



Cariboo Chilcotin Elder College

Newsletter #45 “ Fall Semester 2025 ”

Lifelong Learning for Seniors 50+

*We trust that Fall Semester 2025 will
be one in which you
keep on growing, improving,
and learning.*

COURSE REGISTRATION AND MEMBERSHIP

Cash or Cheques only

Saturday

September 20, 2025

10:00 am – 12:00 pm

Seniors Activity Center

176 - 4th Ave N, Williams Lake

778-267-9437

email: wleldercollege@gmail.com

website: www.wleldercollege.com

JOIN US FOR:

- ◆ *Registration*
- ◆ *Refreshments*

‘LATE’ COURSE REGISTRATION & MEMBERSHIP

(for courses that are not full)

Cash or Cheques only

Wednesday

September 24, 2025

1:00 pm – 2:30 pm

Seniors Activity Centre (SAC)

176 - 4th Ave N, Williams Lake

POLICIES & PROCEDURES

see Page 2

Dear Elder College Members,

Welcome back from your summer season, we hope you had an enjoyable summer!

The Curriculum Committee has been working hard to continue to provide a diverse selection of courses for your consideration. We were pleased to see enrollment and memberships at an all-time high for the Spring semester. We continue to promote Elder College in the community, and we have joined the Social Planning Network, and the Chamber of Commerce to increase our engagement in the community.

Our Annual General Meeting is scheduled for November 12, 2025. We are anticipating some turnover in both the Executive and Curriculum committees. We welcome new members on both the Executive and Curriculum committees. If you are interested in joining one of these committees, please contact one of the Executive members for more information. Elder College relies on the volunteer course leaders and coordinators that provide our community with these courses delivering “lifelong learning opportunities”!

I am encouraging all our members to introduce a friend to Elder College and bring them to Registration day. If you follow us on Facebook, please share the stories so we can promote our organization.

We thank all our members for your continued support of our programs. I am extending a huge thank-you to both the Executive and Curriculum Committees, they are integral to maintaining a thriving Elder College.

Thank you to the volunteer instructors who generously give their time to lifelong learning!

Regards,

Bev Atkins, President



Cariboo Chilcotin Elder College

Mission Statement: Cariboo Chilcotin Elder College is a volunteer organization committed to meeting the lifelong learning needs and educational interests of older adults in Williams Lake and surrounding areas. Elder College will provide a relaxed, learning environment without grades or exams, based on a curriculum of particular interest to members. Elder College seeks to meet its mission by recognizing the unique experiences and capabilities of its members.

Membership is open to anyone 50 years or older. Membership fee is \$10, and offers opportunity to:

1. participate in all Elder College courses, lectures and special events.
2. volunteer in a number of areas.
3. participate in the governing of Elder College.

Curriculum Policies & Procedures

1. The information collected on the *Registration Form* is confidential and used only by the Cariboo Chilcotin Elder College Executive and curriculum committee members. There shall be no video or audio recording of any course.
2. Course fees are set by the Elder College Executive and are reviewed regularly. Course fees reflect current economic circumstances.
3. Occasionally photos are taken during Elder College classes. Your instructor and/or Course Coordinator will seek your permission prior to any photos taken during class. These photos are used for promotional purposes.
4. A credit for the course may be considered in the event of an illness, family emergency or other extenuating circumstances. A credit may be considered if Elder College is notified one week in advance of the first session. The credit must be used at the next semester. Unused credits will expire at the end of the next semester. Credits can be transferred to another active member of Elder College.
5. To request a credit please contact the Course Coordinator who will collect information and forward it to the Curriculum Co-Chairs who will provide recommendations to the Executive.

Students need the physical ability to carry out the activities for the workshop for the course that they are signing up for.

Elder College recognizes participants may have scent allergies/sensitivities, so course participants are asked to refrain from use of scents/perfumes.

Board of Directors

Bev Atkins, President	Joan Erb, Vice President	Bernie Kromhout, Treasurer
Deb Radolla, Curriculum, Co-Chair	Jim Chorney, Curriculum, Co-Chair	Brenda Sanford, Co-Treasurer
Larry Stranberg, Director	Margret Menzies, Membership	Gail MacLellan, Booking
Val Fleming, Director	Cathy Walsh, Director	Nola Daintith, Promo/Communications
Lynn Sales, Equipment	Linda Isfeld, Social	Cindy Brady, Secretary

“ Thank you for supporting Elder College “

Summary of Fall 2025 Semester Courses

ACRYLIC PAINTING WITH THREE COLORS: Inst: Kathryn Steen, \$40, Tuesdays; Oct 14, 21. 10:00–12:00pm. Arts Center.

