

Check our webpage for an online presentation and preview of classes.

## COVID 19 PRECAUTIONS

Classes are in-person as well as on Zoom. Our age group, 55 and up, is particularly vulnerable to COVID 19 and variants are a concern. We are returning to in-person classes with great caution. We will follow all BC Government Health orders and Guidelines. Accordingly, masks are now mandatory in indoor areas and as of September 13 proof of vaccination will be required.

If Government Health Orders and Guidelines change and necessitate a transition to Zoom, you will be given the opportunity to withdraw from the course with registration costs refunded.

## Geology of Thormanby Island

A “hands on history” of Thormanby Island which was formed volcanically, south of the equator, 252 – 210 million years ago. The volcanic bedrock and tectonic collisions are evident today.

Includes a four-hour field trip from Secret Cove to Thormanby Island. The additional cost for the field trip is \$80. Cash or cheque made out to the Sunshine Coast ElderCollege Society to be collected at the first session.

Presenter: Peter Hews

Classes: Two Wednesdays

2 pm – 4 pm,

August 25, September 8

St. Hilda's Anglican Church, Sechelt

Field Trip: September 1, 11 am – 3 pm  
Meet at the Buccaneer Marina, Secret Cove

## Plant Based Nutrition

Learning how to eat a diet of whole plant food is more important now than ever. We look at the impact of our diet on human physiology and how to cut the risk (or even reverse) common chronic diseases.

Presenters: Deborah and Gerry Pagea

Four Fridays 10 am – 12 pm

September 10, 17, 24, October 1

Zoom

## Capture Memories on your iPhone

Today's iPhones can take high quality images. We cover the basic skills of composition, light control, the camera's hidden features, photo editing apps and more.

Presenter: Jack Pope

Four Wednesdays 1pm – 3 pm

September 15, 22, 29, October 6

No class October 11 - Thanksgiving

St. Hilda's Anglican Church, Sechelt

## SPECIAL FREE SERIES

### POSTPONED TO SPRING 2022

More information to come

Watch for updates on our web page, advertising and in our newsletter

Open to everyone – all ages welcome

## Welcome to our Swiya

This free series will provide our community with an opportunity to learn about our shíshálh Nation neighbours, their history, struggles and aspirations in a uniquely indigenous way. hiwus, known as Calvin Craigan, is a shíshálh Nation elder, oral knowledge keeper and a hereditary chief. hiwus will tell the story of the shíshálh people in four storytelling sessions.

## Hot Topics

A great chance to get involved in lively, thoughtful discussions. Current topics and philosophical questions are explored in the comfort of a small group.

Moderators: Karen Bell and

Pat Hausberg

Six Mondays 10 am – 12 pm

September 20, 27, October 4, 18, 25,  
November 1

No class October 11 - Thanksgiving

St Hilda's Anglican Church, Sechelt

**Free Class: Social Robots for**

## Brain Health

Empowering older adults to live well and enjoy independence in everyday activities can include complementing human care with robotic technology. You will “meet” several social robots.

Presenter: Dr. Jill Dosso

One Tuesday 10 am – 12 pm

September 21

On Zoom. You must register on our web page to receive your Zoom link

## Introduction to Regional Districts

A highly opinionated introduction to regional districts with diverse digressions into the nature of grassroots democracy, rural idiosyncrasies and the property tax apocalypse.

Presenter: Donna McMahon, Director

Area E, SC Regional District

Four Tuesdays 2 pm – 4 pm

September 28, October 5, 12, 19

Zoom

## Adventures in Travel

September 30: Presenters Elaine Futterman and Mike Allegretti. A walking odyssey through the Dolpo region of Nepal, home of the snow leopard and living Tibetan culture.

October 7: Presenters Gillian and Ron Kydd. Walking through history in Tuscany and the Dordogne.

October 14: Presenter Sheila Carlson. Uncovering Egyptian wonders and the many surprises of Jordan.

October 21: Presenter Rhian  
Piprell. Myanmar – another world.

