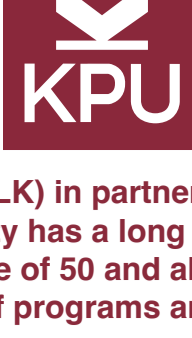


TALK

Third Age Learning at Kwantlen

Third Age Learning at Kwantlen (TALK) in partnership with Kwantlen Polytechnic University has a long commitment to learners over the age of 50 and allows them to explore a diverse offering of programs and stay connected with other lifelong learners.



Celebrating 25 Years of Lifelong Learning with creative and stimulating educational activities for adults over 50

TALK

Third Age Learning at Kwantlen



CELEBRATE TALK'S SILVER ANNIVERSARY

25 years of stimulating lifelong learning for people over 50

Saturday September 28, 2024

11:30 am - 2:00 pm

KPU Surrey Cedar Building

Have fun, renew old friendships and connect with new friends

Enjoy a light lunch

Hear founder Joanne Cunningham on "The Origins of TALK"

Take home a commemorative gift

... and some wonderful memories!

Free to TALK members.

Register by September 21 at kpu.ca/talk/courses.

Space is limited.

We thank the University Diversity and Equity Committee for their support of this event.

Welcome to TALK's Fall semester

TALK

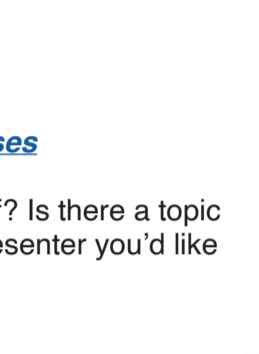
Third Age Learning at Kwantlen

Celebrating 25 years of stimulating lifelong learning for adults over 50!

FALL 2024

Courses start September 24

kpu.ca/talk



➤ Online, on-campus and off-site courses



KWANTLEN POLYTECHNIC UNIVERSITY

TALK's courses in September

Registration for Fall 2024 TALK courses will open on Wednesday, September 4th.

Need help registering for courses? Read the Registration Guide on the Courses page of the website or call us at 604.599.3077

Develop Your Smartphone Skills ➤ September 24 at 10 am on Zoom

Who Needs a Journalist? ➤ September 27 at 10 am at Richmond campus

For more information, please visit: www.kpu.ca/talk/courses

Would you be interested in presenting a TALK course yourself? Is there a topic you'd like to see a TALK course on? Or can you suggest a presenter you'd like to see leading a TALK course? Email us at: talk@kpu.ca

Philosophers' Corners in September

Is Our Immigration and Refugee System Effective?

➤ September 26 at 11:30 am

City of Langley Library, 20399 Douglas Crescent, Langley

For more information, please visit: www.kpu.ca/talk/philosophers-corner

Courses in Review

The Universal Language of Music

April 30th • KPU Surrey Campus

➤ By Jim Zalusky (with excerpts from Ellen Farrugia's transcript)

What do you say to a room full of students who have no background to a music class who all have no background in music? You say nothing at first. You play them a tune (Gavotte). A form of music designed for dance popularized in the court of King Louis XIV of France).

That is how Ellen Farrugia started the class on the Universal language of music. She had our undivided attention.



child that stutters or simply has trouble focusing, as those with ADHD. Two books that Ellen recommends are "Musicophilia" by Oliver Saks and "This is your brain on music" by Daniel J. Levitan.

Ellen played a few selections of national anthems, and just like art history music reflects the times. For example, in Europe, the dominance of the church in the Middle Ages that produced Gregorian chants and the Renaissance, and new instruments were invented. Of course, lots of music reflect the struggles of people of different races, particularly black and some used in social struggles, such as union protests.

Ellen even played in a Mariachi band (a product of colonization) for five years, even though she does not speak Spanish and had no knowledge

of the music, she could hear German Polka's, Spanish dances and Jewish melodies that are so prevalent in the music.

We are one species and there are versions of all instruments in every corner of the earth, whether it is a drum, a violin playing classical Indian ragas or Irish fiddle tunes, double reed horns in China, France or Iran. Interestingly there are sixty million registered piano players in China.

It was such a treat to hear a professional musician not only play but talk about her career and the passion she has for her craft.

If you would like to support local area musicians, go to a concert. Listen to a local high school band. The economic and cultural benefits of having a Surrey based facility for the City of Surrey Orchestra would be significant.

Field Trip: Steveston May 15th

➤ By Rocky Sychuk, attendee

Today's event was very enjoyable. I appreciated that Carol took the time to organize our trip and found a lovely guide as we walked through the Cannery tour. The Cannery was very interesting, and I learned a lot of how canning was operated before fish being flash frozen now, so there is no need to can the salmon anymore.

I enjoyed lunch with the people who attended the guided visit. I would love to see more lunches with people of TALK who would like to come together again.

Thank you, Carol.



Health and Wellness Forum

June 1st • Fleetwood Community Centre, Surrey

➤ By Heather Cross, Chair of TALK Board

Marianne Clarke who is a long-standing TALK member was overheard, several times, telling visitors to KPU TALK table that she is 'obsessed with TALK', having been a member for 14 years.

So much so, that even on this day her birthday, she chose to assist and man our table at the City of Surrey Health and Wellness Forum, heralding Seniors Week throughout Surrey at Fleetwood Community Centre.

