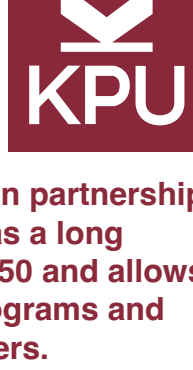


# TALK

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*

# Happy Holidays

## FALL 2024

Courses start  
September 24

[kpu.ca/talk](http://kpu.ca/talk)



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

➤ Online, on-campus  
and off-site courses

## TALK

Third Age Learning  
at Kwantlen

Creative education  
and activities  
for adults over 50

### The Power of Genetics in Agriculture

Tuesday, December 10  
11:00 am – 12:50 pm  
Cloverdale Tech Campus, Room 1331  
5500, 180 Street, Cloverdale



**Building an innovative and sustainable future.**

**In this session, we will explore the fundamentals of genetics and examine the dramatic evolution of genetic technology and tools over the past few decades.**

**Dr. Paul Adams, PhD, will discuss the implications of these advancements for innovation and sustainability in BC's agricultural sectors and beyond. Additionally, he will provide examples of how KPU's Applied Genomics Centre leverages genetic tools to support BC agriculture.**

**Course fee: \$15**

**TALK Annual membership fee: \$10**

**Register by Thursday, December 5th**

**For registration information, please visit: [www.kpu.ca/talk/courses](http://www.kpu.ca/talk/courses)**



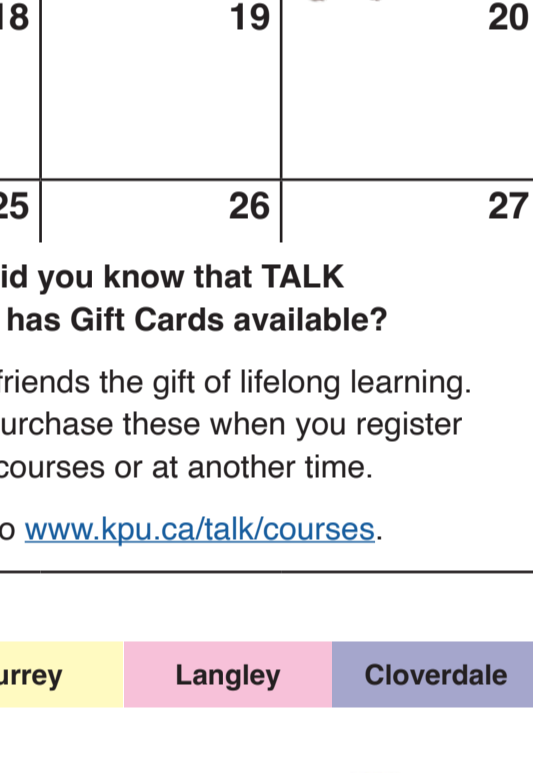
## TALK

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### Rising in Our Eldership

Wednesday, December 11  
3:00 – 4:50 pm  
Surrey Campus, Fir Building, Room 120  
12666 72nd Avenue, Surrey



**Being retired or getting older does not mean being less useful! Join passionate community activist Annie Ohana for a meaningful conversation about what contributions we might make for the good of those around us.**

**This will be a chance to celebrate wisdom, elevate our skills and build intergenerational community.**

**Annie Ohana is Indigenous Department Head at LA Matheson Secondary School in Surrey. She is the Founder/Director of the Mustang Justice Program. She teaches Social Justice, Law, Social Sciences, Anti-Oppression/Justice & Equity, and is an Indigenous Teacher Advocate and Curriculum Specialist/ Community Organizer.**

**Course fee: \$15**

**TALK Annual membership fee: \$10**

**Register by Friday, December 6th**

**For registration information, please visit: [www.kpu.ca/talk/courses](http://www.kpu.ca/talk/courses)**

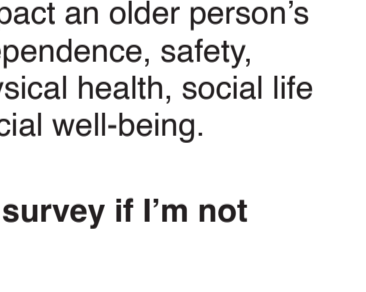


### TALK's Courses in December

MON	TUE	WED	THU	FRI
	2	3	4	5
	Fascinating Native Flora of BC 10 am Zoom	NEW DATE Understanding Totems 10 am Zoom	Philosophers' Corner 10:30 am Richmond	How Policing is Changing 10 am Surrey
9	10	11	12	13
NEW DATE Canadian Nurses in Wartime 2 pm Zoom	The Power of Genetics in Agriculture 11 am Cloverdale	Rising in our Eldership 3 pm Surrey	Philosophers' Corner 11:30 am Surrey	
16	17	18	19	20
23	24	25	26	27
30	31	Did you know that TALK now has Gift Cards available? Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at any other time. Go to <a href="http://www.kpu.ca/talk/courses">www.kpu.ca/talk/courses</a> .		

