

# CONFERENCE PROGRAM



McGill

School of  
Continuing Studies



MCGILL COMMUNITY FOR LIFELONG LEARNING

# CELEBRATING LIFELONG LEARNING

Seniors Programs Exchange  
Experiences and Plan for  
the Next Generation

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Wednesday, August 20, 2014

10:00 a.m. to 4:30 p.m.

Leacock Building

McGill campus, 855 Sherbrooke West

*“What I want to advocate is not to make education shorter,  
but to make it much longer – indeed to make it last as long  
as life itself.”*

*Stephen Leacock*  
1869 - 1944

[www.mcgill.ca/mcll](http://www.mcgill.ca/mcll)

**ARPI HAMALIAN** *Keynote Speaker*



Arpi Hamalian teaches in the Department of Education at Concordia University. She has served as chair of the Department of Education, director of the graduate programs in both Educational Studies and Adult Education, and principal of the Simone de Beauvoir Institute, Concordia's internationally renowned women's studies college. She is an Honorary Life Fellow of the Institute and was a Fellow of Concordia's Centre for Mature Students.

She has been part of teaching teams in the inter-university PhD programs at the John Molson School of Business and Department of Communication Studies, and founding co-chair of the Concordia-UQAM Chair in Ethnic Studies. Arpi currently serves on the board of the Carold Institute, she chaired the Board of the North South Institute for two terms until May 2013, is president of the International Organization of the Helen Prize for Women. She was president of the Canadian Commission for UNESCO's Sectoral Commission on Education from 2002 to 2006.

**BERNARD J. SHAPIRO** *Special Guest*

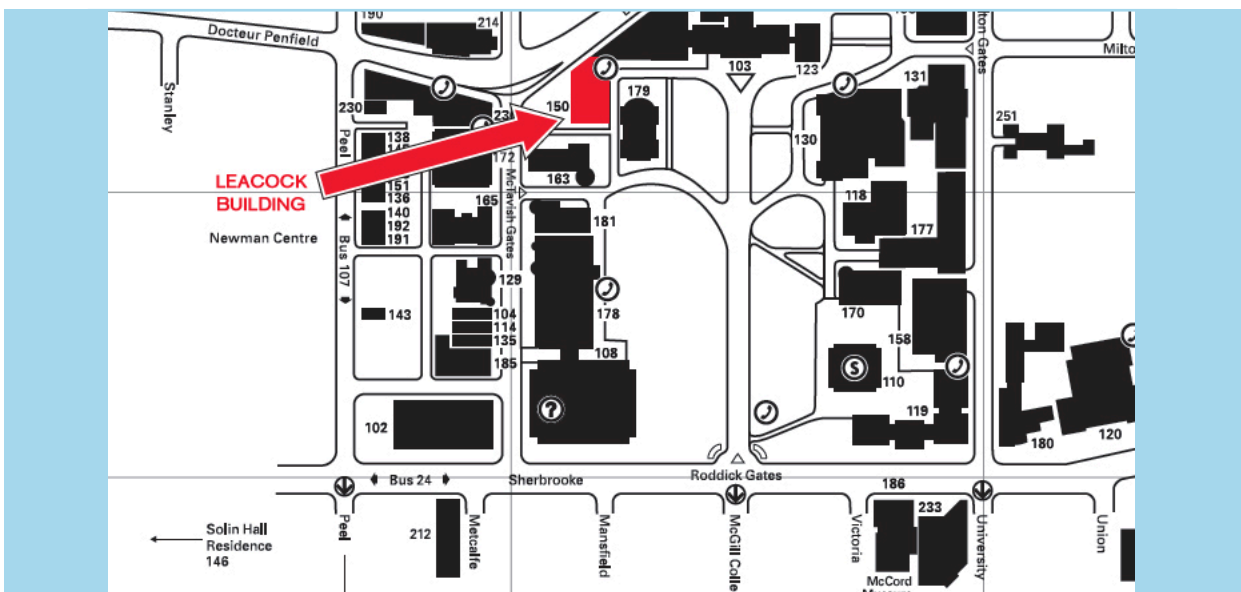


Bernard Shapiro was born and raised in Montreal receiving his undergraduate degree from McGill and his doctorate from Harvard University.

He has accepted both faculty and administrative appointments at universities in both Canada and the United States, and he is the author of many publications primarily in the areas of public policy in education, and the development of logical thinking in children.

