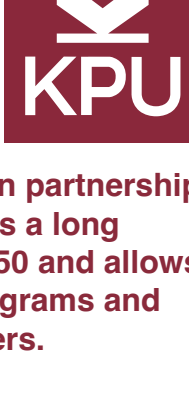


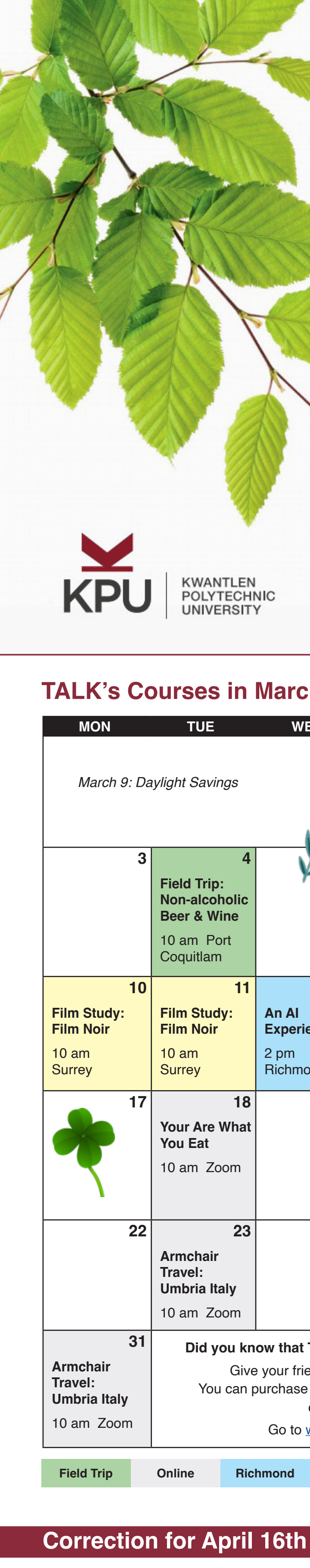
TALK
Third Age Learning
at Kwantlen



KPU

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

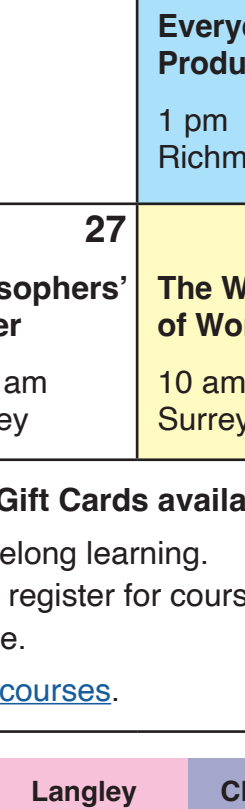
Third Age Learning at Kwantlen

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

WINTER/SPRING 2025

Courses start February 18

kpu.ca/talk



Online, on-campus and off-site courses

TALK's Courses in March

MON	TUE	WED	THU	FRI
				1

March 9: Daylight Savings

	3	4	5	6	7
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		Field Trip: Non-alcoholic Beer & Wine 10 am Port Coquitlam		Philosophers' Corner 10:30 am Richmond	Women in Science 10 am Richmond
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10	11	12	13	14
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Film Study: Film Noir 10 am Surrey	Film Study: Film Noir 10 am Surrey	An AI Experience 2 pm Richmond	Philosophers' Corner 11:30 am Surrey	Women in Science 10 am Richmond
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17	18	19	20	21
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	Your Are What You Eat 10 am Zoom			Frustrating Everyday Products 1 pm Richmond
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22	23	26	27	28
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	Armchair Travel: Umbria Italy 10 am Zoom		Philosophers' Corner 11:30 am Langley	The World of Work 10 am Surrey
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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 another time. Go to www.kpu.ca/talk/courses .			
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Field Trip	Online	Richmond	Surrey	Langley	Cloverdale
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Correction for April 16th course title

Accessing Services for Seniors

Are you or a loved one struggling with aging and worried about how you will cope? You don't have to do it alone. There are many community services you can access to help. Richmond Cares Richmond Gives (RCRG) provides services and referrals to programs that help seniors remain independent for as long as possible, while keeping them connected to the community.

These programs are as follows:

- Seniors' Community Connections – volunteers can help clients access a wide range of community resources and complete applications for benefits and income tax returns.
- Social Prescribing – helps older adults explore community services and activities that can improve their health, well-being, and independence.
- A housing navigator – assists clients' access to housing supports and resources.
- Richmond Family & Friend Caregiver Hub - for unpaid caregivers to an older adult.
- Friendly Visiting - a companionship program.
- and other services, such as: Grocery Shopping and Delivery; Light Housekeeping Service; Senior Peer Counselling; Prescription Pick-Up and Delivery; Richmond Seniors' Directory.

Carol Dickson is the manager of Senior Community Support Services at Richmond Cares, Richmond Gives (RCRG). Coming from a background in Volunteer Management and Community Programming, she has worked in outreach programs for older adults for 28 years, the past 17 years at RCRG.

DATE: Wednesday April 16
TIME: 10:00 – 11:50 am
LOCATION: Richmond campus, Room 1380
FEE: \$15
Register at: kpu.ca/talk

Philosophers' Corners in March

How Does Culture Affect Our Personal Identity?

- March 6 at 10:30 am
Wisteria Place, 4388 Garry Street, Richmond

Globalization: Good or Bad?

- March 13 at 11:30 am
Crescent Gardens, 1222 King George Boulevard, Surrey

Can We Survive Without Religious Beliefs?

