



Spring Semester 2024 Program

www.ElderCollegeDelta.wildapricot.org

*Online Registration opens February 5, 2024 at 10AM
and continues throughout the semester.*

**In-person and phone-in registration
February 5th and 6th 10:00 to Noon
at**

**ElderCollege Delta's Learning Centre
1249 – 56 Street
Tsawwassen Town Centre Mall**

**For more information
ElderCollegeDelta@Gmail.com
604-943-0262**

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Lifelong Learning Promotes Healthy Living – Enjoy.

Technology

Android Phones and Tablets

Presenter: Ken McGrath (Broadcaster and Internet Professional, Returning Presenter)

If you don't use an iPhone then it must be an Android like Samsung or Google Pixel. This 4-session interactive course will help you get the most out of your new device. Finding and managing phone settings, evaluating and installing applications (Apps), a more effective internet search and using email and your photo gallery.

Your phone is not just for making calls or texting anymore. What is a QR Code? Communicate with family and friends anywhere in the world for free on WiFi. You're just clicks away from a secure portable window to a personal world of knowledge, personal organization, or simply fun and entertainment.

4 Sessions, \$40 Class size: max 8

Saturdays, Feb 10, 17, 24 & Mar 2: 10:00 - Noon

Location: ElderCollege Learning Centre

Introduction to Facebook

Presenter: Ivor Hewitt (Technology Expert, Returning Presenter)

This Facebook Basics is a course that will teach you how to navigate Facebook. You'll learn how to use your Feed to see what your friends are posting, how to post content yourself, how to accept friend requests and how to stay safe online by avoiding scammers and malicious websites. We will also discuss how to close an account and about creating a Legacy Contact, which is someone who can manage an account after someone passes away.

1 Session, \$10 Class size: max 10

Monday, March 18: 10 - Noon

Location: ElderCollege Learning Centre

Beginner iPhone

Presenter: Geoff Eldred (Returning Technology Instructor)

Do you have an iPhone and just use it for making and receiving calls? Do you want to know how much more it might serve you than just being a phone? If so, this course might be for you. You will be shown some of the ways you can set up your iPhone to make it become a more useful and integral part of your daily activities ... AND actually make your life a little easier ... well, we hope so anyway!

We'll show you the basics for sending and receiving text and email messages, taking pictures and organizing the resulting photos, sharing them with others (and saving photos that they in turn share with you), becoming more organized with your contacts, having a useful calendar at your fingertips, checking local and international news, even going to the library on the phone! If time permits, we can also cover using maps for directions, getting more useful apps, and checking shopping websites for price comparisons.

This session is ONLY for iPhones. *If you have a Samsung/Android phone please don't register because many of these are different.*

4 Sessions, \$40 Class size: max 5

Monday & Wednesday, February 12, 14, 19 & 21: 10:00 - Noon

Location: ElderCollege Learning Centre

Gmail and Google Apps

Presenter: Louise Latremouille (Returning Technology Instructor)

This course is an introduction to Gmail and a few other Google Apps. If you are new to Gmail *or would like to learn to use it more proficiently, then this is the course for you.* On Day 1, you will learn to open, manage, create and send messages, add attachments and save attachments sent to you. Day 2 will introduce you to free Google apps such as Chrome, Docs, Sheets, Calendar and Drive.

Notes: This class is demonstrated with a PC laptop. iPads are welcome, but be aware that Gmail presents differently on Apple devices.

2 Sessions, \$20 Class size: max 8

Tue & Thursday, 10:00 - Noon. Feb 13 & 15th

Location: ElderCollege Learning Centre

Grade 1: iPad for Absolute Beginners

Presenters Paul & Kathleen Vanderwood (Returning Technology Instructors)

Did somebody give you a new iPad that is still sitting in the box because you don't know where to start? This course is for absolute beginners only – those just beginning to become acquainted with an iPad. Topics include: Settings, Email, Contacts, Safari (internet browser), Camera and Photos as well as downloading and using Applications (aka 'Apps') from the Apple store. Please bring your own FULLY CHARGED iPad to class.

