



Perley Rideau

The Perley and Rideau
Veterans' Health Centre

Lifelong Learning

Spring 2018 Course Catalogue



What is Perley Rideau Lifelong Learning?

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 \$150 for 6 weeks, \$100 for 4 weeks and \$25 for a one-off lecture, not including the cost of materials, if applicable. When accompanying an individual to one of our Lifelong Learning classes, caregivers attend for free.

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.

Instructor Bios

Erica Claus



An independent art appraiser with training in appraisal studies, anthropology, art history and conflict mediation. She has studied Indigenous art for four decades. Previously,

Erica was Secretary to the *Canadian Cultural Property Export Review Board* and a diplomat for Foreign Affairs in Berlin, Germany.

Rita Donovan



An award-winning novelist. She holds a B.A. Magna cum laude from Concordia University in Montreal and an M.A. from the University of Alberta. She is a part-time instructor in the

Technology, Society, Environment Studies Program (TSES) at Carleton University. She also teaches online for Loyalist College, Belleville through www.OntarioLearn.com.

Breanne Fedak



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.

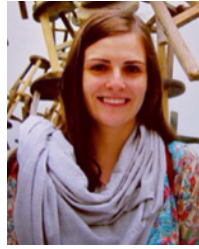
Laurie Gough



A journalist and award-winning author of three memoirs: *Stolen Child: A Mother's Journey to Rescue Her Son from Obsessive Compulsive Disorder*; *Kiss the Sunset Pig: An American Road Trip with Exotic Detours*; *Kite Strings of the Southern*

Cross: A Woman's Travel Odyssey. Over twenty of her stories have been anthologized in literary travel books. She has been teaching memoir and travel writing for 20 years.

Jasmine Inglis



A Curatorial Assistant in the Indigenous Art Department at the National Gallery of Canada. She assists in the management of the permanent collection of Indigenous art, as well as the planning of upcoming temporary exhibitions.

She has an M.A. in Art History from Carleton University. She has worked at a number of Canadian cultural institutions, including the Montreal Museum of Fine Arts and the Canadian Museum of History.

Phil Jenkins



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.

Dr. Susanne McColeman



Completed her B.A. and M.A. in Art History at Carleton University and her Ph.D. in Art History at Queen's University.

Susanne has worked as an interim curatorial assistant at the National Gallery of Canada, held a teaching fellowship at Queen's University and taught several courses in Carleton's Learning in Retirement Program.

Keith McCuaig



A specialist in all things music and art. He has an M.A. in Music and Culture, as well as over 20 years' experience as a musician. Keith has extensive experience researching, teaching and writing about

a variety of musicological topics. He's taught courses through Carleton University and the University of Ottawa, and has presented at multiple international musicology conferences.

Katherine McNenly



A B.F.A. graduate of York University. She studied privately with John Angel, a Portrait Artist and Art Educator in Toronto, and completed her training at the Atelier Cecil-Graves in Florence, Italy. Katherine

specializes in portrait and still life, but also includes landscape painting in her practice as a professional artist. She currently teaches painting courses for the City of Ottawa and the Kanata Art Club.

Dr. Stephen Richer



Has a B.A. and M.A. from McGill University and a Ph.D. in Sociology from the Johns Hopkins University. He is currently a Professor Emeritus at Carleton University, where he was previously Head of

the Sociology and Anthropology Department and Coordinator of Graduate Studies. In the past eight years, he has given numerous lectures on music history at venues across North America.

David Walden



Holds a B.A. (Honours) in History and Political Science and an M.A. in Canadian Studies, both from Carleton University. He has over 30 years' experience working with UNESCO, culminating

in his appointment as Secretary-General of the Canadian Commission for UNESCO in 1999. He was a member of the Executive Management Committee of the Canada Council for the Arts from 1999 until his retirement in 2013. David currently serves on the Board of Directors of the Perley Rideau Veterans' Health Centre.

Lecture Series and Studio Sessions

The Artistic Patronage of Francesco I de' Medici and Bianca Cappello |

Instructor: Dr. Susanne McColeman

Francesco I de' Medici, ruler of Tuscany from 1574-87, neglected the affairs of the state in favour of focusing his energy and resources on his lover, Bianca Cappello, and his intellectual pursuits, such as alchemy. This generated animosity towards Francesco and Bianca at home and abroad. The artistic projects commissioned by the couple both contributed to and responded to their resulting negative public image. This course explores how these works served Francesco and Bianca's individual interests, as well as the responses the works elicited from others.

