

Learning Unlimited

FALL 2024 PROGRAM



NEW LOCATION Movement Church 65 Lansdowne Ave. Woodstock

Learning Unlimited (Oxford), founded in 1982, owes its existence to Eva Latham (1909-1990). She believed that "using the mind preserves it" and that older people need educational stimulation if they are to stay active in the community. That belief is still here today. In 2022, Learning Unlimited (Oxford) became a program of South Gate Centre, part of whose mission is to promote wellness to fill one's mind, body and soul.

10:30 AM		SEPTEMBER 25		1:15 PM	
USING MUSIC AND YOUR SOUND ENVIRONMENT FOR WELLNESS Karie Bilger - Guelph Learn how purposefully using music and the sounds around us can have powerful benefits for mental, physical, emotional, and spiritual health.		NUTRITION AND AGING Hana Dakkak - London A discussion of general tips for healthy eating and why it is important as part of aging.			
10:30 AM		OCTOBER 2		1:15 PM	
THE INDOMITABLE MAYOR "HURRICANE HAZEL" MCCALLION Annemarie Hagan - Fergus From playing Women's Pro Hockey in the 1940s to her 36 years as the Mayor of Mississauga, "Hurricane Hazel" McCallion was an unexpected and inspiring trailblazer.		DISCOVERING CANADA THROUGH IMMIGRANT STORIES Elaine Cougler - Woodstock The unbelievable journey of collecting and recounting the incredible stories of survival and determination of families coming to Canada for her anthology 'Canada: Brave New World.'			
10:30 AM		OCTOBER 9		1:15 PM	
THE HISTORY OF TELECOMMUNICATIONS IN OXFORD Keith Stevens - Woodstock A history of the Telegraph, Telephone, and Internet in Oxford County from 1847 to present. The evolution of the technologies and the local providers will be covered.		CREATING A POLLINATOR PARADISE Crystal Bradford & Liam Kijewski - Beachville/Ingersoll Learn to plant beautiful gardens that help threatened species, which native plants provide the best pollen, nectar, larval food, and habitat, and techniques to encourage pollinators.			
10:30 AM		OCTOBER 16		1:15 PM	
ALL ABOUT OXFORD COUNTY'S WORKINGS Ben Addley - Oxford County A conversation about the County of Oxford and our role as an upper tier municipality, our Strategic Plan and the services we deliver.		INGAMO HOMES' COMMITMENT TO ENDING GENDER-BASED VIOLENCE Sophie Foster - Embro Learn how Ingamo Homes supports women and children leaving abusive situations, addresses intimate partner violence, and envisions a future with stronger community outreach.			

AM Session: 10:30 am to 11:45 am

PM Session: 1:15 pm - 2:30 pm



SOUTH GATE CENTRE
FOR ACTIVE ADULTS

191 Old Wellington St. S., Woodstock, ON
519-539-9817
www.southgatectr.ca, sgc@southgatectr.ca

10:30 AM		OCTOBER 23		1:15 PM	
HEAT-HEALTH IMPACTS ON MENTAL ILLNESS AND AGING Peter Crank - Waterloo As climate change increases our heat risk here in Southern Ontario, there are specific additional challenges for older adults and those with mental illnesses.		PASSIVE HOUSE: WHAT'S OLD IS NEW Nicole Langlois - Kitchener Harnessing the sun's power is a timeless human impulse. The Passive House concept combines building science and solar power for massive energy and cost savings — and a better future.			
10:30 AM		OCTOBER 30		1:15 PM	
NIAGARA ESCARPMENT: LAND BETWEEN WATERS Mark Zelinski - Waterdown Zelinski brings focus to the ecosystems of Niagara Escarpment UNESCO World Biosphere, and to the diverse Indigenous and modern communities that thrive along its path.		FRAUDS & SCAMS Shaylyn Jackson - Woodstock A member of the Woodstock Police Service will be sharing information about trending scams and what to look for to avoid falling victim to fraud.			
10:30 AM		NOVEMBER 6		1:15 PM	
MISS SUPERTEST Bill Butt - London Bill will talk about the world-champion boat Miss Supertest driven by Bob Hayward of Embro, and how their story was turned into a play.		HONEYBEE RESEARCH CENTRE ACTIVITIES – PROBLEMS & SOLUTIONS + BEE PLANTS Paul Kelly - Guelph This presentation covers the biology of honeybees and their importance in food production. A discussion of health issues leads to initiatives to help pollinators.			
10:30 AM		NOVEMBER 13		1:15 PM	
EXPLORING THE HIDDEN HISTORIES OF SOUTHWESTERN ONTARIO Tom Peace - London Historian Thomas Peace will discuss the Huron Community History Centre's Hidden Histories project. In addition to focusing on some of the region's histories, he will explore why projects like this are important for how we think about our present and future.		CHLOE WEIR SINGS MUSICAL THEATRE AND MORE Chloe Weir - Embro Chloe Weir, performer and singing instructor, will sing a selection of classic and contemporary musical theatre with an emphasis on the cabaret style.			

Lunch

Purchase your 8 meal package in advance for the price of \$80 (Daily Cost will be \$12). This will include your choice: 1) **Hot Meal** or 2) **Soup/Sandwich**. All meals include homemade desserts or fruit cup.

OR

Order lunch between 9:30 am - 10:30 am the day of the session.

Date	Entrée
September 25	Shepherd's pie
October 2	Chicken pot pie
October 9	Baked mac & cheese
October 16	Pizza (Hawaiian/vegetarian/pepperoni)
October 23	Lasagna
October 30	Ham & scalloped potatoes
November 6	Beef chili con carne
November 13	Pizza (Hawaiian/vegetarian/pepperoni)

Soups and Sandwiches

Assorted meat and vegetarian options will vary weekly.

Protect the Environment - Bring your own cup/glass! No outside food, special consideration only.

REGISTER ONLINE <https://bit.ly/4b6KwmF> or at South Gate Centre.