Cariboo Chilcotin Elder College

" Fall Semester 2026 " Newsletter

Lifelong Learning for Seniors 50+

We trust that Fall Semester 2026 will be one in which you keep on growing, improving, and learning!

COURSE REGISTRATION

Cash or Cheques only

Saturday

September 19, 2026

10:00 am – 12:00 pm

Seniors Activity Center

176 - 4th Ave N, WL

778-267-9437

email: wleldercollege@gmail.com

website: www.wleldercollege.com

JOIN US FOR:

- *Registration*
- *Refreshments*

'LATE' COURSE REGISTRATION

(for courses that are not full)

Cash or Cheques only

Wednesday

September 23, 2026

1:00 pm – 2:30 pm

Seniors Activity Centre

176 - 4th Ave N, WL

POLICIES & PROCEDURES

see Page 2

Howdy Elder College Members,

Greetings from the Elder College Executive and Curriculum committees.

During the 2026 year our membership has grown to 215 members; thank you to all our members. Very cool. Utilizing social media (Facebook – Cariboo Chilcotin Elder College), our webpage is increasing community awareness; which includes continual membership in local community/business organizations. Our membership fee remained the same - $10.00 for the calendar year.

We welcomed 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 our volunteers, Course Instructors, and Course Coordinators that provide our community with these courses, delivering lifelong learning opportunities. We thank these volunteers for their on-going support!

Our Board of Directors are 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.

I wanted to personally thank all the dedicated members for both the Executive and Curriculum for their tireless work. Last but not least, a big thank you to all our instructors for your continued support of Elder College. Take care.

Happy trails,

Larry Stranberg, 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 governance 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 Chair 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

Larry Stranberg, President
Cathy Walsh, Curriculum Chair
Margret Menzies, Membership
Lynn Sales, Equipment
Rhonda Labelle, Director

Joan Erb, Vice President
Brenda Sanford, Co-Treasurer
Gail MacLellan, Booking
Linda Isfeld, Social
Cindy Brady, Secretary

Bernie Kromhout, Treasurer
Bev Atkins, Promo/Communications
Val Fleming, Director
Jim Chorney, Director

" Thank you for supporting Elder College "

"Summary List" of Fall 2026 Semester Courses

AGING GRACEFULLY: Inst: Dora Foote. $25. Fridays; Oct 16,23,30. 1:00-3:00pm. Seniors Activity Center.

ART – CELEBRATING FALL: Inst: Lacey Hamelin. $25. Thursdays; Oct 15,22. 9:30-11:30am. Cariboo Arts Ctr – main floor.

CARTRIDGE RELOADING: Inst: Barry Jenkins. $50. Thursdays; Oct 1, 8. 1:00-4:00pm. Bond Lake Gun Club, downstairs.

CHEESECAKE DESSERT CUPS: Inst: Andrea Moe, $25. Tuesday; Oct 20. 9:15-11:15am. Seniors Activity Center.

CHRISTMAS CARDS BY GAIL (SCRAPBOOKING): Inst: Gail Ramier. $25. **2 COURSES**: Fri Oct 30. 10-12pm, or 1-3:00pm. Srs Ctr

CITY PLANNING: Inst: Jessica Ball. $15. Tuesday Oct 20. 1:00-3:00pm. Seniors Activity Center.

COOKIE DECORATING: Inst: Sarah Schiemann. $20. Monday Oct 26, 3:00-4:30pm. Seniors Activity Center.

DECLUTTER YOUR COSMETIC PRODUCTS: Inst: Kristen Blackwood, $15. Thurs; Nov 19, 2:00–5:00pm. Seniors Ctr Chilcotin Rm

DYING WITH DIGNITY: Inst: Carla Van Voorst. **Free** to E.College members, $10 non-mbrs. Tues Nov 3. 7pm-9pm. Gibraltar Rm

FROM HANDSOME (OR GLAM) TO HANDY: Inst: Neil Bridson, $25. Wednesdays; Oct 14,21,28. 3:30-5:30pm. Seniors Act. Ctr.

INSECTS IN OUR FORESTS: Inst: Leo Rankin, $15. Tuesday; Oct 6. 10:00-3:00pm. Seniors Activity Center.