5 Sessions, \$50 Class size: max 10

Wednesdays & Fridays, Feb 21, 23, 28 & Mar 1 & 6: 1:00 – 3:00

Location: ElderCollege Learning Centre

Grade 2: iPad, Beyond Beginner

Presenter: Geoff Eldred (Returning Technology Instructor)

Have you mastered the basics of your iPad (perhaps with our ElderCollege iPad for Absolute Beginners course) but still find yourself asking "I wonder how to...?" or "If only it would do this!" Then this course might be for you. You will be introduced to some interesting topics and tips to help you get more out of your iPad. These will include taking pictures and working with photos (attachments, uploading, editing, sharing, organizing and storing); staying organized using contacts, calendars, reminders and notes; using your iPad as a source of news, your personal library, and other reading material; and then if time permits, additional topics could include getting more useful apps, using maps for directions, and online comparison pricing/shopping. Perhaps just as importantly, you will learn strategies for finding many answers yourself! (Just think 'Google' ... or AI!)

Note: This is a limited-size class which allows for a more personal approach.

6 Sessions, \$60 Class size: max 5

Mon & Wed's, Feb 26, 28 & Mar 4, 6, 11 & 13: 10:00 - Noon.

Location: ElderCollege Learning Centre

Advances in Artificial Intelligence

Presenter: Bill Didur (Technology Professional, Returning Presenter)

Come to this class for an explanation and an overview of the quick evolution of Artificial Intelligent (AI) systems referred to as chatbots. Bill will give a demonstration of the most popular Chatbots. Did you know that Chatbots like ChatGPT 'possess' enough intelligence to revolutionize society to the same extent as the Industrial Revolution. The demonstration will be followed by a discussion of the social changes caused by these types of AI. This is an introductory course and does not require any technical background.

1 Session, \$10 Class size: max 24

Friday, February 16: 10:00 - Noon

Location: ElderCollege Learning Centre

History of Computing

Presenter: Bill Didur (Technology Professional, Returning Presenter)

How did computers evolve from simple mechanical devices, to giant machines to tiny devices that fit in your pocket? If you want to know, then this course is for you!

You will learn the amazing history of computing. You will learn about the evolution from mechanical to electronic computers, the evolution of computer languages and about some of the scientists that started this field of technology. If you are ready to embark on this journey through the history of computing, enroll now and join us in this course!

Note: If you are not able to attend in person, you can join this class via Zoom. When you register, be sure to register for the "location/mode" you want.

1 session, \$10 Class size: max 24

Friday, February 9: 10AM - Noon

Location: ElderCollege Learning Centre and on Zoom

Microsoft Word: The Basics

Presenter: Louise Latremouille (Technology Support Person, Author of Beginner Computer Guides, Returning Presenter)

This course will teach you about the commands along the ribbon and how to navigate to different commands. You'll learn about hidden characters, create page breaks, control how paragraphs spill over to next pages, format images within documents, centering text, page numbering and other basics. Take this course and learn how to let Word do the hard work for you. **ElderCollege has 4 laptops with Word 365 installed; once claimed for use, other students must bring their own device with Word 365 or Office installed. Note: To take this course you should have a basic general knowledge of how to use Microsoft Word.

2 Sessions, \$20 Class size: max 8

Tuesday & Thursday Feb 20 & 22: 10:00 - Noon

Location: ElderCollege Learning Centre

How to Use A.I. in Your Daily Life

Presenter: Bill Didur (Technology Professional, Returning Presenter)

You can use Artificial Intelligence as a resource to solve daily problems in your everyday life. This is a hands-on session restricted to 12 attendees. You will learn to use various AI resources including Microsoft's free AI called Co-Pilot on Bing and the one that started it all, ChatGPT. With a few hints and tips, you soon learn how to use AI to your best advantage. Attendees should bring their own laptops, tablets or phones to this class.