ADVANCE CARE PLANNING: Inst: Daphne Johnson, \$40, Tuesdays, Oct 14, 21, 28. 9:30–12:30pm. Library.

AGING GRACEFULLY: Inst: Dora Foote, \$25, Tuesdays, Nov 25, and Dec 2. 10:00–12:00pm. Seniors Activity Center.

ARCHAEOLOGY OF T'EXELC (WL FIRST NATION): CONNECTING PAST & PRESENT: Inst: Whitney Spearing, \$25, Wed Nov 12, 19. 12–2pm

CHRISTMAS LUNCH & TOUR OF HISTORIC CHILCOTIN LODGE: Inst: Brenda & Chris Van Ember, \$50, Thurs Nov 20, 11–3pm.

CINNAMON BUNS WITH BRENDA – CHILCOTIN LODGE STYLE: Inst: Brenda Van Ember, \$25, Tues Nov 18. 2–4:30pm. SAC.

COMMUNITY FOREST – FORESTRY IN YOUR NEIGHBORHOOD: Inst: Hugh Flinton, \$25, Thurs Oct 2, 12–2p, & Oct 9, 1:30–3:30

CRITICAL THINKING SKILLS – INTRODUCTION: Inst: J.Randolph Radney, PhD. \$30, Tues's; Sep 30, Oct 2, 7, 9, 14, 16. 6p–7:30p.

DISC GOLF: Inst: Mark Savard. \$20. **2 SEPARATE COURSES:** one on Wed Oct 1. 12–2:00pm, and one on Wed Oct 8. 12–2:00p.

ESTATE PLANNING: Inst: Ryan Brink, \$20, **2 SEPARATE COURSES:** one on Oct 15, 10–11:30a, & one on Thurs Oct 23, 10–11:30a.

FRAUDS & SCAMS: Inst: Cpl Brent Vivier, Heather Callender, Angelika Sellick. \$20, Monday, Nov 17. 1:30–3:00p.

OUTDOOR ADVENTURES AT GAVIN LAKE – pilot program: Inst: Mike Tudor, \$30, Mon Oct 6, 11:00 am until Wed Oct 8, 1pm.

GENEALOGY – GETTING STARTED: Inst: Kate Pacey, \$35, Mondays; Oct 6, 20, and 27. 1:00–3:00pm. Seniors Activity Center.

HAT CREEK RANCH – HISTORIC TOUR: Inst: Robin Hayes, \$125, Tuesday, Oct 7. 7:30a–5:00pm. Bus tour to Hat Creek Ranch.

INTRODUCTION TO COSMOLOGY: Inst: Bill Wedel, \$60, Tuesdays; Oct 14, 21, 28, Nov 4. 7:00pm–8:30pm. United Church.

INTRODUCTION TO ISLAM: Inst: Dr. Rafiullah Sahibzada, \$20, Saturday Oct 4. 9:00–12:00pm. Seniors Activity Center.

MAKE-UP TIPS & TRICKS FOR AGING SKIN: Inst: Kristen Blackwood, \$20, Wed Nov 5. 1:30–3:30pm. Seniors Activity Center.

MEDITATION: Inst: Dianne Noort, \$50, Thurs Oct 2, 9, 16, 23, 30. 11:00–12:00pm. United Church Library.

MENTAL HEALTH & WELLNESS: Inst: Scott McLaughlin, and Danielle Lord, \$20, Thursday, Nov 6. 1–4pm. Seniors Activity Ctr.

MUNICIPAL GOVERNMENT: Inst: Ross Coupe, \$20, Thurs, Oct 30. 10:00–12:00pm. City Hall.

NENQAYNI CH'IH DENI WEDLI (LET'S LIVE INDIGENOUS) HISTORY OF TSLHQOT'IN NATION: Inst: Connie Jasper, Lisa Boyd, Jasmine States, Joyce Charleyboy. \$40, Mon Oct 20 & Tues Nov 4. 9:00–1:00pm. TNG Lakeside Office.

PAINTING WATERCOLOR CHRISTMAS CARDS: Inst: Audrey Dye, \$40, Thursday, Oct 16. 10–12pm, and 1–3pm. Arts Center

PIANO REPERTOIRE FROM RAMEAU TO GERSHWIN: Inst: Cathy Walsh, \$20, Monday, Nov 24. 2:00–4:00pm.