ISLAM – A FURTHER INTRODUCTION: Inst: David Bathurst. $10. Saturday; Oct 24. 9:00 – 12:00. Seniors Activity Center.

KNITTING MITTENS: Inst: Barb Bowles & Megan Tilitzky. $25. Wednesdays; Oct 14,21,28, Nov 4. 12:45–2:45pm. SAC

MURDER MYSTERY THEATRE: Inst: Merla Monroe & Cathy Hamm. $35. Saturday; Nov 7. 2:00-5:00p. Seniors Activity Center

PHOTOGRAPHY WITH MANUAL OR DIGITAL CAMERA: Inst: Jesse Madden. $25, Tuesdays; Sept 22,29, Oct 6. 6:00-8:00pm at Seniors Activity Center, and Field Classes on Saturdays; Sept 26th, Oct 3rd 2:00 – 4:00 pm.

RESTORATIVE JUSTICE, AN INTRODUCTION: Inst: Sandra Hawkins, & Mark Hamm. $15. Thurs; Oct 22. 1–3:00p. St Andrews.

SCARED STIFF SWIM LESSONS: Inst: Certified Swim Instructor. $10. **2 COURSES: Group 1** – 1:30-2pm, **Group 2** – 2-2:30pm Mondays & Wednesdays; Oct 19,21,26,28,Nov 2,4. Sam Ketcham Memorial Pool.

SMART PHONE PHOTOGRAPHY COURSE: Inst: Jesse Madden. $25. Tuesdays; Oct 13,20,27. 6–8:00pm. Seniors Activity Ctr. and **Field classes** on Saturdays; Oct 17,24. 2:00–4:00 pm.

SOURDOUGH BREAD - DEMO: Inst: Shannon O'Donovan-Zirnhelt. $25. Tuesday, Oct 27. 3–5:00pm. Seniors Activity Center.

SPANISH (BEGINNERS): Inst: Patricia Olson. $25. Tues & Thurs; Oct 6,8,13,15,20,22. 7:00p–8:30pm. Seniors Activity Center.

STORY TELLING: Inst: Sage Birchwater. $40. Tuesdays; Oct 6,13,20,27,Nov 3. 9:30-11:30am. Cariboo Arts Ctr – Kelsey room.

TRAVEL CONFIDENTLY: Inst: Tanya Slack. $20. Friday, Oct 23. 9–11:00am. Seniors Activity Center.

WOMEN IN INVESTING: Inst: Christina Roderus. $20. Thursday; Oct 15. 10:00–12:00pm. Seniors Activity Ctr (downstairs).

"Full Description" of Fall 2026 Semester Courses

AGING GRACEFULLY

Course Instructor: Dora Foote | Course Fee: $25.00 | Coordinator: Joan Erb
Date/Time/Place: Fridays; Oct 16, 23, 30. 1:00-3:00pm. | Seniors Activity Center. | Class Size: max 20

Course Description: There will be 3 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

ART – CELEBRATING FALL

Course Instructor: Lacey Hamelin | Course Fee: $25.00 | Coordinator: Carol Thiessen
Date/Time/Place: Thursdays; Oct 15, 22. 9:30-11:30am. | Cariboo Arts Ctr – main floor. | Class Size: max 10

Course Description: Using stamps and other supplies, you will create cards and bookmarks (paper crafts). Lacey will teach how to use the tools to create something beautiful for the Fall.

Course Instructor: Lacey is a self-taught artist from the Cariboo. She explores using recycled material and even lesser known products to create fun art.

CARTRIDGE RELOADING

Course Instructor: Barry Jenkins | Course Fee: $50.00 | Coordinator: John Shephard
Date/Time/Place: Thursdays; Oct 1, 8. 1:00-4:00pm. | Bond Lake Gun Club – downstairs. | Class Size: max 6

Course Description: Theory of cartridge reloading, safety and steps. Hands on experience on reloading if you have equipment already or work with Barry on different caliber cartridge reloading. If you have equipment and cartridges bring them to the second session to reload. If not, Barry has spare equipment and cartridges, powder, etc to work with

Course Instructor: 50 plus years of experience on gun safety and reloading.