In addition to his academic appointments, Dr. Shapiro has been the Director of the Ontario Institute for Studies in Education and Deputy Minister of Education, Colleges and Universities in Ontario. In 1994, he became the Principal and Vice-Chancellor of McGill University, and he subsequently served for three years as Canada's first Ethics Commissioner.

The recipient of twelve honorary degrees, Dr. Shapiro has also been professionally active as the President and Board Chair of both national and international associations.



# SCHEDULE

9:30 – 10:00 **Registration**  
Leacock Building, 2nd Floor Lobby

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10:00 – 11:00 **Opening Session**

Welcoming Remarks: **Judith Potter**, Dean of Continuing Studies,  
McGill University

Keynote Address: **Learning – A True Treasure Hunt**  
**Arpi Hamalian**, Associate Professor of  
Education, Concordia University

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11:00 – 11:15 **Health Break**

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11:15 – 12:15 **Concurrent Sessions A**  
see page 4, 5

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12:30 – 2:00 **Lunch** in Redpath Hall

**An MCLL Birthday Celebration**  
Address: **Continuing Education – Multiple Pasts and  
Dazzling Futures**  
**Bernard Shapiro**, Principal, Vice-Chancellor Emeritus;  
Professor of Education, McGill University

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2:15 – 3:05 **Concurrent Sessions B**  
see page 5, 6

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3:10 – 4:00 **Concurrent Sessions C**  
see page 6, 7

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4:00 – 4:30 **Refreshments**  
An opportunity to share the day's experiences

## CONCURRENT SESSIONS A

### **A1 Peer Learning at MCLL**

**Presenter:** Robbie Robinson, McGill Community for Lifelong Learning (MCLL)  
**Panelists:** MCLL moderators: Marie Blydt-Hansen, Hugues Mazhari, Clare McFarlane, Frédéric Wagnière

This session will review the McGill Community for Lifelong Learning (MCLL) experience with the peer-learning model using a short presentation followed by a panel discussion. Panelists will be experienced MCLL moderators, who will offer their perspectives on the strengths and weaknesses of the model and be open for questions from the audience.

### **A2 Atwater Library Programs: Blending Old and New**

**Presenters:** Lynn Verge, Executive Director, Atwater Library & Computer Centre  
Zile Ozols, Seniors Programs Coordinator, Atwater Library & Computer Centre  
Elizabeth Perrin, Computer Instructor & Virtual Memory Box Project Coordinator

Presenters will discuss how seniors pursue learning through Atwater Library's varied intergenerational programs, mentioning computer and digital device training, library eBooks and home deliveries, and educational and cultural events. Presenters will give a fuller explanation of the library's retirement financial planning programming and recent Virtual Memory Box project.

### **A3 Bridging Divides: University Lifelong Learning in the Community**

#### **Successful Collaborations in Cultural Programming**

**Presenter:** Alex Megelas, Coordinator, PACE, McGill University School of Continuing Studies

This session will explore the benefits of community-academic collaborations and present an overview of successful lifelong learning university programs held in communities. It will include a collaboration between McGill University's Personal and Cultural Enrichment Program (PACE) and the Montreal Museum of Fine Arts, as well as a peer-to-peer learning initiative of the McGill Community for Lifelong Learning (MCLL) and the Quebec Community Learning Centres (CLCs) network. Emphasis will lie on the programming methodology used to promote cross-institutional sharing.

#### **Learning in Community: One Conversation at a Time**

**Presenter:** Susan Edey, Program & Communications Coordinator,  
Office of Community Engagement, Concordia University

Concordia's University of the Streets Café program offers conversations in cafés and community spaces across Montreal. These participatory events allow individuals of diverse backgrounds to meet and think together on important social issues, current affairs, and topics of general interest. This presentation will help participants understand the public conversation and its relation to lifelong learning and community engagement.

#### **Growing a Cultural Festival: Challenges of Content and Demographics**

**Presenter:** Kerry McElroy, Event Manager, Bloomsday Montreal 2014, PhD candidate,  
Interdisciplinary PhD in the Humanities, Concordia University

The presenter will consider the challenges of taking Bloomsday, a festival under the primary sponsorship of a university lifelong learning program, and increasing its visibility and attendance among the broader community while remaining true to the ethos and demographic of the initial group. The presenter will describe how Bloomsday, now in its fourth year, used innovation and where it could improve in future years.