1 Session, \$10 Class size: max 12

Friday, February 23: 10:00 - Noon

Location: ElderCollege Learning Centre

Cellphone Photography

Presenter: Ken McGrath (Broadcaster and Internet Professional, Returning Presenter)

Everyone with a smartphone has taken a picture and been unhappy with the final result. This course for iPhone or Android will explore the basics of cellphone camera operation and inspire personalizing the pictures you've taken. Both iPhone and Android have a free but limited online storage service which not only simplifies one click customizing of pictures, it organizes your memories into albums and we will show you how to share albums with family and friends with a single web link. We will provide hands-on instruction in photo gallery applications and discuss online cloud storage to keep all of your treasured images backed up and secure from loss.

2 Sessions, \$20 Class size: max 8

Friday & Saturday, Mar 15 & 16th: 10:00 - Noon

Location: ElderCollege Learning Centre

Learn Google Keep - One of the Best Apps to Keep!

Presenter: Geraldine Sombke (Retired Technology Instructor)

This class will start with a download of Google Keep, available free to anyone with a Gmail account. Google Keep is Google's version of a note-taking app — but there's more to it than basic checklists or quick thoughts taken down in a moment of inspiration. Able to take voice notes, save pictures from the internet, write or draw with your finger, save recipes, colour code notes and even collaborate with friends on a project. Take this short course to learn how to use this handy app that will help you organize your life! Along with Google Keep, you'll also learn how to digitize your signature... and master copy/paste!

1 Session, \$10. Class Max size 8

Thursday, March 21: 1:00 – 3:00

Location: ElderCollege Learning Centre

How to Stay Safe Online; a TELUS Wise Presentation

Presenter: Advinder Greywall (TELUS Wise, Returning Presenter)

Come into ElderCollege and watch this Zoom class in person. The first hour will be the TELUS Wise presentation, empowering you to stay safe in our digital world. Topics include: living in a digital society, internet, smartphone and social media safety; common scams; and identity theft and fraud. The second hour is live in the classroom and will cover any other questions you may have. You CAN navigate the digital world wisely! This is a hybrid class - in-person and/or on Zoom. Zoom participants will see the TELUS Wise presentation during the first hour, and then see the classroom and be able to participate during the second hour.

Note: If you are not able to attend in person, you can join this class via Zoom. When you register, be sure to register for the “location/mode” you want.

1 Session, Free on Zoom, \$10 in-person Class size: max 20

Friday, April 5: 10:00 - Noon

Location: ElderCollege Learning Centre and on Zoom - Hybrid Class

History & Current Events

Journalism Today

Presenter: Gerald Bellett (Author and Professional Journalist)

How relevant is it today given the alarming decline in the fortunes of newspapers and other traditional news gathering organizations? The rise of on-line entities pushing themselves into the space once occupied by the traditional media has led to confusion about what information is reliable. So perhaps it is time to consider what is being lost and at what cost to democracy when professional journalism is being diminished.

1 Session, \$10 Class size: max 30

Thursday, February 29: 10:00 - Noon

Location: ElderCollege Learning Centre

Come Fly with Me: A Journey from Stewardess to Flight Attendant and Beyond

Presenter: Marion McComb (Returning Presenter of ECD's memorable Downton Abbey tea and social)

We invite you to have fun and experience how it was to fly in the 60's and compare that to today. Learn what went on behind the scenes. With her background of 30 years as an Air Canada Flight attendant, married to an Air Canada Captain, you will enjoy through humour and wit the highlights of the many changes the airline industry has gone through. Registrants are invited to dress in 60's or 70's attire to add to the spirit of things.

