

### 3. Life Long Learning



The Hamilton Council on Aging, and its network of partner organizations, advocates for an environment that is enabling and supportive of older people, optimizing their opportunities to participate to the fullest in society.

HCoA works to shift perceptions of aging and combat ageism, advocates for the removal of policy barriers, and supports the development of responsive relationships between older adults and institutions. **We believe the community is enhanced by the wisdom experience and participation of older adults.**

Life Enrichment is a combination of many of the key elements that the World Health Organization includes in its definition of an age friendly city. Among these elements are *social participation, respect and social inclusion, and civic participation.*

The Hamilton Council on Aging (HCoA) believes that the more we participate in leisure, recreation, arts, culture, education, and other rewarding activities, the more enriched our lives can become. HCoA recognizes that what is 'enriching' for one, might not be for somebody else. The definition of life enrichment is subjective to each individual. This is why we created a series of life enrichment directories describing opportunities available for older adults in Hamilton in the following categories:

1. Recreation including Adult Day Programs
2. Fitness and Sports
3. Life Long Learning
4. Culture and Hobbies
5. Spiritual and Faith Based
6. Volunteerism

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**Please note that information in this directory is constantly evolving. Updated information is available by contacting Information Hamilton at 905-528-8127, visiting [www.informationhamilton.ca/redbook](http://www.informationhamilton.ca/redbook) or calling 211.**

## College Programs

Organization	Program	Description	Open to	Requirement	Contact Information
Mohawk College	Continuing Education	- Continuing Education Courses through Mohawk College	Senior Citizens, 65 years of age or older	Senior Citizens, 65 years of age or older, may register for most Mohawk Continuing Education funded credit courses for 50% of the seat fee, plus all other fees except the Academic Service Fee (ASF) and Student Activity Fee (SAF). Proof	(905) 385-4295

## University Programs

Organization	Program	Description	Open to	Requirement	Contact Information
McMaster University	Education	- Part time studies (complete degree at own pace) - Listener: take part in classes without having to worry about completing tests or assignments - Certificate and diploma studies offered through Centre for Continuing Education	Senior Citizens, 65 years of age or older	If you are 65 years of age or over, subject to meeting admissions and prerequisite requirements, you may register without payment of tuition and supplementary fees. The required full-time or part-time application fee must be paid and must accompany the appropriate application to the Ontario Universities' Application Centre.	McMaster Association of Part-Time Students: 905-525-9140 x22021

## Other Organized Learning Activities

Organization	Program	Description	Open to	Requirement	Contact Information
Mohawk College	Special Courses	<ul style="list-style-type: none"> <li>- General interest courses</li> <li>- Plumbing, tools, maintenance</li> <li>- Painting and decorating</li> <li>- Dance</li> </ul>	Members of the City of Hamilton - Recreation Program Seniors 55+ in Hamilton and surrounding areas	Membership- Contact Mohawk College or Sackville Hill for fee schedule	(905) 575-2025
Hamilton Third Age Learning	Lectures	<ul style="list-style-type: none"> <li>- Spring and Fall series consisting of 6 lectures by outstanding speakers who are experts in their field.</li> <li>- A broad range</li> </ul>	No age restriction but lectures are aimed at seniors. Registration is limited and granted on a first-come, first-served basis.	Please visit <a href="http://www.htal.ca">www.htal.ca</a> for more information. Classes fill up quickly!	<a href="mailto:info@htal.ca">info@htal.ca</a>

## Library Activities

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Public Library	Various	<ul style="list-style-type: none"> <li>- Knitting/ crocheting clubs</li> <li>- Book clubs</li> <li>- Photography</li> <li>- Computer classes</li> <li>- Gardening workshops</li> <li>- Programs offered at various branches</li> <li>- Programs vary each month, contact library for schedule</li> </ul>	Residents of Hamilton and surrounding areas; Certain classes seniors 50+	Contact library for fee schedule	(905) 546-3200

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Public Library (Various branches)	Social	<ul style="list-style-type: none"> <li>- Chinese seniors program</li> <li>- Newcomer women's circle</li> <li>- Newcomer information sessions</li> <li>- Programs offered at various branches</li> <li>- Programs vary each month, contact library</li> </ul>	Seniors 50+ from Hamilton and surrounding areas	Contact library for fee schedule	(905) 546-3200
Hamilton Public Library (Central Branch)	Social	<ul style="list-style-type: none"> <li>- English classes for seniors</li> <li>- LINC level 1 and 2</li> <li>- Every Tuesday and Thursday 9:30-11:30 and tutoring class is every Monday and Wednesday from 9:30-11:30</li> </ul>	Seniors 55+ from Hamilton and surrounding areas	Must be a permanent resident or convention refugee. Must be assessed first to determine eligibility; contact library for more information	(905) 546-3200

