

Elder College Programs

Courses For Individuals 50+

Winter 2017

Join Us And Broaden Your Horizons!



Island Savings Centre
Kerry Park Recreation Centre



IslandSavings CENTRE
RECREATION. SPORTS. CULTURE.

Watercolors Intermediate

Create a composition and painting using a provided still life set up with flowers, a vase and fruit.

Tuesdays | Jan 5 - 26 | 1:30 PM - 3:30 PM
4 Sessions \$52 | Code: 8076
Instructor: Kathy Riedel

Gentle Yoga and Somatics

Restore function, improve flexibility, balance and bone strength.

Wednesdays | Jan 11 - Mar 8 | 9:30 AM - 11:00 AM
ISC | 9 Sessions \$63 | Code: 8090
Instructor: Somae Osler

Beginners' Fly Tying

Learn to tie a number of simple flies that work in local lakes, rivers and beaches.

Thursdays | Jan 12 - Mar 2 | 9:00 AM - 11:00 AM
8 Sessions \$40 | Supplies Extra | Code: 8094
Instructors: Devina and/or Ted Brookman

Poetry and Deep Ecology II

Read and discuss poems from classic nature poetry.

Mondays | 10:00 AM - 12:00 PM | 6 Sessions \$48
ISC | Jan 16, 30, Feb 20, 27, Mar 6, 13 | Code: 8082
Instructor: Roger Kimmerly

Armchair Travel: Overland Through Central Asia

A culmination of 5 weeks of travel through the exotic lands of the 5 'Stans.

Tuesday | Jan 17 | 10:00 AM - 12:00 PM
ISC | 1 Session \$12 | Code: 8095
Presenter: Carolyn Prellwitz

French Conversation

A chance for intermediate & advanced speakers to practice French in a small group.

Wednesdays | Jan 18 - Feb 22 | 1:30 PM - 3:00 PM
ISC | 6 Sessions \$48 | Code: 8100
Instructor: Aude Volstad

Dickens Revisualized

Examine the work of Cruikshank, Phiz, and other well known 19th Century illustrators of Dickens' novels.

Wednesdays | Jan 18 - Feb 22 | 1:00 PM - 2:00 PM
ISC | 6 Sessions \$48 | Code: 8102
Instructor: Philip Allingham

Calling All Writers

Explore your creative talents. Expand your confidence as a writer and as a presenter.

Thursdays | Jan 19 - Feb 9 | 1:00 PM - 2:30 PM
ISC | 4 Sessions \$48 | Code: 8078
Instructor: Robyn Gerland

Beginner Bookhand

Useful basic calligraphic hand for cards and for longer work.

Thursdays | Jan 19 - Feb 9 | 9:00 AM - 12:00 PM
ISC | 4 Sessions \$48 | Code: 8103
Instructor: Marilyn Lundstrom

The Aerial Mapping of Canada

A presentation on the use of aircraft by Spartan Air Services to photograph large areas of Canada during the 1950/60's for the national mapping program.

Tuesday | Jan 24 | 10:00 AM - 12:00 PM
ISC | 1 Session \$12 | Code: 8080
Presenter: Robert M. Stitt

Calligraphart

Enjoy a class that looks at calligraphy and art challenges.

Wednesdays | Jan 25 - Mar 1 | 9:00 AM - 12:00 PM
6 Sessions \$54 | Code: 8104
Instructor: Betty Locke

Acrylic Painting for Beginners

Learn about materials, paint colours, composition & more.

Wednesday | Feb 1 - 22 | 10:00 AM - 12:00 PM
ISC | 4 Sessions \$42 | Code: 8105
Instructor: Roger Jackson

Wills, Estates, and Estate Planning

Join us for this presentation to learn why it is important to have a will and your duties as an Executor.

