



Lifelong Learning for Adults 50 Years and Better!

New Courses! **Chilliwack ElderCollege** Register Online!
Spring 2018
Course Calendar

Register Starting Tuesday, Jan 16 at 9:00 AM

Check Out Our NEW Spring Courses!

Explore 'Movement Through Ballet' with Linda Craven or treat your senses to 'Four Centuries of Art, Music & Culture' with Molly & Bob Ungar! Learn from an expert in 'Spring Gardening 101' with George Marien or expand your perspective through 'Power & Place: A Feminist Perspective of the Role of Women from 1 AD to 400 AD' with Ann Thomas-Knudsen. Just in time for Earth Day, Margaret Evans will share '150 Things You Can Do to Save Our Planet' and you can get your 'Hands ON Social Media' with Colleen Gingerich & Rita Metwally! Many more courses & details inside!

Contact Us

Website: www.chilliwackeldercollege.ca
Email: elder.college@ufv.ca
Phone: 604-702-2611



UFV Canada Education Park Campus Room A1367 - 45190 Caen Avenue Chilliwack, BC V2R 0N3	Office Hours: Tuesday + Wednesday + Thursday —> 9:00 AM - 3:00 PM <--
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Chilliwack ElderCollege Annual General Meeting

As a member of Chilliwack ElderCollege, you are invited to attend our
Annual General Meeting ~ Wednesday, April 18, 2018 at 2:00 PM
UFV Canada Education Park Campus - Building A - Room TBA



Serving Our Community Since 1999

In proud partnership with the...
www.chilliwackeldercollege.ca
Revised ~ Jan 11, 2018



Our Mission



Chilliwack ElderCollege exists to provide adults 50 years old and better with access to educational and learning opportunities that enrich their lives and expand their knowledge.

Love to Learn? Interested in New Experiences?

Why not see what Chilliwack ElderCollege has to offer? We provide fun & fascinating lifelong learning and growth opportunities for older adults. ElderCollege features a relaxed approach to learning with over 30 courses presented by outstanding instructors, including many UFV faculty members. Most courses are held at the UFV Canada Education Park Campus and are non-credit - no exams or grades! Gain new skills, experience new adventures, meet new friends and enjoy the many benefits of lifelong learning!

How Do I Join?

Anyone 50 years old and better may join! Our annual membership fee is \$12.00 and is valid from January 1 to December 31. Click the '**Membership**' tab on our website to purchase online, or call us at 604-702-2611. An ElderCollege membership is required to register for our courses. Some local businesses may offer student rates to our members. We are a financially self-sufficient, not-for-profit organization through the membership and course fees we charge.

Active Participation

Our Active Participation courses involve physical movement and varying levels of exertion. Your health and safety is important to us. Before you register, please read the course description carefully. For optimal enjoyment, please ensure you understand the degree of exertion involved in the course and be confident you are physically able to participate at that level before registering.

AP1: Fearless Cycling!

5 Sessions

2:30 PM – 3:50 PM

Monday

A1354

Peter Pazdera

Feb 5 – Mar 12

\$55



KNOWLEDGE is key to dispelling fear! Get 'back on your bike' with this 4 classroom and 1 outdoor session course! Peter will introduce you to basic bicycle mechanics, how to perform regular bike maintenance & some roadside repairs, when to have your bike serviced and what to expect from a tune-up. You will learn how to use and shift your bike gears. Peter will also discuss street cycling safety, cycle commuting and cycle touring. During an outdoor ride around the UFV campus, you will practice newly learned skills and principles. This outdoor session will be scheduled based on the weather conditions. Peter will invite you to bring your ***clean*** bike to the classroom to discuss your specific concerns and to practice maintenance skills. A basic tool kit will be presented. These kits will be available for purchase from Peter if you are interested. **All students must sign an off-site waiver form at the first class to participate in this course.**

Active Participation

AP2: Movement Through Ballet

6 Sessions

11:30 AM – 12:50 PM

Tuesday

A1316

Linda Craven

Feb 6 – Mar 13

\$55



Come and share your love of dance with Linda and learn the basics of ballet. Linda has many years of experience both performing and teaching ballet. In this course, you will learn about the correct positions for your feet and arms, the correct body alignment and the ballet terminology for the steps you will learn. By the end of these 6 sessions, you will have learned a short dance! Students will NOT be required to complete jumping steps or pointe work, but should be able to stand for at least 60 minutes and walk unassisted. Please wear comfortable clothing and be ready to stretch! Ballet slippers are ideal for this class and can be purchased at Teddy Bear Dreams for approximately \$20.

