



Register NOW For ElderCollege!

Visit <http://chilliwackeldercollege.ca/courses/> to register
Here are just a FEW courses with spaces waiting for YOU!

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.

SD3: Novel Warnings

Gary Badker

4 Sessions

Tuesday

Feb 6 – Feb 27

1:00 PM – 2:20 PM

A1354

\$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. 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.

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.

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).**

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.



Ready to check out more courses OR register NOW?

Visit www.chilliwackeldercollege.ca

Register by phone or in person!

Call us at 604-702-2611 or drop by our office Tue –Thu from 9 AM to 3 PM