

# Wellesley-Weston Lifetime Learning

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Learn! Engage! Interact! Enjoy!





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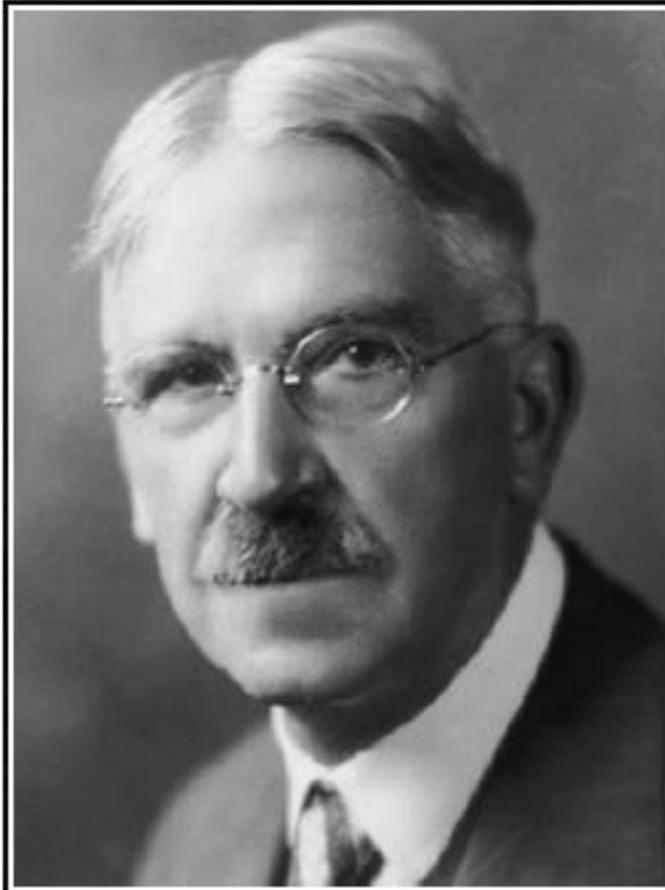
- About 250 seniors from the Western suburbs meet Monday mornings for ten weeks each spring and fall
- WWLL is the second oldest lifetime learning program in U.S.
- Diverse and stimulating courses in a learning community -  
Something for everyone!
- An all-volunteer organization drawing on Boston-area professionals as teachers
- All that's required is a desire for intellectual stimulation, vigorous discussion and good camaraderie



# About Lifetime Learning

- The fastest growing segment of the educational market, according to *The Washington Post*
- By 2034, there'll be more seniors than persons under 18





Education is not preparation for life;  
education is life itself.

