

Elder College Programs

Courses For Individuals 50+

Fall 2018

Join Us And Broaden Your Horizons!



Cowichan Estuary Nature Trail

Guided tour of the Estuary Nature Trail.
Thursday | Sept 6 | 10:00 a.m. - 12:00 p.m.
Off Site | 1 Session \$12 | Code: 1454
Leader: Goetz Schuerholz

Watercolor - Land and Waterscape

Paint a back woods scene, featuring mountainous scenery. **Tuesdays | Sept 11 - 25 | 1:30 p.m. - 3:30 p.m.**
ISC | 3 Sessions \$30 | Code: 1406
Instructor: Kathy Riedel

Love to Sing

Join this lively sing-along class.
Tuesdays | Sept 11 - Oct 23 | 2:00 p.m. - 3:15 p.m.
ISC | 7 Sessions \$70 | Code: 1438
Leaders: Tina Andersen and Jacquie Dejong-Seinen

Warmland Restorative Justice

A presentation of the meaning of Restorative Justice and the benefits to our community.
Wednesday | Sept 12 | 7:00 p.m. - 8:00 p.m.
ISC | 1 Session \$12 | Code: 1444
Wednesday | Oct 17 | 7:00 p.m. - 8:00 p.m.
ISC | 1 Session \$12 | Code: 1445
Presenter: Sharon Thompson

Conversational French Through Games

Refresh or build up on your French skills by playing games.
Wednesdays | Sept 12 - Oct 17 | 9:30 a.m. - 11:30 a.m.
ISC | 6 Sessions \$52 | Code: 1446
Instructor: Suzanne Schnarr

Hiking the Cowichan Valley Level 1

Hikes at a relaxed pace at a new location each week. Hikes are pet-free.
Wednesdays | Sept 19 - Oct 24 | 9:00 a.m. - 12:00 p.m.
ISC | 6 Sessions \$30 | Code: 1457
Leader: David Rife

Hiking the Cowichan Valley Level 2

Hikes which will include some steep areas, hills, rough, and hard to access places. Hikes are pet-free.
Wednesdays | Sept 19 - Oct 24 | 9:00 a.m. - 1:00 p.m.
ISC | 6 Sessions \$30 | Code: 1458
Leaders: Cowichan Hikers

Beginner Line Dance

Participants will learn four line dances.
Wednesdays | Sept 26 - Oct 31 | 2:45 p.m. - 3:45 p.m.
ISC | 6 Sessions \$36 | Code: 1459
Instructor: Cliff Knowles

Somatics

This gentle class helps to restore function, improve flexibility and balance, and relieve pain and chronic stress.
Wednesdays | Sept 26 - Nov 14 | 10:00 a.m. - 11:15 p.m.
ISC | 8 Sessions \$66 | Code: 1460
Instructor: Somae Oster

Putting Your Kitchen Garden to Bed

Discussion topics include: crops and mulching, adding organic matter, and composting. Bring your questions!
Thursday | Sept 27 | 9:00 a.m. - 12:00 p.m.
ISC | 1 Session \$12 | Code: 1461
Instructor: Chris Ralston

Restorative Justice, Conflict Resolution, and Peacemaking

Focusing on restorative justice, we will demonstrate and discuss what is possible and effective to achieve justice.
Fridays | Sept 28 - Nov 2 | 10:00 a.m. - 12:00 p.m.
ISC | 6 Sessions \$52 | Code: 1462
Instructors: Roger Kimmerly and Richard Tarnoff

The Challenge of an Aging Memory

We will cover memory enhancement, coping strategies, plus early signs of dementia, and how to help others.
Fridays | Sept 28 - Nov 2 | 1:30 p.m. - 3:30 p.m.
ISC | 6 Sessions \$52 | Code: 0112
Presenter: Roger Kimmerly

Hawk Migration from East Sooke Park

Cowichan Valley Naturalists will assist novices in identifying birds we see.
Saturday | Sept 29 | 8:30 a.m. - 4:00 p.m.
ISC | 1 Session \$12 | Code: 1456
Leader: Dave Aldcroft

Armchair Travel: River Cruising in Western Russia

From St. Petersburg, the cruise proceeds along river systems, lakes, and through forests to finish in Moscow.
Monday | Oct 1 | 1:30 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 1473
Presenter: Val George

CPR and AED Training for Seniors

Learn the basics of CPR, choking and intro to AED
Monday | Oct 1 | 1:00 p.m. - 2:30 p.m.
ISC | 1 Session \$12 | Code: 1475
Instructor: Leanoire Hearsey

