

## Conversation Café

Interested in the hot topics of the day? Join us for lively, respectful dialogue in the comfort of a small group.

### Gibsons

Facilitator: Karen Bell  
Six Mondays, 10am – 12pm  
October 23, 30, November 6, 13, 20, 27  
Harmony Hall, Seniors Activity Centre, Gibsons

### Sechelt

Facilitator: Karen Bell  
Six Thursdays, 10am – 12pm  
October 26, November 2, 9, 16, 23, 30  
Sechelt Seniors Activity Centre

## Brain Health

We examine the most complex part of the human body – the brain. Using an interactive case-based format, we will explore the aging brain as well as strategies to maintain a healthy brain, in conjunction with supports for caregivers of individuals with dementia.

Simon Woo, Kareen McCaughan, Rosella Leslie  
Three Tuesdays, 1:30pm – 3:30pm  
November 7, 14, 21  
Online: Zoom

## Exploring Indigenous and Settler Relationships

Through two interactive awareness exercises and two dialogue circles, participants will gain an emotional and intellectual understanding of how colonization has impacted the people who lived here long before the settlers arrived.

Nancy and John Denham  
Four Wednesdays, 10am – 12pm

November 15, 22, 29, December 6  
Seaside Centre, Sechelt

## Free Annual Clifford Smith Memorial Lecture

Open to Everyone • All Ages Welcome

### Indigenous Law and Conversations Across Generations

Dr. Val Napoleon, Acting Dean of the Law Faculty of the University of Victoria, Founder of the JD/JID Program which combines two professional degrees: one in Canadian Common Law and one in Indigenous Legal Orders.



"I hope to provoke a range of perceptions and questions about the role and function of law in Indigenous civic society in the past and today. Why are critical and productive conversations important, and how do we understand legitimacy? How are we all legal agents, and how might we draw on stories to reinvigorate law?"

Saturday October 28, 2pm - 4pm  
Chatelech High School Theatre, Sechelt

Planning to attend? Registration is required for this free event. Please register on our website.

### Memorial Lecture Sponsors



## Registration Opens at 8am August 14, 2023

Unless otherwise noted, all courses are \$35 (no GST).

Ages 55 and up.

Payment for registration can be made online via the PayPal payment system. You do not need to open or have a PayPal account. You can use your credit card.

**Registration page:**  
[sunshinecoasteldercollege.ca/fall-2023](https://sunshinecoasteldercollege.ca/fall-2023)

**Registration queries:**  
[registrar@sunshinecoasteldercollege.ca](mailto:registrar@sunshinecoasteldercollege.ca)

**General Queries:**  
[info@sunshinecoasteldercollege.ca](mailto:info@sunshinecoasteldercollege.ca)

**Mail:**  
PO Box 1912, Sechelt, BC, V0N 3A0

### Visit our Website

- Comprehensive course information
- Sign up to receive our newsletter

### Covid Precautions

We follow all BC Government Orders and Guidelines and those adopted by local or Indigenous governments that relate to public venues. If guidelines change and we have to transition to Zoom, you can withdraw from your course and receive a full refund.

*Sunshine Coast ElderCollege is a non-profit society funded solely by course fees. We receive no grants or donations. Our presenters, facilitators and organizers volunteer their time and expertise, for which we are very grateful.*

# SUNSHINE COAST ElderCollege

## Fall 2023

August – December  
Ages 55 and Up  
All courses \$35

Registration opens 8am,  
Monday August 14th



*Learn · Engage · Socialize*

See our website for more information  
[www.sunshinecoasteldercollege.ca](https://www.sunshinecoasteldercollege.ca)



## The Geology of Thormanby Island

A “hands-on” history of Thormanby Island, formed volcanically 252 – 210 million years ago. Includes a field trip to Thormanby. Meet at Secret Cove Marina. Additional \$90 for the trip collected at the first session. Cheque or cash.