#### **A4 Learning Brings Empowerment and Peace of Mind**

##### **Learn about Estate Documents and Be Prepared!**

Presenters: Allan J. Gold, Attorney, Author and Retirement Counsellor  
Antoinette La Posta, Legal Administrator and Writer

This session's subject comprises the topic of wills and estates, which is of interest in the quest for life-long learning. More, this interest is driven by need! It speaks to making informed decisions relative to wills and other estate documents. Estate preparedness contributes to being at peace and enjoying life with less angst. But the need is not just personal; readiness for older age is also a loving act benefitting surviving loved ones.

##### **Educational Awareness for Caregivers**

Presenters: Christina Vincelli, President & Founder, L-CARE  
Chris Wynn, Director, L-CARE

Laurentians Caregivers Association (L-CARE) is a non-profit organization that promotes health care education, as well as direction, respite, and placement services for the caregiver. This session will present its many services to seniors and their caregivers, which include educational lectures and workshops facilitated by health organizations, on topics such as home care management, including nutrition, home ergonomics, fraud/abuse, and awareness of services offered by local Centre de santé et de services sociaux (CSSS).

## **CONCURRENT SESSIONS B**

#### **B1 The Joys of Intergenerational Learning**

Presenter: Sandra Frisby, Former MCLL President & Coordinator of the SPEAK Program

Co-presenters: Lorraine Inglis, Lecturer, English Language Programs, IELC, McGill University  
Louise Kyrtatas, Assistant Program Coordinator & Faculty Lecturer, IELC, McGill University  
Chantal Tittley, Curriculum Committee Chair, MCLL; Coordinator of the Brainy Bar  
Dan Sullivan, Retired Lawyer, Member of MCLL, SPEAK Volunteer  
Amel Chaouch, PhD candidate, Biochemistry, McGill University; Participant in the SPEAK Program

McGill Community for Lifelong Learning (MCLL) has two projects where members interact with international students in the Intensive English Language and Culture Program (IELC). Through SPEAK, students meet seniors to practice their English, while at the Brainy Bar, students help seniors with their digital devices. Panelists will demonstrate how the SPEAK and Brainy Bar programs benefit both students and volunteers, both at the university and in the community.

#### **B2 Lifelong Learning in Quebec Anglophone Communities**

##### **Adult Learning in Memphremagog**

Presenter: Pervana Mladenof, Project Manager, Memphremagog CLC

Over the course of six weeks in spring and fall, the Memphremagog Community Learning Centre (CLC) hosts weekly adult education classes. Up to 20 classes are offered each night. All instructors and organizing team are volunteers. Approximately 200 adult learners come from the Eastern Townships and beyond to learn. Instructors include Bishops University professors. This session provides information on this program.

### **Grassroots Dynamism**

Presenter: Edith Ury, 4 Korner's Family Resource Center, Lachute

What can one person do? Let Edith inspire you and come learn about what she has done in Lachute, Quebec. Like her, you could: Join an amateur theatre group and take the play afield. Establish a satellite of a community organization. Coordinate and get people to attend a video-conference program. Start a program called "Jog Your Mind." Run a caregivers support group. Volunteer abroad. Fund raise. Learn a language.

### **B3 Tips and Tricks for Using Social Media**

Presenter: Elana Trager, Senior Marketing & Communications Advisor,  
McGill University School of Continuing Studies

Do you have questions about the various social media platforms? Do you want to better understand Facebook and Twitter, and learn how to use them for yourself or for your organization? This session will focus on how to effectively use social media platforms to build awareness for your program, engage participants, and grow your fan base.

### **B4 Discussion-Based Learning at Thomas More**

Presenters: Thomas More Institute Leaders & Designers:  
Irene Menear  
Heather Stephens  
Joanne Tidball

Thomas More Institute offers discussion-based group learning with participants of all ages. The 12-week sessions, new every semester, are based around a rich, varied, multidisciplinary diet of literature. In this session, a brief overview of the institute's approach will be followed by the introduction of short texts for quick perusal. Participants will then engage in discussion-group treatment of the texts, facilitated by the Thomas More group leaders. A question period will follow.

## **CONCURRENT SESSIONS C**

### **C1 Strategies for Healthy Aging: An Active Brain**

Presenter: Dr. Dolly Dastoor, Chair, Education Committee, McGill Centre for Studies in Aging;  
Assistant Professor, Psychiatry, McGill University

This presentation will demonstrate that the essence of healthy aging is an active and efficient brain, which can be maintained by diet and exercise—both physical and mental—to keep the neurons firing at their maximum. Working with challenging cognitive activities will help you develop strategies to navigate normal age-related changes.

