

ELDERCOLLEGE

FALL – 2011 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 October 24 – November 28 Min 12 Max 30
10am – 12 noon Lyle Wharton
Course # \$35
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street. Sechelt, BC

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 September 12 – October 24 Min 10 Max 20
10am – 12 noon Terry Webb
Course # \$35
Offsite: Sunshine Coast Arts Centre, 5714 Medusa Street, Sechelt, BC
No class October 10th – Thanksgiving

Computer Essentials for Beginners

Want to use a computer but don't know where to begin? This hands-on course is for those with no previous experience. It covers all the topics needed to feel comfortable operating a computer. Starting with an overview of basic hardware, instruction progresses to discuss the Windows operating system, folder and file management, and the Internet. Course material provided.

4 Thursdays September 8 – 29 Min 10 Max 15
3:00-5:00 pm David Marsh
Course # \$65

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 Redrooffs Resort; and the history of Black Ball Ferries 1951-1961.

3 Tuesdays October 18 – November 1 Min 10 Max 30
2 – 4 pm Gary Little
Course # \$35

Adventures in Travel

This term our presenters will recount fascinating adventures from many corners of the globe. These include tales of travel through South East Asia with Elma and Julian Taylor; Don and Patti Gunning's cruise through the Baltic. Jack Adams' trip with friends through the Amazon and other impressive locations of Colombia, Peru and Bolivia; and Alexis Harrington's anecdotes and pictures from French Polynesia.. Joe Harrison will tell us of his recent trip to Panama.

5 Thursdays October 6 – November 3 Min 15 Max 35
10 – 12 noon Jack Adams
Course # \$35
Offsite – SCRD Community Recreation Centre, Room 209, Gibsons

BC Weather and Climate – Sun, Rain, Snowstorms, Windstorms, Droughts and Floods

The course will discuss basic meteorological principles with an emphasis on important west coast local effects. Participants will have a better understanding of pressure gradient force, Coriolis force, outflow and inflow winds, weather fronts, and conditions conducive to snowfalls and other severe weather conditions.

The course will also examine the climate of British Columbia with climatic controls such as solar variation, volcanic activity, El Niño, La Niña, ENSO and others. As well, air quality issues and climate change effects in BC will be briefly discussed.

3 Fridays October 28 – Nov 18 Min 15 Max 25
1 – 3 pm Louis Legal
Course # \$35
No class November 11th – Remembrance Day

Facilities and Solutions for Healthy Minds

A lack of Mental Health Help and Facilities has been in the local news lately. This course will address these inadequacies. Kathy Thomas, a program coordinator at the Sunshine Coast Mental Health and Addictions Services along with Brian Smith, the chair of Arrowhead Centre Society will bring us up to date on what is happening to alleviate this need. Mental Health is an ongoing concern. It has been a taboo subject for many people. This informative course will open up dialogue and answer questions.

3 Wednesdays October 5 – 19 Min 15 Max 24
10 – 12 noon Kathy Thomas, Brian Smith and Bob Smith
Following the class on Oct. 19. the class is invited by Brian Smith and
Bob Smith to a tour of the Arrowhead Centre
Course # \$35

Canadian History – Confederation to Constitution

This course will provide a survey of Canadian history from Confederation through to the patriation of the Constitution in 1982. The story of Canada over that time period will be presented as a continuous sequence of events that have had a significant affect on the development of Canada. The context of the events will be emphasized so that the history can be seen from a contemporary perspective. Cause and effect and the connections between the milestones will also be emphasized.

3 Thursdays November 17 – December 1 Min 15 Max 24
2 – 4 pm Keith Maxwell
Course # \$35

Thar She Blows ! (Cetaceans of the North West)

The Grey Whale visited our Coastline last summer and sparked considerable interest. This course will bring the students up to date on data and info about the behaviour, history and health of our Ocean friends. Caitlin Birdsall the coordinator of the BC Cetacean Sightings network at the Vancouver Aquarium will discuss whale, dolphins, porpoises and sea turtles. Research marine biologist, Linda Nichol from the Pacific Biological Station in Nanaimo will share her latest findings from her acoustic monitoring. On the second session the class will bus to the Beaty Biodiversity Museum at UBC.

3 Wednesdays September 14 – 28 Min 15 Max 24
1 – 3 pm Caitlin Birdsall and Linda Nichol
Course # \$45 Plus transportation to UBC Beaty Biodiversity Museum
Admittance to Museum \$9.00 (group rate)

Food We Eat

The food we eat is probably the single most important factor that determines our health and well-being. Some key food subjects that will be covered, from a scientific and nutrient viewpoint are: standard, organic and genetically modified foods, Canadian and USA Food Guides, proteins, vitamins, food additives, calorie and salt contents. The course may include a grocery store tour to examine food labels.

4 Wednesdays October 26 – November 9 Min 15 Max 30
2 – 4 pm Russ Tkachuk
Course # \$35

Finding your Roots in England and Wales

Genealogy has become a hugely popular hobby. The proliferation of transcribed records on the Internet has attracted up to millions of attempts to search for ancestors. This course will teach students how to use the many online records to trace their family trees in England and Wales. Students should come to class with names, places and dates of their English and Welsh ancestors, as we will use real-life examples to learn from.

3 Saturdays September 17 – October 1 Min 5 Max 20
10 – 12 noon Sally Walters and John Hodges
Course # \$35

Endless Forms Most Beautiful: Why We Talk and the New Science of Evo-Devo

This is a science seminar-discussion course exploring recent scholarship of the surprising relationships between the scientific facts of evolution and the origins of language. Students interested in biology, anthropology, linguistics, and neuroscience will find this course stimulating. Please note that students should have a basic knowledge of science and be willing to pre-read the book “Endless Forms Most Beautiful” by Sean B. Carroll (available by order from local bookstores).

5 Saturdays September 10, October 29, November 5, 19, December 3
10 – 12 noon Joe Harrison Min 8 Max 20
Course # \$35

Shakespeare’s Lovers

Young lovers, middle-aged lovers, lovers from the Greek classics, lovers who can’t stand each other. Shakespeare was no slouch when it came to a gamut of romantic scenarios. In this four-week course, we’ll look at *Romeo & Juliet*, *Antony & Cleopatra*, *Troilus & Cressida*, and Beatrice and Benedick from *Much Ado about Nothing*. Each session will focus on one of these plays. We’ll read selected scenes, watch video clips, and discuss Shakespeare’s life and influences. Everyone is welcome regardless of how familiar you are with the Bard

Week one: Romeo & Juliet Week two Antony & Cleopatra
Week Three Troilus & Cressida Week four Much Ado

4 Tuesdays September 20 – October 11 Min 10 Max 24
2 – 4 pm Viveca Ohm
Course # \$35

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 October 7 - 21 Min 10 Max 25
2 – 4 pm Lois Potter, Carmen Sombrowski, Wayne Rowe
Course # \$35
Offsite. Community Recreation Centre, Gibsons.

The Seniors Housing Conundrum

This course will address some public policy issues involved in seniors housing. It will also help you navigate the maze of options and decisions around elder housing and care, for yourself or for older relatives and friends

6 Tuesdays November 8 – December 13 Min 8 Max 30
1 – 3 pm Sue Jackel
Course # \$35

Revised March 25, 2011