

# 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

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

# WINTER/SPRING 2025

Courses start February 18

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

**Online, on-campus and off-site courses**

KWANTLEN POLYTECHNIC UNIVERSITY

➤ Online, on-campus and off-site courses

## TALK's Courses in April

MON	TUE	WED	THU	FRI
	1 April 20: Easter Sunday	2 Prehistoric Art Was Not Primitive 1 pm Surrey	3 Philosophers' Corner 10:30 am Richmond	4 Armchair Travel: Travel & Photography 10 am Zoom
	7 Internet Safety and Security 10 am Zoom	8 Confronting Population Denial 10 am Zoom	9 Philosophers' Corner 11:30 am Surrey	10 Considerations for an Aging Brain 10 am Richmond
	14 Field Trip: UBC Museum of Anthropology 10 am	15 Accessing Services for Seniors 10 am Richmond	16 Philosophers' Corner 11:30 am Langley	17 Good Friday Campuses closed
21 Easter Monday Campuses closed	22	23 Journalism: The Future of News 10 am Zoom	24	25 
28 Stress and Brain Health 10 am Surrey	29	30 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 <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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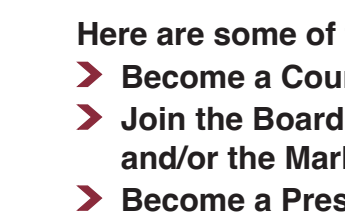
TALK uses a secure Canadian company called Amilia to process online registrations. If you have any difficulty or questions, you can phone the TALK office at 604-599-3077 or email [talk@kpu.ca](mailto:talk@kpu.ca) for assistance. Your call will be returned within two business days.



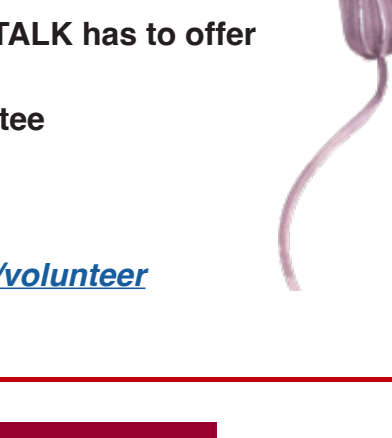
## Courses in Review

**Field Trip: Non-alcoholic Beer and Wine Tasting**  
Tuesday, March 4, 2025 • Port Coquitlam  
➤ Facilitated by Jim Zalusky

Working with a TALK coordinator, Bevees hosted a dozen people for a private non-alcoholic tasting. The group was given a brief lesson about non-alcoholic wines and beers, and then the group was walked through a tasting that included two white wines, two red wines, and three beers. It was a fabulous introduction to the fast-growing category of adult-oriented non-alcoholic beverages.



**BOOZE-FREE BOTTLE SHOP & BEVERAGE ROOM**



**Bevees Booze-Free Bottle Shop & Beverage Room** is the shop you didn't know you were looking for.

Opened in November 2023, Bevees is BC's first non-alcoholic bottle shop, and Canada's first non-alcoholic bar, but it is so much more. This unique space boasts a Westcoast sophisticated casual drop where everyone feels welcome.

In addition to a non-alcoholic bottle shop, Bevees is a community hub, art gallery, tasting room, lounge, and event space. You can reserve the space for a private event, or you can attend one of Bevees regular monthly events like open mic night, karaoke, live music, mixology classes, drop-in paint & sip, or WAM (wine, art, & music). Or Bevees can arrange a private event catered just for your needs like they did in March 2025 for a KPU TALK group. – Raquel Foran

Bevees is located at 2748 Lougheed Hwy. Unit 203 Port Coquitlam. Tel: 604-834-8505 Info: [www.bevees.ca](http://www.bevees.ca) SHOP: <https://boozefreebevees.ca> FIND US ON Facebook, Instagram, and YouTube - @boozefreebevees

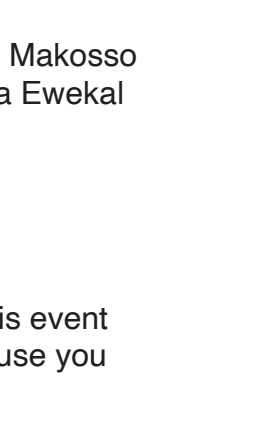
## Update on May 16th field trip

## Explosion of Bird Song

1:00 – 3:00 pm (second session).