Duration: 4 weeks

Price: \$100 (incl. parking)

Day & Time: Tuesdays, 10am – 12pm

Dates: March 20 (Games Room),
March 27, April 3, April 10 (Lupton Hall)

Room: Games Room & Lupton Hall

Class Size: Up to 20 participants

Growing a Culture: An Artistic History of Ottawa |

Instructor: Phil Jenkins

This lecture explores the history of four of the arts in Ottawa – music, visual art, writing and architecture – during six time periods between 1850 to 2012. Participants will have the chance to discover and discuss the work of major poets, novelists, painters, sculptors, photographers, composers, singers and architects. The majority of the artists are English, but major French artists will also be introduced. Each lecture is illuminated with slides, videos, live readings and live songs performed by your instructor.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Thursdays, 1pm – 3pm

Dates: April 5, 12, 19, 26, May 3, 10

Room: Lupton Hall

Class Size: Up to 50 participants

Representational Painting Techniques: An Introduction to Painting |

Instructor: Katherine McNenly

This course provides a more traditional approach to painting. Participants will learn the fundamentals of drawing, colour mixing and using materials, as well as how to build a painting from underpainting to overpainting and glazing. The course teaches participants how to see form and structure and how to approach realistic images. The instructor will provide short demonstrations to illustrate important concepts. Participants will have a choice of subject matter, including portrait, landscape or still life.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Fridays, 9:30am – 12pm

Dates: April 6, 13, 20, 27, May 4, 11

Room: Games Room

Class Size: Up to 15 participants

** Please see our website
for a list of required materials. **

Creative Writing Workshop |

Instructor: Rita Donovan

If you've always wanted to try creative writing but couldn't find the courage, now is your chance. This workshop focuses on the elements that make up a story, including point of view, person, dialogue and more. Participants will have the opportunity to discuss techniques, to read examples and to try writing exercises in a safe, supportive environment.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Tuesdays, 10am – 12pm

Dates: April 24, May 1, 8, 15, 22, 29

Room: Lupton Hall

Class Size: Up to 20 participants

Film Music: The Sounds of Hollywood |

Instructor: Keith McCuaig

Music is a crucial component of Hollywood films. The joy, suspense and sadness felt by a film's audience is not only reflected in the music, but often dictated by it. Through lectures, film clips and musical demonstrations, this course will explore the use of music in film from the silent era to the present. Film techniques and their relation to the score or soundtrack will also be discussed, as will some of the most prominent Hollywood composers. Each class will feature plenty of examples from films.

Optional Reading: Roger Hickman, *Reel Music: Exploring 100 Years of Film Music* (New York: Norton, 2006)

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Mondays, 10am – 12pm

Dates: May 14, 21, 28, June 4, 11, 18

Room: The Great Hall

Class Size: Up to 30 participants

The Art of Memoir and Travel Writing |

Instructor: Laurie Gough

Our lives are interlaced with stories: intriguing, fascinating, funny, tumultuous, sad, extraordinary, heartfelt and unique to each of us. This course offers you tools and insights from master memoirists, as well as the instructor's own experience writing three memoirs, to help transform the stories of your life into a literary work. Memoir writing isn't writing your whole life. It is writing stories from life, from any time of your life – any story you feel is worth telling. Through lectures and discussions of specific topics about memoir and travel writing, and in-class exercises that are fun and thought-provoking, you'll learn how to craft your stories into inspiring narratives.

Duration: 6 weeks

Price: \$150 (incl. parking)

Day & Time: Tuesdays, 1pm – 3pm

Dates: May 22, 29, June 5, 12, 19, 26

Room: Lupton Hall

Class Size: Up to 15 participants

Weekend Course

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

This course introduces students to strategies for preserving analogue family photos and negatives, for keeping digital images backed up and safe, and for organizing and storing digital files. Participants will also learn project ideas for preserving and sharing photos. Breanne will provide in-class demonstrations so that students leave with the tools and knowledge needed to create a photo book at home.

Duration: 2 Days

Price: \$80 (incl. parking)

Day & Time: Saturday-Sunday, 1pm – 4pm

Dates: Saturday, April 14th and Sunday, April 15th

Room: Games Room

Class Size: Up to 15 participants

** Please see our website
for a list of required materials. **

One-Off Lectures

On the Road Again: 9 of the Best Traveling Songs with Dr. Stephen Richer | Instructor: Dr. Stephen Richer

In this lecture, with the aid of photos and videos, Stephen Richer presents and discusses his favourite traveling songs. Each song is contextualized historically and presented along with a brief biography of the songwriter. Where possible the audience will be invited to sing the song to illustrate its power as a traveling companion.