CHEESECAKE DESSERT CUPS

Course Instructor: Andrea Moe | Course Fee: $25.00 | Coordinator: Rhonda LaBelle
Date/Time/Place: Tuesday; Oct 20. 9:15-11:15 am. | Seniors Activity Center. | Class Size: max 12

Course Description: Cheesecake cups are easy to make, are creamy, and a flavor of the traditional cheese. No bake, and mess free with disposable cups. Ready-to-go serving for all occasions.

Course Instructor: Andrea works fulltime, and mother of 3. And very active community volunteer; hockey, rodeo, family gatherings, and fundraising keep her very busy. And now volunteering with Elder College.

CHRISTMAS CARDS BY GAIL (SCRAPBOOKING)

Course Instructor: Gail Ramier | Course Fee: $25.00 | Coordinator: Linda Isfeld
Date/Time/Place: **2 COURSES**: Friday; Oct 30. 10-12:00, **or** 1:00-3:00pm. Seniors Act Ctr – Chilcotin Rm. | Class Size: max 6

Course Description: 4 Christmas theme cards from kits made up by Gail. **Kits valued at $5.00 will be provided.** Kits will be available at the start of the class. Join us and get an early start on your Christmas cards.

Course Instructor: Gail has been card making and scrapbooking for 20 plus years. Previously was a 'Close to My Heart' instructor and sold scrapbooking supplies. Gail is now with "Stampin' Up" as a representative and has many supplies for sale. Gail is passionate about scrapbooking and loves to share her expertise.

CITY PLANNING for non-planners – what you need to know about Community Planning

Course Instructor: Jessica Ball | Course Fee: $15.00 | Coordinator: Cathy Walsh
Date/Time/Place: Tuesday; Oct 20. 1:00-3:00pm. | Seniors Activity Center. | Class Size: max 20

Course Description: City Planning for non-planners is an introductory course that will include planning theory and an interactive workshop. We will learn about what urban planning is, types of planning, and why we need to plan for the physical environment. We will explore how planning concepts, principles, and current issues and policies interconnectedly influence land use, transportation, and social and economic matters in communities.

Course Instructor: Jessica Ball is a Registered Professional Planner, currently working in local government as a development planner. Her knowledge comes from a degree in Community Design from Dalhousie University, and career experience as an architectural technologist in the lower mainland.

COOKIE DECORATING

Course Instructor: Sarah Schiemann | Course Fee: $20.00 | Coordinator: Kathy Harker
Date/Time/Place: Monday; Oct 26. 3:00-4:30pm. | Seniors Activity Center. | Class Size: max 15

Course Description: This beginner cookie-decorating course starts with the foundation: the right cookie (provided). You'll learn how to create beautiful, edible art using simple techniques designed for beginners. You will practice flooding cookies neatly and smoothly, build on a base layer of icing using different decorating techniques, use stencils to create cute, polished designs and decorate alongside Sarah and receive guidance throughout the class. Sarah will provide all the necessary tools. Please note: this class is not gluten-free. You will take home a few of your own decorated cookies. **Students need to bring a cookie sheet so you can safely take your creations home.**

Course Instructor: Sarah has been a Red Seal Baker since 2018, previously employed at **Taylor Made Cakes**, and holds a Level 2 Culinary Certificate. She enjoys baking with her 4 year old daughter, volunteering in the community, and serving as Vice President of the **Potato House Society**. Sarah is excited to share her skills and passion for baking with this class.

DECLUTTER YOUR COSMETIC PRODUCTS

Course Instructor: Kristen Blackwood | Course Fee: $15.00 | Coordinator: Deb Radolla
Date/Time/Place: Thursday; Nov 19. 2:00-5:00pm. | Seniors Activity Center – Chilcotin Rm. | Class Size: max 10

Course Description: Do you have excess cosmetics in your cabinet? If you do Kristen will guide you through an organization process to determine what is working and what is not working with your products. Bring your current collection along with you to class and we will check things out and identify what could be donated to a local charity, tossed, replaced soon or has lots of promise.

Course Instructor: Kristen has been working in the beauty industry for over 20 years. She has an Esthetics Diploma from Blanche MacDonald and a Make-up for Film and TV Diploma from the **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. She is the proud owner of **Blackwood Beauty** in Williams Lake.