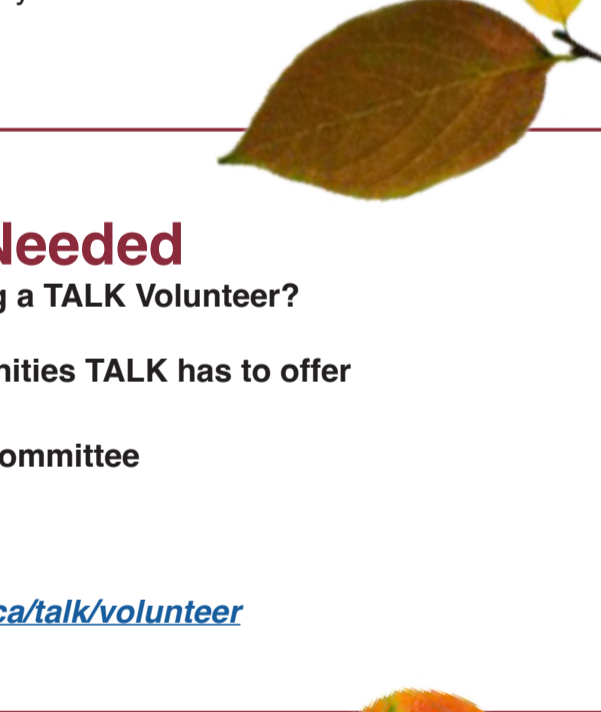
Marianne and I were delighted to share information about TALK with the 108 persons who stopped by our table.

We talked to each one advertising our programs and describing the benefits of a TALK membership.

Many folks had never heard of TALK before so we were quite eager to explain. All visitors were very receptive to receive information.

It was such a delight to be able to distribute a wealth of printed information, as well as some KPU and TALK swag!

We are very hopeful that the interest shown today would result in new memberships.



Heather Cross

Marianne Clarke



VOLUNTEERS NEEDED!

Volunteers Needed

Interested in becoming a TALK Volunteer?

Here are some of the volunteer opportunities TALK has to offer

- Become a Course Facilitator
- Join the Board and/or the Program Committee and/or the Marketing Committee
- Become a Presenter

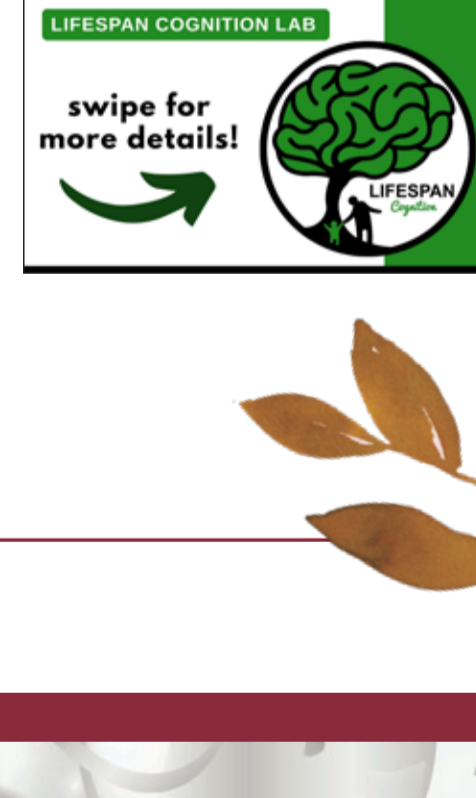
For information, please visit: www.kpu.ca/talk/volunteer

Lifespan Cognition Lab

KPU's Lifespan Cognition Lab is currently recruiting participants for an online research study.

For more information, please visit: www.lifespancognition.com

WHAT?	A paid multi-year research study. Payment starts at \$20 CAD and increases by \$5 each time you return.
WHY?	To understand how thinking develops across the lifespan.
WHO?	People between the ages of 10-15, 18-23, 40-45, and 65-70.
WHEN?	Right now! You will also be asked to return in following years.
WHERE?	It is completely online.
HOW?	To see if you are eligible, visit lifespancognition.com/participate



Upcoming TALK Events

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25 years of stimulating lifelong learning for people over 50

Saturday September 28, 2024
11:30 am - 2:00 pm
KPU Surrey Cedar Building

TALK's AGM

Featuring Top Scams Targeting Seniors.

➤ November 8 at 10am at Richmond campus • Register by November 5th

For more information, please visit: www.kpu.ca/talk/courses

Upcoming KPU Events

KPU Open House

➤ October 5 at 11 am to 2 pm at the Surrey campus

For registration information, please visit: <https://www.kpu.ca/openhouse>

Resource Numbers You Might Not Know

Telephone "short codes", provide callers quick and simple access to other special assistance that may be needed.

In addition to 911, there are SEVEN other special short-code numbers.

- 211—Social services and information for Seniors
- 311—Non-Emergency Reporting
- 411—Telephone Directory assistance www.ability411.ca
- 511—Transportation & Traveller information
- 611—Telephone Repair
- 711—Health Link BC for the Deaf & Hearing Impaired
- 811—Health Link BC Main Line
- 911—Emergency Services (police, fire, ambulance)

Seniors Events of Interest

Seniors Wellness Fair & Second Annual Memory Day

➤ September 7 at 12pm

Albion Community Centre
<https://www.seniors-network.ca/events>

Historic Stewart Farm – Classic Book Club: Short Stories and Tall Tales

➤ September 19, October 17, November 21

<https://culturedays.ca/en/events>

As We Age Seniors Showcase

➤ October 24 at 1pm

2150 Wilson Avenue, Port Coquitlam
[Link for more information](#)

For the Health of It

➤ October 26 at 9am – 1pm

White Rock Community Centre, 15154 Russell Avenue, White Rock

Register by email: semi.seniors@gmail.com or phone: 778.725.0711

2024 Provincial Summit on Aging

➤ November 5–7

Online & in-person @ Executive Hotel Vancouver Airport, Richmond

[Link for more information and ticket prices](#)

Council of Senior Citizens' Organization (COSCO) Events

<https://coscobc.org/events/>

September holidays

September 2nd: Labour Day

September 30th: The National Day for Truth and Reconciliation