Duration: One-off

Price: \$25 (incl. parking)

Time: 1pm – 3pm

Date: Thursday, March 15

Room: Lupton Hall

Class Size: Up to 75 participants

The Other Group of Seven: A Revelation |

Instructor: Erica Claus & Jasmine Ingliis

This lecture shares the story of the “Other Group of Seven,” Indigenous Artists who were instrumental in the revival of the lively and cutting-edge work of Indigenous Artists today.

Duration: One-off

Price: \$25 (incl. parking)

Time: 1pm – 3pm

Date: Tuesday, April 17

Room: Lupton Hall

Class Size: Up to 50 participants

The Art of War: The Fate of Art Looted in World War II |

Instructor: David Walden

In the 1930s, the Nazi Government of Germany began to systematically confiscate works of art from the collections of private citizens and art galleries. As the Second World War drew to a close, large caches of looted art were discovered by both Allied forces and the army of the Soviet Union. While the Allied armies sought to return the art to its rightful owners, the Soviet armies secreted it away and kept it as war reparations. This lecture examines the looting of art during the Nazi regime, the different approaches to its return after the war, and the continuing discoveries of looted art previously thought lost. It will also highlight successful cases of post-war recovery and return, as well as very public refusals by governments to do so.

Duration: One-off

Price: \$25 (incl. parking)

Time: 1pm – 3pm

Date: Thursday, May 17

Room: Lupton Hall

Class Size: Up to 50 participants

As for the Canadians: The Remarkable Story of the RCAF's “Guinea Pigs” of WW2 |

Instructor: Rita Donovan

This lecture tells the story of the “Guinea Pigs,” a club formed by the injured Second World War fighters who underwent advanced plastic surgery in East Grinstead, England. The Club, which is unique to this day, was an amazing phenomenon that saw to the mental as well as physical health of the men. The instructor, Rita Donovan, wrote the official Canadian history of the “Guinea Pigs” club. She welcomes discussion and participation from the audience and especially our veterans.

Duration: One-off

Price: \$25 (incl. parking)

Time: 1pm – 3pm

Date: Thursday, May 24

Room: Lupton Hall

Class Size: Up to 50 participants

How Do I Register for a Course?

Spaces are limited for all courses. Participants are invited to secure their spot by registering as soon as possible by phone, by mail or online through Eventbrite. Registration instructions can be found on our website by visiting www.PerleyRideau.ca and selecting Programs -> Lifelong Learning. You can also call 613-526-7171, ext. 2222 or email learn@prvhc.com.

Perley Rideau Lifelong Learning is made possible thanks for the generous support from the Centre for Aging and Brain Health Innovation's (CABHI) SPARK program.



CENTRE FOR AGING
+ BRAIN HEALTH
INNOVATION
Powered by Baycrest



Lifelong Learning Spring 2018 Course Registration

Lecture Series and Studio Sessions

- The Artistic Patronage of Francesco I de' Medici and Bianca Cappello |** Instructor: Dr. Susanne McColeman
Duration: 4 weeks
Price: \$100 (incl. parking)
Day & Time: Tuesdays, 10am – 12pm
Dates: March 20 (Games Room), March 27, April 3, April 10 (Lupton Hall)
Room: Games Room & Lupton Hall
Class Size: Up to 20 participants
- Growing a Culture: An Artistic History of Ottawa |** Instructor: Phil Jenkins
Duration: 6 weeks
Price: \$150 (incl. parking)
Day & Time: Thursdays, 1pm – 3pm
Dates: April 5, 12, 19, 26, May 3, 10
Room: Lupton Hall
Class Size: Up to 50 participants
- Representational Painting Techniques: An Introduction to Painting |** Instructor: Katherine McNerly
Duration: 6 weeks
Price: \$150 (incl. parking)
Day & Time: Fridays, 9:30am – 12pm
Dates: April 6, 13, 20, 27, May 4, 11
Room: Games Room
Class Size: Up to 15 participants
- Creative Writing Workshop |** Instructor: Rita Donovan
Duration: 6 weeks
Price: \$150 (incl. parking)
Day & Time: Tuesdays, 10am – 12pm
Dates: April 24, May 1, 8, 15, 22, 29
Room: Lupton Hall
Class Size: Up to 20 participants
- Film Music: The Sounds of Hollywood |** Instructor: Keith McCuaig
Duration: 6 weeks
Price: \$150 (incl. parking)
Day & Time: Mondays, 10am – 12pm
Dates: May 14, 21, 28, June 4, 11, 18
Room: The Great Hall
Class Size: Up to 30 participants
- The Art of Memoir and Travel Writing |** Instructor: Laurie Gough
Duration: 6 weeks
Price: \$150 (incl. parking)
Day & Time: Tuesdays, 1pm – 3pm
Dates: May 22, 29, June 5, 12, 19, 26
Room: Lupton Hall
Class Size: Up to 15 participants