DYING WITH DIGNITY

Course Instructor: Carla Van Voorst Course Fee: **FREE** to Elder College members, $10.00 for family or non-members.
Coordinator: Bev Atkins
Date/Time/Place: Tuesday; Nov 3. 7:00pm-9:00 pm. Gibraltar Room. Class Size: max 150

Course Description: This is a Zoom presentation with the opportunity to ask questions. DWDC defends human rights by advocating for assisted dying rules, educating people about all their legal end of life options, including medical assistance in dying (MAID) and the importance of Advance Care Planning. **NOTE: Tickets will be available for those who are not a member of Elder College for $10.00 each**.

Course Instructor: Carla Van Voorst is a volunteer with ***Dying with Dignity Canada*** (DWDC) is the national human-rights charity committed to improving quality of dying, protecting end-of-life rights, and helping people across Canada avoid unwanted suffering. Carla is a Hypnotherapist, an Energy practitioner and has completed the End-of-Life-Doula training through **Douglas College** in April 2025.

FROM HANDSOME (OR GLAM) TO HANDY; Basic Home Repairs

Course Instructor: Men's Shed Club Course Fee: $25.00 Coordinator: Bev Atkins
Date/Time/Place: Wednesdays; Oct 14,21,28. 3:30-5:30pm. Seniors Activity Center. Class Size: max 12

Course Description: This course will include three sessions designed to provide you with an introduction to dry wall repairs, using basic power tools, grout maintenance, furnace and dryer outlet maintenance, electrical safety basics, wiring a plug, changing light fixtures, cleaning P-traps and changing faucets! Most importantly, jobs you can do and jobs you shouldn't do!

Course Instructor: A group of retired men who hang out and work on projects shoulder to shoulder. This group of men includes a group of well experienced individuals with a diverse skill set to instruct this course.

INSECTS IN OUR FORESTS

Course Instructor: Leo Rankin Course Fee: $15.00 Coordinator: Cathy Walsh
Date/Time/Place: Tuesday; Oct 6. 10:00-12:00pm, and 1:00-3:00. Seniors Activity Ctr. Class Size: max 12

Course Description: We will review the life cycle of the Douglas Fir beetle and its impact on Cariboo forests. We will also touch on other significant forests pests on trees in the Williams Lake Valley, particularly the boxelder bug. We will discuss ticks, and how to deal with them. The course will include an approximately two hour classroom presentation with slides, a no-host lunch break (at the Seniors Activity Center), then a 1-2 hour field trip to inspect an insect infestation near town. **Participants must be reasonably fit for the field trip, and wear clothing and footwear appropriate for weather conditions.**

Course Instructor: Leo Rankin, BSc MPM RPF, worked in the forest industry for roughly 38 years. The last 25 years he was employed by the **BC Forest Service** as a forest entomologist (Bug Man) in the Cariboo Forest Region, based in Williams Lake. His main effort was focused on management of bark beetles and defoliators of conifer forests.

ISLAM – A FURTHER INTRODUCTION

Course Instructor: David Bathurst Course Fee: $10.00 Coordinator: Diane Wright
Date/Time/Place: Saturday; Oct 24. 9:00am-12:00pm. Seniors Activity Center. Class Size: max 25

Course Description: In this class participants will learn about the following: What is Islam (Religious obligations of a Muslim); What is Iman (core beliefs/concept of faith in Islam); What is Ihsan (usually translated as excellence, spirituality/the higher goals of Islam) "To worship God as though you can see him"; Signs of the "hour" (judgement day and the signs leading up to it); Facts and misconceptions about Muslims (what roles do culture, misconceptions and bigotry play in perception of Muslims).

Course Instructor: David Bathurst works as a paramedic in 100 Mile House BC. Is the proud father of 5 lovely children. He embraced Islam by the grace of God in 2006 after a long search for Truth.

