

## Fighting the Great War Part 2: 1915 The Sterile Year

Canada mobilizes, Gallipoli, Artois, Loos, Serbia's collapse and Russia's Great Retreat. 1915 saw defeat or stalemate on all fronts but the belligerents double-down, futilely expending more lives and treasure.

Thursdays | Mar 30 - Apr 13 | 10:00 a.m. - 12:00 p.m.  
CCC | 3/\$42 | Code: 52447  
Presenter: Chris Comars

## Conscious Aging

What does growing older mean to you? How can we come to terms with and make peace with our own aging process, while continuing to enjoy our lives? In this class you are invited to explore some of these issues through discussions with peers, readings and personal reflection.

Tuesdays | Mar 28 - Apr 18 | 1:30 p.m. - 3:30 p.m.  
CCC | 4/\$46 | Code: 52445  
Presenter: Dr. Judith Martin, Registered Clinical Counsellor

## Spring Promises Mushrooms

Spring can bring a rich fruiting of mushrooms that is distinct from the fall selection. This workshop will explore what spring rains bring forth and also offer a view into some developments in research and thinking in the fungal realm. Participants are encouraged to bring mushrooms along for possible ID and discussion.

Wednesday | Apr 12 | 9:00 a.m. - 12:00 p.m.  
CCC | 1/\$14 | Code: 52769  
Presenter: Richard Nelson

## Solar Energy Basics

The group will review residential solar energy production and how it truly works. We will cover the equipment necessary to connect your home, the options for mounting panels and a detailed demonstration of the design, logistics and implementation of a system on a home or property. We also review the BC Hydro net metering program details. If you have solar questions, this is where you will find the answers!

Friday | Apr 14 | 1:00 p.m. - 3:00 p.m.  
CCC | 1/\$14 | Code: 52770  
Instructor: John Weyermars

## Cycling for Women

If you can ride up to 15 kms, we can expand your skills. The series of 4 bike rides will include Cowichan Valley Trails, Kinsol Trestle, Westholme and Chemainus. First ride to meet at CCC, with a potential drive to an area trailhead.

Wednesdays | Apr 19 - May 10 | 1:00 p.m. - 4:00 p.m.  
CCC | 4/\$40 | Code: 52446  
Leaders: Suzanne Thur & Michelle Work

## Why Home Sellers Are Sued & How You Can Protect Yourself

This session will cover where home sellers are vulnerable and the six steps you can take to reduce the likelihood you'll be sued later. We will also look at examples of payouts.

Thursday | May 11 | 1:00 p.m. - 2:30 p.m.  
CCC | 1/\$14 | Code: 52679  
Presenter: Rick Couvelier

## Yoga & Meditation for Seniors

This class offers a combination of gentle stretches, simple yoga postures, yoga breathing techniques, muscle toning and strength building and meditation.

Mondays | May 1 - June 5 | 10:00 a.m. - 11:00 a.m.  
CCC | 5/\$60 | Code: 52665  
Instructor: Saroj Sund  
No session May 22

## Real Estate Secrets For 55+

Join this very informative session on real estate secrets. You will learn the most common timing mistakes seniors make; if you qualify for the \$17,500 free grant; the seven first steps you need to know; how real estate fees work; hidden costs when you sell; and the most popular retirement destinations.

Thursday | Sept 15 | 1:00 p.m. - 2:30 p.m.  
1/\$14 | Code: 52683  
Presenter: Rick Couvelier

Thank you to all of the wonderful volunteer instructors and committee members who donate their time and expertise.

If you are interested in teaching courses for Lifelong Learners, contact the Lifelong Learners Advisory Committee via Jennifer Carmichael at 250.748.PLAY (7529) or [jennifer.carmichael@cvrd.bc.ca](mailto:jennifer.carmichael@cvrd.bc.ca)



Welcome to Cowichan Valley Lifelong Learners, bringing fun, informative programs to the 50+ community. As a new season begins, the CCC and Lifelong Learners (formerly Elder College) advisory committee recognized that it was time for change as the community experiences new challenges and a renewed desire to learn new skills, enhance well-being and enjoy more creative living. With a small annual membership fee, you can join the many members benefitting from volunteer presenters who bring a wide variety of classes and workshops to the Cowichan Community Centre for you.

## Cowichan Community Centre

2687 James Street  
Duncan, BC V9L 2X5  
250.748.7529 | [tcentre@cvrd.bc.ca](mailto:tcentre@cvrd.bc.ca)

## ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website [www.cvrd.ca](http://www.cvrd.ca)

 @mycvrd

 [facebook.com/cvrdrec](https://www.facebook.com/cvrdrec)

WINTER/SPRING 2023



# Lifelong Learners

Courses for individuals 50+

COWICHAN  
COMMUNITY CENTRE



[cvrd.ca](http://cvrd.ca)

### Beginner Fly Tying

Students will learn to tie their own fishing flies, including the tools and materials needed. They will come away with a nice selection of flies that catch fish on local lakes, rivers and beaches. A \$40 supply fee is payable to the instructors at the first class.

Tuesdays | Jan 10 - Feb 28 | 9:00 a.m. - 11:00 a.m.  
Offsite | 8/\$70 | Code: 52441  
Instructors: Devina & Ted Brookman

### A Virtual Heritage Walk Around Ladysmith Harbour

An illustrated talk on the history and heritage of Ladysmith Harbour.