Thursday | Feb 2 | 1:30 PM - 3:00 PM
KPRC | 1 Session \$12 | Code: 8014
Presenter: David B. Pope

Paper Embroidery

With a blank card, needle and fancy thread, we will create personal greeting card/cards

Friday | Feb 3 | 10:00 AM - 1:00 PM
ISC | 1 Session \$12 | Supplies Extra | Code: 8109
Instructor: Sandi Cruickshank

Is Global Warming All That Serious?

Climate science is reduced to easy, understandable concepts. Laboratory demonstrations provided.

Saturdays | Feb 4 - 18 | 10:00 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8088
Instructor: Dr. Geoff Strong

Armchair Travel: Bucket List Blitz Trip

Pictures and stories from Masi Mara (Kenya), volcanoes National Park (Rwanda), Ngorongoro Crater and the Serengetti (Tanzania), finishing with some beach time in Zanzibar.

Monday | Feb 6 | 1:30 PM - 3:30 PM
ISC | 1 Session \$12 | Code: 8096
Presenters: Maura Walker and Rob Purgravia

Beginner and/or Intermediate Guitar

For those interested in learning new songs, techniques and scales or advancing their knowledge.

Mondays | Feb 6 - Mar 13 | 7:00 PM - 9:00 PM
ISC | 6 Sessions \$54 | Code: 8119
Instructor: Brian Hicks

Art of Living Yoga and Meditation for Seniors

Gentle stretches, yoga postures, breathing techniques, muscle toning, strength building and meditation.

Tuesdays | Feb 7 - Mar 7 | 10:30 AM - 11:30 AM
ISC | 5 Sessions \$34 | Code: 8093
Instructor: Saroj Sund

Incapacity Planning, Wills, Estates and Duties of an Executor

Informative course on incapacity planning, wills & estate planning, executor's duties, & applying for probate.

Wednesdays | Feb 8 - Feb 22 | 10:00 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8084
Instructor: Julia Henderson

Armchair Travel: Dutch Delights

See Zud-Holland like never before. An expat takes you on a journey off the beaten path during a one year stay.

Thursday | Feb 9 | 1:00 PM - 3:00 PM
KPRC | 1 Session \$12 | Code: 8015
Presenter: Kim Barnard

CPR and AED Training for Seniors

Learn the basics of CPR and choking as well as an Introduction to AED (Automated External Defibrillation).

Wednesday | Feb 15 | 12:30 PM - 4:00 PM
ISC | 1 Session \$12 | Code: 8113
Instructor: Leanoire Hearsey for St. John Ambulance

Condo and Townhouse Buying Secrets

All you need to know about buying a condo or townhouse.

Thursday | Feb 16 | 1:00 PM - 3:00 PM
ISC | 1 Session \$12 Code: 8079
Instructor: Rick Couvelier

Needle Felting

Make a lovely fairy using special needle and raw fleece.

Friday | Feb 17 | 10:00 AM - 1:00 PM
ISC | 1 Session \$12 | Supplies Extra | Code: 8120
Instructor: Sandi Cruickshank

Cannabis 101

THC, CBD, cannabinoids, indica, sativa, hash, shatter, flower, edibles. What does it all mean? Come find out.

Monday | Feb 20 | 1:30 PM - 2:30 PM
KPRC | 1 Session \$12 | Code: 8030
Presenter: Alicia Dixon

Art Appreciation

A discussion of Restraint and Emotion versus Reason and Restraint during the Baroque period.

Wednesdays | Feb 22 - Mar 8 | 10:00 AM - 11:30 AM
ISC | 3 Sessions \$36 | Code: 8077
Instructor: Rob MacLean

Intermediate Bridge

Bridge lessons for the more experienced player

Weds / Fridays | Feb 22 - Mar 10 | 1:30 PM - 4:00 PM
ISC | 6 Sessions \$52 | Code: 8114
Instructor: Gordon Thomas

Mason Bees - Blue Orchard (BOB)

Learn how to assist the bees expand and pollinate, and how to accommodate them.

Wednesday | Feb 22 | 1:00 PM - 3:00 PM
ISC | 1 Session \$12 | Code: 8081
Instructor: Eugene Fleck

Come Play with Clay

Create a small whimsical sitting figure in clay.