KNITTING MITTENS

Course Instructor: Barb Bowles & Megan Tilitzky Course Fee: $25.00 Coordinator: Lynn Sales
Date/Time/Place: Wednesdays; Oct 14,21,28, Nov 4. 12:45-2:45. Seniors Activity Ctr Chilcotin Rm. Class Size: max 10

Course Description: Learn to knit your own mittens with Barb and Megan. They will provide instruction on knitting mitts, either plain or stranded colour work. Students must have basic knowledge of knitting, cast on, knit, purl, cast off. **Students must provide: 1 (2+ for colour work mitts) skeins of worsted weight Briggs & Little "Regal" or equivalent worsted weight yarn, available from Spinners & Weavers Guild if needed. Must be wool not acrylic or cotton. 3.5mm-4mm knitting needles – double point or circular.**

Course Instructor: Both Barb and Megan have been knitting since childhood. Their combined expertise in mittens extends over 40 years.

MURDER MYSTERY THEATRE

Course Instructor: Merla Monroe, and Cathy Hamm. Course Fee: $35.00 Coordinator: Diane Wright, Lynn Sales
Date/Time/Place: Saturday; Nov 7. 2:00 – 5:00 pm. Seniors Activity Center. Class Size: max 25

Course Description: Can you help solve the mystery? Come and enjoy a unique theatrical experience. Bring your best observation skills to assist the actors from **Williams Studio Theatre** as they try to solve a murder. Be as active in the investigation as you wish while enjoying delicious tea party fare. **PLEASE NOTE DOORS WILL NOT OPEN UNTIL 1:45 PM.**

Course Instructor: Merla and Cathy are long time members of Williams Lake Studio Theatre with experience in all aspects of theatre. Merla has produced many Murder Mysteries for the Golden Players.

PHOTOGRAPHY WITH MANUAL OR DIGITAL CAMERA

Course Instructor: Jesse Madden Course Fee: $ 25.00 Coordinator: Bev Atkins
Date/Time/Place: Tuesdays; Sept 22,29, Oct 6. 6:00-8:00 pm. At Seniors Activity Center. Class Size: max 20
And **Field Classes** on Saturdays; Sept 26, Oct 3. 2:00 – 4:00 pm.

Course Description: Learn to take professional photos with your CAMERA. This course will focus on understanding your manual or digital camera, learning photography fundamentals, mastering composition and in field practicing and learning. The last session will be a review of student's photography with feedback from Jesse and classmates. **This class is a combination of 3 indoor and 2 outdoor sessions. Be prepared for uneven ground and all weather conditions.**

Course Instructor: Jesse Madden has been teaching photography since 2011. She is a professionally trained photography and artist. Jesse specialized in commercial photography but teaching photography is close to her heart.

RESTORATIVE JUSTICE – AN INTRODUCTION

Course Instructor: Sandra Hawkins, & Mark Hamm Course Fee: $15.00 Coordinator: Cathy Walsh
Date/Time/Place: Thursdays; Oct 22. 1:00-3:00pm. St Andrews Church (library). Class Size: max 20

Course Description: Sandra Hawkins and Mark Hamm will introduce Restorative Justice with a focus on the practices used by the **Willliams Lake Community Council** for Restorative Justice. This group, which is a part of **Community Policing**, offers a cooperative alternative to the traditional court system, and takes referrals from the **RCMP**, the Crown, and Judges. Participants in the class will observe videos of actual restorative justice circles, followed by a discussion of guiding theories and principles.

Course Instructor: Sandra Hawkins has been a member of the **Williams Lake Community Council for Restorative Justice** since 1998, and has served as a restorative justice circle facilitator, facilitator trainer and advisor. She taught law and English at **Columneetza Secondary** from 1975 to 2003. Mark Hamm began volunteering with restorative justice in 2010, and following his retirement from the **BC Forest Service**, he has been more active in the **Williams Lake Council for Restorative Justice**.

SCARED STIFF SWIM LESSONS

Course Instructor: Certified Lifesaving Instructor. Course Fee: $10.00 Coordinator: Deb Radolla
Date/Time/Place: **2 COURSES:** **Group #1**: 1:30 – 2:00 pm. **or** **Group #2**: 2:00-2:30pm. Class Size: max 6
on Mondays and Wednesdays; Oct 19,21,26,28, Nov 2,4. Sam Ketcham Memorial Pool

Course Description: This new initiative between the **Cariboo Chilcotin Elder College** and the **City of Williams Lake** will provide a gentle and slow orientation to the water for non-swimmers. Class size will be limited to 6 people, and the lessons will be scheduled on Monday and Wednesday afternoons, twice a week. Practice days, at the Senior Swim rate is suggested in between. More advanced lessons may be offered in the Spring of 2027.