Thursday | Jan 26 | 1:00 p.m. - 3:00 p.m.  
CCC | 1/\$14 | Code: 52496  
Presenter: Dr. Quentin Goodbody

### A Forest Story

Learn about the restoration of a once glorious Eastern Ontario maple forest and the triumphant resurrection of a defunct maple syrup enterprise. Listen to charming forest sketches involving Indigenous peoples interacting with their environment - stories that have edified scores of out-of-country visitors to Canada.

Mondays | Jan 30 - Feb 6 | 10:00 a.m. - 11:30 a.m.  
CCC | 2/\$28 | Code: 52481  
Presenter: Don Deakin

### Adventures in Home Exchanging

Home exchange programs offer economical travel and adventure opportunities not available by traditional travel. Home exchanges are available all over the world and include simultaneous or non-simultaneous exchanges or just home hosting. This speaker has enjoyed 24 successful home exchanges during the past 10 years and has interesting anecdotes and photos about the experience.

Thursday | Feb 2 | 10:00 a.m. - 11:30 a.m.  
CCC | 1/\$14 | Code: 52448  
Presenter: Bill Low

### Writers in Their Habitat

A relaxed voyage in three countries in search of great writers and where and how they lived.

#### France

Thursdays | 10:00 a.m. - 12:00 p.m.  
Feb 9 | Proust & Voltaire  
CCC | 1/\$14 | Code: 52503  
Feb 16 | Ronsard & Prévert  
CCC | 1/\$14 | CCC | Code: 52505  
Instructor: Timothy Brownlow, PhD

#### Britain

Thursdays | 10:00 a.m. - 12:00 p.m.  
Feb 23 | Sir Walter Scott & Ruskin  
CCC | 1/\$14 | Code: 52506  
Mar 2 | Wordsworth & Beatrix Potter  
CCC | 1/\$14 | Code: 52509  
Instructor: Timothy Brownlow, PhD

#### Ireland

Thursdays | 10:00 a.m. - 12:00 p.m.  
Mar 9 | Lady Gregory & George Moore  
CCC | 1/\$14 | Code: 52510  
Mar 16 | Yeats & Joyce  
CCC | 1/\$14 | Code: 52511  
Instructor: Timothy Brownlow, PhD

### Best Time to Sell in 2023

This session will cover the what's, why's and tips of selling your home. You will learn what the hottest selling months are and why some properties are not selling. Rick will also provide you with tips to sell your home quickly for top dollar.

Wednesday | Feb 8 | 1:00 p.m. - 2:30 p.m.  
CCC | 1/\$14 | Code: 52676  
Presenter: Rick Couvelier



### Earthquakes in Our Area - History, Reason, Risk and Preparation

Join this illustrated talk on the history of and reasons for earthquakes in our area, followed by an assessment of what risks we face and how/why you should be prepared.

Thursday | Feb 9 | 1:00 p.m. - 3:00 p.m.  
CCC | 1/\$14 | Code: 52498  
Instructor: Dr. Quentin Goodbody

### Beginner/Intermediate Guitar

This course will focus on learning the common first position chords with the goal of playing a simple song to start. We will look at some basic theory as it pertains to understanding key signatures and the relevance of what chords go together in songs. Intermediate studies will focus on more advanced theory and some cool tricks on how to spice up your playing. Please bring a playable guitar.

Thursdays | Feb 16 - Mar 23 | 10:30 a.m. - 12:00 p.m.  
CCC | 6/\$64 | Code: 52440  
Instructor: Brian Hicks

### Release Stress & Anxiety

Stress and anxiety can cause long lasting negative impacts on our lives. This session uses hypnotherapy and guided meditation techniques to create calm and peaceful feelings. Learn how to achieve this state on your own using self-hypnosis techniques. This class includes an introduction to stress release and a 45-minute meditation session to demonstrate these techniques.

Tuesday | Feb 21 | 10:00 a.m. - 12:00 p.m.  
CCC | 1/\$14 | Code: 52442  
Instructor: Allan Curtis

### Beginner Ukulele

Learn the basic ukulele chords, including strumming, and the names of strings of the C ukulele. Must provide your own playable ukulele.

Saturdays | Mar 11 - 25 | 10:00 a.m. - 12:00 p.m.  
3/\$42 | Code: 52461  
Instructor: Al Lawrence

### The Tricky Tale of the E&N Railway

Join an illustrated talk on the history of railway expansion in British Columbia in the 1880s, focusing on how we ended up with the E&N Railway on Vancouver Island. The progress and challenges of construction of the E&N Railway is charted through newspaper articles and period photographs.

Thursday | Feb 23 | 1:00 p.m. - 3:00 p.m.  
CCC | 1/\$14 | Code: 52500  
Presenter: Dr. Quentin Goodbody

### Your Kitchen Garden

Join our instructor for a discussion that covers crops and mulching; adding organic matter and composting; storing vegetables in the ground; and poly tunnels, clean-up, and indoor gardening. Bring your questions. Weather permitting, the last class will be a field trip to Providence Farm.

Wednesdays | Mar 1 - 22 | 1:00 p.m. - 3:00 p.m.  
CCC | 4/\$52 | Code: 52502  
Instructor: Chris Ralston



### Register for Programs

#### Online:

Browse and register for programs online at [www.reccowichan.ca](http://www.reccowichan.ca)

#### In Person:

At the Cowichan Community Centre or Kerry Park Recreation Centre.

#### By Telephone:

Call 250.748.7529 during office hours.

*Please note that there is an annual \$10 Lifelong Learners Membership Fee.*

Please note descriptions have been shortened. Visit <https://www.cvrd.ca/3349/Lifelong-Learners> for a complete list of programs, fees, and full descriptions. Locations: **CCC** = Cowichan Community Centre **Off Site** = See Rec Guide for Course Location