1 Session \$10 Class size: max 20

Tuesday, April 9: 1:00 – 2:30

Location: ElderCollege Learning Centre

The Dark History of the Black Sea

Presenter: Guillermo Bustos (Retired History Educator, Returning Presenter)

Did that get your attention? Very little is taught in the West about the Black Sea basin. The grain crisis created by Russia's invasion of Ukraine brought to our attention the vital importance of that thoroughfare. This five-session course will explore some of the important phases of this area's history. Participants are expected to do some independent research and pre-readings and to be prepared to participate in class discussions.

5 sessions: \$50 Class size: max 30

Thursdays, April 4, 11, 18, 25 & May 2: 1:30 - 3:00

Location: Cedar Park Church, Ladner

Celebrating Indigenous Art and Other Mediums

Presenter: Jim Morin, PhD (Retired Educator and Geologist, Returning Presenter)

For a quarter of a century Jim Morin has been immersed in a world of Indigenous media. In this class we will celebrate aspects of how Indigenous people have recorded their environment, history, cultural and spiritual beliefs. We will discuss how they have used various media including; ritual, oral traditions, physical images, visual depictions and current modern media. We will explore the evolution of a variety of Indigenous media, from pre-historical times through colonization to the present day. Art will be brought into the classroom as well as presented on slides. This class will involve group discussions and students are invited to share their own personal stories.

Note: If you are not able to attend in person, you can join this class via Zoom. When you register, be sure to register for the "location/mode" you want.

6 Sessions, \$50 Class size: max 12

Mondays, Feb 26, Mar 4, 11, 18, 25 & Apr 1: 1:00 - 3:00

Location: ElderCollege Learning Centre and on Zoom - Hybrid Class. .

What's News

Presenter: Rod MacKinnon (Returning Presenter & Retired Lawyer)

Join us for four sessions of lively but focused seminar-type presentations, where participants will be encouraged to consider and comment on four to six newsworthy topics each week. The course leader, Rod MacKinnon, avidly follows current events in the news. Each week he will focus on topics of interest at the international, national, and local levels.

Participants will also be encouraged to present talking points for a newsworthy topic of their choosing. If you like to share your opinions and insights on what is happening in the wider world as well as closer to home, while staying up-to-date with matters affecting us all, then this is the course for you.

4 Sessions, \$40 Class size: max 12

Tuesdays, April 16, 23, 30 & May 7: 1:30 - 3:30

Location: ElderCollege Learning Centre

Genealogy: Finding Your Family Tree

Presenters: Delta Heritage Society

An introduction to the exciting journey into finding your family's past. Learn where to start and how to record information; how to find documents in local archives and online resources; what genealogy groups to join and the many ways to share your research with family. You will also learn about DNA testing and how it can help with your family tree research.

This is a beginner-friendly genealogy presentation by the Delta Heritage Society.

1 Session, \$10 Class size: max 30

Thursday, March 14: 1:00 – 3:00

Location: ElderCollege Learning Centre

Lifestyle & Healthy Living

Dementia Education: 3-Part Series

Presenter: Riten Tamang (Support and Education Coordinator with First Link® Alzheimer Society of BC, Returning Presenter)

Riten has been delivering dementia education (in-person and online) with a person-centred approach for the past several years across communities in BC. This Dementia Education series offers:

1. Introduction to Dementia, which explores key concepts of dementia, types of dementia, symptoms, common misconceptions and diagnosis.
2. Dementia Risk Factors & Mitigation Strategies, which explores pathological causes that lead to dementia, modifiable risk factors and risks reduction measures.
3. And finally, Supportive Community in Reducing Dementia Impact, which explores the role of individuals and communities to raise awareness and improve support services for better outcomes for people living with dementia and their families.

3 Sessions: \$30 Class size: max 12

Fridays, March 8, 15 & 22: 12:30 - 2:30

Location: ElderCollege Learning Centre

Gut Health and Optimizing Digestion

Presenter: Keyrsten McEwan (RHN Senior Nutritionist, Returning Presenter)

In this class you will learn about the importance of digestion and gut health, no matter your age, and no matter your health goals. Included is a discussion about the gut/brain axis; the connection to the immune system; and the impact of stress response. You will leave with tangible action steps around nutrition, supplementation and lifestyle practices to help optimize gastrointestinal function.

