

Eldercollege Brochure – Spring 2014

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. The course facilitators will choose the first topic; thereafter, at the end of each class the group will choose the topic and the presenter for the following week, based on current or ongoing issues and events. Bring along material from newspapers, magazines, or other media. Opinions definitely invited.

6 Mondays January 6, 13, 20, 27, February 3, 10 Min 12 Max 20
10am – 12 noon Keith Maxwell and Michael Goldberg - facilitators
Course # \$50
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street, Sechelt

Conversation Café

Does thinking change anything? This philosophical discussion series continues with a range of topics that 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 24, Mar 3, 10, 17, 24, 31 Min 10 Max 20
10am – 12 noon Terry Webb - facilitator
Course # \$40
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street, Sechelt

Sunshine Coast History & Maps

Antique maps and other memorabilia of the Sunshine Coast will be used to document important events in its history from 1423 to date. The earliest voyages of discovery to the Sunshine Coast (real and imagined) will be examined, including the well-documented surveys of the Spanish and British at the end of the 18th century. 19th century topics include the important coastal surveys of Capt. George Richards, which led to the first chart ever to show Sechelt Inlet and Pender Harbour. Some early Crown Grant lot plans will also be presented. 20th century topics include the 1910 chart that first named "Halfmoon Bay"; the activities of the Union Steamship Company to open up the Coast to tourism; the 2009 centennial of the Redroofs Resort; and the history of Black Ball Ferries 1951-1961.

3 Wednesdays April 9, 16, 23 Min 10 Max 30
2 – 4 pm Gary Little
Course # \$40

Policies Influencing the People and Landscapes of British Columbia: Natural Hazards, Energy Options and First Nations

Communities have sprung up in the province with little concern over geophysical events such as flooding, wild fires, or tsunamis that have brought death and destruction to many. Have government policies increased or decreased risk? Energy policies bring about other environmental and social concerns when hydroelectric dams create massive reservoirs, or when oil and natural gas demands require pipelines, tanker traffic, and/or off-shore drilling. Much more fundamental to all of the economic and social patterns of the province is coming to terms with ownership and control of Crown Lands; and that is the story of First Nations and reclaiming their traditional lands.

3 Tuesdays February 18, 25, March 4 Min 10 Max 28
10 – 12 am Brett McGillivray
Course - \$40

History of the Roman Empire

This course is a continuation from the course on the Roman Republic conducted in Spring 2013. It will pick up the history of Rome from the Civil War of the 1st Century BC and continue to the Empire's demise in Western Europe in the 5th Century AD. The course will include a look at the significant influence of Rome on societies in Europe and the Mediterranean area that remains to this day. The course will provide an historical chronology of the Roman Empire, some insight into the way the people lived and the running of a vast Empire over a huge geographical area for half a millennium.

3 Thursdays April 10, 17, 24 Min 10 Max 60
2 – 4 pm Keith Maxwell
Course # \$40
Offsite: Gibsons Recreation Centre, 700 Park Road, Gibsons

Healthy Living for Seniors

This course will introduce a number of wide ranging subjects to promote a healthy life style for seniors. The first session will include a look at fire and fall prevention - adults 65 and older are particularly prone to these hazards. The class will offer strategies to help prevent fires and falls in their homes. In the second class we will discuss basic, healthy nutrition including whole vs processed foods, toxic load, liver function and digestion. In the exercise portion of the class, we will discuss preventative health and stretching and exercise routines to keep us all moving. In the final session we will cover the role of your Pharmacist, and what you should expect from him/her. Finally, we will summarize with a presentation on Advanced Home Care, followed by a question and answer period attended by all.

3 Wednesdays February. 12, 19, 26 Min 10 Ma 30
2pm to 4pm Greig Soohen, Tracy Parsons, Charlene Conlin, Jody Shaw,
Pharmacist, Bette Owen
Course # \$40

14th Annual Festival Preview (two sessions)

We invite former and new participants to join us for the 14th year of this interactive course, which continues the popular practice of reading and discussing a book by each of five writers appearing at the Sunshine Coast Festival of the Written Arts. Each individual session will be led by a different Can-Lit enthusiast. You will be provided with the authors' names and books to be discussed when they become available. This year, a second course has been added to meet popular demand.

Session 1

5 Thursdays May 1, 8, 15, 22, and 29
10 am – noon Anne Carr, Nancy Dobie, Ian Munro,
Fern Walker, Doug Williams.

Session 2

1 PM - 3PM Lynn Chapman, Carol Tiessen,
Thelma Schrock, Kit Artus, Jack Corse

Course # \$40

Max 20 Min 15 (each session)

Fall course preview:

Join Eldercollege for a preview of **XX** new and returning fall courses. The spring course preview **includes**.....

Thursday, December 12th
10:00 am to 12:00pm
Capilano University Sunshine Coast Campus
5627 Inlet Avenue, Sechelt
Room 120
604.885.9310

Please Note:

Most courses will have wait lists, so if you are not able to attend the course for which you have registered, please contact Cap U.

Registration for spring 2014 Eldercollege courses starts on Thursday, December 5th at 12:00pm right after the preview.