

Relaxation Therapy for Stress Relief

This workshop will introduce Hypnotherapy techniques using relaxation to reduce stress from everyday life and events over which we have no control. Learn how to relax easily using Self-Hypnosis techniques and find that calm and peaceful place within yourself. Session includes a 45 minute hypnotherapy session to demonstrate these techniques.

Thursday | Apr 8 | 6:30 p.m. - 8:30 p.m.
CCC | 1/\$14 | Code: 33563
Presenter: Allan Curtis

Cowichan Valley Cycling for Women

Bring your bike/helmet/water bottle and snack. The series of 4 bike rides will include Cowichan Valley Trails, Kinsol Trestle, Westholme and Glenora back roads. First ride will meet at CCC.

Tuesdays | Apr 20 - May 11 | 1:00 p.m. - 4:00 p.m.
4/\$36 | Code: 33578
Leaders: Suzanne Thur and Michelle Work



Armchair Travel: Costa Rica

Visit the beautiful tropical paradise of Costa Rica and learn about its abundant flora and fauna. The wildlife abounds and new sights can be seen through forest walks taken day and night. Learn about the majestic volcanoes, hot springs, waterfalls, and white sand beaches.

Thursday | Apr 22 | 1:30 p.m. - 3:00 p.m.
CCC | 1/\$14 | Code: 33554
Presenter: Janet Ruest

Armchair Travel: Antarctica

Visit the "White Continent" and learn about its abundant wildlife and the impact of climate change. Discussions will also include the difference between expedition and cruise ship travel. Also to be discussed are the cities of Buenos Aries and Ushuaia.

Wednesday | May 12 | 1:30 p.m. - 3:30 p.m.
CCC | 1/\$14 | Code: 33558
Presenter: Janet Ruest

Wild Harvest

Foraging for edible and therapeutic plants and fungi at the edges our garden areas can provide great benefit to our diet as well as our physical and spiritual health. This outdoor workshop is designed to explore and uncover the vast variety of wild harvest bounty. Participants are encouraged to bring along their personal experience and questions to enrich the discussion. Location: 1720 Baldy Mt. Rd. Shawnigan Lake

Monday | May 17 | 10:00 a.m. - 12:00 p.m.
Off Site | 1/\$14 | Code: 33593
Instructor: Richard Nelson

Northern Ethiopia

The stunning scenery, the remarkable rock cut churches and especially the friendly people are what attract visitors to Ethiopia. Join us as we explore the northern mountains, the city of Addis Ababa, the religious centres of Axum and Lalibela, the source of the Blue Nile and much more.

Friday | May 21 | 1:30 p.m. - 3:30 p.m.
CCC | 1/\$14 | Code: 33590
Presenter: Gwyneth Kingham

The Raptors Tour & Demonstrations

The Raptors is a birds of prey and conservation education centre that offers an opportunity to get up close with these amazing birds. Participants will visit the Raptors facility for a guided 20-30 minute tour, followed by a 30-40 minute flying demonstrations where we fly 4-5 different species of raptors and educate guests on their biology and conservation.

Thursday | May 20 | 1:00 p.m. - 3:00 p.m.
Off Site | 1/\$25 | Code: 33595
Presenter: The Raptors

Using Cannabis and Hemp as Medicine

This will be an informative discussion on the history and many forms of this ancient medicine. Talk will be followed by a question and answer period.

Friday | May 28 | 1:00 p.m. - 3:00 p.m.
CCC | 1/\$14 | Code: 33592
Presenter: Karla Rothweiler

Elder College is celebrating its 20 year anniversary of offering programs at Cowichan Community Centre!

In order to reduce the risk of exposure to COVID-19, we are meeting public health expectations by limiting group sizes and practicing physical distancing during the program.

While the CVRD is taking measures to lower the risk of the spread of the Coronavirus, COVID-19, it does not guarantee its ability to do so.

All programs are subject to change due to COVID-19 restrictions.

Cowichan Community Centre

2687 James Street
Duncan, BC V9L 2X5
250.748.7529 | 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.bc.ca

@mycvrd

facebook.com/cvrdrec



Elder College Programs

Courses for individuals 50+

COWICHAN
COMMUNITY CENTRE



cvrd.bc.ca

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 Elder College, contact the Elder College Advisory Committee via Jennifer Carmichael at 250.748.PLAY (7529) or jennifer.carmichael@cvrd.bc.ca

Drawing Cats and Dogs

Have fun exploring your own style of drawing your pet. No talent or previous experience required.

Wednesdays | Jan 13 - Feb 17 | 1:30 p.m. - 3:00 p.m.
CCC | 6/\$60 | Supplies Extra | Code: 33585
Instructor: Penny Boden

Tax Assessment Tips & Traps

2020 Assessment Notices are arriving in the mail. Almost all residential values have gone up. Will your property taxes go up by the same percentage? Some properties are worth less than Assessed Values: why? Should you appeal? If so, what do you need to do? Why do some owners ask for an assessment increase? Why do some ask for a decrease?