Field Trip	Online	Richmond	Surrey	Langley	Cloverdale
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### Philosophers' Corners in December



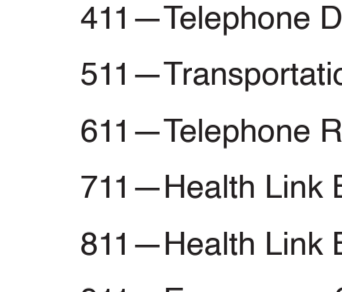
#### What Purpose Does Marriage Serve in Today's World?

➤ December 5 at 10:30 am  
Wisteria Place, 4388 Garry Street, Richmond

#### Scams and Seniors

➤ December 12 at 11:30 am  
Crescent Gardens, 1222 King George Boulevard, Surrey

For more information, please visit: [www.kpu.ca/talk/philosophers-corner](http://www.kpu.ca/talk/philosophers-corner)



### 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](http://www.kpu.ca/talk/volunteer)

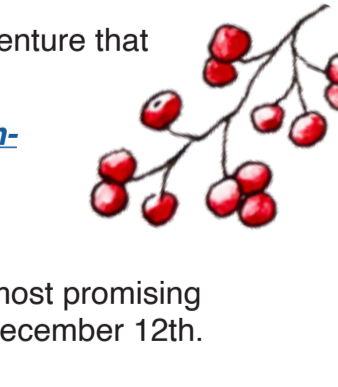
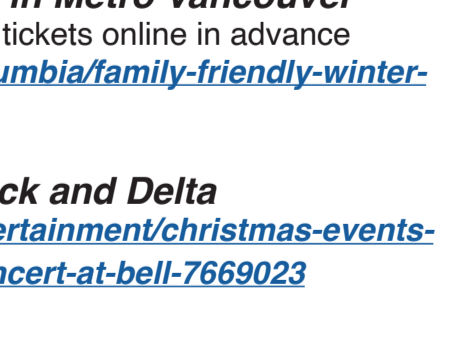


### Lifespan Cognition Lab

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

For more information, please visit: [www.lifespancognition.com](http://www.lifespancognition.com)

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

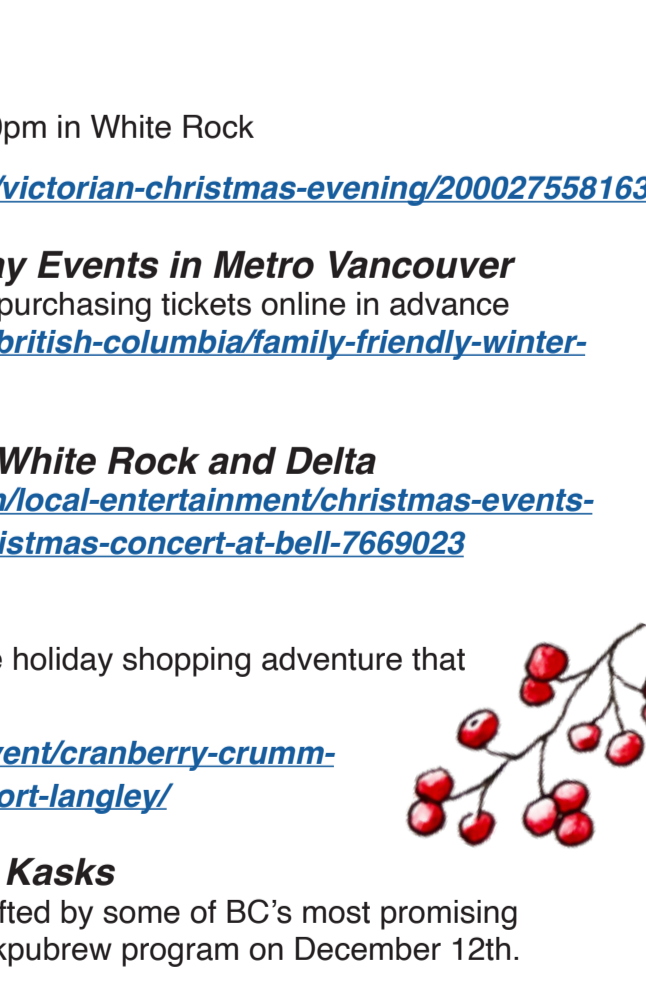
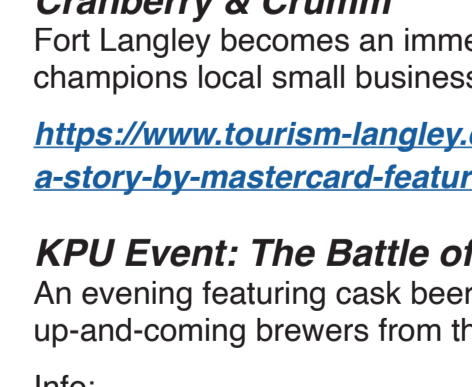


## REFRAMING AGEING

Let's Talk About Ageism

Is ageism an issue in B.C.?

