

SUNSHINE COAST
ElderCollege

**Spring 2018
Program**

<p><u>Geology of the Sunshine Coast</u></p> <p>Starting 250m years ago, drifting west with plate tectonics, sculpted by ice. The story is written in the rocks.</p>	<p>Peter Hews</p> <p>Note: Steep staircase on field trip</p>	<p>CapU Campus Wed Jan 3 Fri Mar 23 Field Trip Wed Mar 21 9am - Noon</p>	<p><u>The Anthropocene</u></p> <p>We Humans have become the dominant force of Nature on Earth, with potentially catastrophic consequences. There's no going back to the friendly Holocene!</p>	<p>M. Bradley Sarama S.Blenkinsop (Incl. "This Living Salish Sea" film)</p>	<p>CapU Campus Feb 21–Mar 14 4 Weds. 2 - 4 pm</p>
<p><u>Hot Topics</u></p> <p>Lively, thoughtful, small group discussions about current events and issues.</p>	<p>K. Maxwell T. Webb</p> <p>6 Mondays</p>	<p>Sechelt Arts Centre Jan 15-Feb 26 No class 12Feb 10-Noon</p>	<p><u>Solar Energy</u></p> <p>Go solar! Learn to select the site and equipment for the domestic system that will work best for you.</p>	<p>G.Pageau</p> <p>4 Mondays (one field trip)</p>	<p>CapU Campus Mar 5 - 26 10 am -- noon .</p>
<p><u>Law for Seniors</u></p> <p>Plan for yourself and your loved ones. Review the law related to wills, executors, estates, legacies, family trusts, living wills and more.</p>	<p>Lawyers: C.Sombrowski W.Rowe L.Potter (Sechelt) L.Rae (Madeira Park)</p>	<p>CapU Campus 3x Fri, Apr 6-20 2 - 4pm Madeira Pk. Comm. School 2x Thur. Jan 18,25 10-Noon</p>	<p><u>Create and Share Stunning photos with your iPhone</u></p> <p>Find out how to use your iPhone for <i>serious</i> high resolution photography.</p>	<p>Jack Pope</p> <p>3 Tuesdays</p>	<p>CapU Campus Mar 6 - 20 1 - 3pm</p>
<p><u>Take charge of your health care</u></p> <p>Aging is inevitable. Be prepared. Hear specialists on pain management, sleep problems, dementia, heart conditions.</p>	<p>Doctors: L. Knebel M.Welgemoed R.Comey S.Wadge</p>	<p>CapU Campus 4 Fridays Jan 19-Feb 9 1 - 3pm</p>	<p><u>A new Lens on the Past</u></p> <p>Join interpreted tours of museums in Gibsons, Sechelt, Egmont. Each tells a chapter of our history.</p>	<p>Museum staff</p> <p>4 Weds 1st class in Egmont</p>	<p>Offsite locations Apr 4 - 25 10 - Noon</p>
<p><u>Introduction to your iPad.</u></p> <p>Bring your iPad to class; walk through basic operation. Then learn to use iTunes, apps, email and much more!</p>	<p>D.Marsh M.Timbres</p> <p>1 Friday</p>	<p>CapU Campus Jan 26th. 9:30-12:30</p>	<p><u>How Rivers Shape our Planet and our Civilization</u></p> <p>The geological processes that create rivers and thereby enable stable civilization.</p>	<p>R.Kostaschuk</p> <p>4 Thursdays (Field trip to Chapman Creek incl.)</p>	<p>CapU Campus Apr 5 - 26 10 am - noon .</p>
<p><u>Design your own Garden</u></p> <p>Unleash your creativity! A hands-on class to plan a new, visually rewarding garden</p>	<p>Ayuko Inoue 5 Thurs. (small charge for course materials)</p>	<p>CapU Campus Feb 1 - Mar 1 2 - 4 pm</p>	<p><u>Restorative Justice</u></p> <p>Offender, victim and other stakeholders meet to address the harm of the crime and the remedy.</p>	<p>N.Denham B.Prowse</p> <p>4 Tuesdays</p>	<p>CapU Campus Apr 10 - May 1 10 - Noon</p>
<p><u>Trace Your Ancestors</u></p> <p>Do you want to make a start on your family genealogy? This hands-on class will show how.</p>	<p>Lorraine Galant</p> <p>3 Tuesdays</p>	<p>CapU Campus Feb 13-27 10 - noon</p>	<p><u>Festival of the Written Arts Book Preview</u></p> <p>Discuss the work of five authors appearing at the 2018 Festival.</p>	<p>A.Carr (morning) K.Artus (afternoon) 5 Thursdays</p>	<p>CapU Campus May 3 - 31 10 - Noon and 2 - 4 pm</p>
<p><u>Plant-based Nutrition</u></p> <p>Learn the benefits to your health and the environment of following a whole foods, plant-based diet.</p>	<p>D.Pageau G.Pageau</p> <p>4 Fridays</p>	<p>CapU Campus Feb 16 - Mar 9 10 - Noon</p>	<p><u>Spring birding on the Sunshine Coast</u></p> <p>Into the woods with expert guides to see and hear one of Nature's wonders, the spring bird migration!</p>	<p>Birders: J.Hodges, T.Greenfield R.Rudland T.Tkachuk</p> <p>3 Weds</p>	<p>CapU Campus & Offsite outdoor locations May 9 - 23 9 - 11</p>

ElderCollege is for people 55 years and over. We encourage learning for enjoyment and provide a forum for sharing ideas knowledge and experience. Courses are held at the Capilano University Sunshine Coast campus unless otherwise stated, and cost \$36.75 (GST inc).

For details on all of the courses listed above and instructions on how to register, visit

www.sunshinecoasteldercollege.ca

Poster valid until May 31st, 2018