AP3: Introduction to *Taoist Tai Chi*® Arts Maggie Robertson

4 Sessions

1:00 PM – 2:30 PM

Monday

Feb 5 – Feb 26

\$45

Taoist Tai Chi® Chilliwack Branch #25 – 8635 Young Road

This ancient art is known to transform body and mind. The gentle meditative movements will help you to find balance and flexibility in the body, as well as calmness and peace of mind. An accredited volunteer instructor will teach the sessions. Please wear comfortable clothing and flat or running shoes. There WILL be a class on the Family Day Stat February 12, 2018. **All students must sign an off-site waiver form at the first class to participate in this course.**

AP4: Heartfulness Meditation for Beginners Myrna Pfeifer

5 Sessions

1:00 PM – 2:20 PM

Tuesday

A0022

Feb 27 – Mar 27

\$45

Myrna has been practicing Heartfulness Meditation for 9 years and is a qualified trainer in this ancient Eastern practice. In this simple approach to meditation, we learn to regulate our minds and look within with a gentle focus on the heart. With Myrna's expert guidance, Heartfulness Meditation practice works to calm and regulate our minds to enhance overall well being and find inner calm. The class is experiential in that you will actually meditate together and learn the process. Please wear loose, comfortable clothing to each class and bring a pillow to sit on if you prefer that over a chair.

Chilliwack ElderCollege Terms and Conditions

ElderCollege`s **Terms & Conditions** are updated each year. Each student agrees to our **Terms & Conditions** when purchasing a membership or course. Please take a few moments to review our current **Terms & Conditions** and contact us if you have any questions. See page 16 for more details.

Active Participation

AP5: Learn to Play Pickleball **Patti Wright**
4 Sessions **Friday** **Feb 23 – Mar 16**
Orientation Class: Fri, Feb 23 **Room A1362** **\$42**
2:00 PM – 4:00 PM Chilliwack Pickleball Club 45530 Spadina Ave
Pickleball anyone? We are very pleased to partner with the Chilliwack Pickleball Club again to bring you one of the fastest growing sports in North America! This course will begin with a mandatory orientation class at UFV to cover rules, etiquette, scoring, risks and benefits of the game. The remaining 3 sessions are at the Landing Sports Center, where you will be mentored by coaches from the Pickleball Club on the nuances of the game and how to play it. All equipment will be provided. Wear clean-soled runners & comfortable clothing. Please Note: This sport is high energy and **requires a moderate level of existing fitness and balance** as you will be reaching, running and bending. **All students must sign an off-site waiver form at the orientation class to participate in this course.**

AP6: Chair Yoga Level 1 **Candice Baldwin**
6 Sessions **Tuesday** **Feb 6 – Mar 13**
10:15 AM – 11:00 AM **A2211** **\$52**
In this introduction to chair yoga, students will be introduced to a series of poses taken from classical yoga and tailored to meet the needs of people with limited mobility, osteoporosis, arthritis, and any other injuries or ailments affecting students' lives. Please wear comfortable clothing and stable footwear. Chairs are provided but students are encouraged to bring their own padding for the seats.

AP7: Intro to Improv **David Hobson**
6 Sessions **Tuesday** **Feb 13 – Mar 20**
10:00 AM – 11:20 AM **A2106** **\$46**
David Hobson is back by popular demand to instruct this highly interactive, practical and fun-filled course! He will show you innovative and effective ways to use improv skills in everyday situations to enhance communication, liven up your conversations and lighten the mood! If you like to laugh while learning and want to learn new and practical skills with an exceptionally skilled instructor, this course is for you!

AP8: Learn to Curl **Bruce Renwick**
6 Sessions **Friday 10:00 AM – 11:30 AM** **Feb 2 – Mar 9**
Chilliwack Curling Club 9241 Corbould Street **\$41**
Curling is a fast growing, fun and social sport you can learn as an older adult! You will receive excellent personal coaching from the expert helpers at the Chilliwack Curling Club. All equipment is supplied including stabilizers and sticks to assist with rock throwing. **Note:** Ice sweeping requires moderate exertion and balance. Wear flat shoes and dress in comfortable clothes for the cooler temperatures. **All students must sign an off-site waiver form at the first class to participate in this course.**

Active Participation

AP9: Birdwatching Class-On-A-Bus to Colony Farm Regional Park & the George C. Reifel Migratory Bird Sanctuary

Gregory Schmaltz



1 Session Saturday, April 7 7:45 AM - 5:00 PM \$99

Meet Location: Sears parking lot @ Cottonwood Mall near doors facing Luckakuck Way.

