

# **Eldercollege**

## **Spring 2013 Brochure Content**

### **Hot Topics**

Get involved in lively, thoughtful discussions about global, national and local issues in the comfort of a small group. Members will be encouraged to research topics, perhaps make presentations, and mainly take part in discussions. Facilitators may choose topics for research and discussion the following week, and participants may also choose topics of special interest. Bring along material from newspapers, magazines, or other media. Opinions definitely invited.

6 Mondays                      January 7 – Feb 11, 2013      Min 12                                      Max 20  
10am – 12 noon      Keith Maxwell and Michael Goldberg  
Course #                      \$35  
Offsite:                      Sunshine Coast Arts Centre, 5714 Medusa Street. Sechelt, BC

### **Tell Me a Story!**

Before TV and social media, families and friends would entertain each other with stories and games . Although we may be out of the habit, surely this skill can be rekindled. All of us with diverse experiences have incredible stories to share with this group ,our friends and grandchildren.

4 Wednesdays                      January 9,16,23, 30                                      Min 10 /Max 20  
10 – Noon                      K. Archibald, J. Harrison, J. Meyer  
Course#                      \$35  
Off site: Sunshine Coast Arts Centre

### **Law for Seniors**

Look after yourself and your loved ones by learning about will preparation and the consequences of dying without a will; 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 administrating estates; powers of attorney; estate litigation; disputed wills; and claims under the Wills Variation Act.

3 Fridays                      January 25, Feb 1, 8                                      Min 10/Max 20  
2 – 4 pm                      Carmen Sombrowski, Lois Potter, Wayne Rowe  
Course #                      \$35

### **The History of Rome – What did the Romans Ever do For us!!**

This course will continue from the course on Early European History conducted in spring 2012, starting with the rise of Rome in the seventh century BC. It will include the Roman Kingdom, Republic and Empire and their collective influence on the course of history in Europe and the Mediterranean area for one thousand years. The course will give an appreciation of the chronology of the Roman period and the legacy left to western civilization by the Romans.

3 Thursdays      Feb 14, 21,28      Min 10 Max 40  
2 – 4 pm            Keith Maxwell  
Course #            \$35

Offsite: Gibsons Recreation Centre Enrolment

### **Conversation Café**

Does thinking change anything? This philosophical discussion series continues with a range of topics that which has led us to explore our views on such issues as the power of language and whether happiness is overrated. Moderators will introduce topics and propose ideas for discussion.

5 Mondays            Feb 18 - March 25      Min 10 Max 20  
10am – 12 noon    Terry Webb  
Course #            \$35  
Offsite:              Sunshine Coast Arts Centre, 5714 Medusa Street, Sechelt, BC

### **Policies that Shaped the Landscapes of British Columbia**

The focus of these three lectures is to examine attitudes and values since colonization resulting in policies that influenced the people and landscapes of British Columbia. The first lecture (“Discovering” British Columbia: the influence of colonial policies) discusses how it was that the British claimed this region of the world and their impacts on the landscape. The second lecture (Policies Chasing Dreams) examines the economic times from BC joining Confederation to the 1970s and how successive provincial governments promote policies supporting infrastructure and continually increase provincial debt. The final lecture (Harvesting the ocean: policies of exploitation or conservation?) reveals why resources of the ocean have been badly managed.



3 Tuesdays;                      April 9, 16, 23                      Min 10 Max 30  
2 to 4 pm.                      T. Kellough, K. Hume  
Course #                      \$35.  
Off – Campus Site: St. Hilda's Anglican Church sanctuary – Sechelt.

### **11<sup>th</sup> Annual Written Arts Festival Preview**

We invite former and new participants to join us in the 11<sup>th</sup> year of this interactive course which continues the popular practice of reading and discussing a book by each of five authors appearing at the 2011 Sunshine Coast Festival of the Written Arts. Each session will be led by a different CanLit enthusiast. You will be provided with the authors' names and books to be discussed when they become available.

5 Thursdays                      May 2 - 30                      Min 10 Max 25  
  
10 am – noon                      Anne Carr, Jack Corse, Nancy Dobie, Gillian Kydd,  
Doug Williams.  
  
Course #                      \$35

### **Birding Hot Spots**

Participate in one of nature's great wonders: The spring bird migration on the Sunshine Coast during peak season. View, identify and photograph birds in three different Sunshine Coast habitats: Sechelt, Sargeant Bay Park in Halfmoon Bay and Iris Griffith Centre in Madeira Park. Three experienced birders will discuss identifying birds by sight and sound, selection of modern field guides and optical and electronic equipment useful for birding. Bring binoculars for field trips. Meet at Capilano University, Sunshine Coast Campus for first session.

3 Wed                      May 8 - 22                      Min 12 Max 30  
9 – 11 am                      John Hodges  
Course#                      \$35

## **Adventures in Travel:**

Travel the world without leaving town by enrolling in this interesting course. Join Donna Pretty, on a visit to four great wilderness areas and the rivers that sustain them, as well as Lancaster Sound as seen from a Quamatic.

Joerg Jaschinski will take us to the “The Island of Tristan da Cunha”. Learn where it is, how to get there and what life is like. Joerg will have lots of pictures to illustrate his talk.

Sidney Clare will be telling us about the Island state of Vanuatu – particularly the town of Lenakel and the island of Tanna, where she recently spent four months as a medical volunteer.

Patrick Klein will tell us about one of his companies called “Adventica” specializing in Experiential travel. His presentation will cover various real world experiences uploaded by Adventica users.

4 Thursdays                      March 7, 14, 21, 28                      Min 10/Max 20  
10 - 12                              Sidney Claire, Donna Pretty, Patrick Kline and  
Joerg Jaschinski

## **Brain Waves: Issues of Aging**

Aging affects not only our bodies but our minds. In this four part series we will explore strategies for maintaining a healthy brain and the differences between age related memory loss and Alzheimer’s Disease. Caring for or visiting someone with dementia can be challenging and session two will provide helpful tips about care giving and communicating. As depression is common among older adults, session three will explore the risk factors, causes and steps you can take to keep depression at bay. As we age most of us are on some type of medication, often with complex side effects. In our last session we will learn about common drugs, their side effects and the use and misuse of drugs and alcohol.

4 Tuesdays                      Date: TBA                      Min 10/Max 20  
1 – 3 pm                              Joan Hibbard and Kathy Thomas  
Course #                              \$35

## **19<sup>th</sup> Century Russian Classical Music – the Mighty Five**

Learn about the “Might Handful” of five Russian composers who led the Russian Romantic Nationalist movement in classical music during the late 19<sup>th</sup> century. A part of a wider Russia-wide revival cultural revolution, the movement wrote specifically Russian music and attempted to remove the influence of the western conservatory style.

2 Mondays

Date: TBA

Min10/Max 20

1 – 3 pm

Rifa Hodgson, Beata

Course #

\$35

Off Site: Gibsons Rec Centre