



## Lifelong Learning for Adults 50 Years and Better!



Chilliwack ElderCollege

# Fall 2017 Courses



**Register Starting Tuesday, Sept 5 at 9:00 AM**

### Check Out Our NEW Courses This Fall!

'Unleash the Photo Power in Your Smart Phone' or 'Learn to Tie Flies & Fly Fish'. Sample some 'Philosophical Appetizers' or explore 300 years of music & art! Learn to speak French or learn the ancient Eastern practice of 'Heartfulness Meditation'. Discover why everything old is new again with hops or explore 'Gardening in the New Age'. More courses & details inside!



→ **Register Online** ←

**It's Fast, Easy & Convenient!**

Go to: [www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca)



**Register by Phone**

**Call 604-702-2611**



**Register In Person**

**We have limited capacity for in person registration**

See details inside



**Serving Our Community Since 1999**

In proud partnership with the...

[www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca)



# Our Mission



To provide adults 50 years and older 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 exist to provide outstanding learning and growth opportunities for older adults. We feature a relaxed approach to learning with fun and stimulating 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! With 30+ courses to choose from, there's something for everyone. 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 or better may join! Our annual membership fee is \$12.00 and is valid from January 1 to December 31. To purchase a membership, click the '**Membership**' tab on our website. 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.

## Contact Us

**Website:** [www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca)  
**Email:** [elder.college@ufv.ca](mailto: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 <--

## 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



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# 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. Ensure you understand the degree of exertion involved in the course and that you are physically able to participate at that level.

## **AP1: Easy Cycling**

**John Wilson**

**6 Sessions**

**Thursday**

**Sep 14 – Oct 19**

**Orientation Class: Thu, Sep 14**

**Room A1354**

**9:30 AM -11:30 AM**

**Various Meeting Locations \$36**

John is an experienced cyclist who is eager to share his love of the road with you! This 6 session course begins with a mandatory orientation session on Sept 14 which covers cycling safety and bike maintenance. John will review the planned rides and Dan Douglas from Pedal Sports will teach you about bike care. On Sept 21, rides will begin at 9:30 AM each week. The rides will occur over mostly level paved lanes or packed gravel pathways with an average distance of about 10 km. Meeting places will be provided each week and each class will include a 30 minute break at a local coffee shop. **Please Note:** schedule flexibility is required for this course. Rides will be re-scheduled if weather prevents a safe journey. John will supply maps for future self-cycling. **All students must sign an off-site waiver form at the orientation class to participate in this course.**

## **AP2: World Dance**

**Ariel Eastman**

**6 Sessions**

**Friday**

**Sep 22 – Oct 27**

**1:00 PM – 2:20 PM**

**Room A2106**

**\$45**

Back by **VERY** popular demand! Join Ariel as she takes you on a trip around the world through dance! She is an accomplished dance instructor and dancer who will teach a variety of dances including Texas Line Dance, Multi-Cultural, Disco and Swing. No partner or experience necessary. Wear comfortable shoes and come prepared to dance, regardless of physical challenges!

## **AP3: Learn to Curl**

**Chilliwack Curling Club**

**6 Sessions**

**Friday**

**Oct 20 – Dec 1**

**10:00 AM – 11:30 AM**

**9241 Corbould Street**

**\$36**

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 orientation class to participate in this course.**

**Please Note:** There is no class on Friday, November 17 due to a previously scheduled curling bonspiel.

# Active Participation

## AP4: Heartfulness Meditation for Beginners

**5 Sessions**  
**1:00 PM – 2:20 PM**

**Myrna Pfeifer**  
**Tuesday**      **Sep 26 – Oct 24**  
**A0018**              **\$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.