****Bus departs at 8:00 AM SHARP!****

Calling all bird lovers! This action-packed birdwatching day begins with a stop at **Colony Farm Regional Park**. We will arrive by 9:30 AM and walk 15 minutes to the field banding station where we will watch a bird banding demonstration and learn about the importance of this research. Gregory will then lead us as we explore this site and he will answer your questions. We will leave at 11:15 AM and bus to the **George C. Reifel Migratory Bird Sanctuary**. We will arrive around noon and take a lunch break. Gregory will again take the lead from 1:00 PM to 3:30 PM. We will depart in time to arrive back in Chilliwack by approximately 5:00 PM. You must be able to walk on flat, groomed trails for up to 1 hour without a break. Wear comfortable walking shoes and dress for the weather.

****We will go rain or shine!****

What to Bring: pack enough fluids and food, including a bag lunch, to last you for the entire day. Binoculars are recommended. The gift shop at the Reifel Sanctuary sells snacks & bird seed. They also lend binoculars. Course fees include return bus fare, group experience fee at Colony Farms and entrance fee at the Reifel Sanctuary.

Note: Due to the high pre-paid bus rental and admission fees required for this course, refunds must be requested by 3:00 PM on Thursday, Mar 29, 2018.

Students must leave the bus at both stops & stay with the group at all times. An off-site waiver form must be signed prior to participating in this class.

The Arts

AR1: The Art We Are!

Christina Moreno



6 Sessions

Tuesday

Feb 13 – Mar 20

11:30 AM – 12:50 PM

A1360

\$53

Have you ever wished you spent more time exploring your personal creative side or wondered if you even had one? Based on Julia Cameron's 'The Artist's Way' Program, this series of creative circles will uncover/recover and illuminate the artist that IS already within you. Join others just like yourself and discover that it is never too late to create! Absolutely no experience is necessary.

AR2: Growing Food & The Art of Combination Brian Minter

2 Sessions

Wednesday Jan 31 & Feb 7

10:30 AM – 11:50 PM

10015 Young Road

\$30

We are so fortunate to have Brian back again this spring! In session 1, he will expand on the topic of growing food. In session 2, he will share his expertise in the art of creating beautiful plant combinations in our spring gardens. Both sessions will be held at Minter Country Gardens. Register early!

The Arts

AR3: Spring Gardening 101

George Marien

6 Sessions

Wednesday

Feb 21 – Mar 28

10:00 AM – 12:00 PM

A2211

\$46

New!

Get your garden ready for its best spring ever! George will cover a broad range of topics from site soil preparation to making decisions about what to plant where, including optimal timing and sequencing for planting. He will review botanical catalogue shopping as well as how to make the best choices when you visit the garden centres. There will be some homework involved between classes as you learn how to research before making those important decisions that can transform your garden. Special site challenges will be discussed using home landscape gardening principles. George will lead an off-site field trip to a garden center and/or a nursery where he will share his plant purchasing expertise. Field trip details to be confirmed.

An off-site waiver form must be signed prior to participating in this course.

AR4: Exploring Watercolour

Patricia Jaster

6 Sessions

Wednesday

Feb 7 – Mar 14

10:00 AM – 12:00 PM

A2207

\$47 (supplies not included)

This relaxed, casual & interactive course is for beginners who have little or no experience with watercolours. Patricia is an expert instructor and artist. She will lead you through a process that begins with painting basic geometric shapes that you eventually translate into a scene or full still life painting. **Students are required to bring the following supplies to the first class:** A white palette, a #10 round watercolour brush, 4 tubes of pigment (cyan, magenta, yellow & black), one full sheet (22" x 30") of Arches (or equivalent) 140 lb cold pressed watercolour paper, cut into 4 equal pieces. The cost for these supplies is approximately \$50. They can be purchased at an art supply retailer. Please contact ElderCollege for more details.

AR5: Acrylic Painting for Beginners

Pat Gerlach

4 Sessions

Wednesday

Feb 21 – Mar 14

10:00 AM – 11:00 AM

\$60

New!

Chilliwack Community Arts Council

#20 - 5725 Vedder Road

We are so pleased to partner with the Chilliwack Community Arts Council for the very first time to offer you this brand new course! Putting paint to canvas can be intimidating. Pat will guide you through easy to follow techniques for beginners using acrylic paints. Course fees include ALL required supplies. **An off-site waiver form must be signed prior to participating in this course.**

AR6: The Music of the Romantic Era

Rowland Amos

6 Sessions

Wednesday

Feb 21 – Mar 28

11:30 AM – 12:50 PM

A1316

\$45

We are so pleased to have Rowland back to instruct his VERY popular course! This semester, we will survey the music of the Romantic Era (1820-1900). We will learn about the cultural and political forces of the time, and the various musical genres and styles of 19th Century music. Composers (A-Z) will include Berlioz, Brahms and Chopin - all the way to Tchaikovsky, Verdi and Wagner. Come, listen and enjoy.