To register for the afternoon session, please visit: [EXPLOSION OF BIRD SONG – AFTERNOON SESSION](http://EXPLOSION OF BIRD SONG – AFTERNOON SESSION)

\*Due to popular demand a second session has been added\*



## Philosophers' Corners in April

**Will Religion Ever Become Obsolete?**

➤ April 3 at 10:30 am  
Wisteria Place, 4388 Garry Street, Richmond

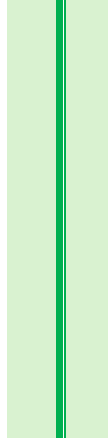
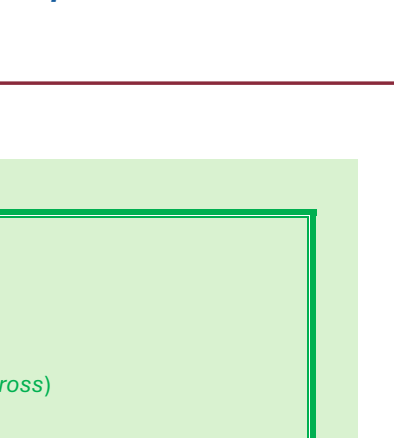
**Is "Manifestation" a Real Thing?**

➤ April 10 at 11:30 am  
Crescent Gardens, 1222 King George Boulevard, Surrey

**What Can We Do About Mental Illness Amongst Our Youth?**

➤ April 24 at 11:30 am  
City of Langley Library, 20399 Douglas Crescent, Langley

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



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



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**TALK IS LOOKING FOR MARKETING COMMITTEE VOLUNTEERS**

Do you prefer spending your time on the computer or chatting with people? Do you like organizing or writing? Would you rather research or generate? Whatever your preference, we have a place for you. We are a unique combination of people with similar interests in education for people 50+ Check us out; we would love to have your skills, talents, and company! We are seeking volunteers willing to learn, in the following areas:

- Content writer; Computer graphics; Media/Newspaper contacts; Senior alliance resourceur

For a detailed description on these roles, please email: [talkwantlen@gmail.com](mailto:talkwantlen@gmail.com) Website: [www.kpu.ca/talk](http://www.kpu.ca/talk)

## Upcoming KPU Events

**You Are Invited**

**KDocsFF & Salt City Advocacy Society Present: Holistic Healing Through Painting – An African Canadian Art Exhibition**

An art therapy initiative for immigrant and refugee seniors of African descent, the Holistic Healing Through Painting Project uses art therapy as a complement to traditional mental health treatments to help participants manage behaviours, process emotions, reduce stress, and enhance self-discovery. The program integrates physical, social, and cultural activities to

promote healthy aging for seniors. Launched in June 2024 through the Salt City Advocacy Society, the project is commemorating its one-year anniversary with this exhibition for KPU and its communities. Join the celebration to discover what happens when the power of African migration stories meets art therapy.

**DATE:** May 9, 2025

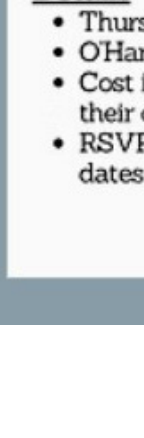
**LOCATION:** KPU Surrey campus, Fir African 100

**SCHEDULE:** 1:00 pm – Doors open; African drumming with Jean-Pierre Makosso 1:15 pm – KDocsFF Welcome & Salt City Keynote by Sosa Ewekal 1:30 pm – Holistic Healing slideshow 1:45 pm – Panel discussion/Q&A 2:30 pm – Meet the artists/Refreshments

**FREE and open to everyone!**

Co-hosted by KDocsFF and Salt City Advocacy Society, this event is sponsored by an Irving K. Barber grant! "I am here because you are here": Re-Imagining Intersectional Solidarity at KPU" with support from KPU Fine Arts.