QUILTING – INTERMEDIATE: Inst: Elaine Watt, \$55, Thursdays; Sep 25, Oct 23, Nov 27. 9:30–4pm. Cariboo Arts Center.

SAFETY & FIRST AID TIPS: Inst: Barb Vincent, \$30, Monday, Oct 27. 9:30–12:00pm. Seniors Activity Center.

SCRAPBOOKING – File Folder Memory Keeper: Inst: Gail Ramier, \$50, Friday Oct 24. 1:00pm–5:00pm. Seniors Activity Ctr.

Full Description of Fall Semester Courses

ACRYLIC PAINTING WITH THREE COLORS

Course Instructor: Kathryn Steen

Course Fee: \$ 40.00

Coordinator: Rick Dawson

Date/Time/Place: Tuesdays, Oct 14 and 21. 10:00am–12:00pm. Central Cariboo Arts & Culture Center. Class Size: max 12

Course Description: This course is designed for beginners interested in using acrylic paints. Three primary colors plus black and white will be used to mix a variety of colors to paint simple pictures. Fundamentals of color and composition will be taught. **Students should bring a container for water and paper towels. Paints, brushes, and paper will be supplied.**

Course Instructor: Kathryn is a practicing visual artist who uses a variety of media and often shows her work in the **Station House Gallery**. She has taught elementary school art classes for 20 years, as well as many adult classes.

ADVANCE CARE PLANNING

Course Instructor: Daphne Johnson

Course Fee: \$ 40.00

Coordinator: Lynn Sales

Date/Time/Place: Tuesdays, Oct 14, 21, and 28. 9:30am–12:30pm. Williams Lake Library.

Class Size: max 15

Course Description: Help your family and friends by making your own decisions and communicating your wishes about 'advance and end of life' care. Delaying these considerations could result in it being too late for you to be involved. Learn which decisions should be made ahead of time. During these three classes, participants will create their own care plans and obtain the tools to assist others with this planning.

Course Instructor: Daphne is the Executive Director of the **Williams Lake Hospice Society**. She has facilitated the volunteer training in Advance Care Planning for the society for several years. She has attended numerous workshops and training to hone her skill and has delivered excellent courses for Elder College.

AGING GRACEFULLY

Course Instructor: Dora Foote

Course Fee: \$ 25.00

Coordinator: Joan Erb

Date/Time/Place: Tuesdays, Nov 25, and Dec 2. 10:00am–12:00pm. Seniors Activity Center - upstairs.

Class Size: max 20

Course Description: There will be 2 sessions, each 2 hours to explore aging well, not just our body, but also our mind. We will spend time looking at the pitfalls associated with physical aging and strategies to mitigate them, as well as how we can organize our lives and make plans to anticipate common problems associated with aging. Finally, we will look at how our mind and spiritual self plays a role in aging well. Participants will be encouraged to interact, ask questions and engage with the speaker and participants.

Course Instructor: Dora is a retired physiotherapist who practiced for 42 years most recently as the **Interior Health Community Physiotherapist for WL**. This involved working with older people, presenting a variety of conditions. The beauty of this position was being able to visit people in their own homes. This gave insight into what it means to age well

THE ARCHAEOLOGY OF T'EXELC (WILLIAMS LAKE FIRST NATION): CONNECTING PAST AND PRESENT

Course Instructor: Whitney Spearing

Course Fee: \$ 25.00

Coordinator: Deb Radolla

Date/Time/Place: Wednesdays, Nov 12, and 19. 12:00pm–2:00pm. WLFN Quigli Office.

Class Size: max 19

Course Description: Adopting a place-specific approach, this class will examine the archaeology and prehistory of the Williams Lake First Nation. Traditionally, these People were called T'exelc and their lands T'exelc. Join instructor Whitney Spearing (MA, RPCA), a professional archaeologist working for Williams Lake First Nation, in a study of T'exelc's history since time immemorial, and the connections between the ancient past and the present.

Course Instructor: Whitney is the lead investigator and archaeologist for the **St. Joseph's Mission Residential School** and Onward Ranch Investigation. She is currently the Director of **Natural Resources for Williams Lake First Nation**, and President of the **BC Association of Professional Archaeologists**.