Thursday | Jan 14 | 1:00 p.m. - 2:30 p.m.
CCC | 1/\$14 | Code: 33577
Presenter: Rick Couvelier

Dealing with Aging Issues

This workshop will introduce Hypnotherapy techniques to lessen the impact of aging on your daily life. Learn how to use Self-Hypnosis techniques, mindfulness and relaxation to soothe and calm age related issues. Session includes a 45 minute hypnotherapy session to demonstrate these techniques!

Thursday | Feb 4 | 6:30 p.m. - 8:30 p.m.
CCC | 1/\$14 | Code: 33559
Presenter: Allan Curtis

Dealing with COVID-19 Anxiety

This workshop will introduce Hypnotherapy techniques to lessen anxiety related to the COVID-19 pandemic. Learn how to use Self-Hypnosis techniques, mindfulness and relaxation to soothe and calm anxiety and stress during these difficult times. Session includes a 45 minute hypnotherapy session to demonstrate these techniques!

Thursday | Feb 18 | 6:30 p.m. - 8:30 p.m.
CCC | 1/\$14 | Code: 33560
Presenter: Allan Curtis

Mason Bees - Blue Orchard Bees (BOB)

Come and learn how to assist the bees to expand and pollinate and how to accommodate them. Discussion will also cover Mason bee houses.

Friday | Feb 19 | 1:00 p.m. - 3:00 p.m.
CCC | 1/\$14 | Code: 33553
Presenter: Brian Guzda

Beginner/Intermediate Guitar

This class 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.

Tuesdays | Feb 23 - Mar 30 | 7:00 p.m. - 8:30 p.m.
CCC | 6/\$60 | Code: 33552
Instructor: Brian Hicks

Armchair Travel: Western China

Visit the western end of the Great Wall in Gansu Province and Silk Road oases in Xinjiang, home of the Uighurs. This presentation includes visits to the ancient Chinese capital of Xi'an, the Mogao caves at Dunhuang, an ancient Uighur capital at Turpan plus Hotan, Urumqi, Kashgar, Jiayuguan and the surrounding countryside.

Thursday | Feb 25 | 1:30 p.m. - 3:30 p.m.
KPRC | 1/\$14 | Code: 33122
Presenter: Gwyneth Kingham

War in the Atlantic 1939-45

Combat under, on and over the Atlantic Ocean and adjacent seas raged from the first day of the European war until the last. This presentation will examine the naval, technological and economic aspects of the campaign.

Wednesdays | Feb 24 - Mar 10 | 10:00 a.m. - 12:00 p.m.
CCC | 3/\$40 | Code: 33596
Presenter: Chris Comars

Cannabis Plant Medicine

This will be an informative discussion on the history and the many forms of this ancient medicine. Talk will be followed by a question and answer period.

Friday | Feb 26 | 1:00 p.m. - 3:00 p.m.
CCC | 1/\$14 | Code: 33591
Instructor: Karla Rothweiler



Overcoming Phobias

This workshop will introduce Hypnotherapy techniques to eliminate the impact of phobias and irrational fear. Learn how to use Self-Hypnosis techniques to replace the anxiety with calm within yourself. Session includes a 45 minute hypnotherapy session to demonstrate these techniques!

Thursday | Mar 4 | 6:30 p.m. - 8:30 p.m.
CCC | 1/\$14 | Code: 33561
Presenter: Allan Curtis

Beginner Ukulele

Learn the basic Ukulele chords, strumming, names of strings of the C Ukulele. Must provide your own playable Ukulele. Printed material provided by instructor.

Saturdays | Mar 13 - Mar 27 | 10:00 a.m. - 12:00 p.m.
CCC | 3/\$40 | Code: 33564
Instructor: Al Lawrence

Managing Your Edible Home Garden

Discussion and slide presentation on growing a successful food garden at your home. This class covers soil preparation, timing, variety selection, fertilizer and pest control, vegetables, small fruits and tree fruits. Location: Dinter Nursery

Thursday | Mar 25 | 10:00 a.m. - 11:30 a.m.
Off Site | 1/\$14 | Code: 33588
Instructor: Bernie Dinter

Literature and the Oral Tradition

The influence of the spoken word on six great English and Irish writers: Chaucer, Shakespeare, Byron, Yeats, Synge, Joyce. Participation, involving willingness to share the reading aloud of the authors, will be encouraged.

Thursdays | Apr 1 - May 6 | 10:00 a.m. - 12:00 p.m.
CCC | 6/\$60 | Code: 33594
Presenter: Timothy Brownlow, PhD

Incapacity Planning, Will and Estates and Duties of an Executor

This session will cover the preparation of Powers of Attorney, Representation Agreements and Advance Directive. Duties of an executor on the death of a will-maker and an introduction to applying for Probate or Administration will also be covered.

Wednesdays | Apr 7 - 21 | 10:00 a.m. - 12:00 p.m.
CCC | 3/\$40 | Code: 33576
Presenter: Julia Henderson



Register for Programs

Online:

Browse and register for programs online at 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 Elder College Membership Fee.

Please note descriptions have been shortened. Visit www.islandnet.com/eldercollege for a complete list of programs, fees, and full descriptions.

Locations: **CCC** = Cowichan Community Centre **KPRC** = Kerry Park Recreation Centre **Off Site** = See Rec Guide for Course Location