Mondays | Feb 27 - Apr 3 | 1:00 PM - 3:00 PM
5 Sessions \$28 | Supplies Extra | Code: 8111
Instructor: Linda Richter

Introduction to Crochet

Learn some basic crochet stitches.

Thursdays | Mar 2 - 9 | 1:00 PM - 4:00 PM
KPRC | 2 Sessions \$24 | Code: 8058
Instructor: Judy Nikirk

An Introduction to Islam

Islam's beginnings, its spread around the world, Shia and Sunni sects, Sufism, Wahhabism, the Arab Spring and ISIS.

Fridays | Mar 3 - 24 | 10:00 AM - 12:00 PM
ISC | 4 Sessions \$48 | Code: 8115
Instructor: Gwyneth Kingham

Register for Programs

Online: Browse and register for programs online at: www.cvr.bc.ca

In Person: At the Island Savings Centre. Payment by cash, cheque, debit or credit.

By Telephone: Call 250.748.7529 during office hours. Payment can be made at the time of registration.

Please note that descriptions have been shortened. Visit www.islandnet.com/eldercollege for a complete list of programs, fees, and full course descriptions.

Thank you to all of the wonderful volunteer instructors and committee members who donate their time and expertise.

Beginners Ukulele

Introduction to C scale Ukulele with printed materials.
Saturdays | Mar 4 - 11 | 10:00 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8117
Instructors: Al Lawrence & Carole Walker

Emergency Preparedness

Learn about potential disasters & emergencies and ways to reduce impacts at home, work, and play.
Monday | Mar 6 | 1:30 PM - 3:30 PM
KPRC | 1 Session \$12 | Code: 8027
Presenter: Sybille Sanderson

Armchair Travel: Myanmar (Burma)

A fascinating Country for western tourists to visit with a recently improved political climate.
Monday | Mar 6 | 1:30 PM - 3:00 PM
ISC | 1 Session \$12 | Code: 8121
Presenter: Val George

Balcony Gardening (Dinter's Nursery)

How to have a year round gardens on your balcony.
Tuesday | Mar 7 | 11:00AM - 12:00PM
ISC | 1 Session \$12 | Code: 8128
Instructor: Della Walters

Acrylic (Intermediate) Painting

Paint a beautiful Spring flower arrangement.
Tuesdays | Mar 7 - 21 | 1:30 PM - 3:30 PM
ISC | 3 Sessions \$42 | Code: 8132
Instructor: Kathy Riedel

Cowichan Estuary Nature Trail in Early Spring

We'll explain the ecological, socio-cultural and economic importance of estuaries with focus on the Cowichan Estuary and its importance to First Nations
Friday | Mar 10 | 10:00 AM - 12:00 PM
1 Session \$12 | Code: 8133
Leader: Goetz Schuerholz

Bicycle Maintenance: Emergency and Otherwise

How to deal with changing tires, brake adjustments, and what to do when your gears act up.
Mondays | Mar 13 - 20 | 9:30 - 11:30 AM
ISC | 2 Sessions \$24 | Code: 8086
Instructor: Will Arnold

Beginner Line Dance

Learn 4 line dances.
Wednesdays | Mar 15 - Apr 19 | 2:45 PM - 3:45 PM
ISC | 6 Sessions \$36 | Code: 8135
Instructor: Cliff Knowles

Hiking the Cowichan Valley Level 1

Six 2 hr hikes, at a relaxed pace.
Wednesdays | Mar 15 - Apr 19 | 9:00 AM - 12:00 PM
ISC | 6 Sessions \$30 | Code: 8124
Leaders: Cowichan Hikers

Hiking the Cowichan Valley Level 2

Six hikes with some steep areas and hills, rain or shine.
Wednesday | Mar 15 - Apr 19 | 9:00 AM - 1:00 PM
ISC | 6 Sessions \$30 | Code: 8123
Leaders: Cowichan Hikers