**AP5: Pickleball Anyone?      Chilliwack Pickleball Club**  
**4 Sessions**                      **Friday**                      **Oct 6 – Oct 27**  
**Orientation Class: Fri, Oct 6**                      **Room A1355**  
**2:00 PM – 4:00 PM**                      **45530 Spadina Ave**      **\$42**



We are very pleased to partner with Chilliwack Pickleball Club to introduce one of the fastest growing sports in North America to ElderCollege! This 4 session course will begin with a mandatory orientation class 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.**

# The Arts

**AR1: Gardening in the New Age**      **George Marien**  
**4 Sessions**                      **Thursday**                      **Oct 5 – Oct 26**  
**1:00 PM – 2:20 PM**                      **A1360**                      **\$43**



This course will present an interactive approach to modern gardening. You will work on a design for your patio or small garden and bring it to class for discussion and improvement. Design for the contemporary fairy garden will also be discussed. This course will include a visit to a local garden and a possible tour of the UFV gardens with the UFV gardener. We will cover the following topics: 1. Managing soils in containers 2. Planning your patio or small garden 3. Discussing and improving your garden plan 4. Plant selection for the modern garden. Bring you questions and your imagination!

# The Arts

## AR2: Music Plus

**3 Sessions**

**10:00 AM – 11:20 AM**

**Molly & Bob Ungar**

**Tuesday**

**A1355**

**Sep 19 – Oct 3**

**\$41**



Over the past three centuries, western society has witnessed times of great technological, intellectual and cultural change. These events formed the background to some of the most enduring music ever produced. In three illustrated talks, we will first introduce the people, the places, the literature and the art of this time, followed by the music that connected them.

## AR3: Learn to Draw

**4 Sessions**

**1:30 PM – 3:00 PM**

**Christine Newsome**

**Tuesday**

**A1355**

**Oct 3 – Oct 24**

**\$45 (supplies not included)**

Calling all those who would like to learn to draw! In this class, we will begin the process of training your 'eye' to really see. Drawing from a variety of natural and still-life objects, we will explore line, shape, mass, texture and proportion in an encouraging and lively atmosphere. **Students are required to bring the following supplies:** 1 Sketchbook at least 11"X14" in size, two HB pencils, 1 fine tip black marker and 1 eraser.

## AR4: Learn to Knit & Crochet

**6 Sessions**

**9:00 AM – 10:00 AM**

**Debbie Cote**

**Wednesday**

**A1355**

**Sep 20 – Oct 25**

**\$47 (supplies not included)**



If you've always wanted to learn how to knit and crochet, here's your chance to learn from an expert! Debbie Cote has been a knitting, crochet and cross-stitch teacher for over 16 years. In this 6 session course, she will expertly guide you through the basics of both knitting and crocheting. In the final session you will learn how to fix mistakes and sew garments together. **Students are required to bring the following supplies:** 1 ball worsted weight yarn (acrylic in a light colour is best), one 4.5 mm crochet hook, 1 pair 4.5 mm single point knitting needles (any length) and one 4.5 mm circular knitting needle – 24".

## AR5: Medieval & Renaissance Music

**6 Sessions**

**11:30 AM – 12:50 PM**

**Wednesday**

**A1360**

**Rowland Amos**

**Sep 27 – Nov 1**

**\$45**

Rowland Amos is back to teach his VERY popular Music Appreciation course! This fall, experience the unique music that flourished under courtly and church patronage from the early Christian Church to 1600. Listen to the rhythms and harmonies which shaped our listening preferences to this day. Topics covered will include Gregorian chant, liturgical drama, mass, motet, secular songs and instrumental music. Such wonderful music to appreciate!

# The Arts

## **AR6: Exploring Watercolour**

**6 Sessions**

**10:00 AM – 12:00 PM**

**Wednesday**

**A2211**

**Patricia Jaster**

**Sept 27 – Nov 1**

**\$46 (supplies not included)**

**New!**

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 you 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 pieces. The cost for these supplies is approximately \$50. They can be purchased at an art supply retailer. Please contact ElderCollege for more details.

## Learn By Doing

### **LD1: Learn to Tie Flies & Fly Fish**

**6 Sessions**

**1:00 PM – 2:20 PM**

**Wednesday**

**A1355**

**Fred Wardroper**

**Sep 20 – Oct 25**

**\$55 (supplies not included)**

**New!**

If you have you always wanted to learn how to tie flies & fly fish, there is no better expert to learn from than Fred Wardroper! Fred is an accomplished local fisherman with a passion for teaching. This course includes 4 in-class fly tying sessions, 1 casting technique practice session and one river session where you can use the skills you've learned and hopefully catch a fish!