CHRISTMAS LUNCH & TOUR OF THE HISTORIC CHILCOTIN LODGE

Course Instructor: Brenda and Chris Van Ember

Course Fee: \$ 50.00

Coordinator: Bev Atkins

Date/Time/Place: Thursday, Nov 20. 11:00am–3:00pm. Riske Creek.

Class Size: max 20

Course Description: Participants will arrange for their own transportation and **meet at the Chilcotin Lodge** to enjoy a guided tour of the **Historic Chilcotin Lodge & outbuildings**. The lodge was built in 1940, and is one of the last remaining authentic frontier lodges in BC. **This includes an outdoor tour before lunch and an inside tour of the lodge after a delicious lunch.** The lodge will be fully decorated for Christmas. Don't forget to plan to shop & purchase cinnamon buns!

Course Instructor: Kurt & Brenda Van Ember became the new owners of the **Historic Chilcotin Lodge** in Spring 2017. The **Chilcotin Lodge** is one of the last remaining authentic frontier lodges in British Columbia. With its homey atmosphere and western hotel style, you'll think you've stepped back in time.

CINNAMON BUNS WITH BRENDA – CHILCOTIN LODGE STYLE

Course Instructor: Brenda Van Ember

Course Fee: \$ 25.00

Coordinator: Bev Atkins

Date/Time/Place: Tuesday, Nov 18. 2:00pm–4:30pm. Seniors Activity Center - Kitchen.

Class Size: max 12

Course Description: This course provides an opportunity for you to join Brenda for a demonstration on how to make these delicious cinnamon buns. You will participate as she demonstrates making one Cinnamon Bun kit. You will get to taste the final product. Kits are available at a special rate of \$50 (not included in registration price, must be pre-ordered).

Course Instructor: Brenda Van Ember is a co-owner of the **Historic Chilcotin Lodge** where you can enjoy a beautiful stay, delicious home-cooked meals and be a part of the Special Events throughout the year! Brenda is famous for her cinnamon buns, and she created her own cinnamon bun kit which makes 16 delicious buns.

COMMUNITY FOREST – FORESTRY IN YOUR NEIGHBORHOOD

Course Instructor: Hugh Flinton

Course Fee: \$ 25.00

Coordinator: Cathy Walsh

Date/Time/Place: Thurs; Oct 2, 12:00–2:00pm, and Oct 9, 1:30–3:30pm. Seniors Activity Ctr, Esler WLCF. Class Size: max 20

Course Description: The Lunch and Learn (12:00–2:00, Thurs, Oct 2) (**lunch is donated by Community Forest**) will introduce participants to the governance structure, location, ecology, resource features, and various stakeholders of the Community Forest. The Field Tour (1:30–3:30, Thurs Oct 9) will take participants for a short walking trip into the WLCF Outdoor Classroom near Bysack Road (Esler) and introduce them to the ecosystem and management considerations of the Ne Sextine (Flat Rock) Block of the **Williams Lake Community Forest**.

Course Instructor: Hugh is the co-manager of the **Williams Lake Community Forest** and has been in that position since 2017. He is a Registered Professional Forester and was born and raised in Williams Lake.

CRITICAL THINKING SKILLS - INTRODUCTION

Course Instructor: J. Randolph Radney, PhD

Course Fee: \$ 30.00

Coordinator: Rick Stock

Date/Time/Place: Tuesdays; Sep 30, Oct 2,7,9,14,16. 6:00pm–7:30pm. Seniors Activity Ctr – OAPO rm. Class Size: max 15

Course Description: This course provides a basic introduction to careful reasoning and argumentation, with an emphasis on improving students' capacity for careful consideration and deliberation on critical issues in society. The small class size will facilitate interaction and development of critical thinking skills. There will be course material handouts but students should also be prepared to access online documents.

Course Instructor: Dr. Radney has resided in the region of Williams Lake since 1984 and has worked closely with the **T'silhqot'in Nation**. He has taught at **TRU** since 2008, in communications and philosophy. He is currently the education manager for the **TNG** and teaching two online courses for TRU in ethics and communication.

DISC GOLF

Course Instructor: Mark Savard

Course Fee: \$ 20.00

Coordinator: Joan Erb

Date/Time/Place: **2 separate courses:** one on Wednesday Oct 1. 12:00pm-2:00pm. Boitanio Park. Class Size: max 12
one on Wednesday Oct 8. 12:00pm-2:00pm. Boitanio Park.

