

Elder College Programs

Courses For Individuals 50+

Winter/Spring 2019

Join Us And Broaden Your Horizons!



Hand-building in Clay

Build a whimsical or reclining figure for home or garden. Intermediate class for those with previous experience.
Mondays | Jan 7 - Feb 11 | 1:00 p.m. - 3:00 p.m.
Off Site | 5 Sessions \$36 | Supplies Extra | Code: 7017
Instructor: Linda Richter
No Session Feb 4

2019 Tax Assessment Tips

What you do need to know about appealing, asking for an increase versus a decrease, and how buyers view tax assessed value? Learn the difference between Tax Assessed Value, Appraised Value, and Market Value.
Thursday | Jan 10 | 1:30 p.m. - 3:30 p.m.
ISC | 1 Session \$12 | Code: 6933
Instructor: Rick Couvelier

Calligraphy Challenge

We will focus on fine tuning lettering and adding artistic touches. Class designed for experienced calligraphers.
Fridays | Jan 11 - Feb 15 | 9:00 a.m. - 12:00 p.m.
ISC | 6 Sessions \$76 | Code: 7059
Instructor: Betty Locke

Love to Sing

Join this lively sing-along class.
Tuesdays | Jan 15 - Feb 26 | 2:00 p.m. - 3:15 p.m.
ISC | 7 Session \$70 | Code: 7034
Instructor: Tina Andersen and Jacquie Dejong-Seinen

Somatics

This gentle class helps to restore function, relieve pain and chronic stress, and improve balance and flexibility.
Wednesdays | Jan 16 - Mar 13 | 10:00 a.m. - 11:15 a.m.
ISC | 8 Sessions \$68 | Code: 7041
Instructor: Somae Osler
No Session Feb 13

Incapacity Planning, Will and Estates, and Duties of an Executor

Informative course on incapacity planning, duties of an Executor, and an introduction to Probate or Administration.
Wednesdays | Jan 16 - Jan 30 | 10:00 a.m. - 12:00 p.m.
ISC | 3 Sessions \$36 | Code: 6926
Instructor: Julia Henderson

Gentle Yoga

A mixture of gentle stretches, breathing techniques, balance, and strength building.
Thursdays | Jan 17 - Feb 28 | 1:00 p.m. - 2:15 p.m.
ISC | 7 Sessions \$58 | Code: 7032
Instructor: Jo Deslippe

Beginners' Fly Tying

Students will learn to tie a number of simple flies that work in local lakes, rivers, and beaches.
Thursdays | Jan 17 - Mar 7 | 9:00 a.m. - 11:00 a.m.
Off Site | 8 Sessions \$42 | Supplies Extra | Code: 6919
Instructor: Devina Brookman

Are Scripture and Science Compatible?

A one hour presentation comparing scripture and science will be followed by a second hour of discussion
Saturday | Jan 19 | 10:00 a.m. - 12:00 p.m.
ISC | 1 Session \$12 | Code: 6949
Instructor: Geoff Strong

Armchair Travel: Galapagos Islands

Learn about the abundant wildlife, geographic beauty, and fascinating flora and fauna of the Galapagos.
Tuesday | Jan 29 | 1:30 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 6951
Presenter: Janet Ruest

Mitigating Climate Change Risks

Review causes of global warming, impacts/risks, and what individuals can do to mitigate the problem.
Saturdays | Feb 2 - Feb 16 | 10:00 a.m. - 11:30 a.m.
ISC | 3 Sessions \$36 | Code: 6930
Instructor: Geoff Strong

Cannabis 101

THC, CBD, cannabinoids, sativa, edibles... What does it all mean? Find out at this Cannabis 101 seminar.
Monday | Feb 4 | 1:30 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 7073
Instructor: Alicia Dixon

Armchair Travel: Antarctica

Visit the "White Continent" and learn about its abundant wildlife and the impact of climate change.
Tuesday | Feb 5 | 1:30 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 6956
Presenter: Janet Ruest

Get a Head Start on Your Vegetable Garden

Learn how to start plants from seed and what to start indoors and outside. This program is at Dinter's Nursery.
Wednesday | Feb 6 | 11:00 a.m. - 12:00 p.m.
Off Site | 1 Session \$12 | Code: 6969
Instructor: Della Walters

Female Pilots in World War 2

Learn about the different roles played by female pilots, with examples from Russia, Germany, UK, and USA.
Wednesday | Feb 6 | 1:00 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 6971
Instructor: John Lewis

Acrylic Painting for Beginners

Have you ever wanted to learn how to paint? Learn about art materials, colours, composition and more.
Wednesdays | Feb 6 - Feb 27 | 10:00 a.m. - 12:00 p.m.
ISC | 4 Sessions \$44 | Code: 7063
Instructor: Roger Jackson