Four Thursdays 10 am - 12 pm  
St. Hilda's Anglican Church, Sechelt

### Ecology of the Salish Sea

The Salish Sea was once one of the most productive marine ecosystems in the world and the home of the Coast Salish people. Learn about local initiatives to monitor and better address some of the impacts.

Presenters, PODS team: Dr. Michael Jackson, Dr. John Field, Jennifer Blancard.  
Guest speakers TBA.

Four Wednesdays 2 pm - 4pm  
October 13, 20, 27, November 3  
The Iris and Billy Griffith Nature Centre, Madeira Park

### Artists in the Studio

Engage with four Sunshine Coast Artists, a painter, carver, digital artist and quilter. You will need a digital device with internet.

Optional supplies: Quilting session includes a coaster kit available for \$5:00. Digital Art session: a list of free drawing and painting applications will be provided.

Four Fridays 10am – 12 pm  
October 15, 22, 29, November 5  
Zoom

### Shakespeare – Contemporaries and Conspiracies

We'll explore the claim that Shakespeare didn't write his plays but was the uneducated frontman for a variety of secret authors. Myths abound.

Presenter: Viveca Ohm  
Four Tuesdays 10am – 12pm  
October 26, November 2, 9, 16  
St Hilda's Anglican Church, Sechelt

### Solar Energy

We look at the global context to understand why we need to move to renewable energy and review options well suited to the Sunshine Coast.

Presenter Gerry Pageau  
Three Thursdays 10 am – 12 pm  
October 28, November 4, 18  
(No Class November 11 Remembrance Day)  
Sechelt Seniors Activity Centre

### Do Not Fall for Fraud

In 2020, 70,000 plus Canadians reported fraud and \$104.4 million was lost. Learn to recognize a scam before it's too late and how best to protect yourself. The focus is on the common types of fraud reported on the Sunshine Coast.

Presenter: Staff Sergeant  
Poppy Hallam  
Three Mondays 10am – 12 pm  
November 8, 15, 22  
St Hilda's Anglican Church, Sechelt

### The Secret World of the Microscope

Learn about the origins of the microscope and its role in deepening our understanding of the natural world. Learn how to prepare specimens and explore the hidden world of "microscopy." Each participant will have access to a dedicated microscope. Instruments will not be shared.

Presenter: Michael Bradley  
Four Fridays 2pm – 4pm  
Capilano University  
November 19, 26, December 3, 10

### FREE ANNUAL CLIFFORD SMITH MEMORIAL LECTURE

October 2, 2021  
Saturday, 2 pm – 4 pm Zoom  
All ages welcome

### Stories as Good Relations: Imagining Together (and Apart) in Incurious Times.

Open to Everyone – All Ages Welcome

Lecturer: Dr Daniel Heath Justice is a Colorado-born Canadian citizen of the Cherokee Nation. Currently, he holds the Canada Research Chair in Indigenous Literature and Expressive Culture at UBC. His lecture will consider how old and emerging story traditions might offer guidance for a better, more generous, more curious understanding of one another in this wounded – and wounding – world we share.

October 2, 2021  
**Zoom - Sponsored by the  
Sunshine Coast Credit Union**

## REGISTRATION OPENS NOON AUGUST 16, 2021

### All courses are \$35 except where noted Ages 55 and up

- Zoom classrooms open a quarter of an hour before class begins.
- Register through our web page using PayPal either with a PayPal account or with a credit card.

### Registration Queries:

[registrar@sushinecoasteldercollege.ca](mailto:registrar@sushinecoasteldercollege.ca)

### General Queries:

[info@sunshinecoasteldercollege.ca](mailto:info@sunshinecoasteldercollege.ca)

[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)

**Mail: PO Box 1912, Sechelt BC V0N 3A0**

Sunshine Coast ElderCollege is a non-profit society funded solely by course fees. We receive no grants or donations. Our presenters, facilitators and organizers volunteer their time and expertise. Their dedication and commitment make our programs possible. We are very grateful.

**[sunshinecoasteldercollege.ca/fall-2021](http://sunshinecoasteldercollege.ca/fall-2021)**