Course Instructor: Certified and experienced Lifesaving Society Instructors will teach beginner swim lessons. They will be designed to introduce "Scared Stiff Seniors" to the water.

SMART PHONE PHOTOGRAPHY COURSE

Course Instructor: Jesse Madden Course Fee: $25.00 Coordinator: Bev Atkins
Date/Time/Place: Tuesdays; Oct 13,20,27. 6:00-8:00pm. Seniors Activity Center. Class Size: max 20
and Field classes on Saturdays; Oct 17,24. 2:00 – 4:00pm.

Course Description: Learn to take professional photos with the camera you always have in your pocket. This course will focus on understanding your smart phone camera, learning photography fundamentals, mastering composition and in field practicing and learning. The last session will be a review of student's photography with feedback from Jesse and classmates. **Students to bring Smart phone with camera. This class is a combination of three indoor and two outdoor sessions. Be prepared for uneven ground and all-weather conditions.**

Course Instructor: Jesse Madden has been teaching photography since 2011. She is a professionally trained photography and artist. Jesse specialized in commercial photography but teaching photography is close to her heart.

SOURDOUGH BREAD - DEMONSTRATION

Course Instructor: Shannon O'Donovan-Zirnhelt Course Fee: $25.00 Coordinator: Vonna Underhill
Date/Time/Place: Tuesday; Oct 27. 3:00–5:00 pm. Seniors Activity Center - Kitchen. Class Size: max 16

Course Description: Watch a demonstration on how to make a loaf of sourdough bread from start to finish including how to start and feed your own sourdough Starter. Shannon will demonstrate all stages of how to make artisan sourdough bread. You will also receive some starter and recipes to take home and continue your sourdough journey. **Students will receive a Sourdough Starter and recipes to continue your Sourdough journey.**

Course Instructor: Shannon O'Donovan began **Birch Bark Bakery** on the shores of Beaver Lake almost a decade ago, experimenting with various flours and techniques to perfect her wonderful sourdough breads and other wholesome creations. She enjoys sharing her knowledge and providing hands-on workshops teaching the art of sourdough from starter to finished loaf.

SPANISH (BEGINNERS)

Course Instructor: Patricia Olson Course Fee: $25.00 Coordinator: Jim Chorney
Date/Time/Place: Tues & Thurs; Oct 6,8,13,15,20,22. 7:00pm-8:30pm. Seniors Activity Center. Class Size: max 10

Course Description: This course will cover Beginners 'words and phrases' in conversational Spanish.
Course Instructor: Patricia was born in Mexico City, and now teaches Spanish Instruction at **Thompson Rivers University**.

STORY TELLING

Course Instructor: Sage Birchwater Course Fee: $ 40.00 Coordinator: Carol Thiessen
Date/Time/Place: Tues; Oct 6,13,20,27,Nov 3. 9:30-11:30am. Cariboo Arts Ctr – Graham Kelsey rm. Class Size: max 10

Course Description: Often there are profound, meaningful moments that make significant difference to us, change our lives forever. What are they? Let's explore these influences and articulate what happened.

Course Instructor: Sage Birchwater (nee Rick Stamford) has lived in the Cariboo Chilcotin since 1973. He has travelled North America and had a variety of occupations focused on his relationship with the land. He has written several non-fiction books about our region and has worked for the Tribune. Sage has published 13 titles and is currently working on a biography.

TRAVEL CONFIDENTLY

Course Instructor: Tanya Slack Course Fee: $20.00 Coordinator: Vonna Underhill
Date/Time/Place: Friday; Oct 23. 9:00-11:00am. Seniors Activity Center. Class Size: max 25

Course Description: Discover the best travel options and how to choose the best trip. Including practical travel tips, affordable, accessible, and safe travel. Go over different mobility aids. Single and solo travel options. Understand travel insurance, and so much more.

Course Instructor: Tanya started her Travel Agent career in 2014. She started at **Flight Center** and now is running **All-Ways Travel** with her family. Tanya has travelled to 20 countries. Her favorite is Turkiye.