Field Day at the Cowichan Garry Oak

Preserve
Join steward, Irv Banman, and Nature Conservancy of Canada staff for a guided walk through the Garry Oak Preserve on Maple Bay Road.
Tuesday | Oct 2 | 1:00 p.m. - 3:00 p.m.
Off Site | 1 Session \$12 | Code: 1476
Leader: Irv Banman

Hypnosis for Relaxation and Stress Release

A single session to introduce the benefits of hypnosis to relieve stress and achieve a totally relaxed state within minutes.
Tuesday | Oct 2 | 7:00 p.m. - 9:30 p.m.
ISC | 1 Session \$12 | Supplies Extra | Code: 1495
Instructor: Allan Curtis

Portrait Photography

The course will cover simple studio lighting, lighting ratios, use of reflectors, and natural light.
Thursdays | Oct 4 - 25 | 10:00 a.m. - 11:30 a.m.
ISC | 4 Sessions \$42 | Code: 1496
Instructor: Greg Mathews

Intermediate Fly Tying

Students need some previous experience in fly tying. They will practice more advanced fly tying skills.
Thursdays | Oct 4 - Nov 22 | 9:00 a.m. - 11:00 a.m.
Off Site | 8 Sessions \$42 | Supplies Extra | Code: 1497
Instructor: Devina and/or Ted Brookman

Picasso Portraits

Two Picasso portrait styles will be demonstrated. Students will complete a project in class.
Friday | Oct 5 | 1:00 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 1498
Instructor: June Maffin

Beginner Ukulele

Learn the basic ukulele chords, strumming, and names of strings of the C ukulele. You must provide your own playable ukulele.
Saturdays | Oct 6 - 20 | 10:00 a.m. - 12:00 p.m.
ISC | 3 Sessions \$36 | Code: 1499
Instructor: Al Lawrence

Hypnosis for Fear and Phobias

An introduction to the benefits of hypnosis to relieve irrational fears and phobias. If you are receiving medical care for fear/phobias, you are not eligible to take this class.
Tuesday | Oct 9 | 7:00 p.m. - 9:30 p.m.
ISC | 1 Session \$12 | Supplies Extra | Code: 1500
Instructor: Allan Curtis

Van Valley Farm Tour

Learn about the advantages of robotic milking, feeding of dairy cows, and see it all in action.
Wednesday | Oct 10 | 10:00 a.m. - 11:30 a.m.
Off Site | 1 Session \$12 | Code: 1502
Instructor: Margie vanBoven

Tour of Shawnigan Lake School

Join this tour of the school facilities.
Wednesday | Oct 10 | 9:30 a.m. - 11:30 a.m.
Off Site | 1 Session \$12 | Code: 1503
Leader: Rosemary Dolman

One Man's Dream, the History of the Malahat Highway

Learn the true story of Major James McFarlane who singlehandedly got the road built.
Wednesday | Oct 10 | 1:00 p.m. - 2:00 p.m.
ISC | 1 Session \$12 | Code: 1504
Instructor: Maureen Alexander

Beginner's Bridge

Topics include bridge basics, evaluating your hand, bidding and responses, and defensive play.
Wed/Fri | Oct 10 - 26 | 1:30 p.m. - 4:00 p.m.
ISC | 6 Sessions \$52 | Code: 1505
Instructor: Gordon Thomas

Beam Me Up, Scotty!

Learn about devices such as smart speakers, smart TVs, streaming devices, ChromeOS devices, etc.
Thursdays | Oct 11 - Nov 15 | 7:00 p.m. - 8:00 p.m.
KPRC | 6 Sessions \$36 | Code: 0727
Instructor: Jeff Wright

Register for Programs

Online:

Browse and register for programs online at:
www.reccowichan.ca

In Person:

At the Island Savings Centre. Payment by cash, cheque, debit or visa/master card.

By Telephone:

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

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

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

Locations: ISC = Island Savings Centre

KPRC = Kerry Park Recreation Centre

Off Site = See Rec Guide for Course Off Site Location

Needle Weave a Beaded Bracelet

Weave a simple accessory using a small picture frame and a large needle!

Friday | Oct 12 | 10:00 a.m. - 1:00 p.m.

ISC | 1 Session \$12 | Code: 1506

Instructor: Alison Irwin

How to See an Aura

Students will learn how to see auras and how one's thoughts can change one's lights.

Saturday | Oct 13 | 10:00 a.m. - 2:00 p.m.

ISC | 1 Session \$12 | Code: 1584

Instructor: Jane Hutchins

Cannabis 101

THC, CBD, cannabinoids, sativa, edibles, what does it all mean? Find out at this Cannabis 101 seminar.

