

Welcome to the new way of registering for ElderCollege on the Sunshine Coast!

We are partnering with the Sunshine Coast Regional District to continue to offer a wide variety of high quality courses for people aged 55 or older. No pre-requisites, no grades, no exams! Simply the pleasure of learning. The content of the program hasn't changed but how you register has, using the SCRD's well-established registration process for recreation programs.

This new process will make it easier for you to register:

- in person, at the Sechelt Aquatic Centre, or the Gibsons and Area Community Centre
- online at www.scrd.ca/Recreation
- telephone at 604-885-PLAY (7529).

We're still holding most of our courses at the Capilano University campus in Sechelt in cooperation with the University and we're working with a variety organizations in the community to ensure that we can continue to bring this service to you.

Sign up for courses and tell your friends about the new face of ElderCollege on the Coast. We look forward to seeing you in class!

Whole foods Plant-based Nutrition

Pre-registration required.

Ages: 50 + years

The health care system in Canada has been increasingly burdened in the past decade as rates of preventable conditions such as diabetes, heart disease, cancer & arthritis have escalated. Citizens are living longer but sicker. Global warming is out of control. Our dietary choices impact these issues more than it may generally recognized. This is an introductory course on why and how to eat a whole foods plant-based diet. Using a power point format to lead discussions, questions are encouraged through-out the fully interactive sessions. Facilitators: Deborah Pageau, Gerry Pageau, and Michael Bradley

Gibsons & Area Community Centre

Fridays 1:00 pm to 3:00 pm

January 6 – 27 \$42 / 4 sessions

Can we get to 100% renewables?

Pre-registration required.

Ages: 50 + years

The nations of the world have committed themselves to do what is necessary to reduce the burning of carbon-based fuels essentially to zero by 2100. Given the diversity of human activities that seem to rely on burning carbon-based fuels, it is reasonable to ask how, or even, if this promise can be kept and if so, how this might occur. Facilitators: Jim Pawley

Capilano University, Sechelt Campus

Thursdays 10:00 am to Noon
January 19 - February 23 \$42 / 6 sessions

Create Stunning Photos with your iPhone

Pre-registration required.

Ages: 50 + years

People love to take pictures with the iPhone. It's the most popular camera in the world! Yet, few believe the iPhone is good for serious photography. Surely that requires elaborate camera equipment? In fact, the best camera is often the one that's always with you --your iPhone-- provided you understand and apply the composition and light control techniques needed to create superb photos. This course covers these basic skills, then moves on to introduce simple and advance hot-editing apps to further enhance your images. Finally, we'll review various ways of sharing your pictures with family, friends and the greater digital world. Instructors: Jack Pope, Russ Tkachuk.

Elder College Capilano University at Off-Site

Tuesdays 2:00 pm to 4:00 pm
March 7 – 14 \$42 / 2 sessions

Design your own Garden

Pre-registration required.

Ages: 50 + years

Unleash your creativity! Under the guidance of a professional garden designer, this illustrated, hands-on course will help you plan a new visually rewarding garden, or renovate an existing one. Techniques of designing an outdoor space will be explained, taking your own taste and choices into account. Discover innovative ways of integrating plants with hard landscape materials (wood, stone). A field trip to VanDusen Garden is included. Facilitators: Ayuko Inoue, Dana Jantzen.

Location????

Thursdays 2:00 pm to 4:00 pm
February 2 - March 2 \$42 / 5 sessions

Festival of the Written Arts Book Preview 1

Pre-registration required.

Ages: 50 + years

We invite former and new participants to join us for the 17th year of this popular interactive course, in which we read and discuss a book by each of the five Canadian authors appearing at the Sunshine Coast Festival of the Written Arts. the chosen authors and book titles will be provided in advance. Facilitators: Ann Carr, Keith Maxwell.

Elder College Capilano University at Off-Site

Thursdays 10:00 am to Noon
May 4 - June 1 \$42 / 5 sessions

Festival of the Written Arts Book Preview 2

Pre-registration required.

Ages: 50 + years

We invite former and new participants to join us for the 17th year of this popular interactive course, in which we read and discuss a book by each of the five Canadian authors appearing at the Sunshine Coast Festival of the Written Arts. The chosen authors and book titles will be provided in advance. Facilitators: Kit Artus, Dana Jantzen.

Elder College Capilano University at Off-Site

Thursdays 2:00 pm to 4:00 pm

May 4 - June 1 \$42 / 5 sessions

First Nations of BC: Re-claiming their land

Pre-registration required.

Ages: 50 + years

This lecture series explores the aboriginal landscape from the period of time prior to European colonizers arriving off the coast of British Columbia to the negotiation of modern day treaties. The history of how First Nations became marginalized and believed to be a "dying race" is discussed along with what federal and provincial governments believed to be the "solution" to the First Nations issues. It was not until the 1980's that protests, the court system and eventually government policies resulted in the recognition of Aboriginal Rights (including Aboriginal Title), which transformed into modern day treaties. This accomplishment was not the end of the struggle, but the beginning of protracted negotiations and, in some instances, litigation. Facilitators: Bretty McGillivray, Keith Maxwell.