- March 27 at 11:30 am
City of Langley Library, 20399 Douglas Crescent, Langley

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

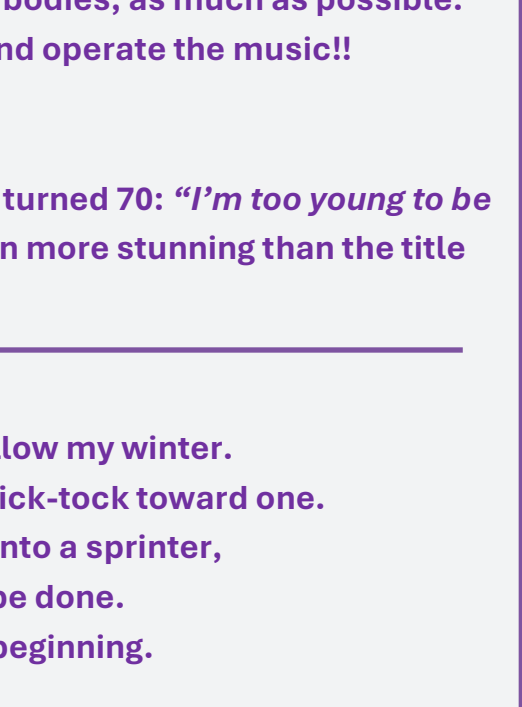
Upcoming TALK Events: Compelling Conversations

Free and open to the public

TALK'S COMPELLING CONVERSATIONS

HOW CAN WE MAKE YOUR FUTURE BETTER?

Saturday March 1, 2025 at 10 am
at KPU Richmond Campus



We've entered the Innovation Age where maximum change causes stress that divides us. What are your fears for the future? In a divided world, how can we better connect? As one of Canada's leading futurists, Jim Bottomley has consulted for governments, businesses, nonprofits and individuals to help them find future direction, identify opportunities and cope with the stress of change.

Jim's presentations are always fun and dynamic. As a professional speaker, he has spoken to one quarter million Canadians about future success strategies. Jim focuses on the web of needs that unites us and combines 'aha' moments with practical advice to inspire positive change.

See more about Jim Bottomley at <https://jimbottomley.com/speaker>.

This event is open to the public of all ages and free. See below to register.

Whether you are a student, parent, grandparent, faculty or staff member, businessperson or community volunteer, you will find this an inspiring conversation.

To register, go to kpu.ca/talk/courses

Compelling Conversations is made possible by an endowment to the KPU Foundation by former TALK member Winnifred Searle.




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

KWANTLEN POLYTECHNIC UNIVERSITY


PARTICIPATE IN RESEARCH!

LIFESPAN COGNITION LAB

swipe for more details!

LIFESPAN cognition

KPU Events



KPU Retirees Association Presents

THRIVING IN RETIREMENT IN AN AGEIST SOCIETY

DAN LEVITT
BC SENIORS ADVOCATE

MARCH 05, 2025, 10:00 -11:00 AM

KPU Surrey
Cedar Conference Room A
12666 72 Ave Surrey BC
Or
Via Zoom



KPURA 8th AGM

MARCH 05, 2025, 11:00 AM -12:00 PM

KPU Surrey
Cedar Conference Room A
Or
Via Zoom

Stay for Lunch after the Meeting!

Register for either or both events by email: KPURA@kpu.ca

Refreshments and Boxed Lunch Courtesy of KPU Office of External Affairs

Events and Programs of Interest



Wellness Expo

Anchor Your Mind

Supporting

Langley Community Health & Hospital Foundation



Anchor Your Mind

Supporting

Langley Community Health & Hospital Foundation

Build your mental wellness

Wellness Expo – Anchor Your Mind - Expo 1

www.anchoryourmind.ca/wellness-expo

Join Langley's first wellness expo.

When: Saturday, March 1

Where: Timms Community Centre

Seniors Resource Fair • March 13
<https://seniorsfirstbc.ca/kitseniorswellnessfair-march2025/>

Renfrew Park Community Centre Seniors Health & Wellness Fair • March 22
<https://coscoba.org/event-calendar/renfrew-park-community-centre-seniors-health-and-wellness-fair/>

Activate 55+ Wellness Fair • March 27
<https://minorucentre.ca/seniors-services/seniors-programs-events/>

Richmond News Seniors Expo • April (more information to come)
Activities for Seniors Age 55+
<https://www.creativeaging.ca/social-opportunities>

Single Seniors Social Club
<https://singleseniorsocialclub.ca/activities-for-seniors/>

BC Association of Community of Response Networks
<https://bccrns.ca/programs/>

Caregiver Survey

ACCESS TO LONG-TERM CARE

The Office of the Seniors Advocate wants to hear from family caregivers about their experiences helping a loved one access publicly-funded long-term care.

SCAN or Click on the Grey Square for the Online Survey

Take our anonymous online survey if your family member:

- is currently waitlisted for publicly-funded B.C. long-term care, OR
- was previously waitlisted and accessed a long-term care bed within the last year

info@seniorsadvocatebc.ca
1-877-952-3181

URL
<https://feedback.engage.gov.bc.ca/479526?lang=en>

OPEN UNTIL: March 4, 2025

Celebrations in March

March 10: Commonwealth Day

March 17: St. Patrick's Day

Daylight Savings Time Starts March 9
Remember to turn your clocks one hour ahead.

Website: kpu.ca/talk > Email: talk@kpu.ca > Phone: 604-599-3077