1 Session, \$10 Class size Max 30

Tuesday, March 12: 12:30 - 2:30

Location: ElderCollege Learning Centre

All About Electric Bikes

Presenter: David Houston (owner South Delta Bikes Mobile Service)

Electric bikes are becoming more and more popular, and in some countries, have surpassed traditional bikes in new sales. Anyone currently considering the purchase of an e-bike is subject to an extremely wide range of options. This course will provide a comprehensive overview of topics prospective buyers should consider prior to selecting the best e-bike their specific needs. David is a bicycle expert with over 35 years of bicycle service, maintenance and sales in South Delta and currently represents numerous popular e-bike manufacturers.

1 Session, \$10 Class size: max 25

Tuesday, February 13: 1:00 – 3:00

Location: ElderCollege Learning Centre

The Self-Management Frailty Health Coach Program

Presenter: Dr Patrick McGowan (Director of Self-Management BC)

A Free Presentation to learn about the Self-Management Frailty Health Coach Program

With Canada's aging population there is an increasing prevalence of persons experiencing frailty; but frailty is not a consequence of aging. This presentation will describe frailty, the main factors that contribute to frailty, and key strategies that can prevent frailty. The Federal Frailty Strategy will be explained along with the things Canadians can do to either slow down and/or prevent the progression of Frailty.

Dr. McGowan will describe the "Self-Management Frailty Health Coach Program" that is available to all British Columbians at no cost, and how people can enroll in the program. The program is supported by UVIC and the provincial government. Other Self-Management programs available to British Columbians will also be described.

1 Session, FREE Class size: max 30

Thursday, March 7: 10 - 11:30

Location: ElderCollege Learning Centre

Navigating Stress

Presenter: Beth Triano (Registered Clinical Counsellor, Yoga Instructor, Returning Presenter)

Designed for every body, regardless of physical mobility, this four-week series will provide tools for dealing with daily stress and related anxiety. Through focused breath work, guided meditation and gentle movement, you will learn about yourself and how you relate to stress. Each session will include a facilitated circle where you may share and learn from others. With weekly themes and home-practice suggestions, your learning will expand to outside of the session.

NOTE: Please bring your own yoga mat and cushion. For those without, some props, mats and chairs will be available.

4 Sessions, \$40 Class size: Max 10

Fridays, Mar 22, Apr 5, 19 & 26: 1:30 - 3:00

Location: KinVillage Multi-Purpose Room, 5430 10 Ave, Tsawwassen

Pruning: Release Your Tangled Shrubs and Trees

Presenter: Angelika Hedley (Local Gardening Enthusiast, Returning Presenter)

June and July are good (and maybe the best!) times to prune common garden shrubs and trees. Learn the 'why' and the 'how to' for maintaining healthy plants so that your garden looks its best.

1 Session, \$10, Class size: max 24

Tuesday, April 16: 10:00 – Noon

Location: ElderCollege Learning Centre

Patio Gardens: Feed the Bees and Your Tummy

Presenter: Angelika Hedley (Local Gardening Enthusiast)

Bees don't pollinate tomatoes! Learn what does and a bit more about friendly insects. This session includes which lovely flowers and vegetables will grow in a small space or in your patio containers

1 Session, \$10, Class size: max 24

Tuesday, April 30: 10:00 – Noon

Location: ElderCollege Learning Centre

Make-up and Skin Care for Mature Skin

Presenters: Shoppers Drug Mart Beauty Specialists

This mini-masterclass is designed to help you understand the changing needs of our skin as we age and how, as we age, the art of make-up changes as well. Michelle and Christi, Beauty Specialists from our local Shoppers Drug Mart will share pro tips on how to apply makeup on mature skin; from flawless day-makeup to evening-makeup. They will also talk about skin care for your changing skin; with topics including hydration, prevention and other concerns you may have. Students may be asked to participate as a demonstration model in this class.

