

Wellesley-Weston Lifetime Learning

Learn! Engage! Interact! Enjoy!





Wellesley-Weston Lifetime Learning

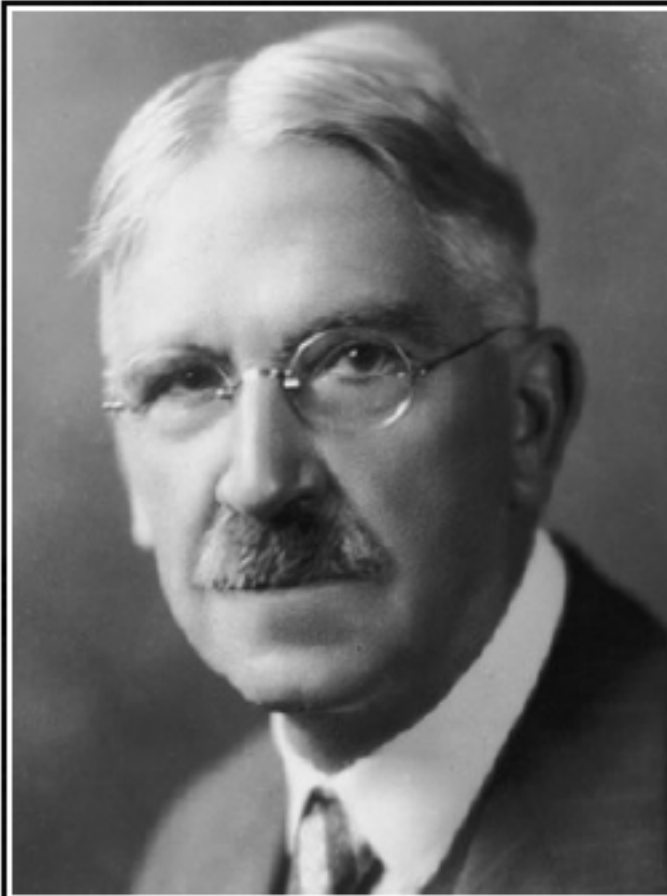
- About 250 seniors from the Western suburbs meet Monday mornings for ten weeks each spring and fall
- WWLL is the second oldest lifetime learning program in U.S.
- Diverse and stimulating courses in a learning community - Something for everyone!
- An all-volunteer organization drawing on Boston-area 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

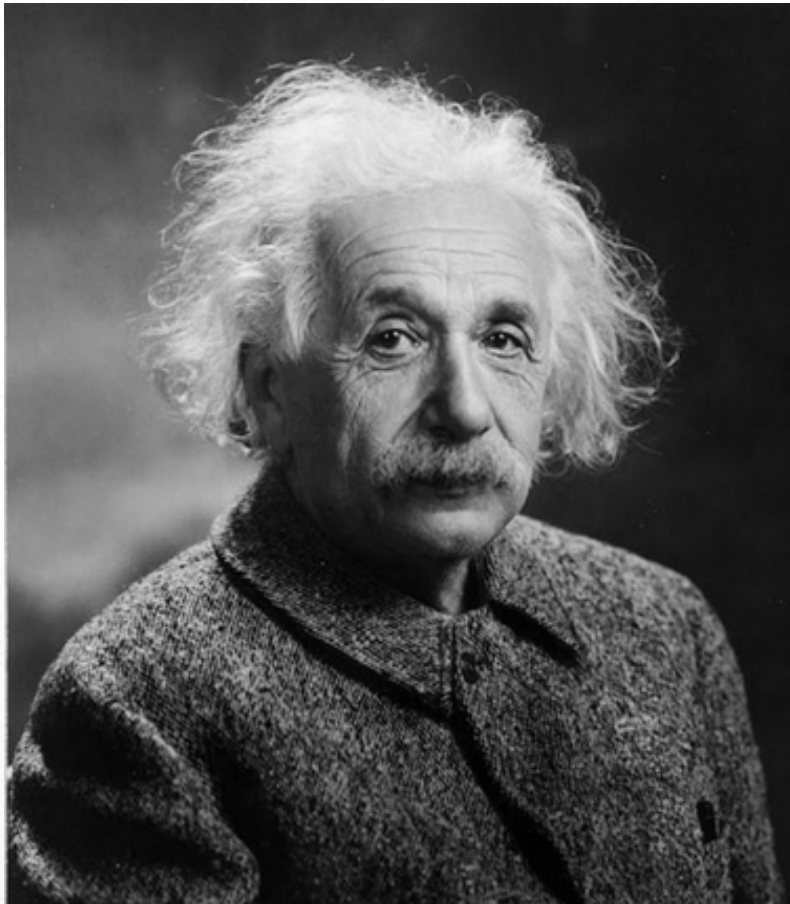


Thinking Outside the Box . . .