Fighting the Great War Part 4: 1917 - The Crisis

A comprehensive presentation on the critical events of WW1 during the year 1917, including Vimy Ridge, Passchendaele and Italy.
Wednesdays | Mar 15 - 29 | 10:00 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8134
Instructor: Christopher Comars

Volunteers in Cambodia

We'll cover our experience as volunteers in Siem Reap, Cambodia, and introduce you to the people we met and share our experiences with them and their families.
Monday | Mar 20 | 1:30 PM - 3:30 PM
KPRC | 1 Session \$12 | Code: 8029
Presenters: Don Skerik and Kim Dibb

Your Kitchen Garden

Learn to set up, manage & enjoy a backyard kitchen garden.
Thursdays | Mar 23 - Apr 6 | 10:30 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8136
Instructor: Chris Ralson

Armchair Travel: A Potpourri of Malta, Sardinia and Corsica

Come visit historic sites, towns, and villages and explore stunning landscapes.
Monday | Mar 27 | 1:30 PM - 3:30 PM
KPRC | 1 Session \$12 | Code: 8026
Presenter: Gwyneth Kingham

Building Vancouver Island

Building Vancouver Island from the sea floor up, the processes behind it and the resulting earthquake potential.
Tuesday | Mar 28 | 1:00 PM - 3:00 PM
ISC | 1 Session \$12 | Code:8137
Instructor: Neil Bonner

Iris Folding Cards

Make a Spring greeting card using shiny folded papers.
Thursday | Mar 30 | 9:30 AM - 12:00 PM
ISC | 1 Session \$12 | Supplies Extra | Code: 8110
Instructor: Carole Walker

Armchair Travel: Out of Africa

Rafting the Nile and a trip through Uganda, Rwanda, and Tanzania's Serengeti Plains.
Friday | Mar 31 | 10:00 AM - 12:00 PM
ISC | 1 Session \$12 | Code: 8138
Presenter: Sandra Faye Nagy

Digital Cameras - 101

Bring your questions, your camera and instruction manual. A discussion session for novices.
Tuesday | Apr 4 | 10:00 AM - 11:30 AM
ISC | 1 Session \$12 | Code:8139
Instructor: Eric Marshall

Armchair Travel: Norfolk Island, Australia

Early history of Norfolk Island, its use by Britain as a penal colony and as a refuge for Bounty Mutineers.
Tuesday | Apr 4 | 1:30 PM - 3:30 PM
ISC | 1 Session \$12 | Code: 8142
Presenter: Trish Rankin

Love to Sing

A lively sing along class that sings for the sheer joy of it.
Tuesdays | Apr 4 - May 16 | 1:30 PM - 3:00 PM
ISC | 7 Sessions \$63 | Code: 8116
Instructors: Tina Andersen and Jacquie Dejong-Seinen

Gentle Yoga and Somatics

This gentle class restores function, improves flexibility, balances and bone strength.
Wednesdays | Apr 5 - May 31 | 9:30 AM - 11:00 AM
ISC | 9 Sessions \$63 | Code: 8143
Instructor: Somae Osler

Internet Marketing for Seniors

Learn about various on-line opportunities to generate revenue and supplement your income.
Thursdays | Apr 6 - 20 | 7:00 PM - 9:30 PM
ISC | 3 Sessions \$33 | Code: 8144
Instructor: Allan Curtis

Armchair Travel : 2 Weeks in Ritsona – A Syrian Refugee Camp

My experience as a volunteer and observer in Ritsona, Greece.
Monday | April 10 | 2:00 PM - 3:30 PM
ISC | 1 Session \$12 | Code: 8153
Presenter: Margaret Ames

The Digital SLR Camera

Learn about depth of field, exposure compensation, metering mode & exposure bracketing.
Tuesday | Apr 11 | 10:00 AM - 11:30 AM
ISC | 1 Session \$12 | Code: 8140
Instructor: Eric Marshall