1 Session, \$10 Class size Max 15

Tuesday, April 2: 10:00 – 11:30

Location: ElderCollege Learning Centre

The Art of Sharpening Blades and Tools

Presenter: Scott Macrae (Professional Sharpener)

There is nothing better than using the sharpest tool in the shed! Come to this class and learn how to hone your sharpening skills from professional sharpener Scott Macrae. You will learn the importance of keeping knives and tools sharp and about different abrasives, methods and sharpening techniques, learn how to hone and polish and edge as well as general maintenance and tool preservation. You'll get a look at your sharpening tools; what they are and what they are for and learn tips on how to sharpen your tools at home between professional sharpening.

Scott runs a mobile sharpening service and will have his truck set up at Tsawwassen Town Centre for business after our class.

If you're interested in having your items sharpened by Sharpen Up on the day, place all items in a bag, and include your name and cell number- and drop them off to Scott during the presentation. Most items are between \$7- \$12. If you want an exact price list, email Scott@sharpen-up.ca.

Note: This business is not affiliated with ElderCollege.

1 Session, \$10 Class size: max 25

Friday April 12: 10 - Noon

Location: ElderCollege Learning Centre

Science & Environment

The Reifel Migratory Bird Sanctuary: A Family Legacy

Presenter: Mr. George Reifel, OBC (Conservationist)

Join us for an informative presentation with Order of BC recipient George Reifel, a conservationist with deep roots in Delta. Learn how his family's working farm on Westham Island became the Reifel Migratory Bird Sanctuary and how it now forms part of the lands known as the Alaksen National Wildlife Area. His presentation will include recollections of his early years and his conservation work, nationally and internationally.

Since the 1980's he has been involved with Ducks Unlimited Canada and other high-profile conservation groups and has been recognized for his volunteer contributions with multiple awards: the Queens's Golden(2002) and Diamond Jubilee(2012) medals as well as the BC Medal of Good Citizenship in 2020. In 2023 he received the BC Wildlife Federation's Barsby Award as its Conservationist of the Year and in November 2023 received the Order of British Columbia. This will be an informative talk you won't want to miss.

1 Session, \$10 Class size: Max 30

Thursday, March 21: 10:00 - Noon

Location: ElderCollege Learning Centre

Metro Vancouver: Creating a Future, Not Waste

Presenter: Jessica Yamamoto, EIT (Metro Vancouver)

Metro Vancouver is responsible for waste reduction, recycling planning, and the operation of solid waste facilities in the region. Jessica Yamamoto, an Assistant Project Engineer with Solid Waste Services, will cover how Metro Vancouver collects and analyzes solid waste data and the creation and types of programs that help them provide cost effective, accessible waste management services. Learn how their goals are guided by a commitment to environmental stewardship and providing cost effective, accessible waste management services in this informative presentation.

1 Session, \$10 Class size: max 30

Thursday, March 14: 10:00 – Noon

Location: ElderCollege Learning Centre

Super Glue & Its History Come Together: Hands-on Repair Class

Presenter: Ivor Hewitt (Returning Presenter & Super Glue Pro)

This is a hands-on class where you can also learn a little history. Did you know that during the space race and the Vietnam war, the “wonder product” Super Glue was brought to the general public’s attention? Join our resident glue expert, Ivor Hewitt, as we learn how Super Glue was invented and how it really works. We will explore case histories of where this glue is used today in modern technology.

You are invited to bring along any broken items of your own which we will attempt to fix during the session. If we cannot fix your items on the spot, arrangements will be made for follow up. Be prepared for a fun and useful event.

1 session, \$10 Class size: max 12

Tuesday, Feb 27: 10:00 – Noon

ElderCollege Learning Centre

The Arts

Beginner French

Presenter: Catherine Quet (French Teacher and Speech Pathologist)

You can start to speak French from day one with this class for complete beginners. You will experience an immersive introduction to everyday French and learn pronunciation, vocabulary and single phrases. Students will be given educational material to support their learning process and will enjoy speaking basic French in no time at all.