Course Description: Disc Golf is a Flying disc sport in which players throw a disc at a target, using rules similar to golf. The sport is usually played on a course with 9 or 18 holes, each consisting of a teeing area and target (basket). Players complete a hole by throwing a disc from a tee pad or tee area toward a basket.

Course Instructor: Mark Savard is an icon on First Avenue! For 37 years **Red Shreds** has serviced, maintained, and fixed everything from boards to bikes, to skis. Also known as Shredder or Red, Mark is well known for his versatility and skills.

ESTATE PLANNING

Course Instructor: Ryan Brink

Course Fee: \$ 20.00

Coordinator: Larry Stranberg

Date/Time/Place: **2 separate courses:** one on Wednesday Oct 15, 10:00-11:30am. Community Futures Bldg.
one on Thursday Oct 23. 10:00-11:30am. Community Futures Bldg. Class Size: max 10

Course Description: Learn the essentials of Estate Planning in this comprehensive course designed for individuals and families. We'll cover key strategies to protect and transfer your wealth, minimize taxes, and ensure your legacy is preserved according to your wishes. Gain practical knowledge on wills, trusts, and powers of attorney. Whether you're just starting or updating your plan, this course will provide you with the tools to make informed decisions. Ideal for those looking to secure their financial future and that of their loved ones.

Course Instructor: Ryan Brink, Certified Financial Planner and founder of **Brink & Associates - Harbourfront Wealth Management**, specializes in wealth management and estate planning. With extensive experience and knowledge, Ryan provides practical, personalized advice to help clients secure their financial futures.

FRAUDS & SCAMS

Course Instructor: Cpl Brent Vivier, Heather Callender, Angelika Sellick. Course Fee: \$20.00 Coordinator: Darlene Campbell

Date/Time/Place: Monday, Nov 17. 1:30pm–3:00pm. Seniors Activity Center. Class Size: max 25

Course Description: Frauds & scams are deceptive schemes used to gain money or personal information, with frauds often involving stolen information or illegal access. Scams manipulate victims into willingly provide information or money. Seniors are frequent targets of various frauds & scams, including grandparent scams, romance scams, investment scams, and tech support scams. Learn common types of Frauds & Scams, warning signs & some ways to protect yourself.

Course Instructor: 1) Corporal Brent Vivier- **Indigenous Policing Services Unit Commander**. RCMP Member for 10 years. Has worked in Creston, Alert Bay, 100 Mile House, & Williams Lake. 2) Heather Calendar, Branch Manager- **Williams Lake & District Credit Union**. 3) Angelika Sellick- Programs Manager & Learning Facilitator- **Cariboo Chilcotin Partners for Literacy**. CCPL was established in response to literacy as a serious social & economic issue in the Cariboo-Chilcotin. Actively involved promoting literacy by making presentations, participating in special events to raise public awareness around literacy issues, & delivering services including Comp Tech Drop In 1 - 1 Learning.

Course Instructor: Bill calls Vancouver Island, & the interior of B.C. his home. He is a seasoned traveler and has worked in a variety of industries including farming, logging & commercial fishing. Bill has a Bachelor of Education and is a Building Engineering Technologist. He started delving into Cosmology in 1975 and ventured further in retirement.

INTRODUCTION TO ISLAM

Course Instructor: Dr. Rafiullah Sahibzada

Course Fee: \$ 20.00

Coordinator: Diane Wright

Date/Time/Place: Saturday, Oct 4. 9:00am–12:00pm. Seniors Activity Center - upstairs.

Class Size: max 25

Course Description: This course provides an overview of Islam's beliefs, practices, and relevance. It will clarify common myths and misconceptions. It will foster interfaith, understanding and dialogue. It will also highlight Islam's relationship with other faiths, including Christianity, and explore the spiritual, cultural, and scientific dimensions of Islam.

Course Instructor: Dr. Sahibzada was raised in Pakistan, did his education in Pakistan and then the United States. He moved to Canada in 2004 and has been living in Williams Lake since 2019 working for the **Ministry of Environment and Parks**. Dr. Sahibzada is the President and Chair of the **Williams Lake Muslim Association**.

MAKE-UP TIPS & TRICKS FOR AGING SKIN

Course Instructor: Kristen Blackwood

Course Fee: \$ 20.00

Coordinator: Diane Wright

Date/Time/Place: Wednesday, Nov 5. 1:30pm–3:30pm. Seniors Activity Center - upstairs.