Monday | Oct 15 | 1:30 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1507

Instructor: Alicia Dixon

Condo & Townhouse Buying Secrets

Topics covered include: how to tell which condos and townhouses leak, the thirteen common mistakes strata buyers make and how to avoid them, and a Q & A.

Tuesday | Oct 16 | 1:30 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1508

Presenters: Rick Couvelier

The Gift that Keeps on Giving

Join the instructor for a class on why writing your memoirs is so important.

Tuesday | Oct 16 | 10:30 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 1501

Instructor: Tom Paterson

Introduction to Crochet

Learn some basic stitches useful for making a dish cloth.

Tuesdays | Oct 16 - 23 | 1:00 p.m. - 4:00 p.m.

KPRC | 2 Sessions \$20 | Supplies extra | Code: 0452

Instructor: Judy Nikirk

Book Talk: Slouching Towards Innocence

Author Ron Norman will talk about his novel, Slouching Towards Innocence, which offers a fictional look inside BC politics.

Monday | Oct 22 | 1:00 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1509

Instructor: Ron Norman

The Naga Peoples & The Forgotten Army

Head-hunters, Japanese invasion of India, and Cowichan connections. An opportunity to learn about relatively unknown WWII events and outcomes.

Monday | Oct 22 | 2:00 p.m. - 3:30 p.m.

KPRC | 1 Session \$12 | Code:0297

Tuesday | Oct 23 | 10:00 a.m. - 11:30 a.m.

Lake Cowichan | 1 Session \$12 | Code: 1568

Presenter: Carolyn Prellwitz

Beginner's Hand-building in Clay

We will be building a larger sculpture - turtle/tortoise!

Mondays | Oct 22 - Nov 26 | 1:00 p.m. - 3:00 p.m.

ISC | 5 Sessions \$36 | Code: 1512

Instructor: Linda Richter

No session Nov 19

Art of Living Yoga and Meditation for Seniors

A combination of gentle stretches, simple yoga postures, yoga breathing techniques, and meditation.

Mondays | Oct 29 - Dec 3 | 10:30 a.m. - 11:30 a.m.

ISC | 6 Sessions \$42 | Code: 1511

Instructor: Saroj Sund

Digital Cameras - 101

Are you thinking of getting a digital camera? Do you have one? Bring your questions, your camera and instruction manual.

Tuesday | Oct 23 | 10:00 a.m. - 11:30 a.m.

ISC | 1 Session \$12 | Code: 1513

Instructor: Eric Marshall

Beverly Halasz Compositions

Enjoy hearing local composer Beverly Halasz playing some of her works on a video enhanced with images. Beverly will be there to comment on her compositions.

Tuesday | Oct 23 | 1:30 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1514

Presenter: Shane Davis

Bicycle Maintenance: Emergency and

Otherwise

Bring your bike to these hands-on sessions.

Mondays | Oct 29 - Nov 5 | 9:30 a.m. - 11:30 a.m.

ISC | 2 Session \$24 | Code: 1516

Instructor: Will Arnold

Advanced Care Planning

Advanced care planning is a process of thinking about and sharing your wishes for future health and personal care.

Tuesday | Oct 30 | 1:00 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1523

Instructor: Cowichan Hospice

A Lady with a Past: A History of Ladysmith

Have you ever wondered who Lady Smith was and what her connection to the Town of Ladysmith is?

Tuesday | Oct 30 | 10:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 1524

Instructor: Rob Johnson

Armchair Travel: Jordon and Oman

We will see Petra; the Dead Sea; Wadi Rum; and Greco - Roman ruins at Jersah. In Oman, we visit Muscat and Salalah.

Wednesday | Oct 31 | 1:30 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1518

Presenter: Judith Green

History of Mill Bay Centre

A video will show how Mel Sager's long-time dream of creating a shopping centre resumed in 1977 to create the "Mill Bay Centre."

Thursday | Nov 1 | 1:30 p.m. - 3:00 p.m.

KPRC | 1 Session \$12 | Code: 0450

Presenter: Shane Davis

Fall Prevention, Balance, & Core Stability

Learn to assess your risk factors for falls, take a proactive approach to prevention, and maintenance and safety throughout your life.

Monday | Nov 5 | 12:00 p.m. - 5:00 p.m.

ISC | 1 Session \$12 | Code: 1525

Instructor: Vince Avery

Boost Your Brain Power

Give your brain a "workout".

Tuesday | Nov 6 | 10:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 1526

Instructor: Chris Rafuse

Acrylic Painting

Paint a garden setting, including a building, with a warm, sunny feeling.

Tuesdays | Nov 6 - 20 | 1:30 p.m. - 3:30 p.m.