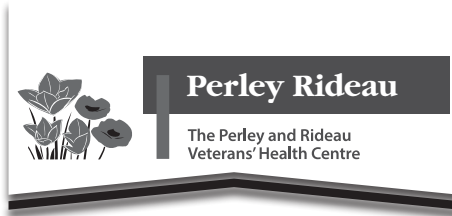
One-Off Lectures

- On the Road Again: 9 of the Best Traveling Songs with Dr. Stephen Richer |** Instructor: Dr. Stephen Richer
Duration: One-off
Price: \$25 (incl. parking)
Time: 1pm – 3pm
Date: Thursday, March 15
Room: Lupton Hall
Class Size: Up to 75 participants
- The Other Group of Seven: A Revelation |** Instructor: Erica Claus & Jasmine Inglis
Duration: One-off
Price: \$25 (incl. parking)
Time: 1pm – 3pm
Date: Tuesday, April 17
Room: Lupton Hall
Class Size: Up to 50 participants
- The Art of War: The Fate of Art Looted in World War II |** Instructor: David Walden
Duration: One-off
Price: \$25 (incl. parking)
Time: 1pm – 3pm
Date: Thursday, May 17
Room: Lupton Hall
Class Size: Up to 50 participants
- As for the Canadians: The Remarkable Story of the RCAF's "Guinea Pigs" of WW2 |** Instructor: Rita Donovan
Duration: One-off
Price: \$25 (incl. parking)
Time: 1pm – 3pm
Date: Thursday, May 24
Room: Lupton Hall
Class Size: Up to 50 participants

Weekend Course

- Family Archives: How to Preserve and Share the Family Photo |** Instructor: Breanne Fedak
Duration: 2 Days
Price: \$80 (incl. parking)
Day & Time: Saturday-Sunday, 1pm – 4pm
Dates: Saturday, April 14th and Sunday, April 15th
Room: Games Room
Class Size: Up to 15 participants

**See Reverse for
Registration Info**



Lifelong Learning Spring 2018 Course Registration

If possible, please supply your email address so we can send your confirmation electronically. Otherwise we will mail a confirmation letter to the address supplied at the time of registration. All personal contact information is handled securely and will only be used to notify participants of changes, cancellations or new program offerings.

Details to register and to make a payment by cheque, credit card or Electronic Funds Transfer (ETF).

Payment is due upon registration.

- Cheques should be addressed to: The Perley and Rideau Veterans' Health Centre

Mail the completed registration and cheque to:

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

- Credit card
 - Please contact the Perley Rideau Lifelong Learning Offices to arrange payment 613-526,7171, ext. 2222
 - Please leave a voicemail with your name, telephone number and indicate the course(s) of choice.
 - **Do not include** banking or credit card information in your voice message.
 - Your call will be returned within two business days and payment can be arranged.
 - Requests are processed according to the date and time of phone message.
- Electronic Funds Transfer (only available for apartment tenants of the Perley Rideau)
 - Please inform Perley Rideau staff to select a course and register. Staff will assist you with arranging payment

REGISTRATION FORM

Email address is optional. All other fields are mandatory.

Name	
Address	
Phone	
Email <i>(Optional)</i>	
Payment <i>Please indicate method of payment</i>	<input type="checkbox"/> Cheque <input type="checkbox"/> Credit card <input type="checkbox"/> Electronic Funds Transfer <i>(only available for apartment tenants of the Perley Rideau)</i>

For more information, please visit www.PerleyRideau.ca and select Programs -> Lifelong Learning.
You can also call 613-526-7171, ext. 2222.

Perley Rideau Lifelong Learning is made possible thanks for the generous support from the Centre for Aging and Brain Health Innovation's (CABHI) SPARK program.