Intermediate Bridge

Bridge lessons for the more experienced bridge player.
Wed/Fri | Feb 6 - Feb 22 | 1:30 p.m. - 4:00 p.m.
ISC | 6 Sessions \$52 | Code: 7069
Instructor: Gord Thomas

Acrylics - Barn Scene

We will create a winter on the farm. Please bring a pre-drawn picture to the first class.
Thursdays | Feb 14 - Feb 28 | 1:30 p.m. - 3:30 p.m.
ISC | 3 Sessions \$38 | Supplies Extra | Code: 7046
Instructor: Kathy Riedel

The History of Pat Bay Airbase

Learn about the development of the Pat Bay airbase from 1937 to the present day.
Wednesday | Feb 20 | 1:00 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 7136
Instructor: John Lewis

Armchair Travel: Sudan

Travel through the desert of north-eastern Sudan following the Nile from Khartoum to the Third Cataract.
Thursday | Feb 21 | 1:30 p.m. - 3:30 p.m.
KPRC | 1 Session \$12 | Code: 7382
Instructor: Gwyneth Kingham

Mason Bees - Blue Orchard Bees (BOB)

Come and find out how to assist the bees to expand and pollinate and how to accommodate them.
Friday | Feb 22 | 1:00 p.m. - 3:00 p.m.
ISC | 1 Session \$12 | Code: 6981
Instructor: Brian Guzda

Fruit Tree Pruning: How, When, and Why?

Learn the skills to prune your own fruit trees at the correct time and make the correct cuts. We will also review required tools and tool sharpening techniques.
Saturday | Feb 23 | 10:00 a.m. - 12:00 p.m.
ISC | 1 Session \$12 | Code: 6982
Instructor: Gordon Mackay

Photoshopping with GIMP

This class is an introduction to GIMP. GIMP will be installed at the first class. Course limited to Windows and Mac Computers. Bring a mouse.
Mon/Wed | Feb 25 - Mar 13 | 1:30 p.m. - 3:30 p.m.
ISC | 6 Sessions \$50 | Code: 7075
Instructor: Rob Robinson

Armchair Travel: First-Timer 'Down Unda'

Enjoy impressions of Australia, including visits to Perth, Melbourne, Sydney, and Brisbane
Tuesday | Feb 26 | 1:30 p.m. - 3:30 p.m.
KPRC | 1 Session \$12 | Code: 7266
Instructor: Kim Barnard

Beginner Ukulele

Learn the basic cords, strumming, and names of the C Ukulele. Bring your own ukulele.
Saturdays | Mar 2 - Mar 16 | 10:00 a.m. - 12:00 p.m.
ISC | 3 Sessions \$36 | Code: 7035
Instructor: Al Lawrence

Learning Chinese - Language and Culture

This course includes Chinese characters, stories, calligraphy, basic Mandarin, and more.
Tuesdays | Mar 5 - Apr 9 | 10:00 a.m. - 11:00 a.m.
ISC | 6 Sessions \$50 | Code: 7076
Instructor: Anny Li

What Seniors Need to Know Before They Buy or Sell:

Many topics will be covered including ten tips to sell more quickly and for more money. Bring your questions to ask the professional.
Thursday | Mar 7 | 1:30 a.m. - 3:30 p.m.
KPRC | 1 Session \$12 | Code: 6183
Instructor: Rick Couvelier

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 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

Art of Living Yoga and Meditation for Seniors

Enjoy gentle stretches, postures, muscle toning, strength building, breathing techniques, and meditation.

Tuesdays | Mar 12 - Apr 16 | 11:00 a.m. - 12:00 p.m.
ISC | 6 Sessions \$42 | Code: 7039
Instructor: Saroj Sund

Batteries

All you want to know about batteries and then some.

Learn how to get the most out of a battery.

Friday | Mar 15 | 10:00 a.m. - 11:30 a.m.

ISC | 1 Session \$12 | Code: 6986

Instructor: Rob Robinson

Bicycle Maintenance: Emergency and Otherwise

Hands-on sessions (bring your bike) to teach you things like: changing tires, brake adjustments, and what to do when gears act up.

Mondays | Mar 18 - Mar 25 | 9:30 a.m. - 11:30 a.m.

ISC | 2 Sessions \$24 | Code: 7028

Mondays | May 6 - 13 | 1:30 p.m. - 3:30 p.m.

KPRC | 2 Sessions \$24 | Code: 6608

Instructor: Will Arnold

The Digital SLR Camera

A discussion session of features of the single lens reflex digital camera. Please bring your camera.