**Students are required to purchase a supply kit at the first class for \$35.00 (taxes included).** Fred has kindly pulled together the required supplies for this excellent price. The kit includes: a fly tying vice, a fly tying bobbin holder, fly tying whip finisher, scissors, marabou (black or brown), peacock herl, chenille, thread (8/0 black or brown, brass wire (small) and super floss (medium)). Fred will discuss fishing rod options for the 6<sup>th</sup> class which is a field trip to fish at the Vedder River. Students will car pool to and from this field trip. **FISH ON!**

### **LD2: Parlons Français! Let's Speak French!**

**8 Sessions**

**10:00 AM – 12:00 PM**

**Renée Hamilton-Clark**

**Wednesdays Sept 27 – Nov 15**

**A1316**

**\$55**

**New!**

We are so pleased to welcome Renée to the ElderCollege Instructor Team! She is an experienced UFV French instructor and has designed this introductory course for those who have had little or no previous French experience. This course will provide a framework to develop basic speaking, reading and writing skills. 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 include all required handouts. Learning a new language enhances our memory! Parlez-vous Français?

# Learn By Doing

## **LD3: Spanish Level 1**

**6 Sessions**

**10:00 AM – 11:20 AM**

**Fridays**

**A1316**

**Francisco Armengual**

**Sep 29 – Nov 3**

**\$76 (includes textbook)**

Francisco is back by popular demand to instruct this course 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. **The 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.**

## **LD4: Spanish Level 2**

**6 Sessions**

**11:30 AM – 12:50 PM**

**Friday**

**A1316**

**Francisco Armengual**

**Sep 29 – Nov 3**

**\$49 (does not include textbook)**

This course continues where Spanish Level 1 leaves off! It will further develop your spoken Spanish and also cover Spanish grammar and vocabulary. Students will increase their vocabulary to become more comfortable talking about daily activities and routines using regular and irregular verbs; communicate their likes and dislikes, hobbies and pastimes; express time and obligation; and talk 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 talk 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 have 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.**

## **\*ElderCollege Terms and Conditions\***

Please review ElderCollege's **Terms & Conditions** before purchasing a course or membership. Call us with your questions. See Page 13 for more details.

# Learn By Doing

## **LD5: Get It Write!**

**6 Sessions**

**11:30 AM – 12:50 PM**

**Thursday**

**A1355**

**Margaret Evans**

**Sep 28 – Nov 2**

**\$50**

Are you a writer with a great idea but don't know where or how to start? Are you challenged with how to develop your characters? Are you frustrated with writer's block? Are you confused over all the marketing options in publishing? Do you want to write a memoir, a historical novel, a non-fiction travel book or a novel for children? Or are you simply curious about the world of writing and would like to know more about it? This six-week course will cover novel writing including historical novels, memoirs and autobiographies, non-fiction writing and writing for children. It will also focus on all the publishing opportunities open to writers such as conventional publishing, e-books for all devices, print-on-demand and the availability of books in pdf format. Given the enormous influence of social media, one session will explore all your marketing and self-promotion options with websites, Facebook, YouTube, LinkedIn, Twitter, blogs, public speaking, and the many ways to get your name and your book in the marketplace.

## **LD6 +LD7: Latin American Food from Street to**

**Home Cooking**

**Chef Bruce Corbeil**

**1 Session**

**Saturday**

**LD6: Oct 7 OR LD7: Oct 28**

**9:00 AM – 2:00 PM**

**Trades & Technology Center Kitchen**

**5579 Tyson Road**

**\$53**

Join Chef Bruce 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 Latin American 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!**

## **LD8: I Wish I'd Said That: Practical Skills for**

**Difficult Situations**

**David Hobson**

**New!**

**6 Sessions**

**Wednesday**

**Oct 11 – Nov 15**

**10:00 AM – 11:20 AM**

**A1424**

**\$46**

Have you ever walked away from a difficult conversation and wished you had said something you didn't? Have you ever come up with a great response to a difficult question AFTER you've had the conversation? If you ever find yourself thinking "I wish I'd said that!", this course is for you! David Hobson is an expert speaker & trainer and a very popular ElderCollege instructor. You will learn practical skills to enhance your confidence and improve your spontaneity during challenging interpersonal conversations, in meetings, and in any social situation. You will learn how to keep on track while maintaining a natural conversation style and experience how humour can be used effectively in any situation. David will explain the vital importance of listening and demonstrate all skills discussed in this fascinating, fun and highly interactive course. Don't miss out!