8 Sessions, \$80 Class size: max 10

Wednesdays, Mar 13, 20, 27, Apr 3, 10, 17, 24 & May 1: 1:00 – 2:30

Location: ElderCollege Learning Centre

Three Notable 19th-Century Canadian Women Authors

Presenter: Mary Jane Edwards (Author, Distinguished research Professor in Canadian Literature, Returning Presenter)

History has given BC some incredible Canadian women. Come and enjoy learning about Emily Pauline Johnson/Tekahionwake (1861-1913), Emily Carr (1871-1945), and Nellie Letitia Mooney McClung (1873-1951). Each achieved fame as an author in the late 19th and early 20th centuries as well as becoming well-known for other activities.

In this course we shall study writings of each of these three women both in the contexts in which they lived and in the present canon of English-Canadian Literature where, for various reasons, their position as significant citizens might be questioned by the DIED (Diversity, Inclusivity, Equity, and De-Colonization) movements taking over so many of our institutions. Each registrant will receive a course pack containing the required readings.

4 Sessions, \$40 Class size: max 12

Tuesdays, March 5, 12, 19 & 26: 10:00 – Noon

Location: ElderCollege Learning Centre

Yes! You can write poetry!

Presenter: Catherine Moore (Retired Teacher and Poetry Lover)

Come explore how much fun you can have playing with words! For example:

Poetry can be funny or sentimental, sad or heartwarming

Only you can decide how to be creative,

Everyone has a poem inside their heart -

To rhyme or not, you get to choose.

Relax and have fun playing with words, and remember -

Yes! You are already a poet! You simply need to know it!

Bring along a pad, pencil and your imagination.

4 Sessions, \$40 Class size: max 12

Wednesdays, Apr 3, 10, 17, 24: 10:00 – Noon

Location: ElderCollege Learning Centre

Georgia Totto O'Keeffe [1887 –1986] the "Mother of American Modernism"

Presenter: Linda Quigley (Art Historian, Instructor and Artist, Returning Presenter)

A painter known for her independent spirit as much as for her dramatic and innovative works of art, Georgia O'Keeffe did what she wanted in her life and in her art. She gained international recognition for her paintings of natural forms, particularly of huge flowers and desert-inspired landscapes, but also because of the many iconic photos taken of her over her very long career.

1 Session, \$10, Class size: max 40

Wednesday, March 13: 1:00 – 3:00

Location: Cedar Park Church, Heritage Room

Lino Printmaking

Presenters: Kit Grauer & Peter Scurr (Retired Art Educators, Returning Presenters)

To celebrate their tenth anniversary teaching at ElderCollege Delta, Kit and Peter are inviting both beginning and previous participant artists to their workshop on printmaking techniques. Options will be available to suit all skill levels.

There is always something new to learn in this lively workshop! Two sessions will be held at the ElderCollege Delta Learning Centre followed by a day trip to Galiano Island* to work in Kit and Peter's studio on the water at Whaler Bay – date to be decided by the class. Tools and supplies are provided. You will leave this three-session workshop with a small original lino-print and a print of the class collaborative efforts.

3 sessions: \$30 Class size: 10

Thursdays, April 11 & 18: 1:00 - 3:00

The 3rd class date is determined and decided on by the class
First two sessions at the ElderCollege Learning Centre and the
Third session is at the artists' studio on Galiano Island.

Special Events

An Afternoon with BC Seniors Advocate, Isobel Mackenzie

Presenter: Isobel Mackenzie

BC Seniors Advocate Isobel Mackenzie has released results from the second provincewide survey of thousands of long-term care residents and their family members. The survey covered 297 publicly subsidized care facilities in B.C. and received responses from over 10,000 residents and almost 8,000 family members and close friends. Come and learn about the results from this survey and how it can help impact a more positive direction for the future of Senior Housing in BC.