Tuesday | Mar 19 | 2:00 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 6994

Instructor: Eric Marshall

Hiking the Cowichan Valley Level 1

Hikes at a relaxed place at a new location each week.

Hikes are pet-free.

Wednesdays | Mar 20 - Apr 24 | 9:00 a.m. - 12:00 p.m.

Off Site | 6 Sessions \$30 | Code: 7018

Instructor: Dave 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 | Mar 20 - Apr 24 | 9:00 a.m. - 12:00 p.m.

Off Site | 6 Session \$30 | Code: 7019

Instructor: Dave Rife

Internet Security

Learn about Internet security on different devices and basic precautions you can take to stay safe on-line.

Thursday | Mar 21 | 10:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 7003

Instructor: Rob Robinson

Joseph Mairs - Our Labour Martyr

Learn about the history of the five day occupation at Ladysmith in 1913.

Friday | Mar 22 | 1:30 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 7004

Instructor: Eden Haythornwaite

Build Your Own Computer

Bring your own hardware or take some of the instructor's and build your own computer.

Saturdays | Mar 23 - 30 | 9:00 a.m. - 12:00 p.m.

KPRC | 2 Session \$24 | Code: 7270

Instructor: Jeff Wright

Armchair Travel: Narrowboat Adventures in England

Enjoy pictures of a trip through northwest England and learn about hiring and navigating a narrowboat through the British waterways.

Tuesday | Mar 26 | 1:30 p.m. - 3:30 p.m.

ISC | 1 Session \$12 | Code: 7226

Presenter: Judith Green

Italic Calligraphy

Learn an elegant, slightly slanted calligraphic hand.

Focus on good letter form and attractive page layout.

Wednesdays | Mar 27 - May 8 | 9:00 a.m. - 12:00 p.m.

ISC | 6 Sessions \$76 | Code: 7058

Instructor: Betty Locke

No Session April 17

Bugs for Dinner

This course introduces very different sources of protein we found in our travels, including videos, photos, and discussions on sustainable food sources in Cambodia.

Wednesday | Mar 27 | 10:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 6950

Instructor: Don Skerik and Kim Dibb

Let's Make a Bracelet

We will be using copper wire and beads and a unique braiding technique to create a one of a kind bracelet.

Thursday | Mar 28 | 10:00 a.m. - 1:00 p.m.

ISC | 1 Session \$12 | Code:7010

Instructor: Sandi Cruickshank

Stalin against Hitler: The Eastern Front 1941-1945

This presentation will examine the causes, course, and consequences of this war.

Thursdays | Mar 28 - Apr 11 | 10:00 a.m. - 12:00 p.m.

ISC | 3 Sessions \$40 | Code: 7056

Instructor: Christopher Comars

Picasso Portraits: Come and Play and Create Picasso Portrait

Students will create fun and easy to do finished pieces. No art experience necessary. Please pick up supply list upon registration

Friday | Mar 29 | 1:00 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Supplies Extra | Code: 7011

Instructor: June Maffin

CPR and AED Training for Seniors

Learn the basics of CPR and choking, as well as an introduction to AED.

Thursday | Apr 4 | 1:00 p.m. - 2:30 p.m.

ISC | 1 Session \$12 | Code: 6932

Instructor: Leanoire Hearsey

Water Colours - Floral and Background Study

Learn how to create an interesting background to help to draw the eye into your painting.

Thursdays | Apr 4 - Apr 25 | 1:30 p.m. - 3:30 p.m.

ISC | 4 Sessions \$56 | Code: 7065

Instructor: Kathy Riedel

Armchair Travel: Japan

Explore images of the traditional ITADORI village, Kyoto's spaces, and amazing contrasts of old and new.

Friday | Apr 5 | 1:30 p.m. - 3:00 p.m.

ISC | 1 Session \$12 | Code: 6968

Presenter: Shane Davis

Digital Cameras - 101

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

Tuesday | Apr 9 | 10:00 a.m. - 11:30 p.m.

ISC | 1 Session \$12 | Code: 6996

Instructor: Eric Marshall

Novice Vegetable Gardening

Explore soil basics/soil building, timing, fertilizers, and more. Final session at a community garden.

Tuesdays | Apr 9 - Apr 30 | 9:30 a.m. - 12:00 p.m.

ISC | 4 Sessions \$48 | Code: 7068

Instructor: Chris Ralston

Dementia and Dollars

Learn about legal and financial planning when you or someone close to you has been diagnosed with dementia.

Thursday | Apr 11 | 1:30 p.m. - 3:00 p.m.

KPRC | 1 Session \$12 | Code: 7138

Instructor: David B Pope

Canadian Art

Join this opportunity to discuss Canadian Art from the past to the present, inspired in part by exhibitions in the Arbutus Gallery.