The Arts

AR7: Four Centuries of Art, Music & Culture

Molly & Bob Ungar



4 Sessions

Tuesday

Mar 6 – Mar 27

10:00 AM – 11:20 AM

A2207

\$43

Join the always popular Molly Ungar and her talented husband Bob on this 4-week, 400 year adventure through time! Western society has witnessed extraordinary technological, intellectual and cultural change over that past 400 years. Molly & Bob will introduce the people, the places, the literature and the art of this period. You will then listen to the music that connected them - some of the most enduring music ever produced! This course promises to be a true treat for all of your senses!

AR8: Experience Canada's Ballet Jörgen

Chilliwack Cultural Centre 9201 Corbould Street

\$67



2 Sessions Tue, Feb 13: 1:00 PM – 3:00 PM Meet the Dancers!

AND Wed, Feb14: 7:30 PM Anastasia Performance

We are so pleased to announce this first ever partnership with the Chilliwack Cultural Centre! They have invited ElderCollege students to experience the ballet as never before! On Feb 13, you will meet some of the talented Ballet Jörgen professional dancers in an intimate group session. You can ask questions about what it is like to be a high level artistic athlete and get to know the dancers before seeing them perform the next evening. They will even perform excerpts from Anastasia just for us! On Feb 14, you will attend the 7:30 PM performance of Anastasia! Course fees include your ticket to the performance. **An off-site waiver form must be signed prior to participating in this course.**

Learn By Doing

LD1: Genealogy: The Search STILL Continues! Marlene Dance

6 Sessions

Saturday

Feb 24 – Apr 7

9:00 AM – 11:30 AM

A1355

\$50

Marlene has over 47 years experience in this field and has been instructing this popular ElderCollege course since 2009! Researching your family tree is an amazing history lesson and it never ends. Much new data is being updated online but don't forget the tried and true! Marlene will focus on exploring North America, Great Britain and Ireland. Topics include accessing archives, vital statistics, census records, migration patterns, immigration records, military records, land grants & criminal records using public libraries, archives, Facebook, family history societies, subscriptions to genealogy magazines, computer software, old photos and family stories. Marlene will help you interpret what you find! You may bring a laptop or tablet as long as you have keyboarding, email and basic internet searching skills.

NOTE: All handouts will be emailed and there is **NO CLASS on Mar 10.**

Learn By Doing

LD2: Let's Speak French Level 2 Renée Hamilton-Clarke

8 Sessions Wednesday Feb 7 – Mar 28
10:00 AM – 12:00 PM A2213 \$55

Parlez-vous Français? Learning a new language enhances memory! This course picks up where 'Let's Speak French Level 1' left off! You will further develop speaking, reading and writing skills. **Students who did NOT complete level 1 are welcome but must have a basic knowledge of French** including, but not limited to: how to introduce oneself and others, how to talk about the weather and family, how to describe people and objects, how to tell the time, how to give commands and make suggestions. Paired and group activities will highlight the lessons providing opportunities to practice speaking and comprehension. Grammar and culture will be an integral part of the learning experience. Course fees do **NOT** include required text book 'Bonjour le Canada'. **If you do not have this text book, please register by phone or in person to ensure you meet the pre-requisite requirements and to purchase a textbook for \$30 (taxes included).**

LD3: Spanish Level 1 – Day Course Francisco Armengual
6 Sessions Friday Feb 2 – Mar 16 (no class Feb 16)
10:00 AM – 11:20 AM A1316 \$76 (includes textbook)

OR

LD4: Spanish Level 1 – Night Course Francisco Armengual
6 Sessions Thursday Feb 1 – Mar 15 (no class Feb 15)
6:30 PM – 8:00 PM A1360 \$76 (includes textbook)

Please Note: The course description below applies to both the day time and night time Spanish Level 1 courses. The content is identical for both courses. Please register for only ONE.