# Study and Discussion

## SD 1: Hops: Everything Old is New Again!

**Brian Zaporozan**

**New!**

**3 Sessions**

**Thursday**

**Nov 2 – Nov 16**

**10:00 AM – 11:20 AM**

**A1316**

**\$42**

Join Brian, a local hops industry expert, as he leads you through an exploration of the re-emergence of hops as a viable agricultural crop in the Fraser Valley. During your 2 in-class sessions, you will look at some of the history, market dynamics and present challenges surrounding the production of hops. Brian will also explore one approach that is being taken with an emphasis on crop management and product processing. Your final class on Nov 16 will involve touring the valley visiting a hop farm, hop processing facility and microbrewery. **Students will carpool for this final session.**

## SD2: Philosophical Appetizers

**Gary Badker**

**New!**

**6 Sessions**

**Wednesday**

**Oct 4 – Nov 8**

**1:00 PM – 2:20 PM**

**A0018**

**\$48**

Philosophy literally means "love of wisdom". If you want to reflect on the big questions of life - what is real? What can we know? What is true? What is the 'good life'? What is beauty? - this course is for you. We will begin with a short visit to the Pre-Socratics followed by the big three: Socrates, Plato, and Aristotle. Next we examine the five branches of philosophy and use fancy words like epistemology and metaphysics along with ethics, politics, and aesthetics. We will also look at time, free will, and the existence of God.

## SD3: Hot Topics in Criminal Justice

**5 Different Presenters**

**5 Sessions**

**Tuesday**

**Sep 26 – Oct 24**

**11:30 AM – 12:50 PM**

**A1362**

**\$51**

Attention Criminal Justice fans: Do we have a treat for you! This semester, we are thrilled to have five masters students from the UFV Criminology and Criminal Justice program instruct this course! Each student will present a topic they have extensive work and/or academic experience with. They will cover relevant current issues in criminal justice such as the impact the fentanyl crisis is having in our communities and how a digital society has changed policing. Other sessions will explore issues experienced by certain types of vulnerable inmates, criminal justice responses to persons living with mental illness and the prevention & elimination of harmful cultural practices in Canada. Bring your questions for these outstanding Criminology & Criminal Justice students!



# Study and Discussion

Based on student feedback from last semester, we are pleased to offer our `Tapestry for Thought` and `Travel With Me` courses one after the other on the same day of the week this semester.

**SD4: Tapestry for Thought**                      **6 Different Presenters**  
**6 Sessions**                                      **Tuesday**                      **Sep 26 – Oct 31**  
**1:00 PM – 2:20 PM**                      **A2201**                      **\$52**

What would Sir John A. say about Canada turning 150? Why are right wing politics so prevalent in western democracies? Who was Homer Thompson and why was he such an amazing Chilliwack citizen? Join us as we explore these and 3 other fascinating and thought-provoking topics led by expert presenters. These interactive sessions always include plenty of time for your questions. You are sure to be informed and entertained!

**SD5: Travel With Me**                                      **6 Different Presenters**  
**6 Sessions**                                      **Tuesday**                      **Sept 26 – Oct 31**  
**2:30 PM – 3:50 PM**                      **A2201**                      **\$49**

Join us as we circle the globe from the comfort of our classroom! This semester, our adventures will take us from the exotic to the historic as we explore Thailand & Cambodia and the former states of the Austro-Hungarian Empire. We will traverse continents to visit beautiful Morocco and explore the exotic locations of Peru and Machu Picchu in South America. Check out our website for a complete listing of all presentations and come travel with us!

# Technology & Photography

**TP1: Unleash the `Photo Power` in Your Smartphone**

**4 Sessions**                                      **Wednesday**                      **Leona Isaak**  
**10:00 AM – 11:20 AM**                      **A0020**                      **Oct 25 – Nov 15**  
**\$49**



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.

## Are You Ready to Register Online?

Did you know over 50% of ElderCollege students registered online last semester? Some registered from foreign countries while they were on vacation! Are **YOU** ready to register online? Explore our `Home` page at [www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca)  
**Need more help?** Call 604-702-2611 ~ we are here to assist you!