WOMEN IN INVESTING

Course Instructor: Christina Roderus Course Fee: $ 20.00 Coordinator: John Shephard
Date/Time/Place: Thursday; Oct 15. 10:00-12:00pm. Seniors Activity Center (downstairs). Class Size: max 12

Course Description: Investing principals and strategies designed for the modern woman.

Course Instructor: Christina has extensive experience in the finance field and presentations on the subject.

Please note: For your convenience, please see the Course Registration form on the next page of this document. To ensure yourself a smooth process, please complete this form to use on Course "Registration Day" on September 19th at 10:00 a.m. at the Seniors Activity Center..

" Thank you for supporting Elder College "

CARIBOO CHILCOTIN ELDER COLLEGE

website: www.wleldercollege.ca

COURSE REGISTRATION AND MEMBERSHIP FORM

(please print clearly)

_____ _____

Surname First Name

_____ _____

Address Postal Code

_____ _____

Telephone Email

List all the courses you wish to take:	Course Fee $	Registrar's Initials
1) Course Name: _____	Fee: $_____	_____
2) Course Name: _____	Fee: $_____	_____
3) Course Name: _____	Fee: $_____	_____
4) Course Name: _____	Fee: $_____	_____
5) Course Name: _____	Fee: $_____	_____
6) Course Name: _____	Fee: $_____	_____

Course Fee Total: $_____

Credit _____ - < >

Membership Fee **2026** $ 10.00

TOTAL PAYABLE $_____

By signing below, I confirm that I have reviewed and agree to the courses listed above. I also acknowledge that I have read, understood, and agree to the terms and conditions on the second page of this form, which apply to all courses registered for in this semester.

X _____ Date: _____

Student signature required

_____

Cariboo Chilcotin Elder College (Cashier)

The information collected on the *Registration Form* is confidential and used only by the Cariboo Chilcotin Elder College Executive and Curriculum committee members.

Please refer to the Curriculum Policy & Procedures document for information on course credits.

☐ There are many ways to volunteer with Elder College, if you are interested in helping us please check this box.

RELEASE OF LIABILITY, WAIVER OF CLAIMS
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please note that by signing this agreement, you give up the right to sue for any injury or damages, howsoever caused.

TO: CARIBOO CHILCOTIN ELDER COLLEGE (Elder College) ("the Society") and its directors, officers, representatives and agents (collectively called "the Agents").

I hereby sign this agreement on behalf of myself, my personal representatives, heirs and assigns.

I agree as a precondition to my participation in all events organized by "the Society" and/or "the Agents" including, but not limited to all classes/tours (collectively referred to as "the Activities") and in further consideration of "the Society" allowing me to do so, that I will be strictly bound by the terms of this *Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity Agreement* ("the Agreement").

I acknowledge that "the Activities" may involve inherent risks and dangers that may cause serious injury and possible death to participants.

I fully understand the risks and dangers associated with my participation in "the Activities" and accept same entirely at my own risk.

I hereby waive any and all claims which I may have against "the Society" and "the Agents" and release "the Society" and "the Agents" from all liability for injury, death, property damage or any other loss sustained by me as a result of my participation in "the Activities", due to any cause whatsoever; including negligence, breach of contract, or breach of any statutory or other duty of care by "the Society" and/or "the Agents".

I appreciate that "the Agreement" limits the liability of "the Agents" to the same extent as it limits the liability of "the Society", even though "the Agents" are not formal parties to "the Agreement".

I AM 16 YEARS OF AGE OR OLDER, AND I HAVE READ AND UNDERSTAND "THE AGREEMENT". I UNDERSTAND THAT THIS DOCUMENT CONTAINS A PROMISE NOT TO SUE "THE SOCIETY" AND/OR "THE AGENTS" AND THAT IT CONSTITUTES A RELEASE OF LIABILITY AND AN INDEMNITY FOR ALL CLAIMS. IF I AM THE PARENT AND / OR GUARDIAN OF THE PARTICIPANT I HAVE READ AND UNDERSTAND AND EXECUTE "THE AGREEMENT" ON BEHALF OF CHILD / WARD.