ISC | 3 Sessions \$36 | Code: 1530

Instructor: Kathy Riedel

Mason Bees - Blue Orchard Bees (BOB)

Come and find out how to assist the bees to expand and pollinate, and how to accommodate them.

Wednesday | Nov 7 | 1:00 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1531

Instructor: Eugene Fleck and Brian Guzda

Armchair Travel: Bicycling the Pacific Coast Highway

A biking and camping trip along the scenic Coast from Canada to Mexico.

Wednesday | Nov 7 | 2:00 p.m. - 4:00 p.m.

ISC | 1 Session \$12 | Code: 1474

Presenters: Warrick and Jan Whitehead

Incapacity Planning, Will and Estates and Duties of an Executor

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

Wednesdays | Nov 7 - 21 | 10:00 AM - 12:00 PM

ISC | 3 Sessions \$36 | Code: 1533

Instructor: Julia Henderson

Wills, Estates, and Estate Planning

An experienced instructor will discuss details about wills, estates and estate planning, and answer your questions.

Thursday | Nov 8 | 1:30 p.m. - 3:00 p.m.

KPRC | 1 Session \$12 | Code: 0449

Instructor: David Pope

Armchair Travel: Exploring Remote Areas of Mexico 1990 - 2015

Explorations in Mexico - from mocking danger to visiting in accessible areas.

Tuesday | Nov 13 | 10:00 AM - 12:00 PM

ISC | 1 Session \$12 | Code: 1519

Instructor: Robin Luxmoore

George Vancouver & the Exploration of Our Island

Learn about George Vancouver's visits to the Island, their purpose, maps, navigation, and sailors' food.

Friday | Nov 16 | 2:00 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1535

Instructor: Eric Marshall

Armchair Travel: RVing in Europe

Look at the pros/cons of traveling and sightseeing in Europe at your own pace and off the beaten track.

Friday | Nov 16 | 1:30 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1520

Presenters: Ida and Julius Hayek

Wildfires, Earthquakes, and Floods, Oh My! Are You Ready?

Check out the new Emergency Preparedness Workbook.

Monday | Nov 19 | 9:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 1537

Instructor: Sybille Sanderson

Armchair Travel: Kayaking Broughton and Desolation Sound

Enjoy the beauty of the different islands and the sea life.

Monday | Nov 19 | 2:00 p.m. - 4:00 p.m.

ISC | 1 Session \$12 | Code: 1521

Presenters: Warrick and Jan Whitehead

America's Civil War 1861-65

This course examines the causes, course of the fighting, and the consequences of the Civil War.

Wednesdays | Nov 21 - Dec 5 | 10:00 a.m. - 12:00 p.m.

ISC | 3 Sessions \$38 | Code: 1540

Instructor: Christopher Comars

Walking the Camino Trail Across Northern Spain

Meet a Camino Trail expert and recent Camino Trail finisher.

Friday | Nov 23 | 1:00 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 1585

Presenters: Suzanne Thur and Shawn Cownden

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

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@cvrld.bc.ca

Humpback Comeback

The instructor will present aspects of his research, illustrated with photographs and a video.

Friday | Nov 23 | 2:00 p.m. - 4:00 p.m.

ISC | 1 Session \$12 | Code: 1542

Instructor: Eric Marshall

The Digital SLR Camera

Discussion topics include the features of the single lens reflex digital camera.

Tuesday | Nov 27 | 10:00 a.m. - 11:30 a.m.

ISC | 1 Session \$12 | Code: 1544

Instructor: Eric Marshall

Armchair Travel: Mali

Share the experience of a trip on the Niger, and visit the legendary city of Timbuktu.

Thursday | Nov 29 | 1:30 p.m. - 3:30 p.m.

KPRC | 1 Session \$12 | Code: 1624

Presenter: Gwyneth Kingham

Seniors Driver's Test - Beware, Prepare, and Don't Despair

This seminar will describe how older people can prepare themselves for their driver-testing.

Monday | Dec 3 | 2:00 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1547

Instructor: Steve Wallace and Joan Wallace

Armchair Travel: Mongolia

Visit the homeland of Genghis Khan, a land of friendly people and ancient traditions.

Thursday | Dec 6 | 1:30 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 1510

Presenter: Gwyneth Kingham

Cowichan Performing Arts Centre Series Noteworthy Concerts - Classical Music Series

Elder College members receive a special ticket price of \$26

Bergman Piano Duo - Oktoberfest

Monday | Oct 1 | 7:00 p.m.

Daniel Bolshoy, guitar - Concerto Invierno

Monday | Nov 26 | 10:30 a.m.