# Technology & Photography

## **TP2: Web Design and Blogging**

**8 Sessions**

**10:00 AM – 11:20 AM**

**Thursday**

**A1354**

**Amanda Rallings**

**Sep 28 – Nov 16**

**\$60**

**New!**

For most people, building a website or setting up a blog is still a bit of a mystery. In this course, we will take you through the steps of setting up your own website or blog (or both), and touch on some of the facets of what makes a website or blog successful. By the end of the 6 weeks, each student will have their own website or blog published and the ability to edit their site and continue to develop pages or write posts if blogging. This is an introductory course, there is no coding involved, and there will be lots of support for those a little less tech minded, but if you have any concerns, contact us before registering. 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 to bring your Google account login information Please Note: Your Google account information will not be shared.

## **TP3: Create a Christmas Newsletter Using Microsoft WORD**

**3 Sessions**

**2:30 PM – 3:50 PM**

**Tue & Thu**

**A0024**

**Joanna Black**

**Nov 2, 7 & 9**

**\$42**

**New!**

Want to create a fancy Christmas letter that will wow your family and friends? Well, this is your opportunity! You will learn how to create a newsletter using Microsoft WORD. You'll make it colourful and eye catching and even add some photos! This three session course is aimed at people who have some familiarity with word processing and using the mouse and keyboard. It is not very technically challenging but is not for complete beginners. The course will be held in a computer lab using Windows 7. The skills taught could be applied to creating other types of newsletters as well. It will be fun!

## **TP4: iPad Level 2 ~ Diving Deeper & Wider into Useful Apps**

**6 Sessions**

**10:00 AM – 12:00 PM**

**Wednesday**

**A0018**

**Mike Ball**

**Sep 27 - Nov 8**

**\$50**

The iPad began as a simple communication device to connect to the Internet. Over the years Apple gave it more power, capability, and speed to the point where it can serve as a computer as well. In this Intermediate course we will explore files and file types, handling and organizing documents, spreadsheets, and photos on our iPads. We will explore the "Native" Apple apps in depth, and many other apps as well. Applicants should have a good basic understanding of their iPad. The course requires a Generation 3 iPad or newer. Home access to the internet is essential to practice new skills between classes. **Please Note: There is NO CLASS on Oct 18.**

# Technology & Photography

**TP5: Getting Started with Windows 10**     **Joanna Black**  
**4 Sessions**     **Tuesday**     **Oct 10 – Oct 31**  
**1:00 PM – 3:00 PM**     **A1362**     **\$50**

If you have Windows 10 and need to find your way around it, this course is for you! Find out what's new and how to find what was on your computer before the upgrade. You will need to be confident using your mouse and keyboard and have access to a Windows 10 PC to practice on between lessons. This course is taught in a regular classroom. It would be ideal, but not mandatory, if you had a Windows 10 laptop to bring to class. Joanna will contact you prior to the first class to discuss this in more detail. This course is also relevant to people who are considering upgrading to Windows 10 and want to understand it better before taking the plunge. If this is the case we will not expect you to be able to practice between classes, although if you can, that would be a bonus! This course will touch on, but not focus on, organizing files and folders. If your main priority is to organize and back up your computer, TP7: Finding Your Way will go into more detail and allow you time to learn how to organize your own laptop.

**TP6: PC`s Level 2: Finding Your Way Around Your PC**     **Joanna Black**  
**4 Sessions**     **Tuesday**     **Oct 10 – Oct 31**  
**10:00 AM – 12:00 PM**     **A0024**     **\$50**

Would you like to learn how to manage your computer files more effectively? If you use your computer frequently and have strong mouse & keyboard skills, then this is the course for YOU! We will focus on electronic file management for documents, emails and photos. You will create an e-folder structure to store & access files. You will learn how to retrieve and save information and files from a website and from email. Password management and file back-up options will be discussed. This course is useful for Windows 7, 8 and 10 users. Although it is held in a computer lab using **Windows 7**, students will be invited to bring their own laptops in for some sessions to organize their own documents. Repeat students are welcome! **Home access to a PC and the internet is essential to practice new skills between classes. All handouts will be emailed to students.** 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.

