

Sunshine Coast ElderCollege is a non-profit society funded solely by course fees. We receive no grants or donations. We operate on a break even basis and have reduced our course fees by over 20 per cent in recent years. Our presenters, facilitators and organizers volunteer their time and expertise. We are grateful to them for their commitment and dedication which makes our program possible.

**All Zoom classes will open a quarter of an hour before the class begins.**

## Hot Topics

Get involved in lively, thoughtful discussions. A wide range of current topics and philosophical questions are explored in the comfort of a small group.

Moderators: Pat Hausberg and Selma Swaab  
Six Mondays 10 – 11:30 am January 11, 18, 25 February 1, 8, 22  
No class February 15, Family Day

## Being Prepared for the Unexpected: Developing an Advanced Care Plan

Advance care planning helps you have a say in the healthcare you would like to receive if you become seriously ill and cannot speak for yourself. We explore the five steps involved in making an Advanced Care Plan, address important legal and personal considerations and provide opportunities for discussion with a physician, a first responder and a lawyer.

Presenters: Joan Hibbard and Jackie Scott with guest speakers (TBA)  
Four Fridays 10 am – 11:30 am  
January 15, 22, 29, February 5

## A History of the Garden

A refuge, a thing of beauty, a religious symbol, a work of art, a source of sustenance, a venue for scientific discovery – the garden has delighted and inspired us. This course will explore private and public gardens from prehistoric forest gardening to outdoor spaces; from the origins of landscape architecture to the development of ornamental horticulture.

Presenters: Christine Pawley and Rosemary Bates Terry  
Four Wednesdays 10 am – noon  
February 3, 10, 17, 24

## Design Your Own Garden

Unleash your creativity. This illustrated, hands on course with a professional garden designer will help you plan a visually rewarding garden or garden renovation. Design techniques for outdoor spaces will be explained and you will discover ways to integrate landscape materials like wood and stone.

Presenter: Ayuko Inoue  
Six Thursdays 2 pm – 4 pm  
February 11, 18, 25, March 4, 11, 18

## Guided Autobiography

Guided Autobiography helps individuals recall, write and share some of the richest parts of their past. Each session will spark creativity, increase self awareness, and trigger memories along themes such as family, health, experiences, work and aging. Through remembering, reflecting, writing and sharing, participants get a start on their legacy stories.

Presenter: Carley Belzberg  
Five Mondays 10 am – noon  
March 1, 8, 15, 22, 29

## History of Rome: Monarchy and Republic

What did the Romans ever do for us? Starting with the rise of Rome, we will explore the Roman kingdom and Republic and their influence on the course of the history of Europe and the Mediterranean area for a thousand years. We cover the

first half of the Roman period and the legacy the Romans left to western civilization.

Presenter: Keith Maxwell  
Four Tuesdays 2 pm – 4 pm  
March 2, 9, 16, 23

## Elder Care in the Community

A disturbing trend of elder abuse and domestic violence has been amplified by the pandemic.

A recent CTV newscast estimates that elder abuse has increased up to ten times. This course examines how a coordinated community response can prevent abuse and neglect. We will address the initial warning signs and how we can intervene effectively.

Presenters: April Struthers and Vicki Dobbyn  
Two Wednesdays 2 pm – 4 pm  
March 3, 10

## Astrogeomorphology

Geomorphology is the science concerned with the forms of the land surface and the processes that create them. Astrogeomorphology examines the landforms of the major bodies of the Solar System including planets and moons. We begin with a brief history of the universe then focus on dynamic, formative processes. Finally, we speculate on the surface features of exoplanets.

Presenter: Ray Kostaschuk  
Three Fridays and one Thursday 2 pm – 4 pm  
March 12, 19, 26, 1 April

## National Historic Sites

What is historic? And what is the difference between designation of national significance and provincial or municipal designation? What about controversial historic moments? Should statues of evildoers be removed? We will explore how persons, places and events are considered for designation of national historic significance and how commemoration of history both good and bad, is different from celebration. The course includes a virtual visit to Fort Langley.

Presenter: Michael Starr  
Four Tuesdays 10 am – noon  
April 6, 13, 20, 27

## Restorative Justice

Restorative Justice involves those who have a stake in the specific offence, including the alleged offender. We'll review the history of Restorative Justice in Canada, the influence of First Nations tradition and its use in our community. We'll examine the impact, results, and benefits for both offender and victim of crime.

Presenter: Nancy Denham  
Four Wednesdays 10 am – noon  
April 7, 14, 21, 28

## Capture Memories with Your iPhone

We begin with an introduction to the controls of the iPhone camera – focus, exposure and light control, aspect ratios and video and then examine classical compositional strategies. We'll use the

basic editing app and, finally, look at a process for reviewing and organizing your photos.

Presenter: Jack Pope  
Four Thursdays 1 pm – 3 pm  
April 8, 15, 22, 29

## Law for Seniors

Learn about will preparation and the consequences of dying without one; appointing executors and guardians; the duties and powers of executors; estate assets and liabilities, legacies and bequests; family trusts; living wills; procedures for probating and administering estates powers of attorney; estate litigation; disputed wills; and claims under the Wills Variations Act.

Presenters: Carmen Sombrowski,  
Wayne Rowe and Lois Potter  
Three Mondays 10 am – noon  
April 12, 19, 26

## The Mysterious Power of Music

This course examines the influence of music on health and enjoyment using a mix of lecture, critical listening and singing exercises. The effects of music on the brain such as stimulating physical and emotional health, self expression and managing pain will be explored. Various forms of music will be presented for listening and appreciation as well as music making and the creation of playlists.

Presenter: Kathryn Nicholson  
Four Fridays 1:30 pm – 3 pm  
April 16, 23, 30, May 7

## Festival of the Written Arts Preview

Join us for the 19th year of this interactive course in which members of the group are encouraged to express their observations in open and friendly conversation, much like a book club setting. We'll read and discuss a book by each of five Canadian authors appearing at the festival. Authors and book titles will be provided well in advance. (Details are subject to the Festival's 2021 program)

Morning Session 10 am - noon  
Moderator: Pam Horner  
Afternoon Session 2 pm – 4 pm  
Moderator: TBA  
Five Thursdays  
May 6, 13, 20, 27, June 3

## Spring Birding on the Sunshine Coast

Participate in a wonder of nature – the Spring bird migration in peak season. Visit and identify birds in different habitats. We discuss selection of field guides and optical and electronic equipment. Bring binoculars, wear sensible outdoor clothing (no bright colours) and no dogs. Online on Zoom and outdoor sessions. NOTE: as this course involves guided outdoor sessions, go ahead will depend on the official Covid-19 guidelines in May.

Presenters and Leaders:  
Tony Greenfield, John Hodges  
and Rand Rudland  
Three Wednesdays 9 am – 11 am  
May 12, 19, 26

# REGISTRATION OPENS NOON DECEMBER 11, 2020

### All courses are \$35 • Ages 55 and up

All classes are on Zoom except for Spring Birding which will depend on Covid-19 Guidelines.

Classes will open a quarter of an hour early so we have time to chat or assist each other with Zoom.

Register through our web page using PayPal either with a PayPal account or with a credit card.

### Registration Queries:

[registrar@sushinecoasteldercollege.ca](mailto:registrar@sushinecoasteldercollege.ca)

### General Queries:

**Phone:** 604-865-0795

[info@sunshinecoasteldercollege.ca](mailto:info@sunshinecoasteldercollege.ca)

[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)

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