### **C2 Stimulating Our Lives through the Arts**

#### **The Fine Art of Aging: Creativity, Community, and Curriculum**

Presenter: Patricia Kehler, Program Manager, Cummings Fine Arts & Craft Centre

This session presents the Cummings Fine Arts and Craft Centre, where art programming at the community level is client driven. Whether retired, semi-retired, or still in the workforce, the centre's 50+ clientele seeks quality courses where members can learn something new while expanding their social networks. The objective at the Cummings Centre is to meet the diverse needs of this group by developing dynamic and innovative art courses, workshops, and lectures in a caring and supportive environment.



### **The Montreal New Horizons Band: An Opportunity for Lifelong Learning in Music**

Presenter: Audrey-Kristel Barbeau, PhD candidate, Music Education, McGill University

The Montreal New Horizons Band offers beginners the opportunity to learn how to play a wind instrument. Intergenerational and bilingual, it offers seniors a stimulating growing experience and encourages intergenerational interaction. This presentation will focus on the implementation of the program and on the potential for improving it.

#### **C3 Learning through Travel**

Chair: Nola Brunelle, MCLL

Presenter: Lorna Greenberg, Routes Adventures & Road Scholar Ambassador

Routes Adventures, showcased in this session, is a leader in educational travel and proud provider of Road Scholar (Elderhostel) for close to 30 years. Their programs, which combine a winning formula of travel adventures with learning and discovery and ideal opportunities for social interaction, will be explored. These programs inspire participants to discover the world while keeping the mind and body active and engaged.

Presenters: Members of the MCLL:  
Tony Frayne  
Hélène Robillard  
Audrey Speck  
Sherry Steinberg

Members of the McGill Community for Lifelong Learning (MCLL) will each recount anecdotes from their many and varied travel experiences that made for exceptional learning opportunities.

#### **C4 Distance Learning: How Can Technology Serve Seniors?**

Chair: John Wolforth, Professor Emeritus, Faculty of Education, McGill University

##### **MOOCs and McGill**

Presenter: Claire Walker, Online course designer, McGillX

What are MOOCs (Massive Open Online Courses) and how are they different from traditional online learning? This session will introduce the courses offered by McGillX, show what a student can expect in a typical week and share some stories from CHEM181x: Food for Thought, McGill's first MOOC offered in January 2014.

##### **Reaching Out with Online Technologies**

Presenters: Jean-Paul Remillieux, Director, Educational Technologies,  
McGill School of Continuing Studies  
Ana Milic, Administrative Coordinator, McGill Community for Lifelong Learning

How educational technologies can open up exciting new possibilities for the McGill Community for Lifelong Learning. Remote lectures, online study groups as well as technical requirements and training needs will be discussed.

##### **A Discussion Period will follow:**

Participants will share their thoughts and experiences and consider questions such as:

How can MOOCs support seniors and ensure a rewarding learning experience?

Will seniors take advantage of online participation when they cannot attend a class?

Can online technology mitigate the loss of face-to-face contact experienced in a discussion group?

# CELEBRATING LIFELONG LEARNING

This conference celebrates the success of seniors programs in Quebec and provides a forum for organizations invested in fostering lifelong learning.

This conference is open to all interested in seniors learning in Quebec.

## **Goals of the conference:**

To present the wide range of learning opportunities for seniors

To exchange experiences regarding programming models

To share practices, successes, and challenges

To provide an opportunity to learn about new technologies

To explore the benefits of lifelong learning

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## **McGill Community for Lifelong Learning (MCLL)**



Since 1989, MCLL has welcomed people of retirement age who want to continue learning for the joy of it, and share their knowledge, ideas, experience, and interests with others. Led by volunteers, MCLL is a dynamic, self-financing organization within the McGill University School of Continuing Studies.

The MCLL peer-learning concept provides an opportunity for self-directed learning through participation in study groups of

7 to 22 members. Active participation rather than passive listening is encouraged. The groups are led by peer moderators who are themselves members of MCLL. Study groups are held during the day in the fall, winter, and spring semesters. Additional programs include community outreach, Friday lectures and outings, Tech-Savvy workshops, and a Wonderful Wednesdays program in the summer.