## Is This Your First ElderCollege Course?

**Why not make a 'trial run' before your first class?**  
**You can locate your classroom, explore parking options and buy parking day passes all in advance. Drop by during our office hours starting Aug 22, 2017. We look forward to seeing you!**

## \*ElderCollege Terms & Conditions\*

You agree to ElderCollege`s Terms & Conditions when you register for a course or purchase an ElderCollege 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 our terms & conditions 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 member, you are responsible to read all course descriptions carefully and ensure that you meet any pre-requisites and/or have the physical abilities described as required by the course you register for. When registering online, you are required to remember your account password. If you forget your password, please follow the directions to **RESET** it. **Please do not create another account.** Duplicate accounts result in considerable administrative time to correct. Please contact us if you need help to avoid this potential problem – we are happy to assist! Members 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 member withdraws from a course 48 hours prior to the first class. Course fees are refundable in the same form paid in, **less a \$5.00 administration fee per course.** Course fees are not refundable once the course begins. **Course textbooks are not refundable.**

If ElderCollege cancels a course, you will receive a full refund. ElderCollege cannot refund prepaid expenses such as art course supplies purchased by a member or supplies included in course fees such as cooking ingredients.

### → **Membership Fees Are Non-Refundable** ←

Members agree to participate in classroom activities such as attendance taking. Members will be asked to provide emergency contact information during registration. Members agree to sign required 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.

**Membership Cards** are issued upon request and can be picked up in the ElderCollege office during regular business hours.

**Course Calendars** are emailed to all members in PDF format. At this time, all members also receive a course calendar through Canada Post. The plan is to phase out mailing our course calendars in the near future.

**Waitlists** are automatically created once a course is full. We will email and call you as soon as a spot becomes available. Please contact us within 24 hours to confirm your spot once you are notified.

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



# Parking Information



**\*To avoid parking violation fines, please read this information carefully\***

It's sad but it's TRUE! 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. **Why not consider carpooling?**

### **Parking for Persons with Disabilities:**

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

**Public Transportation:** There is a bus stop on Caen Avenue in front of Build 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 Canada Education Park campus.** This is the campus where most ElderCollege courses are held.
2. If your course is on a Saturday, pay parking **IS** in effect.
3. When you come to ElderCollege, you are 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 handicapped designated stall.**
4. Impark handles all questions about violation tickets.
5. **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?
5. To pay for parking, you have 3 options:
  - a. Purchase a permit from the parking **permit dispenser found inside each entrance.** Fees range from \$1.00 for two hours to \$4.00 per day. Exact cash or credit cards accepted.
  - b. Daily student parking permits are available at the UFV Bookstore & ElderCollege office. For \$2.00 you can park in student stall for a full day.
  - c. **Pay by phone** for daily parking at 1-866-234-7275.



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

# Ways to Register

Our registration period begins on

**Tuesday, September 5th at 9:00 AM.**

Registration continues until courses begin.

With the exception of our newer technology and cooking courses, our courses rarely fill completely during the first few days of registration.

Visit [www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca) for details.

## Choose the Method That Suits YOU!

### Online:

More than 50% of ElderCollege students registered ONLINE last semester! **It's fast, easy and VERY convenient!** Register from the comfort of your home or while you are out & about. 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](http://www.chilliwackeldercollege.ca) to activate your account.

You are now ready to register and pay for courses online. It's that easy!

Review the **online registration guide** for more details or call us at 604-702-2611. We are happy to assist you. Online payment options include **VISA, MasterCard, VISA Debit and E-Check.**

### By Phone:

Call us at 604-702-2611 If our lines are busy, please try your call again or consider registering online.

**Phone payment options are the same as online payment options.**

### In Person:

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, E-Check 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 feedback for us?**

We'd love to hear from you. Maybe you'd like to suggest a new course? **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 passionate about your topic? Would you like to experience the joys of teaching motivated students without all the hassles like marking & exams? **Contact us!**

**Website:** [www.chilliwackeldercollege.ca](http://www.chilliwackeldercollege.ca)

**Email:** [elder.college@ufv.ca](mailto:elder.college@ufv.ca)

**Call:** 604-702-2611

**Chilliwack ElderCollege  
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 <--**

**Please Note:** We are closed on all STAT holidays, the last 2 weeks of December and from approximately April 21 to August 31 each year. Please check our website or call to confirm dates closed each year.



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