Francisco is back! This popular course is designed for students with **no prior exposure to Spanish**. You either do not know ANY Spanish or know a few words or expressions. Francisco will provide students with grounding in basic Spanish language skills, paying special attention to pronunciation, grammar and vocabulary. By the end of the course, you should be able to identify yourself and others (origin, occupation, physical features and personality characteristics); express emotions, state of mind and possession; tell the time and use time/weather expressions; talk about daily activities using regular verbs in present tense; and describe locations of people and things and counting. Some conversational skills are included but the focus is not exclusively conversational; this is a Spanish language skills course. **Course fee includes a non-refundable required textbook. If you already own the 'El Mundo en español' textbook by José Bermúdez Cuadros, please register by phone or in person to avoid being charged for it.**

Learn By Doing

LD5: Spanish Level 2

6 Sessions

11:30 AM – 12:50 PM

Friday

A1316

Francisco Armengual

Feb 2 – Mar 16 (no class Feb 16)

\$49 (does not include textbook)

This course continues where Spanish Level 1 leaves off! It will further develop your spoken Spanish and immerse you in Spanish grammar and vocabulary. Students will increase their vocabulary to become more comfortable talking about daily activities and routines using regular and irregular verbs, communicating their likes and dislikes, hobbies and pastimes, expressing time and obligation, and talking about family. By the end of this class, the student will be able to confidently express daily routine activities (including reflexive verbs) using the present tense (regular and irregular verbs) and talking about ongoing actions (present progressive). Students will recognize and use direct object pronouns to replace information that is already known by the speaker and listener, and students will communicate past experiences using the preterit (regular verbs).

***Pre-Requisites Required: Students registering for this course must have a completion certificate from the ElderCollege Spanish Level 1 course and a copy of the required textbook, 'El Mundo en español' by José Bermúdez Cuadros.** If you wish to register for this course but do not have these pre-requisites, please contact the ElderCollege office.

LD6: Learn to Play Bridge

6 Sessions

1:00 PM – 3:30 PM

Thursday

A1426

Fred Robbins

Feb 8 – Mar 15

\$48

New!

You asked for it and Fred has kindly agreed to instruct it! This **beginner's** bridge course is designed for students who have either never played bridge before or have very little experience with this complex, mind-bending card game! If you have always been curious about bridge and would like to challenge your thinking and problem-solving skills, this course is for you!

LD7: Learn to Play the Ukulele

6 Sessions Chilliwack Academy of Music 9201 Corbould St.

Wednesday Feb 7 – Mar 14 10:00 AM – 10:45 AM \$58

New!

We are so pleased to announce our new partnership with the Chilliwack Academy of Music! They have kindly agreed to bring you this course! Do you miss your ukulele? Did you miss the opportunity to play music because musical instruments were "too expensive"? The ukulele is one of the most affordable and fun instruments to start on! Discover how many songs you can play with just a few chords! Add a few more chords and have fun singing favourite campfire songs, classic rock and other traditional songs everyone knows. Course fee includes the use of a ukulele from the Academy of Arts during the class. These instruments can **NOT** be taken home with you between classes. Rod will talk about key things to consider if you plan to purchase a ukulele. **An off-site waiver form must be signed prior to participating in this course.**

Learn By Doing

LD8 + LD9: Italian Cooking!

Chef Bruce Corbeil

1 Session Saturday LD8: Mar 10 OR LD9: Feb 17
9:00 AM – 2:00 PM \$53

Trades & Technology Centre Kitchen 5579 Tyson Road

Chef Bruce is planning to dig DEEP into his very best Italian cookbooks to come up with a sumptuous menu for this always informative, fun and VERY popular class! From the professional cook training kitchen at the UFV Trades & Technology Center, Bruce will teach you how to prepare unique, mouth-watering Italian dishes to impress your friends and family! The best part is you get to eat what you cook and take home all the leftovers to share! Bring your APRON, your APPETITE and LARGE containers for your leftovers! **Mama mia!!**

Study and Discussion

SD1: A Feminist Analysis of the Power & Place of Women

Anne Thomas-Knudsen

6 Sessions

Wednesday Feb 14 – Mar 21

1:00 PM – 2:20 PM

A1354 \$50



The lessons learned from history often become normative for the way we live our lives today. In this course, we will use a feminist interpretation of history, through which new understandings will emerge that empower women to take their true place in modern day society. Using canonical and extra-canonical writings, this interactive course has 2 broad goals:

1. To study the role and reputation of women in the ancient Palestinian and Greco-Roman world and in the early church.
2. To investigate the subsequent decline of the role of women from the period 120 - 400 AD (CE common era).

