



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Lifelong Learning

Winter 2018 Course Catalogue

**See Ottawa
through this
man's eyes...**

*Sign up now
to join Phil
Jenkins, teacher,
bestselling writer
and performing
musician, for
his January
2018 course on
Ottawa's history.*

**Other course
offerings include:
learn the ukulele;
preserve and
organize family
photos; study
war art.**



Course Catalogue for Winter 2018

From Longhouse to Lumber to Legislature | Instructor: Phil Jenkins

This course explores Ottawa's rich social history in chronological order, from the arrival of the First Nations and the Europeans to today's multi-cultural capital city. Participants will learn how each new arrival made use of Ottawa's geographical setting, and will discover how notable peoples, events and advancements shaped our city. Expect to enjoy an enriched learning experience that includes anecdotes, biographies, illustrations, photographs and songs.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Tuesdays, 1pm – 3pm

Dates: January 9, 16, 23, 30,
February 6, 13

Room: Lupton Hall

Class Size: Up to 60 participants

Learn the Ukulele

Instructor: Samantha De Benedet

This hands-on course introduces participants to the basics of the ukulele, a lightweight and easily portable instrument. Regardless of skill level, participants will find the ukulele to be a fun and accessible instrument and will quickly feel comfortable leading a sing-a-long. Your instructor, a Certified Music Therapist, will provide demonstrations, lead vocal warmups and assist with technique. Participants must bring their own ukulele.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Wednesdays, 1pm – 3pm

Dates: January 10, 17, 24, 31,
February 7, 14

Room: The Games Room

Class Size: Up to 12 participants

The Family Archives: How to Preserve and Share the Family Photo | Instructor: Breanne Fedak

This course teaches participants how to turn photo negatives into digital computer files that can be easily enjoyed, preserved and shared with others. Participants will learn how to create and maintain a digital photo archive and will end the course by designing their own family photo album. Basic computer knowledge is required. Participants must provide 5 to 10 photo negatives and a USB stick. Cost of photobook is extra.

Duration: 4 weeks

Price: \$100 (incl. parking)

Day & Time: Tuesdays, 1pm – 3pm

Dates: January 9, 16, 23, 30

Room: Games Room

Class Size: Up to 12 participants

Canada's War Art

Instructor: Laura Brandon

Discover the powerful history of Canada's War Art from the 18th to 21st centuries. This course explores the relationship between war art and propaganda, as well as the role of notable artists and patrons. Participants will enjoy a richly visual learning experience, with the opportunity to view paintings, photographs, sculptures and illustrations from the country's most pivotal wars, including the World War One, the Second World War, the Cold War and ongoing conflicts.

Duration: 4 weeks

Price: \$100 (incl. parking)

Day & Time: Tuesdays, 10am – 12pm

Dates: February 6, 13, 20, 27

Room: Lupton Hall

Class Size: Up to 60 participants

Instructor Bios



Phil Jenkins

Phil Jenkins is a teacher, bestselling writer and performing musician. He returned to Ottawa from Liverpool in 1978 with an Honours degree in Environmental Sciences and a Middle Years Teaching Certificate. Since 1991, the Ottawa Citizen has published over 800 of his columns on the story of Ottawa. Phil has also published four national bestsellers: *Fields of Vision*, *An Acre of Time*, *River Song* and *Beneath My Feet*. He teaches classes on writing and Ottawa's history.



Samantha De Benedet

Samantha De Benedet is a Certified Music Therapist with the Canadian Association for Music Therapy. She specializes in working with senior populations. Samantha has a Bachelor of Fine Arts from Concordia University with a Major in Music and a Specialization in Jazz Studies. She is a vocalist who also plays guitar, piano, trombone and ukulele. Samantha prides herself on creating learning environments where music-making is accessible to people of all ages, skills and abilities.



Breanne Fedak

Breanne Fedak is a Mix Media Artist who can't stick to just one medium. She is passionate about sculpture, assemblage and collage, and is currently completing her Woodworking Techniques Diploma through Algonquin College. Breanne received her Bachelor of Fine Arts from Ryerson University and works as a Creative Arts Instructor at the Perley Rideau. She is constantly expanding her love and knowledge of new mediums through teaching, learning and volunteering.



Laura Brandon

Dr. Laura Brandon is a freelance writer, curator and lecturer specializing in international and Canadian war art. From 1992 to 2015, she was the Historian, Art & War at the Canadian War Museum. She has written and lectured internationally for nearly 40 years and curated over 45 exhibitions. She is currently an Adjunct Research Professor at Carleton University and a Research Associate at the Canadian War Museum. She was appointed to the Order of Canada in 2015.

What is the Perley Rideau Lifelong Learning Program?

Built on the philosophy that learning has no age limit, the Perley Rideau Lifelong Learning Program offers in-person classes and studio sessions that encourage participants to learn, to grow and to connect with others who share common interests. Different from university art classes or lectures, participants will enjoy a welcoming and collaborative learning environment without the pressure of grades or exams. Courses are open to anyone with a passion for learning, including residents of the Perley Rideau, volunteers, tenants, family and all members of the Ottawa community.

Participants can choose from a selection of studio-based and lecture-based courses led by engaging instructors who are experts in their fields. Studio-based courses provide hands-on learning in the creative arts, including music and visual art. Lecture-based courses explore topics through presentations, discussions, short films and reading materials. Courses cost \$100 for 4 weeks and \$150 for 6 weeks, not including the cost of materials, if applicable.

All courses are held in existing facilities at the Perley and Rideau Veterans' Health Centre. Located in the Alta Vista community, the Perley Rideau is the ideal location to build an active and supportive learning environment. The centre is in many ways a village, offering apartments for independent seniors, long-term resident care, fully-equipped ceramic art and painting studios, spacious meeting rooms, a cafeteria, a pharmacy, an art gallery and more. Parking will be validated for registered participants.

*Keep an eye out for
our Spring session!*

How Do I Register for a Course?

Spaces are limited for all courses. Participants are invited to secure their spot as soon as possible by registering over the phone or by mail.

Phone

Participants are invited to call 613-526-7171, ext. 2222 to register. Please leave a voicemail with your name, telephone number and the name of the course you wish to register for. Please do not leave any banking or credit card information in your voicemail. We will return your call within two business days. Requests are processed according to the date and time of your voicemail.

Mail

Participants are invited to send a cheque and completed registration form by mail. A copy of the registration form is included in this brochure. You can also print the registration form by visiting www.PerleyRideau.ca and selecting Programs -> Lifelong Learning.

Cheques should be addressed to:

The Perley and Rideau Veterans' Health Centre

Please mail your cheque and completed registration form to:

Perley Rideau Lifelong Learning
1750 Russell Road, Ottawa, ON K1G 5Z6

For more information and weekly course outlines, please visit www.PerleyRideau.ca and select Programs -> Lifelong Learning. You can also call 613-526-7171, ext. 2222 or email learn@prvhc.com

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