



Intellectually Curious?

Interested in Peer Learning?

Want to Meet Like-Minded Individuals?

Check out the Academy for Lifelong Learning at www.allto.ca

Spring Talks - 2018

April 11, 2018 10 a.m.

Laughing Is The Best Medicine – A Laugh-Filled Morning of Comedy

Special Guest – comedian Ron James

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



The first of our eagerly anticipated Spring Talks will feature ten Academy members who will each entertain you with a short stand-up comedy routine. These brave “pioneers” are graduates of facilitator Michael Cole’s Stand-Up Comedy For Seniors workshop this year, and their routines on the 11th will focus on the humorous issues and challenges of advancing age.

Our budding stars will be joined by special guest, Ron James, a star of several CBC TV comedy shows and specials, winner of two Canadian Comedy Awards for Best Stand Up, and star of numerous cross-Canada comedy tours.

April 18, 2018 10 a.m.

The Healthy Brain: How Diet and Supplements Can Help Optimize Brain Power At Any Age

Dr Aileen Burford-Mason, PHD

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



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Dr Burford-Mason is an immunologist, cell biologist and orthomolecular nutritionist (a specialized field of nutrition that uses diet as well as vitamins, minerals, amino acids and other substances naturally present in the body to treat and prevent disease). She is the author of *Eat Well, Age Better* (2012) and *the Healthy Brain* (2017), and is one of Canada's leading advocates for advancing the scientific basis for nutrition. Dr Burford-Mason has been an Assistant Professor in the Faculty of Medicine at the University of Toronto, and the director of a cancer research laboratory at Toronto General Hospital.

April 25, 2018 – 10 a.m.

Being Bold and Pushing Boundaries: Thoughts on the Future of University Education

Michael Benarroch

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



Provost and Vice President, Academic at Ryerson University, Michael joined Ryerson in July 2017. In his prior roles, he was Dean of the I. H. Asper School of Business at the University of Manitoba, and founding Dean of the Faculty of Business and Economics at the University of Winnipeg. Michael is sought-after internationally for his research insights on the global economic outlook, globalization, and the impact of trade on the environment. As an academic leader, Michael gives ongoing support to student-centred and experiential learning. He has a proven track record of practical commitment to diversity and inclusion, and award-winning strategic governance.



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May 2, 2018 – 10 a.m.

The Surprising Effects of Music as Vibration

Dr. Lee Bartel

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



Professor Emeritus at the University of Toronto, Dr Lee Bartel, PHD. served as Faculty of Music Associate Dean of Research from 2011 – 2015. Founding Director of the Music and Health Research Collaboratory (MaHRC), he is a member of the Collaborative Program in Neuroscience, is cross-appointed to the Institute for Life Course and Aging, and the Graduate Department of Rehabilitation Science. He serves on the Board and as Co-Chair of the Research and Education Committee for Artists' Health Alliance and on the Board of Room217 Foundation which is devoted to music care in long-term care.

With extensive early experience as a music teacher at all levels and as a performing choral conductor, singer, and violinist, Dr Bartel has broad interests, ranging from music therapy, music medicine, and music neuroscience, to artists' health. His primary research interest is rhythmic sensory stimulation with studies underway for Cardiac Rehab at Toronto Rehab; fibromyalgia and Ehlers Danlos Syndrome at Mount Sinai Hospital; Alzheimer's at Baycrest; and Major Depressive Disorder at UHN.

May 9, 2018 – 10 a.m.

Murder They Wrote: The Origins of Detective Fiction

Erin Piotrowski

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



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Erin Piotrowski is a course instructor and a PhD candidate in the Department of English at the University of Toronto. She has also taught at McMaster University and the University of Ottawa, and with the NOVA Group in Osaka, Japan. Her research and teaching interests include Victorian literature and culture, media studies, and electronic literature. A self-described book junkie, the first novel Erin ever read, at the tender age of 9, was Agatha Christie's *And Then There Were None*. Detective fiction has held a special place in her heart ever since.

May 16, 2018 – 10 a.m.

Canada And Our Southern Neighbour: How Different Are We? Or Could Trump Happen Here?

Michael Adams

Innis College

Academy members – Free; Guests - \$10 (payable at the door)



Michael Adams is the president of the Environics group of research and communications consulting companies which he co-founded in 1970. In 2006 he founded the non-profit Environics Institute for Survey Research. The Institute conducts groundbreaking projects, including surveys of Canadian Muslims, an in-depth survey of Indigenous Peoples living in urban Canada, and, most recently, a community-based survey of self-identified Black residents of the Greater Toronto Area. Mr. Adams is the author of seven books; most recently *Could it Happen Here? Canada in the Age of Trump and Brexit*. In 2016 he was awarded the Order of Canada for his work in helping Canadians understand who they are as a country and a people.