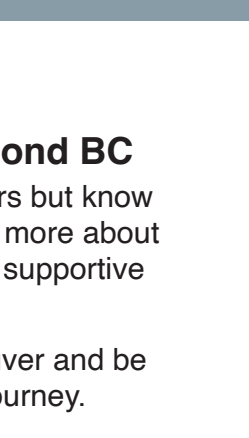
For more information, contact: [greg.chan@kpu.ca](mailto:greg.chan@kpu.ca)



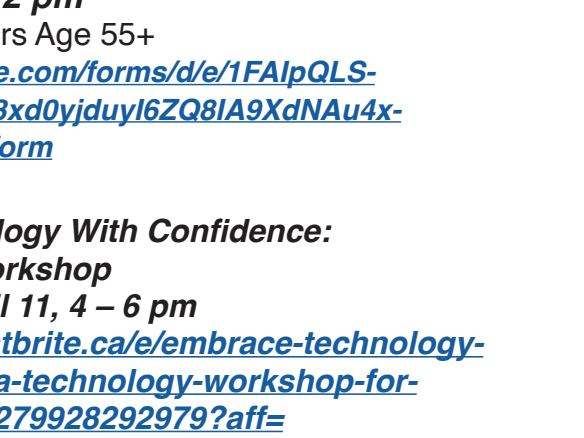
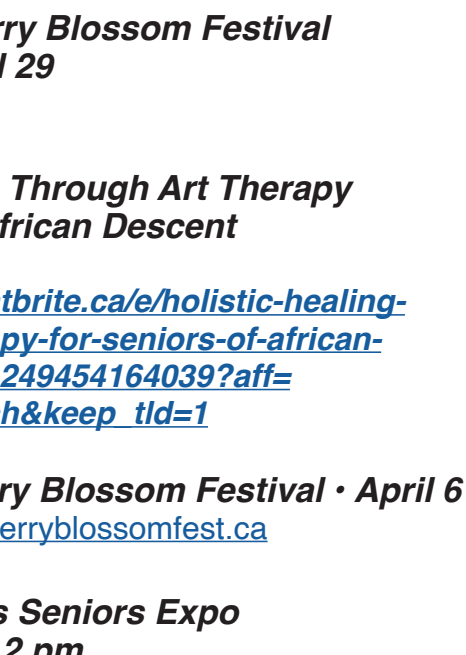
## Lifespan Cognition Lab

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>



## Community Events and Programs of Interest

Creative Aging Company presents

## conversations over dinner

A dinner series like no other, featuring discussions on topics to better prepare you for anything along your Aging Journey. We're taking the seriousness out of the conversations you've been avoiding for years and sprinkling in some fun, humour and a wonderful network to support you through it all.

**Session Topics**

- Setting up your Home to Stay Longer
  - next steps to make your home a forever home.
- Does your relationship with your Doc matter?
  - the important connection between you and medical/health professionals.
- The dreaded Death Talk
  - everything you need to know about planning a funeral including a discussion of Wills, Estates and Executors.
- Moving out of your Home
  - when is it time what are my options and how should I prepare?
- The Legal Stuff
  - Representation Power of Attorney, Representation Agreements and Wills.

**Details**

- Thursdays: 5:00 pm to 7:00pm.
- O'Hares GastroPub | 5031 Steveston Highway, Richmond BC
- Cost is \$25/session. Guests will order and purchase food and beverages on their own.
- RSVP (website, email or text) with your interest and we'll send you the dates and details.

[www.creativeaging.ca](http://www.creativeaging.ca) | [info.creativeaging@gmail.com](mailto:info.creativeaging@gmail.com)  
604-330-1474

**Thursdays starting in May 2025**  
**5:00 pm to 7:00 pm**

**\$25 | Various Restaurants in Vancouver & Richmond BC**

A dinner series covering topics you have been avoiding for years but know you need to address. This series is for those who want to learn more about the topics, hear from experts in the field and do so in a fun and supportive atmosphere...and with tasty food and drinks!

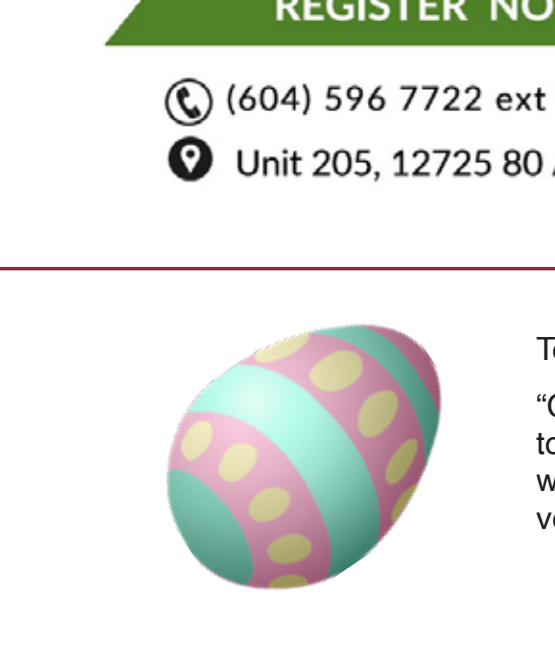
Guests will explore different restaurants in Richmond & Vancouver and be better prepared for anything they encounter along their aging journey.