SD2: A Change in the Wind: 150 Things You Can Do to Save Our Planet

Margaret Evans

4 Sessions

Thursday Mar 15 – Apr 5

11:30 AM – 12:50 PM

A1364 \$48



Do you wonder what you personally can do to help our planet? Margaret will share 150 simple, easy things you can do to be engaged and proactive. She will discuss green products, food miles, excessive packaging, planting trees and bushes, installing a bat box, recycling everything, keeping a rain barrel, sealing the house for winter, using a clothesline (yes, they still make them), walking, sharing rides, freezing food and so much more! It's a fun course with lots of laughs, highly practical with plenty of kitchen science thrown in and lots of real science background. What better way to launch your Earth Day celebrations?

Is This Your First ElderCollege Course?

Why not make a 'trial run' before your first class?

Find your way to the Canada Education Park Campus, locate the closest parking lots, learn how to pay for parking, familiarize yourself with the campus & locate your classroom.

Drop by during our office hours starting Jan 3, 2018.

We look forward to seeing you!

Study and Discussion

SD3: Novel Warnings

4 Sessions

1:00 PM – 2:20 PM

Tuesday

A1354

Gary Badker

Feb 6 – Feb 27

\$48



We have been warned! Dystopian literature portrays a nightmarish society controlled and oppressed. It alerts the reader to the dangers of current trends left unchecked. This class examines how literature illustrates these potential threats, whether from government, technology or corporations. Discussion of our contemporary responses will be part of each class. Familiarity with Fahrenheit 451, 1984 and Brave New World will be helpful. Orwell and Huxley will be compared through the lens of Neil Postman's Amusing Ourselves to Death.

SD4: Tapestry for Thought

7 Sessions

11:30 AM – 12:50 PM

Thursday

A2201

7 Different Presenters

Feb 15 – Mar 29

\$51

Wow! **Seven** fascinating topics presented by experts in their fields? Learn how to better understand millennials and explore the fascinating legacy of the BC Electric Railway Company. Explore the most pressing questions facing subatomic physics today, see the results of the Chilliwack heritage building project and learn about the importance of story-telling for LGBTQ movements. You will experience Queen Elizabeth in portraiture and hear from a key leader in our Provincial Civil Air Search & Rescue group. As always, these highly interactive sessions include plenty of time for your questions. You are sure to be informed and entertained!

SD5: Travel with Me

6 Sessions

11:30 AM – 12:50 PM

Tuesday

A2201

6 Different Presenters

Feb 13 – Mar 20

\$51

Join us as we circle the globe from the comfort of our classroom! Explore the splendors of Switzerland by Rail or hike the Kumano Kodo, an ancient Japanese pilgrimage walk of emperors! Trek to Concordia and K-2 in Pakistan! Traverse the globe, from the exotic in Ecuador and Brazil, to the natural jewel that is New Zealand and the gorgeous vistas of Italy. Come travel with us!

Technology & Photography

TP1: Hands ON Social Media: An Introduction to Facebook, Twitter & Instagram **Colleen Gingerich & Rita Metwally**
6 Sessions **Wednesday Feb 28 – Apr 4**

10:00 AM – 11:20 AM **A0024** **\$58**



Social media has become an integral part of our rapidly evolving technological world. Today, there are so many forms of social media, it can be overwhelming to understand which apps to use for what. If you're interested in learning how to connect with your family and friends on Facebook, share photos on Instagram, or learn to 'tweet' on Twitter, this is the course for you! You will learn what to use each app for, as well as the features of each, such as photo-sharing or private messaging. Facebook will be taught using desk top computers in a computer lab. **Students must know how to operate a keyboard & mouse and use a computer at least once a week. Basic computer skills will not be taught.** For the Instagram and Twitter classes, students will be invited to bring a mobile device such as their smart phone or tablet. **Students must understand how to use and troubleshoot any devices they bring to class.** This course focuses on teaching you how to use Facebook, Instagram & Twitter. Basic computer and portable device operation will not be taught. Instructors will contact students prior to the first class to confirm existing skills and confirm which portable device(s) they will bring to class.

TP2: Intro to Web Design **Amanda Rallings**
6 Sessions **Thursday** **Feb 8 – Mar 15**
10:00 AM – 12:00 PM **A0018** **\$65**

For most people, building a website is still a bit of a mystery. In this course, we will take you through the steps of setting up your own website, and touch on some of the facets of what makes a website successful and appealing. By the end of the 6 weeks, each student will have their own website published and the ability to edit their site. This is an introductory course. There is no coding involved and there will be lots of support for those who are a little less tech minded. Students will need to be committed to working on their site and developing content between classes. For this course, you will need to bring your own portable device – a laptop or tablet with at least a 12" screen, preferably bigger. You will also need a Google account (Gmail) and to bring your Google account login information to class. Please Note: Your Google account information will not be shared.