Class Size: max 20

Course Description: Join this course to learn some tips and tricks for make-up on aging skin. There will be demos and opportunities to have your specific questions answered. We'll cover things like how to conceal redness or age spots, how to make your eyes look bigger, how to fill in your brows, different products to cover your skin that won't settle in lines and much more!

Course Instructor: Kristen has been working in the beauty industry for over 20 years. She has an **Esthetics Diploma for Blanche MacDonald** and a Make-up for Film and TV Diploma from **Vancouver Film School**. She has worked and lived in Vancouver and Toronto. Her passion is skin care and she loves sharing her knowledge with others!

MEDITATION

Course Instructor: Dianne Noort

Course Fee: \$ 50.00

Course Coordinator: Carol Thiessen

Date/Time/Place: Thursdays; Oct 2,9,16,23,30. 11:00am–12:00pm. United Church Library.

Class Size: max 12

Course Description: Learn new analytical meditations, practice at home. Discuss how it went to solve problems or if questions come up. Secular course, focuses on understanding how meditation leads to mind clarity, improving memory, and a greater feeling of satisfaction in life.

Course Instructor:

Dianne has practiced meditation for 20 years. Over those years she has learned different types of meditation and discovered how they can be used to help create a better life. She is excited to lead this course.

MENTAL HEALTH & WELLNESS

Course Instructor: Scott McLaughlin, and Danielle Lord.

Course Fee: \$ 20.00

Coordinator: Joan Erb

Date/Time/Place: Thursday, Nov 6. 1:00pm–4:00pm. Seniors Activity Center – OAPO room.

Class Size: max 20

Course Description: This course will study the Brain and Senses as well as the Psychology of Mental Illness and Wellness and how that looks.

Course Instructor: Scott has a BA in Psychology. He has a graduate diploma in Child Youth Mental Health, and 15 years experience at the **Child Development Center**. He has a diploma in Social Services and Mental Health. Scott is also an Ex Coroner.

MUNICIPAL GOVERNMENT

Course Instructor: Ross Coupe

Course Fee: \$ 20.00

Coordinator: Cathy Walsh

Date/Time/Place: Thursday, Oct 30. 10:00am–12:00pm. City Hall (450 Mart Street, WL)

Class Size: max 20

Course Description: Ever wonder how City Government works? This session will provide you with a high level overview of the history of local governments in BC, the role that they play in your daily life, and ways that you can participate and interact with them. Specific topics that will be covered include: The statutory framework that governs cities, towns and regional districts; What local govts do and what they don't do; Elections and how councils make decisions; and Ways the public can get involved with their local govts. There will also be significant time set aside for questions and discussion.

Course Instructor: Ross grew up in Williams Lake, and began work as an intern in **Municipal Administration in Fort Nelson**. Armed eventually with a master's degree in public administration, he moved back to Williams Lake in 2020 as the **City Corporate Officer**. He is responsible for elections, procedural advice, and freedom of information.

NENQAYNI CH'IH DENI WEDLI (LET'S LIVE INDIGENOUS) HISTORY OF THE TSILHQOT'IN NATION

Course Instructor: Connie Jasper, Lisa Boyd, Jasmine States, Joyce Charleyboy. Course Fee: \$40.00 Coordinator: Bev Atkins

Date/Time/Place: Monday, Oct 20 & Tues Nov 4. 9:00am–1:00pm. TNG Lakeside Office (1729 S.Lakeside). Class Size: max 40

Course Description: *Nenqayni Ch'ih Deni Wedli*, looking at the history of Canada through a Tsilhqot'in lens. This powerful and unique classroom training allows individuals to understand how history has shaped Tsilhqot'in world views today and what culture means to the Tsilhqot'in people. This training includes knowledge, stories, and wisdom from Tsilhqot'in Knowledge Keepers. This training includes two half day sessions. Please bring your own lunch.

Course Instructor: Tsilhqot'in Knowledge Keepers – staff from the **Tsilhqot'in National Government**.