Peter Hews  
 Three Wednesdays, 2pm – 4pm  
 August 23, 30, September 6  
 Field Trip August 30, 11am – 3pm  
 The Hall, St. Hilda’s Church, Sechelt

## Access to Fresh Water

Fresh water is becoming an increasingly scarce resource here and elsewhere. Examine national and local accessibility, local sources and our existing system.

Ray Kostaschuk  
 August 31, 10am – 12pm  
 Peter Hews  
 September 7: 10am and afternoon field trip  
 Brian Carson  
 September 25, 10am – 12pm  
 Shane Walkey, SCRD  
 October 11: Field Trip - Details to follow  
 In-person: Gibsons Public Market  
 Online: Zoom

## Strategies for Living and Dying

How to begin and proceed with managing some of the most sensitive and personal decisions surrounding life and death strategies. Access and understand the Sunshine Coast Green Sleeve Advance Care Plan.

Debra White  
 Four Fridays, 1pm – 3:30pm  
 September 1, 8, 15, 29  
 The Hall, St Hilda’s Church, Sechelt

## Quick Writing

Create new ways to speed up your output and develop techniques that propel the process forward for all writing projects. Arthur Conan Doyle wrote the first Sherlock Holmes novel in three weeks. Bring a laptop computer to every session.

Elizabeth Rains  
 Three Tuesdays, 2pm – 4pm  
 September 12, 19, 26  
 Harmony Hall, Seniors Activity Centre, Gibsons

## Capture Memories with your iPhone

Learn the various controls (focus, exposure and video) of the iPhone camera, and compositional strategies to create more interesting photos, and much more.

Jack Pope  
 Four Wednesdays, 1pm – 3pm  
 September 13, 20, 27, October 4  
 Sechelt Seniors Activity Centre

## Adventures in Travel

Bears, Big Ice and Bella Coola  
 September 14: Michael Healey

Authentic Italy: Puglia, Sicily, Amalfi  
 September 21: Jack Pope

Unspoiled Antarctica with South Georgia  
 September 28: Thomas Kern

Sabah and Sarawak, Malaysia  
 October 5: Rand Rudland

Four Thursdays, 2pm – 4pm  
 The Hall, St. Hilda’s Church, Sechelt

## Batch Cooking with Enticing Flavours

Batch cooking is a wonderful way to cook for one or two then freeze the rest for later. Demonstrations of entrees and desserts by talented chefs. (You taste but don’t cook.) See our website for the dishes that will be prepared.

Olga Chnara, Lynn Blair, Shamash Nanjijuma, and Jan Jensen  
 10am – 12pm  
 October 2, 16, 31, November 8  
 In-person: Gibsons Public Market  
 Online: Zoom

## The Amazing Life and Times of the Pacific Salmon

Learn about the amazing lives and remarkable capabilities of these complex and fascinating fish that inspire awe in all who come to know them.

Michael Healey  
 Five Fridays, 1pm – 3pm  
 October 6, 27, November 3, 10, 17  
 In-person: Gibsons Public Market  
 Online: Zoom

## The Tortured Genius of Ingmar Bergman

A giant figure of 20th century film, Ingmar Bergman was famous for intense and brooding explorations of the human psyche. We’ll view interviews with Bergman and clips from his best known films.

Viveca Ohm  
 Three Tuesdays, 2pm – 4pm  
 October 10, 17, 24  
 The Hall, St Hilda’s Church, Sechelt

## Artists in the Studio

Visit the studios of four outstanding local artists: Marleen Vermeulen, Bruce Edwards, Motoko, and Brian Romer. Learn about their creative process, methods and materials.

Four Thursdays, 2pm – 3:30pm  
 October 12, 19, 26, November 2

## Money Matters Seniors

Explore multiple financial topics: fraud, risks of powers of attorney and joint bank accounts; maintaining financial health during retirement; and much more. Using materials developed by the Canadian Bankers Association, Anthony Sun, a manager with the Royal Bank of Canada, will lead discussions.

Anthony Sun  
 Three Wednesdays, 10am – 11:30am  
 October 18, 25, November 1  
 Online: Zoom