Introduction to PowerPoint

Produces slide shows which allow you to add captions to slides and include tables or lists.
Tuesday | Apr 18 | 10:00 AM - 11:30 AM
ISC | 1 Session \$12 | Code: 8145
Instructor: Eric Marshall

Nature Walk - Spring Flowers

See the wild flowers and other signs of spring in a Garry Oak Preserve. An easy walk.
Friday | Apr 21 | 9:30 AM - 1:00 PM
ISC | 1 Session \$12 | Code: 8122
Instructor: Eric Marshall

Traditional Chinese Mah Jongg

Learn and play this classic Chinese tile game.
Fridays | Apr 21 - May 12 | 10:00 AM - 12:00 PM
ISC | 4 Sessions \$48 | Code: 8085
Instructor: Judi Baker

Bicycle Maintenance: Emergency and Otherwise

How to deal with changing tires, brake adjustments, and what to do when your gears act up. Please bring your own bicycle and any bike tools that you have.
Monday | Apr 24 | 1:30 PM - 4:00 PM
KPRC | 1 Session \$12 | Code: 8031
Presenter: Will Arnold

Photoshop Elements - An Introduction

Learn simple procedures to improve your digital photographs.
Tuesday | Apr 25 | 10:00 AM - 11:30 AM
ISC | 1 Session \$12 | Code: 8146
Instructor: Eric Marshall

Walks in the Woods

Four walks, at a relaxed pace, in different locations each week, rain or shine.
Wednesdays | Apr 26 - May 17 | 9:00 AM - 12:00 PM
ISC | 4 Sessions \$24 | Code: 8127
Leaders: Cowichan Hikers

Accordion-Fold Book

Create an accordion-like set of pages for a small book.
Friday | Apr 28 | Supplies Extra | 10:00 AM - 1:00 PM
ISC | 1 Session \$12 | Code: 8152
Instructor: Alison Irwin

FireSmart Your Community

Learn how to protect your home and neighbourhood.
Monday | May 1 | 1:30 PM - 3:30 PM
KPRC | 1 Session \$12 | Code: 8028
Presenter: Sybille Sanderson

Tour of Shawnigan Lake School

A tour of the school, library, museum (containing items from the 20s through the 70s) and grounds.
Monday | May 1 | 9:00 AM - 12:30 PM
1 Session \$12 | Code: 8147
Leader: Rosemary Dolman

Incapacity Planning, Will and Estates and Duties of an Executor

Informative course on incapacity planning, wills & estate planning, executor's duties,& applying for probate.
Wednesday | May 3 - May 17 | 10:00 AM - 12:00 PM
ISC | 3 Sessions \$36 | Code: 8148
Instructor: Julia Henderson

Brain Fitness

Stimulate the left, right and whole brain with challenging, fun and enriching activities.
Thursday | May 4 | 10:00 AM - 12:00 PM
ISC | 1 Session \$12 | Code: 8149
Instructor: Chris Rafuse

Our Cowichan Pioneers and Where They Lived

Come hear about where our Cowichan pioneers lived.
Thursday | May 11 | 1:00 PM - 3:00 PM
ISC | 1 Session \$12 | Code: 8150
Presenter: Jim Ward

Cowichan Estuary Nature Trail in Late Spring

Learn about the ecological, socio-cultural and economic importance of estuaries and their importance to First Nations.
Wednesday | May 24 | 1:00 PM - 3:00 PM
1 Session \$12 | Code: 8151
Leader: Goetz Schuerholz

Beach Walk - Thetis Island.

See the various organisms on a muddy shore and a rocky shore at low tide.
Friday | May 26 | 9:30 AM - 4:00 PM
ISC | 1 Session \$12 | Code: 8126
Instructor: Eric Marshall

Please note that there is an annual \$5 Elder College Membership Fee.

If you are interested in teaching courses for Elder College: Contact the Elder College Advisory Committee via Jennifer Carmichael at: 250.748.PLAY (7529) or jcarmichael@cvrd.bc.ca

Make Learning A Life-Long Experience!