— *John Dewey* —  
*American education reformer*

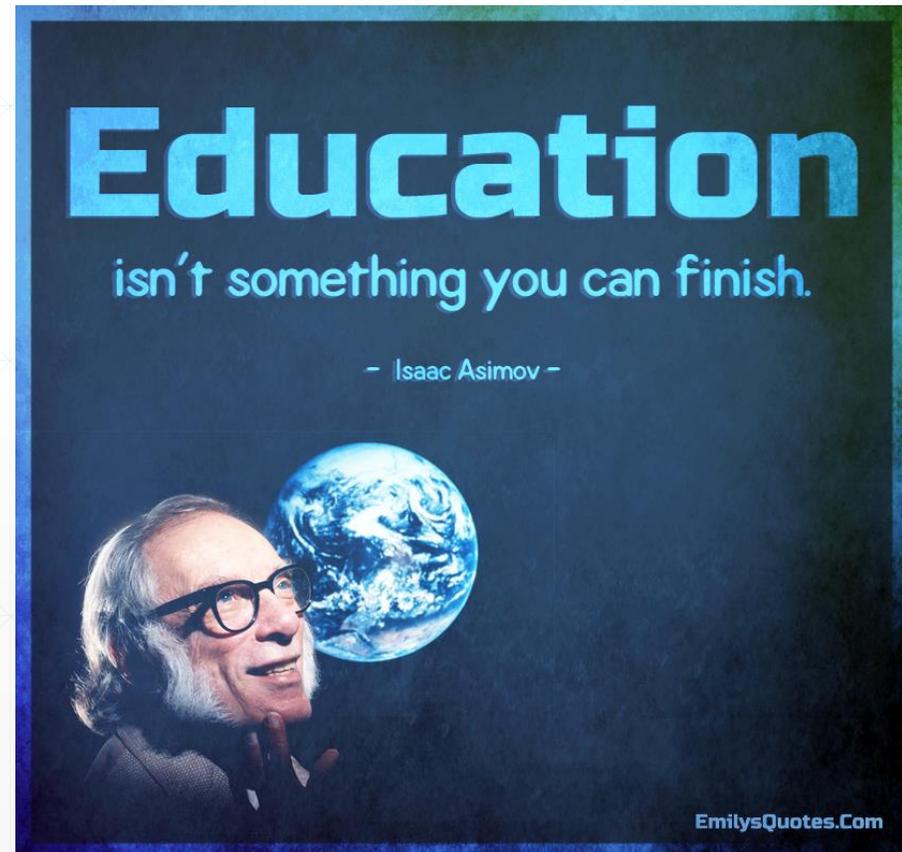
AZ QUOTES

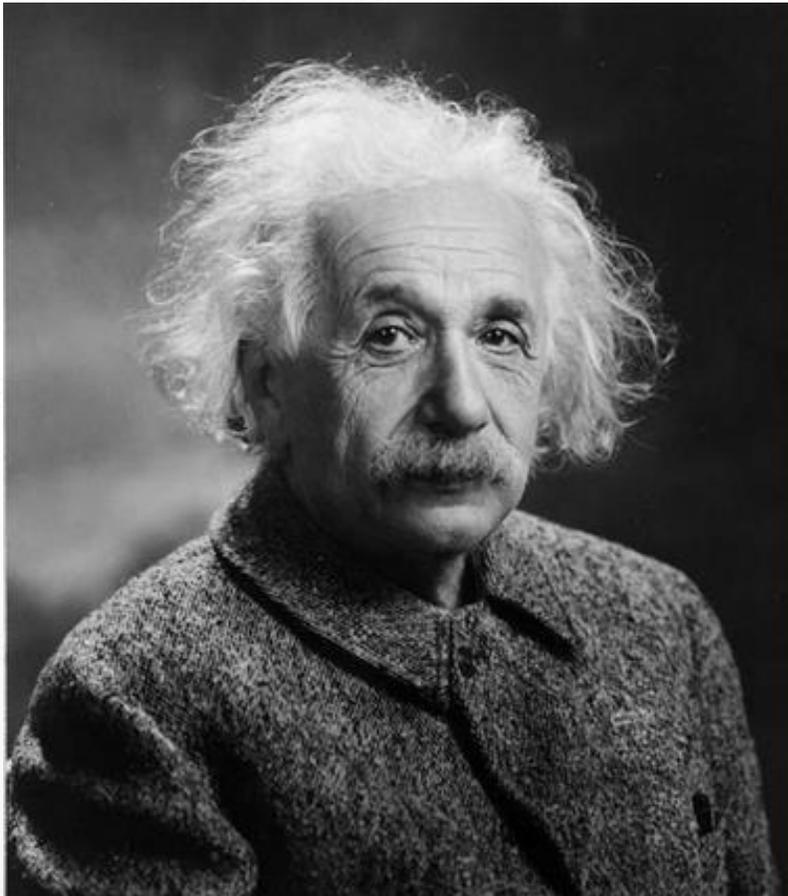


# Thinking Outside the Box . . .

People think of education as something that they can finish.

If you enjoy learning, there's no reason why you should stop at a given age.





“ Once  
you  
stop learning,  
you  
start dying.

—  
ALBERT EINSTEIN





# Lifetime Learning Benefits: Overview





# Lifetime Learning Benefits: Expanded

- Medical
  - Learning something new helps boosts your memory
  - Lowers your stress level
  - Slows your heart rate
  - Eases muscle tension
- MGH / Harvard Medical School study: Seniors who reported higher levels of intellectual stimulation throughout their lifetimes had a marked delay in onset of memory problems or other Alzheimer's type symptoms.
- Harvard/Princeton research on the connection between lifelong learning and health
  - Reading for just six minutes lowered participants' stress levels, slowed heart rates and eased muscle tension
  - Lowering stress enhances seniors' cardiovascular health, decreases blood pressure, reduces the risk of a stroke or heart attack, boosts immunity, and lowers level of depression.



# Lifetime Learning Benefits: Expanded (Cont'd)

- Social
  - Make new friends
  - Join old friends
  - Develop camaraderie with like-minded men and women thirsting for knowledge
- Educational
  - Isn't there a subject you always wanted to know more about?
  - Learn from talented instructors
  - A supportive, inclusive learning environment





**“ I'M STILL LEARNING. ”**

**Michaelangelo at age 87**

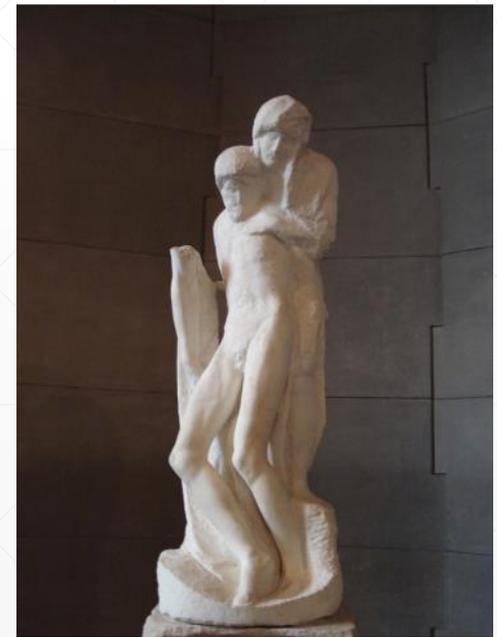
# Self-renewal

- Michelangelo sought to stay fresh and reinvent himself, returning twice to the Pieta theme and bringing a more human interpretation
- Reflecting on mortality, he worked on his Rondanini Pieta until age 89. While unfinished, it is considered another masterpiece

1st - Youthful bravado



3rd – Humility of old age





# Registration Details

- **10-week semesters each Spring and Fall**
- **All classes on Monday mornings**
- **2 class periods: 10-11am and 11:30-12:30pm**
- **~8-10 classes each semester on a range of subjects**
- **No prior qualifications required.**
- **For course descriptions and registration, go to:**  
[www.wvllcourses.org](http://www.wvllcourses.org)



# What does a lifetime learner look like?



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For semester dates, course descriptions, and registration go to:

[www.wwillcourses.org](http://www.wwillcourses.org)