Take our survey to share your perspective



You are invited to participate in the Office of the Seniors Advocate Survey on Ageism!

The Office of the Seniors Advocate wants to hear from British Columbians about their perceptions and experiences with ageism, particularly related to seniors. We want to know more about how people feel ageism is impacting their lives to inform future work of our office.

The survey will be open from November 12 to December 13, 2024.

Your insights are invaluable. Please complete our short, anonymous survey to share your perspective.

Take the survey online - <https://www.seniorsadvocatebc.ca/top-ics/ageism-survey/>

Download a printable PDF survey

For a paper copy call 1-877-952-3181 or email [osa\\_comms@gov.bc.ca](mailto:osa_comms@gov.bc.ca)

#### What is ageism?

The World Health Organization defines ageism as "...the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age."

Studies on ageism report that it occurs most often in health care, the media, the workplace and the legal system. Ageism can impact an older person's self-worth, independence, safety, mental and physical health, social life and even financial well-being.

**Can I take the survey if I'm not a senior?**

Yes. People of all ages are welcome to complete the survey.

Thank you for your interest!

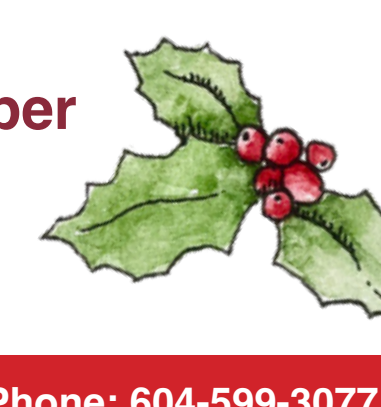


### Resource Numbers You Might Not Know

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](http://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)



### Holiday Events of Interest

#### A Very Saltaire Christmas

Saltire Building, Johnston Road and Thrift Avenue, White Rock

December 7 at 1:00 – 3:00 pm

<https://whiterockbia.com/holidayevents/>

#### Annual Santa 4 Seniors

Fleetwood Community Centre

December 10 at 9:30 – 11 am

<https://fleetwoodbia.com/santa-4-seniors-event/>

#### Winterfest at Museum of Surrey

Christmas Tree Fest and Special Scavenger Hunts, November 23 – December 21

stall'aw Craft Fair, December 7 at 10:00 am – 4:00 pm

Merry Makers December 14, at 1:00 – 4:00 pm

<https://www.surrey.ca/news-events/news/winterfest-museum-of-surrey-brings-festive-joy-community>

#### Victorian Christmas Evening

Saturday December 7 at 4:00 – 7:00pm in White Rock

<https://allevents.in/white%20rock/victorian-christmas-evening/200027558163544>

#### Family-friendly Winter Holiday Events in Metro Vancouver

Some are free, while others require purchasing tickets online in advance

<https://www.cbc.ca/news/canada/british-columbia/family-friendly-winter-holiday-events-1.7391102>

#### Christmas Events in Surrey, White Rock and Delta

<https://www.surreynowleader.com/local-entertainment/christmas-events-in-surrey-include-a-holly-jolly-christmas-concert-at-bell-7669023>

#### Cranberry & Crumm

Fort Langley becomes an immersive holiday shopping adventure that champions local small businesses.

<https://www.tourism-langley.ca/event/cranberry-crumm-a-story-by-mastercard-featuring-fort-langley/>

#### KPU Event: The Battle of the Kasks

An evening featuring cask beers crafted by some of BC's most promising up-and-coming brewers from the @kpubrew program on December 12th.

Info:

<https://www.tourism-langley.ca/event/the-battle-of-the-casks-kpu-smugglers-trail/>

Tickets:

<https://www.eventbrite.ca/e/kpu-battle-of-the-casks-2024-tickets>

#### Seniors Scene: Festive Fun in White Rock

Including Scrooge With a TWIST on December 7th and the annual Mistletoe Lunch on December 19th, at Kent Activity Centre

<https://www.peacearchnews.com/opinion/seniors-scene-festive-fun-is-on-the-horizon-in-white-rock-7629357>

#### Events in Richmond

<https://www.richmond.ca/culture/calendar/search/Default.aspx>



### Holidays in December

December 25th: Christmas Day

December 26th: Boxing Day