Elder College Capilano University at Off-Site

Tuesdays 2:00 pm to 4:00 pm

February 7 – 21 \$42 / 3 sessions

Four Billion Years and Counting

Pre-registration required.

Ages: 50 + years

The story is filled with surprises and ends with a focus on how bits and pieces of present day British Columbia crashed into North America after the dinosaur extinction. A science literacy book club using *Four Billion Years and Counting* (available from Tailwind Book store for \$42). The course examines the evolution of life-forms, geology, and the earth's atmosphere since North America began to coalesce 4000 million years ago. Pressing political concerns include: water resources, sea level change, climate science, natural hazards in specific Canadian contexts. Facilitators: Joe Harrison, Peter Hews, and Marcia Mason

Capilano University, Sechelt Campus

Wednesdays 10:00 am to Noon

January 4 - May 17 \$42 / 4 sessions

Plate Tectonics Explains Everything

Pre-registration required.

Ages: 50 + years

Over long periods of time continents moved around, oceans change shape, mountain ranges and valleys form, new islands are created, earthquakes and volcanoes suddenly occur. This is Plate Tectonics. This course looks at a few of the researchers who study these things and the tools that they use to arrive at their findings, with emphasis on what it all means for our local area. Facilitators: Don Trotter, Bill Climie

Capilano University, Sechelt Campus

Mondays 10:00 am to Noon

April 3 – 24 \$42 / 3 sessions

Reconciliation - An Experiential Dialogue

Pre-registration required.

Ages: 50 + years

An experiential opportunity to reflect upon and discuss the principles and calls to action from the Truth and Reconciliation Commission. Using the structure and experience of Circle Communication, the four sessions will include The Blanket Exercise in which we explore the historic relationship between the European settlers and the Indigenous Nations who inhabited the land; Project of Heart, a hands-on collaborative endeavour to foster an understanding of the impact of Indian Residential Schools; and concluding with an examination of the Two Row Wampum, as a possible framework for decolonization and reconciliation. Facilitators: John Denham, Nancy Denham, Bill Climie

Capilano University, Sechelt Campus

Fridays 1:30 pm to 4:30 pm

February 17 - March 10 \$42 / 4 sessions

Revealing the Invisible – Microscopes

Pre-registration required.

Ages: 50 + years

This course will introduce the topic of microscopy, both as a hobby and as a tool for exploration within various scientific disciplines. Half of each class will be spent dealing with the historical background of the microscope and its use by hobbyists. The section will include safe, practical observations using the CapU laboratory microscopes plus others owned by the presenters. Participants will be encouraged to bring samples to class for examination. The second half of each class will feature the guest speakers talking about the ways in which microscopes are used in fields as diverse as immunology, cell theory and effluent treatment. Facilitators: Michael Bradley, Bill Climie

Capilano University, Sechelt Campus

Wednesdays 2:00 pm to 4:00 pm

March 15 - April 12 \$42 / 4 sessions

No class March 29

Solar Energy

Pre-registration required.

Ages: 50 + years

In one hour, the Sun pours enough energy onto planet Earth to provide all the power we need for a year--if only we could catch it! Discover the benefits of installing a solar system, how to evaluate the different types of equipment and decide what works best for you; how to assess site potential, and calculate the payback. A demonstration of a working off-grid system will be included. Facilitators: Gerry Pageau, Ron Kydd.

Elder College Capilano University at Off-Site

Mondays 10:00 am to Noon

March 6 – 27 \$42 / 4 sessions

Spring Birding on the Sunshine Coast

Pre-registration required.

Ages: 50 + years

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 Marsh, Sargeant Bay Park in Halfmoon Bay and the Mahon Trail in Gibsons. 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 and sensible clothing and runners/boots for outdoor walks. Facilitators: Tony Greenfield, John Hodges, Rand Rudland, Russ Tkachuck

Meet at Capilano University, Sechelt Campus on the first day.

Wednesdays 9:00 am to 11:00 am

May 3 – 17 \$42 / 3 sessions

Topics for a Lively Conversation

Pre-registration required.

Ages: 50 + years

Get involved in lively, thoughtful discussions about current events or philosophical issues in the comfort of a small group. Participants will be invited to research topics, perhaps make presentations, listen and take part in facilitated discussions. Three of the topics will be prepared ahead of time and the class will choose the remaining subjects for discussion. Bring along material from newspapers, magazines, or other media. Opinions, thoughts and ideas definitely welcomed. Facilitators: Terry Webb, Michael Goldberg, Keith Maxwell

Sunshine Coast Arts Centre, Sechelt

Mondays 10:00 am to 12:30 pm

January 16 - February 27 \$42 / 6 sessions
No class February 13

For more information on ElderCollege visit their website www.sunshinecoasteldercollege.ca/