To view more events, visit: <https://www.creativeaging.ca/social-opportunities>



**Vancouver Cherry Blossom Festival**  
March 26 – April 29  
<https://vcbf.ca>

**Holistic Healing Through Art Therapy for Seniors of African Descent**  
April 5, 1-4 pm  
[https://www.eventbrite.ca/e/holistic-healing-through-art-therapy-for-seniors-of-african-descent-tickets-1249454164039?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.ca/e/holistic-healing-through-art-therapy-for-seniors-of-african-descent-tickets-1249454164039?aff=ebdssbdestsearch&keep_tld=1)



**Richmond Cherry Blossom Festival • April 6**  
<https://richmondcherryblossomfest.ca>

**Richmond News Seniors Expo**  
April 9, 10 am – 2 pm  
Activities for Seniors Age 55+  
<https://docs.google.com/forms/d/e/1FAIpQLS-deuPJ98jnyGU1Pg3xd0ViduyI6ZQ8IA9XaNAu4x-cvyUOLomw/viewform>

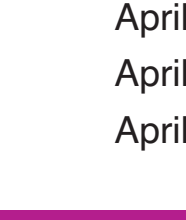
**Embrace Technology With Confidence: A Technology Workshop for Seniors • April 11, 4 – 6 pm**  
<https://www.eventbrite.ca/e/embrace-technology-with-confidence-a-technology-workshop-for-seniors-tickets-1279928292979?aff=ebdssbdestsearch>

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

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



The "Progressive Intercultural Community Services (PICS) Society" is introducing the "Intercultural In-Home Support Pilot Project" which is an initiative aimed at assisting senior adults in managing everyday activities, tailored to promote their ability to age well at home. To register for the program, please visit: [Intercultural In-Home Support Pilot Project \(IISPP\)](http://Intercultural-In-Home-Support-Pilot-Project-IISPP)



## INTERCULTURAL IN-HOME SUPPORT PILOT PROJECT - IISPP

The Project is an initiative aimed at assisting senior adults in managing everyday activities, tailored to promote their ability to age well at home.

### FREE SERVICES

#### ELIGIBILITY

- Age 55+
- Seniors Living In Newton, Fleetwood and Cloverdale
- Income Assessment (Low-Income Seniors)

### SERVICES PROVIDED

- Light Housekeeping
- Transportation
- Friendly Visits / In-Home Technology Support
- Volunteer Drop off's (Groceries, Medication, Books, Pet supplies)

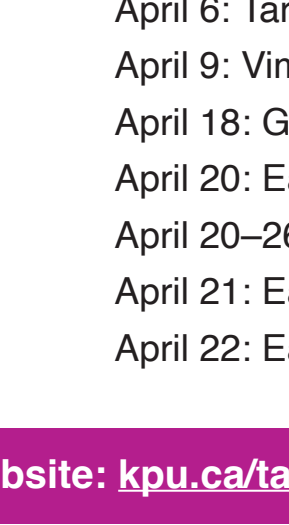
### REGISTER NOW

Funded by grant by the Government of Canada's High Level Income Initiative

Canada

☎ (604) 596 7722 ext 212 ✉ [iispp@pics.bc.ca](mailto:iispp@pics.bc.ca)

📍 Unit 205, 12725 80 Ave, Surrey, BC V3W 3A6



Testimonial:

"Oh, wow! That is really great, so many topics that seem to have gone by the wayside in our fast-paced society today, very impressive".

– Ellen

## Celebrations in April

- April 1: April Fool's Day
- April 6: Tartan Day
- April 9: Vimy Ridge Day
- April 18: Good Friday
- April 20: Easter Sunday
- April 20–26: National Volunteer Week
- April 21: Easter Monday
- April 22: Earth Day



Website: [kpu.ca/talk](http://kpu.ca/talk) > Email: [talk@kpu.ca](mailto:talk@kpu.ca) > Phone: 604-599-3077