## Workshops

Organization	Program	Description	Open to	Requirement	Contact Information
North Hamilton Community Health Centre	Seniors Kitchen	<ul style="list-style-type: none"> <li>- Meet monthly to plan and prepare meals</li> <li>- Learn about nutrition</li> </ul>	Seniors who are North end residents of Hamilton only	No Fees	Diana DeSimone: (905) 523-6611 ext. 3008
Senior Wood Carving Group	Wood Working	- Various wood working activities	Seniors in Hamilton and surrounding areas	Contact organization for fee schedule	

Organization	Program	Description	Open to	Requirement	Contact Information
Hamilton Naturalists Club	Nature	<ul style="list-style-type: none"> <li>- Bird watching</li> <li>- Walking/Hiking</li> <li>- Bird Study group</li> </ul>	Residents of Hamilton and surrounding areas	Membership- Seniors rate \$30/year; Some additional fees required for certain activities	(905) 381-0329
Royal Botanical Gardens	Nature	<ul style="list-style-type: none"> <li>- Gardening workshops</li> <li>- Bird walks</li> <li>- Identification classes</li> <li>- Painting</li> <li>- Yoga</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by class; Members of RBG save 10% off classes, Yearly membership	(905) 527-1158
Hamilton Conservatory for the Arts	Visual Arts	<ul style="list-style-type: none"> <li>- Beginner photography</li> <li>- Intermediate/advanced photography</li> <li>- Beginner/advanced art classes in realism and drawing</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 528-4020
Dundas Valley School of Art	Visual Arts	<ul style="list-style-type: none"> <li>- Drawing</li> <li>- Painting</li> <li>- Clay</li> <li>- Jewelry Making</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 628-6357
The Art School Off Locke	Visual Arts	<ul style="list-style-type: none"> <li>- Painting</li> <li>- Drawing</li> <li>- Zen drawing</li> </ul>	Residents of Hamilton and surrounding areas	Fees vary by classes; Contact organization for fee schedule	(905) 522-6678

Organization	Program	Description	Open to	Requirement	Contact Information
The Art Gallery of Hamilton	Arts	<ul style="list-style-type: none"> <li>- Painting</li> <li>- Drawing</li> <li>- Sculpting</li> <li>- Talk series</li> <li>- Silkscreen</li> </ul>	Residents of Hamilton and surrounding areas	Registration required- AGH members \$45/class; Non-members \$55/class	(905) 527-6610
Abbey Stained Glass	Arts	<ul style="list-style-type: none"> <li>- Learn the essentials of stain glass</li> <li>- Create your own design</li> <li>- Seniors and open classes available</li> </ul>	Seniors in Hamilton and surrounding areas	Registration required- Contact business for fee schedule; Seniors rates available	(905) 574-3350

## Other

Organization	Program	Description	Open to	Requirement	Contact Information
North Hamilton Community Health Centre	Chronic Disease Self Management	<ul style="list-style-type: none"> <li>- Once a week for 6 weeks</li> <li>- Teaches self management strategies to assist individuals in managing chronic health issues</li> </ul>	Open to anyone living with long term health effects and chronic disease and their caregivers	None	(905) 523-6611 ext. 3060
North Hamilton Community Health Centre	Mind Over Mood- Mental Wellness Toolkit	<ul style="list-style-type: none"> <li>- Once a week for 10 weeks</li> </ul>	Open to anyone who self-identifies with having depression, anxiety, panic or agoraphobia	None	(905) 525-6611 ext. 3006

Organization	Program	Description	Open to	Requirement	Contact Information
North Hamilton Community Health Centre	Diabetes Education Programs	<ul style="list-style-type: none"> <li>- Monthly program offering information to those with Type 2 Diabetes</li> <li>- Guest speakers present on various topics related to diabetes</li> <li>- Program runs in</li> </ul>	Open to people with diabetes and their families	None	(905) 523-6611 ext. 3060
North Hamilton Community Health Centre	Seniors Advisory Committee	<ul style="list-style-type: none"> <li>- Group meets twice each quarter to discuss North end community events, concerns, programs and services</li> </ul>	Open to all senior North end residents, participants and clients of the health centre	None	Diana DeSimone: (905) 523-6611 ext. 3008