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

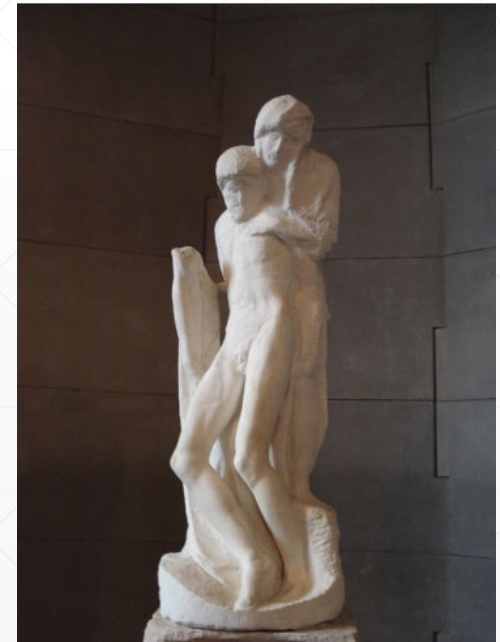
Self-renewal

- 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

- Registration opens: February 15th
- How to register: See website --www.wvllcourses.org
- Start date: March 14th
- Cost: \$25 regardless of the number of courses taken

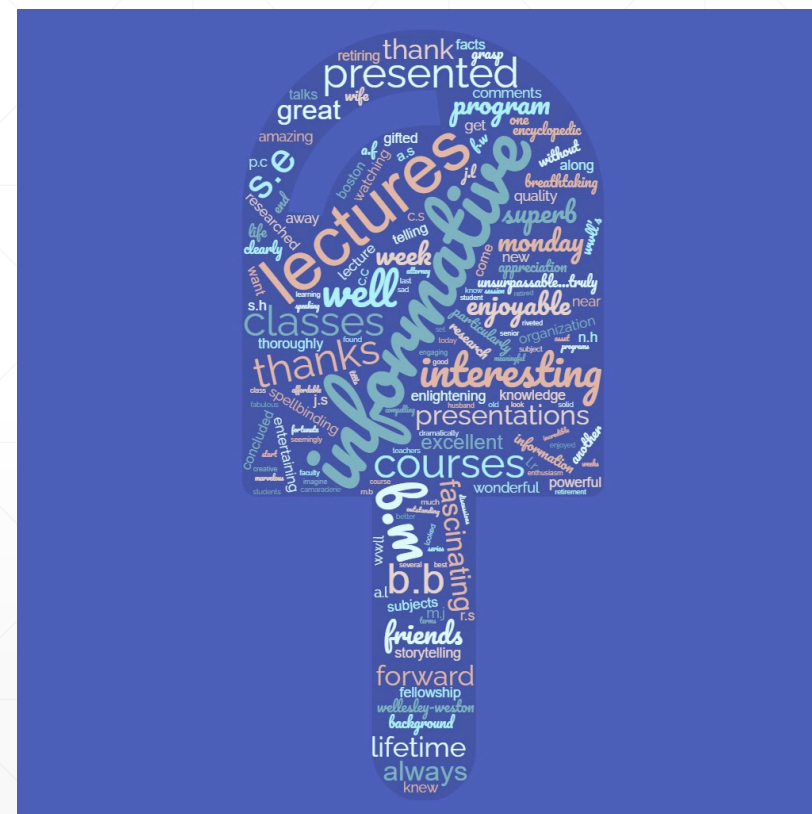
Spring semester – 10 courses

- | | |
|---|---|
| ■ Famous Trials throughout History | ■ Stories of Conflict through a Narrator's Lens |
| ■ Bright Moments of Jazz and Rock | ■ <i>Wollen Sie Deutsch Sprechen?</i> |
| ■ Writing Your Story | ■ American History through a Cinematic Lens |
| ■ Poetry for the People | ■ Populating the Americas: A Scientific Detective Story |
| ■ Western Gunslingers – The Truth Behind the Westerns | ■ Lecturers on Diverse Topics |



Representative Student Comments

- “After retiring, these Monday classes always get my week off to a good start: fabulous lectures, discussions and camaraderie.”
- “Presentations are superb, both in terms of enthusiasm, knowledge, organization of the facts, and quality of speaking.”
- “Gifted teachers. I, along with all the other students are so very fortunate. With much thanks and appreciation.”



In a Word Cloud, the size of each word indicates its frequency and importance across all feedback and comments.

What does a lifetime learner look like?



Learn! Engage! Interact! Enjoy!



www.wwillcourses.org

Classes start March 14th