Note: If you are not able to attend in person, you can join this class via Zoom. When you register, be sure to register for the “location/mode” you want.

1 Session, \$10 Class size: Max 30

Tuesday, March 5: 1:30 - 3:30

Location: ElderCollege Learning Centre

A Town Hall Meeting with Mayor George V. Harvie

Presenter: Mayor George V. Harvie

Come and sit down with Mayor Harvie, who will share with us the progress the City has made over the last couple of years and discuss what he would like to accomplish in the coming term. The floor will be open to ask questions, but to ensure your question is answered, it is recommended that you submit questions in advance by emailing eldercollegedelta@gmail.com no later than Monday, April 15th.

This free event is open to the public.

Thursday, April 18: 10:00 - Noon

Location: ElderCollege Learning Centre

Field Trips

OWL Wildlife Rehabilitation Centre

Presenter: OWL Education Staff

Make your way to OWL and join us for a guided tour of Delta's own OWL (Orphaned Wildlife) Rehabilitation centre and learn about raptors. You will have the opportunity to see 14 different species of prey that are permanent residents at OWL due to injuries that inhibit their survival in the wild, as well as "Sarah", their resident barn owl. You will learn about the function of the OWL Society, the basic biology and behaviour of different types of raptors, the dangers they endure and what you can do to help them.

NOTE: Students will have to provide their own transportation to OWL. We will help facilitate car-pooling if requested.

1 Session, \$10 Class size: max 30

Monday, April 15: 10:00 – Noon

Location: OWL Rehab Centre, 3800 – 72nd Street, Delta, BC V4K3N2

An Introduction to Organic Gardening

Presenters: Earthwise Gardeners

Make your way to Earthwise Gardens in Boundary Bay and join us for this introduction to starting your own organic food garden. In this workshop we will look at what organic gardening means. We will touch on concepts including soil health, environmental impacts, health benefits, garden design, crop selection, and starting seeds at home.

NOTE: Students will have to provide their own transportation to Earthwise Gardens.

1 Session, \$15, Class size: max 15

Friday, April 12: 1:00 – 3:00

Location: Earthwise Gardens, 6400 3rd Ave, Delta, BC

Field Trip to Canada's First Chinese Canadian Museum

Presenter: Private Guided Tour by Museum Staff

Join us on this field trip to the newly opened Chinese Canadian Museum located inside the Wing Sang building, the oldest heritage structure in Vancouver's Chinatown.

You will learn the story behind this museum, the first in Canada, while our tour guide navigates us through their exhibits, including: *Odysseys and Migration* and *The Paper Trail to the 1923 Chinese Exclusion Act*. You will also discover the story of how Yip Sang's family built a "community within a community" within the walls of the Wing Sang Building. It's an incredible journey.

After the tour we will walk to the nearby International Village Mall food court where you can either purchase lunch from one of the vendors or eat your own bagged lunch before we catch the bus to head back home.

1 Session, \$30 Includes bus transportation, entrance & guided tour fees. Class size: max 20

Wednesday, May 8: 9:30 - 3:00

Transportation via Tsawwassen Shuttle, Departing from ElderCollege Learning Centre.

ElderCollege Delta Society

Campus: Tsawwassen Town Centre Mall, 1249 56 Street, Delta, BC, V4L2A6

Mailing: PO Box 18179, 1215C 56th St., Delta, BC, V4L2A6

website: eldercollegedelta.wildapricot.org E: eldercollegedelta@gmail.com

**Come learn with us.
Come volunteer with us.
Everyone is always welcome.**

Since 2003 the ElderCollege Delta Society has been enriching the lives of seniors 50+ by providing social and learning opportunities in a wide variety of genres including Technology, History, Sciences, the Arts, Current Events, Field Trips, Healthy Living and more.

We are a Registered Charity.

Donations over \$20 will receive a Tax-Deductible Receipt.

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