PAINTING WATERCOLOR CHRISTMAS CARDS

Course Instructor: Audrey Dye

Course Fee: \$ 40.00

Coordinator: Deb Radolla

Date/Time/Place: Thursday, Oct 16. 10–12:00pm, and 1-3:00pm. Central Cariboo Arts Center - upstairs. Class Size: max 14

Course Description: Audrey will inspire her class to start their Christmas cards early during this one-day session featuring simple winter landscapes and other stylized Christmas themes. In the morning participants will get ideas, methods and supplies to start their cards. Following a one-hour lunch break from 12:00-1:00pm at a local restaurant or lunch brought from home, the cards will be completed by 3pm. Audrey will supply paper, cards, and envelopes. **Course Fee includes \$15.00 painting supplies.**

Course Instructor: Audrey was a primary teacher in Williams Lake schools for 38 years. Following her retirement in 2010, she became more involved in several artistic endeavors, including watercolor painting, crafts, visual arts, choral singing, and ukulele strumming. She has been an instructor of Elder College watercolor courses for the past several years.

PIANO REPERTOIRE FROM RAMEAU TO GERSHWIN

Course Instructor: Cathy Walsh

Course Fee: \$ 20.00

Coordinator: Rick Dawson

Date/Time/Place: Monday, Nov 24. 2:00pm-4:00pm. Cathy's home (1165 Moon Ave, WL)

Class Size: max 12

Course Description: This 1.5 - 2 hour session will include some of the most popular works from the piano repertoire. Along with the music, there will be discussion on the evolution of the piano, development of musical forms, the lives of composers and how they related to their historical period, and hints on what to listen for. Participants will encouraged be to make comments and ask questions.

Course Instructor: Cathy has been a serious, if amateur, student of piano all of her life. She enjoys listening to and playing all genres. She has done solo work for fundraisers, accompanied solo singers and instrumentalists, worked for choirs and played for musicals.

QUILTING - INTERMEDIATE

Course Instructor: Elaine Watt

Course Fee: \$ 55.00

Coordinator: Debra Palin

Date/Time/Place: Thursdays; Sep 25, Oct 23, Nov 27. 9:30am-4:00pm. Central Cariboo Arts Center.

Class Size: max 12

Course Description: This class is intended for intermediate level quilters. The 6 hour sessions will allow time for more complex projects. Suggestions for classes are welcome. You will need to bring your sewing machine, ¼ inch presser foot, mat, rulers, seam ripper, rotary cutter, extension cord and a power bar with surge protection if you have one. A supply list will be emailed to participants before each class. Bring your own lunch.

Course Instructor: Elaine is a retired **School District 27** teacher. She started quilting in 1996 & joined **Piecemakers Quilt Club** the following year. Elaine continues to quilt, offer workshops, and is an accomplished quilter who is passionate about teaching others.

SAFETY & FIRST AID TIPS

Course Instructor: Barb Vincent

Course Fee: \$ 30.00

Coordinator: Deb Radolla

Date/Time/Place: Monday, Oct 27. 9:30am-12:00pm. Seniors Activity Center - upstairs.

Class Size: max 12

Course Description: Barb will use her knowledge as a former Red Cross First Aid and Swim Instructor to discuss how to handle first aid emergencies for yourself and others. She will coach participants on how to react to *emergencies* with personal safety in mind, and how to prevent falls and accidents in the home. She will demonstrate the use of an AED, review basic first aid procedures, and ensure participants leave feeling good about how to handle surprise events for themselves and others.

Course Instructor: Barb has taught first aid and swimming lessons for the City of Williams Lake for many years. In her retirement she coaches young swimmers for the Blue Fin Swim Club, golfs and travels. She is happy to share her knowledge with Elder College this Fall.

SCRAPBOOKING – File Folder Memory Keeper

Course Instructor: Gail Ramier

Course Fee: \$ 50.00

Coordinator: Linda Isfeld

Date/Time/Place: Friday, Oct 24. 1:00pm–5:00pm. Seniors Activity Center - Downstairs.

Class Size: max 10

Course Description: A file folder picture album with “waterfalls”, pockets all done with patterned paper and matching card stock, to keep your memories or recipes from a weekend family get-together or a quick trip with friends. Album will hold 12 photos in a waterfall, numerous 4x4 pictures in inserts and a large fold out for 5x7 photos. File folder will be assembled for you and paper will be provided for your decorating skills. File folder album, tape runner and paper pack will be provided. A ruler is required and if you have a paper trimmer please bring it. Some paper trimmers will be available for use. **Project supplies are included.**

Course Instructor: Gail has been scrapbooking for 20 plus years. She previously sold **Close to My Heart** supplies and now carries **Stampin’ Up** products. Gail is passionate about scrapbooking and loves to share her expertise.

“ Thank you for supporting Elder College “