Need Help Registering Online?

Explore our website & online store with one of our online experts before registration begins. Activate your ElderCollege online account, purchase your 2018 membership and find the courses you are looking for!

Call us and enjoy a hassle-free registration!

Technology & Photography

TP3: Your iPad & You: The Basics **Mike Ball**
6 Sessions **Wednesday** **Feb 14 – Mar 21**
10:00 AM – 12:00 PM **A2209** **\$50**

The goal of this course is to help you gain confidence using your iPad. It is an introductory course in which we will explore topics such as: the physical parts of your iPad, the not-so-physical parts, email and other communications, effective use of the internet, finding apps that benefit your life, handling documents and photos, and many other useful activities. Helpful tips and hints will be shared throughout! Students must bring an iPad "Air" or later model loaded with iOS 11. iPad minis are welcome if loaded with iOS 11. Mike will contact students prior to the first class to confirm existing skills and confirm which iPad they will bring to class.



→ **Register Online** ←
It's Fast, Easy & Convenient!
Go to: www.chilliwackeldercollege.ca

TP4: Moving Ahead with Windows 10 **Joanna Black**
4 Sessions **Tuesday** **Jan 30 – Feb 20**
10:00 AM – 12:00 PM **A2203** **\$50**

If you have Windows 10 and would like to become more confident and familiar with it, this course is for you. We'll give you a foundation in the basics if you haven't taken a previous course and then look in more detail at things like backing up your computer, protecting yourself online and some basic troubleshooting. We'll share some interesting app (program) ideas and see what other exciting things are possible. If you have done a previous course, we will review Windows 10 functions such as customizing the computer, organizing files and folders (briefly), using 'native' apps like Windows Mail, Microsoft Edge, Cortana and Photos. **Please bring a Windows 10 laptop to the class.** If this isn't possible we'll make sure you can share with others. You'll receive clear, step by step printed instructions plus demonstrations during the class.

Pre-Requisites: You must be comfortable finding your way around the computer, for example, turning it on and using the internet. You need to have good basic mouse and keyboard skills. While you don't need to be very confident or competent, you should not be a complete novice to computers. If you're very knowledgeable already, you may find this course a little basic, but you will still likely get something out of it. Joanna will contact you prior to the first class to make sure this is the right class for you and answer any questions you may have. Home access to a PC and the internet is essential to practice new skills between classes. All handouts will be emailed to students.

Technology & Photography

TP5: Unleash the 'Photo Power' in Your Smartphone

Leona Isaak

4 Sessions

Wednesday Feb 21 – Mar 14

10:00 AM – 11:20 AM

A1316

\$50

Smartphone photography gives us the ability to capture and share amazing high quality photos with a camera that we carry with us, every day of our lives. During this course you will gain the skills and knowledge to produce high quality, creative images that will take your photographs to a whole new level. Topics covered include third party camera apps, composition, editing, sharing and image management. All students must bring either an iPhone or an Android smartphone to each session. Students must know how to use and troubleshoot their own device. This course will NOT teach you how to use your device. You will learn how to use your device's camera app and other related photography apps.

Ways to Register

Are You Ready to Register ONLINE?

It's fast, easy and VERY convenient! More than 50% of ElderCollege students registered ONLINE last semester! Register from the comfort of your home or while you are out and about or even while you are on vacation! All you need is a computer or portable device such as a laptop, tablet or smart phone, and access to the internet. Avoid phone delays and line ups and sign up for your online ElderCollege account **TODAY!** Visit www.chilliwackeldercollege.ca to activate your account. You are now ready to register and pay for courses online. It's that easy! Online payment options include **VISA, MasterCard & VISA Debit.**

Need more help? You can also register by phone. Call 604-702-2611 during regular office hours. If our lines are busy, please try your call again or consider registering online. **Phone payment options are the same as online payment options.** We have limited capacity for in person registration at the office. We apologize in advance for any delays you may experience and appreciate your patience. **In person payment options include cash, cheque and all online options.**

Contact Us!

ElderCollege's Member Services Team is here to assist you.

Do you have questions about our courses? Do you need help purchasing your membership or registering for a course online or by phone? **Contact Us!**

Do you have graphics experience with Adobe InDesign or another program? We are looking for an experienced graphics volunteer to join our team and create this course calendar twice a year. Interested? **Contact us!**

Interested in Joining ElderCollege's Volunteer Instructor Team?

