicycle racks are located near most doors. The **Education Bike Cage** is situated in the Education parkade and is secure (touch pad). Bike parking pass for Spring Session is \$12.50



Parking:

Car Parking Permits are available for the three weeks of Spring Session for the cost of \$93.50. ELLA will submit a list of ELLA registrants to the University of Alberta Parking Services at the end of each week of April.

Parking Details:



Parking Passes can be purchased as per the following schedule:

When did you register for Spring Session?	When can you apply for a Parking Pass?
Between April 3 – 4	Beginning April 15
Between April 5 – 18	Beginning April 22
Between April 19 – 24	Beginning April 27

Purchase a U of A Car Parking Pass:

1. Check the schedule above to see when your name has been submitted to Parking Services.
2. On the date indicated, go to <https://www.ualberta.ca/parking-services/permits/student-permits/index.html>
3. Scroll down the page and click on the green button “Purchase a Parking Permit.” This will take you to the parking portal.
4. If you have a CCID and password with the University, choose the first button “UAlberta Login.” If you do not have a CCID choose the Guest Login.
5. Follow the simple instructions to:
 - a. Enter your email address and password if you have purchased a parking pass in the past.
 - b. If you forgot your password or login information, choose “retrieve account information.”
 - c. If you do not have an account, choose “create one.”

Education Carpark has **accessible** parking. The second floor of the carpark has a pedestrian walkway to the 2nd floor of the Education Building.

Hourly parking:

Pay for hourly or daily parking from your phone, tablet or computer with

HonkMobile.

<https://www.ualberta.ca/parking-services/visitor-and-event-parking/honk-mobile.html>

Purchase a U of A Bicycle Parking Pass:



1. Check the schedule in the table above to see when your name has been submitted to Parking Services.
2. Purchase bike parking passes for secure bike cages from the Parking Services Office located at 1-051 Lister Centre: open from 7:30 am through 3:30 pm, Monday through Friday. 780-492-7275 . [More info](#)
3. There are also free bike racks across campus. Info on storing your helmet will be posted on the ELLA Info board on May 1.

Noon Hour Presentations



11:50 am to 12:50 pm to accommodate class schedules

Location: **Auditorium ED N2-115.**

To learn more, inquire at the ELLA Information Table or check your "My Account" page online.



Tuesday, April 30:

Birds of Alberta

This presentation will focus on the many bird species we encounter in the Greater Edmonton Area. It will feature birds found in our backyards, city parks, and around the countryside. Presenter: Don Delaney

Wednesday, May 1:

YONA-Sistema – A Gift of Music, A Gift for Life

Youth Orchestra of Northern Alberta-Sistema is a program offered by the Edmonton Symphony Orchestra. This program is modeled on the groundbreaking El Sistema project in Venezuela which uses music for social change and teaches the values of unity, harmony, and mutual compassion.

Presenter: Natalie Boisvert

Thursday, May 2:

In Our Grandfather's Footsteps – building an authentic homestead shack a century later

in August 2023, 20 people gathered in Lamont County, Alberta to build an authentic 1910 homesteader's shack, using the materials (locally milled lumber, recycled windows and door), methods (horse-and-wagon delivered materials) and tools (all hand tools) of that time. Over three days, a modest one room home was built and fully furnished with vintage furniture and a cookstove.

Presenters: John and Frank Robinson



Friday, May 3:

Artificial Intelligence – What a Layperson Needs to Know

AI has been around for almost 70 years, but it's only in the past 10 years that the technology has begun to realize its potential. From programs that can chat with you to cars that can drive by themselves, AI seems to be everywhere these days. Presenter: Jonathan Schaeffer

Monday, May 6:

Homes for All – Turning Around the Housing Disaster

Most Albertans do not realize how many people lack decent housing. This session will explore the importance of home in human life, the history of housing in Canada post-World War 2, and a path to meeting the human right to adequate housing for all. Presenter: Jim Gurnett

Tuesday, May 7:

Demystifying Alberta's Francophone Community

Discover the answers to the most common questions about Alberta's Francophone Community For example: What are the origins of French in Alberta? Why do bilingual people insist on speaking French? Why do Franco-Albertans have more rights than English-speaking Quebecers? Presenter: Denis Perreux

Wednesday May 8:

The Edmonton Potters' Guild – Over 60 Years of Getting Our Hands Dirty

A look at the process of making a piece of pottery and an overview about the history of pottery in Edmonton. Presenter: Elaine Kwan

Thursday, May 9:

Native American Flutes

Creating music on a Native American Style flute and becoming a connector of flutes to people, the presenter shares her experiences as an adult learner terrified of music-making and how the flute became her teacher. Presenter: Terry Mack



NHP details are available to download as a pdf [here](#).

In Addition

Tuesday April 30 11:40 AM

President Steve Chambers' Welcome to Spring Session
Auditorium (ED N2-115 - immediately prior to NHP)

Tuesday April 30- Thursday May 16

'Bring a Book, Take a Book' - table beside the Volunteer Desk

Friday May 10 11:40 AM

'Volunteers: The Heart of ELLA' event
Auditorium (ED N2-115)

Wednesday May 15 11:50 am - 12:50 pm

Annual General Meeting and Introduction of New Board Members
Find out about and participate in the running of ELLA.
Auditorium (ED N2-115)

Conclusion

Have fun! Enjoy your classes, and the on-campus experience.



CONTACT ELLA

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