Fridays | Apr 12 - May 3 | 10:30 a.m. - 12:00 p.m.

ISC | 3 Sessions \$36 | Code: 7061

Instructor: Rob MacLean

No Session April 19

How to See an Aura

Students learn how to see an Aura and how one's thoughts change one's 'light'.

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

ISC | 1 Session \$12 | Code: 7015

Instructor: Jane Hutchins

The Bonus Harvest: Edible Weeds

Learn to identify, appreciate, and prepare edible weeds and get started on using your bonus bounty.

Monday | April 15 | 10:00 a.m. - 12:00 p.m.

ISC | 1 Session \$12 | Code: 7021

Instructor: Richard Nelson

Field Day at the Cowichan Garry Oak Preserve

Enjoy a guided walk through the Cowichan Garry Oak Preserve as the meadows start to bloom in the spring!

Wednesday | Apr 17 | 1:00 p.m. - 3:00 p.m.

Off Site | 1 Sessions \$12 | Code: 7024

Instructor: Ginny Hudson and/or Travis Muir

Vital Health in Senior Years

With natural tools, you can work with the body to achieve more vital health daily. Come discuss natural options for many different conditions.

Thursdays | Apr 18 - Apr 25 | 3:00 p.m. - 4:30 p.m.

ISC | 2 Session \$20 | Code: 7043

Instructor: Lorene Benoit

Nature Walk - Spring Flowers

Come out and see the wild flowers and other signs of spring at the Somenos Garry Oak Preserve.

Thursday | Apr 25 | 9:30 a.m. - 1:00 p.m.

Off Site | 1 Session \$12 | Code: 7025

Instructor: Eric Marshall

Traditional Chinese Mah Jongg

Learn to play this classic Chinese tile game. Suitable for beginners and experienced players.

Fridays | Apr 26 - May 17 | 10:00 a.m. - 12:00 p.m.

ISC | 4 Sessions \$48 | Code: 7071

Instructor: Judi Baker

Armchair Travel: Egypt

Experience a sail in a felucca on the Nile in 1997.

Cruise down the Nile, stopping at tiny settlements and historical sites.

Monday | Apr 29 | 1:30 p.m. - 3:00 p.m.

KPRC | 1 Session \$12 | Code: 6213

Instructor: Shane Davis

Neurobics: Brain Exercises

Learn practical ways to shake up your mental routines and give your brain a workout.

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

ISC | 1 Session \$12 | Code: 7012

Instructor: Chris Rafuse

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

Introduction to Lawn Bowling

Have fun learning the basic skills of this game, delivery of the bowl, rules, and rhythm of play.

Tues/Thurs | Apr 30 - May 2 | 1:30 p.m. - 3:00 p.m.

Off Site | 2 Sessions \$20 | Code: 7044

Instructor: Betty Locke and Coaching Staff

Cowichan Valley Cycling for Women

No experience necessary. Rides will include Cowichan Valley Trails, Kinsol Trestle, Westholme and Glenora. Meet a ISC for the first class.

Wednesdays | May 1 - May 22 | 1:00 p.m. - 4:00 p.m.

Off Site | 4 Sessions \$36 | Code: 7072

Instructor: Suzanne Thur and Michelle Work

Sheila's Salvage

Learn how to recycle found treasures. We will do a paint project, fabric project, floral project and pick your own project.

Thursdays | May 9 - 30 | 1:30 p.m. - 3:30 p.m.

KPRC | 4 Session \$42 | Code: 6646

Instructor: Sheila Warneken

One Man's Dream: The History of the Malahat Highway

The true story of Major James McFarlane who single-handedly got the road built.

Wednesday | May 15 | 1:00 p.m. - 2:00 p.m.

ISC | 1 Session \$12 | Code: 7027

Instructor: Maureen Alexander

Beach Walk - Thetis Island

Enjoy a walk on the beach to see the various organisms on the shore.

Wednesday | May 22 | 9:30 a.m. - 4:00 p.m.

Off Site | 1 Session \$12 | Code: 7030

Instructor: Eric Marshall

Cowichan Estuary Nature Trail

Join a guided tour of the Estuary Nature Trail in late spring as the birds are beginning to nest.

Wednesday | May 29 | 1:00 p.m. - 3:00 p.m.

Off Site | 1 Session \$12 | Code: 7031

Instructors: Goetz Schuerholz

Acrylic Painting - Water Scene

We will paint a water scene, maybe we'll put in a boat too. Bring a pre-drawn picture to class.

Mondays | Jun 3 - Jun 17 | 1:30 p.m. - 3:30 p.m.

ISC | 3 Sessions \$38 | Code: 7057

Instructor: Kathy Riedel