

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 Sept 9, 16, 23, 30, Oct 7 Min 10 Max 20
10am – 12 noon Terry Webb
Course # \$40
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street,
 Sechelt, BC

Are You or Will You Become a Caregiver? – Be Prepared – Plan Ahead

This course will provide you with information on how, when and where to obtain the help you will need as a caregiver. Topics will include: what is available to help you in the first stages of care-giving; resources available for the later stages; hospice and palliative care; and end of life planning and arrangements.

4 Wednesdays Sept 11, 18, 25 and Oct 2 Min 10 Max 20
2 – 4 pm Anita Paulin
Course # \$40
Location: Capilano University

Artist in the Home

Participants will visit the homes and/or studios of four different coastal artists and in this small group setting will learn what inspires, motivates, and challenges each artist. The artists will discuss their techniques and some will even demonstrate their work. Participants will also have time before and after each studio visit to discuss what they have observed and learned.

4 Wednesdays Oct 2, 9, 16, 23 Min 6 Max 8
10am – 12 noon Ed Hill
Course # \$40
Offsite at various artists' studios

The Tortured Genius of Ingmar Bergman

One of the giant figures of 20th century film, Swedish director Ingmar Bergman was famous for intense and brooding explorations of the human psyche. The search for God, the fear of death, and the fragility of love were recurrent themes. In this course, we'll look at how Bergman's personal life influenced his

tremendous creative output, and how childhood experiences haunted him until his death in 2007. We'll look at clips from his best-known films including Fanny & Alexander, Persona, The Seventh Seal, Wild Strawberries, as well as lesser known autobiographical films, and interviews with the man himself.

4 Thursdays	Oct 3, 10, 17, 24	Min 12	Max 20
2 – 4 pm	Viveca Ohm		
Course #	\$40		
Location:	Capilano University		

Ipad for Beginners

Learn the basics of using your iPad for fun and purpose. Learn about email, Internet browsing, games, music, photos and apps. This is the new lightweight way to stay in touch at home and away.

3 Mondays	Oct 7, 21, 28	Min 10	Max 15
2 – 4 pm	David Marsh		
Course #	\$40		
Location:	Capilano University		

Adventure Travel

Travel the world without leaving town by enrolling in this interesting course.
Elizabeth McNeil - Myanmar and Vietnam a reflective odyssey”.
Ivan Thompson - “A journey through Croatia and Slovenia”
Rand Rudland - Two East African Safaris with a Climb up Tanzania’s Mt. Meru”.
Rob Bennie - A Family Bicycle Trip across the Top of the World from Tibet to Nepal”.

4 Thursdays	Oct 17, 24, 31 and Nov 7	Min 15	Max 30
10 – 12	Jack Adams		
Course #	\$40		
Location:	Capilano University		

Driving for Seniors

This course looks at how aging affects driving and invites participants to reflect on their current state of driving knowledge and capability. We will go through a 50 question multiple-choice test as a group. Then we move into DriveABLE testing, and ICBC class 5 road test and how to prepare for it and finally give some idea of what might be done if you lose your license or decide to stop driving.

2 Fridays	October 18, 25	Min 10	Max 25
2 – 4 pm	Constable Tracy Dubnyk		
Course #	\$40		
Location:	Gibsons Recreation Centre		

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 Oct 21, 28, Nov 4, 18, 25 Min 12 Max 20
10am – 12 noon Keith Maxwell and Michael Goldberg
Course # \$40
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street. Sechelt

Foraging for Mushroom

Discover the wonders of our local forest mushrooms and the joy of hunting for delectable edibles. An initial classroom session provides an introduction to mushrooms, their biology, where and when to look for them, with a focus on edible varieties. At a second classroom session, participants will practice simple identification methods to recognize which species are edible and which to avoid. On each day it's also out to the woods for two half days of hands-on learning and collecting. Bring lunch and a collecting basket or bag, and wear appropriate outdoor clothing and sturdy footwear for field trips.

2 Saturdays Oct. 26, Nov 2 Min 8 Max 20
10 am – 3.30 pm John Field
Course # \$40
Location: Capilano University

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 administering estates; powers of attorney; estate litigation; disputed wills; and claims under the Wills Variation Act.

3 Fridays November 1, 8, 15 Min 10 Max 20
2 – 4 pm Carmen Sombrowski, Lois Potter, Wayne Rowe
Course # \$40
Location: Gibsons Recreation Centre

Gold in Them Thar Hills

The course will consist of a broad illustrated description of base and precious metal exploration in the Northwest over the last 50 years, highlighting the evolution of engineering techniques that have greatly streamlined the process and enhanced both the breadth and the accuracy of information achieved. Samples of minerals, core drillings, and specialized equipment will be displayed. Examples of resulting successful mine development will be described.

3 Tuesdays	November 5, 12, 19	Min 10	Max 20
2 – 4 pm	Bob Darney		
Course #	\$40		
Location:	Capilano University		

Man the Barricades! Revolution in Europe

The French Revolution, the rise of Napoleon and the European-wide turmoil of the late 18th and early 19th centuries shaped the modern political and geographic landscapes of a continent and much of the rest of the world. This course will look at the causes of this conflict, how it spread so widely, and how it gave rise to the modern world.

3 Thursdays	November 21, 28, December 5	Min 10	Max 20
2 – 4 pm	Keith Maxwell		
Course #	\$40		
Location:	Capilano University		

Law for Seniors – Pender Harbour

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 administering estates; powers of attorney; estate litigation; disputed wills; and claims under the Wills Variation Act.

3 Thursdays	Nov 7, 14, 21	Min 10	Max 20
11:00 – 1:00 pm	Lisa Rae BA, MSc, LLB		
Course #	\$40		
Location:	Madeira Park Law Office		

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.