Do you LOVE to teach? Are you knowledgeable and passionate about your topic? Experience the joys of teaching without all the hassles like marking papers! Our students are engaged, energized & enthusiastic lifelong learners! **Contact us!**



Parking Information



To avoid parking violation fines, please read this information carefully

Each semester, at least one ElderCollege student receives a parking violation ticket from Impark, the company contracted by UFV to operate the parking lots. It can be difficult to find parking near Building A where most of our courses are held. You may need to walk a full block or more to reach your classroom. **Consider being dropped off or carpool with a classmate!**

Parking for Persons with Disabilities:

With an official & valid disabled parking pass, you can park in any stall at no cost if the disabled-designated stalls are full.

Public Transportation: There is a bus stop on Caen Avenue in front of Building A. There is a regular route from Chilliwack on Bus #1.

If you plan to drive to ElderCollege, please remember these important parking rules:

1. Pay parking is **in effect 24 hours a day, 7 days a week at the UFV Canada Education Park campus. Yes – even on Saturdays!** This is the campus where most ElderCollege courses are held.
2. When you attend ElderCollege courses, you are considered a **student. You may park in stalls designated for students only. Read parking lot signs carefully. A parking violation ticket can be issued if you park in a staff or disabled-designated stall.**
3. Impark handles all questions regarding violation tickets.
4. Lot #7 always has empty parking stalls. You may have to walk a full block or more to reach your classroom, but you will **ALWAYS** find an empty stall. **Lot #7** is located on the corner of Caen Avenue and Dieppe Street. Why not check it out?
6. To pay for parking, you have 3 options:



- a) Purchase a permit from the **parking permit dispenser found inside each entrance. Record your stall number when leaving your vehicle and enter it into the machine when prompted. You do NOT need to put the receipt on your windshield.** Fees range from \$1.00 for two hours, \$2.00 for four hours and \$4.00 per day. Exact cash or credit cards are accepted as payment.
- b) **Daily student parking permits** are available at the UFV Bookstore across from the cafeteria. These \$2.00 student parking passes are useful if you will be at ElderCollege for more than 4 hours in one day.
- c) **Pay by phone** for daily parking at 1-866-234-7275.

For more detailed parking information, please visit the UFV website.

Chilliwack ElderCollege Terms & Conditions

You agree to Chilliwack ElderCollege's Terms & Conditions when you register for a course or purchase a student membership. If you purchase a course or membership online, these are the terms and conditions you agree to when you check this box: I accept the [Terms and conditions](#)

Please familiarize yourself with these terms & conditions below and contact us if you have any questions or concerns **before** making any purchases. Thank you.

Privacy: All Chilliwack ElderCollege activities are carried out in accordance with the **Personal Information Protection Act [SBC 2003] CHAPTER 63.**

As an ElderCollege student, you are responsible to read all course descriptions and ensure you meet all pre-requisites listed including the physical abilities described as **required** by the course you register for.

Students registering online are required to remember an account password.

If you forget your password, please follow the directions to **RESET** it.

Students are responsible to check the course schedule carefully to avoid 'double-booking' into more than one class scheduled at the exact same time.

Refunds are available if a student withdraws from a course **within 48 hours of the first class or as otherwise indicated for select courses.**

Course fees are refundable in the same form as paid **less a \$5.00 administration fee per course. Course fees are not refundable once the course begins.**

ElderCollege cannot refund prepaid expenses such as event admission fees, art course supplies purchased by a student or supplies included in course fees such as cooking ingredients. **Course textbooks are not refundable.**

If ElderCollege cancels a course, you will receive a **full refund.**

→ Membership Fees are Non-refundable ←

Waitlists are automatically created once a course is full. We will email and call you if a seat becomes available. Once you are notified, please contact us within 24 hours to confirm your seat. The next student on the waitlist will be contacted after 24 hours.

Students agree to participate in classroom activities such as attendance taking.

Students agree to provide emergency contact information during registration.

Students agree to read and sign waiver forms for all off-site courses.

Photographs are often taken by ElderCollege's photographer who visits classes and posts photos on our website and in other promotional materials. Students who do not wish to be photographed can request this with the photographer.

Student Membership Cards are issued only upon request and can be picked up in the ElderCollege office during regular office hours. Students registering online can print their membership card from within their online account.

Course Calendars are emailed to all students in PDF format. At this time, all students also receive a hard copy course calendar through Canada Post. The plan is to phase out this mailing in the near future. Let us know if you **DO NOT** wish to have a course calendar mailed to you. We appreciate your help to keep our costs down. ☺

Please Note: the opinions expressed by ElderCollege instructors and presenters do not necessarily reflect those of ElderCollege. We support the concept of academic freedom and freedom of expression.