

**Spring 2024**

**Curiosity never retires!**



BC Forest Service Photo



Mike Handley Photo



BC Wildfire Service Photo



**Cultural, Societal, Political, Environmental and Economic Impacts of the 2023 Fire Season and How to Mitigate the Crisis Going Forward - Robert Gray, Fire Ecologist**

Friday, February 23, 2024, 1 pm – Martin Centre Auditorium (see page 2)

**Society for Learning in Retirement**

1434 Graham Street, Kelowna, BC V1Y 3A8

250-448-1203 - [registrar@slrkelowna.ca](mailto:registrar@slrkelowna.ca) – [www.slrkelowna.ca](http://www.slrkelowna.ca)



### Isobel Mackenzie

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. Isobel led B.C.'s largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments. Isobel has been widely recognized for her work and was named B.C. CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero.

#### Advocating for Seniors

**Ms. Mackenzie (Seniors Advocate)**

**will join us via Zoom**

**Friday, February 16, 1 pm**

(see page 27)



#### Medieval History - Knights and Needlework

**Dr. Alana Gowdy**

**Mondays, 10 am**

**January 15 – February 5**

**Classroom or Zoom** (see page 7)

### Cultural, Societal, Political, Environmental and Economic Impacts of the 2023 Fire Season and How to Mitigate the Crisis Going Forward

**Robert Gray - Fire Ecologist**



Photo: Kari Medig

Above: Robert Gray stands in a Kimberly, BC, park scheduled for a prescribed burn later that day, autumn 2017.

The Chilliwack, British Columbia-based professional heads his own company, R.W. Gray Consulting Ltd. He has devoted much of his life to understanding and working with wildfire. He's now described as a fire ecologist, advising governments and communities on both sides of the Canada-US border. But he's also a hands-on guy; he's worked on firefighting crews and with First Nations, served as a forest technologist and been a "burn boss" in the field.

*- Kootenay Mountain Culture Magazine*

**Friday, February 23, 1 pm**

**Martin Centre Auditorium** (see page 27)



## President's Report



SLR is thriving, and our membership has been steadily growing, having doubled over the past two years, now boasting over 700 members. This enthusiastic support for our classes is very encouraging. Please keep in mind that when a class is full, you can join the waitlist. Whenever feasible, we will do our best to accommodate these waitlists. This tremendous interest is a promising indicator for SLR and our presenters, who often respond by adding extra class sessions to accommodate the demand.

Furthermore, the variety of courses on offer continues to expand as our presenter community grows, creating a more enriched learning environment. The SLR Board also recognizes the importance of fostering connections among our members. We've introduced several social events, with the Spring Fling and annual picnic. Recently, we've added a "Canadian Christmas Tea" event scheduled for December. The summer chat sessions proved to be a hit with a high turnout, and our Saturday afternoon movies (based on donations) are consistently well-attended.

Be sure to check out the digital photo screen in the lunchroom, displaying images from past and ongoing events. We also encourage our members to consider volunteering – there are numerous opportunities available, ranging from helping with social events to assisting with gym setup, presenters, and classes. Lastly, we urge you to contemplate the possibility of becoming a Board member, as your contributions can significantly shape the direction of SLR.

For more information, please explore our website at [www.slrkelowna.ca](http://www.slrkelowna.ca).

I can never say thank you enough to all our volunteers, staff, and Board members who invest their hard work and dedication to keep this exceptional organization moving in a positive direction. Your efforts are sincerely appreciated.

**Thank you for  
your support!**



### Board of Directors 2023/2024

Jeanette Bosch	President
Seymour Zidle	Vice President
Nancy Baillie	Treasurer
Elo Fox	Volunteers
Val Hardy	Programming
Mary Lou Johnson	Secretary
Deanna Matthewson	Social director
Joey Thompson	Media
Pat Maki	Membership

Ever imagine what life will look like when your grandkids head into their senior years? You can bet it will be vastly different than the world we know today.

As SLR's members who benefit from the Centre's vast array of educational programs, we can ensure that future generations – our families, other seniors, and the Okanagan community overall - enjoy the same opportunity to engage in life-long learning and social networking well into their senior years. A charitable bequest to SLR will ensure the vitality of SLR for future generations.

For more information regarding Legacy Gift Giving, contact the office at:  
[registrar@slrkelowna.ca](mailto:registrar@slrkelowna.ca)



## Spring Course Summary

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Monday	Medieval History – Knights and Needlework	7	10 am	Jan 15	4	Room B/Zoom
Monday	Death Café	7	1 pm	Jan 15	1	Room A
Monday	Current Events	7	1 pm	Jan 15	10	Room B
Monday	MyHealthPortal	7	10 am	Jan 22	1	Room A
Monday	Practical Mysticism	7	1 pm	Jan 22	6	Room A
Monday	Developing Early Mathematicians	7	10 am	Jan 29	1	Room A
Monday	iPad Magic – Apps	8	10 am	Feb 5	4	Room A
Monday	Following in the Footsteps of Buddha	8	10 am	Feb 12	1	Room B/Zoom
Monday	Caste in India: A Critical Examination	8	10 am	Feb 19	1	Room B/Zoom
Monday	Earthquake Early Warning for B.C.	9	10 am	Feb 26	1	Room B/Zoom
Monday	The Grim History of the Death Penalty in Canada	9	10 am	Mar 4	1	Room B/Zoom
Monday	Behind the Magic: The Art of Movie Props and Set Decoration	9	1 pm	Mar 4	1	Auditorium
Monday	Insight Cards	9	10 am	Mar 11	3	Room A
Monday	The Core of Mindfulness & The Meditative Practice	10	10 am	Mar 11	8	Room B
Monday	MyHealthPortal	10	1 pm	Mar 11	1	Room A
Monday	The Okanagan Forest Industry 1890-2020	10	1 pm	Mar 11	1	Auditorium
Monday	Consciousness & Interdimensionality	10	1 pm	Apr 8	6	Room A
Monday	Fly Fishing 1.01	10	1 pm	Apr 8	1	Room B
Monday	Greatest Explorers and Journeyers of the Middle Kingdom	11	1 pm	Apr 15	1	Room B/Zoom
Monday	The Story of Terrazzo	11	1 pm	Apr 22	2	Room B/Zoom
Monday	Western Misconceptions Regarding China	11	1 pm	May 6	2	Room B/Zoom
Monday	It's only ART	11	10 am	May 13	1	Room B
Tuesday	What's New in Science	12	10 am	Jan 16	6	Room B
Tuesday	Writing Group	12	1 pm	Jan 16	11	Room A
Tuesday	The Future of Africa	12	1 pm	Jan 16	1	Room B/Zoom
Tuesday	China's Economic Model	12	1 pm	Jan 23	1	Room B/Zoom
Tuesday	Shaping the Okanagan	12	1 pm	Jan 30	1	Room B/Zoom
Tuesday	Get Ready to be Amazed! - Join us for a guided tour of the Kelowna Art Gallery!	13	10 am	Feb 6	1	Kelowna Art Gallery
Tuesday	Fintry: The Second Iteration	13	10 am	Feb 6	2	Room A
Tuesday	Anthropology and Current Issues	13	1 pm	Feb 6	5	Room B
Tuesday	Neptune's Playthings	13	10 am	Feb 20	1	Room A
Tuesday	More Than Meets the Eye	13	10 am	Feb 27	1	Room A
Tuesday	A Day in the Life of ...	13	10 am	Feb 27	6	Room B
Tuesday	Chalk Pastel Painting	14	10 am	Mar 5	4	Room A
Tuesday	Brontes on Screen	14	1 pm	Mar 12	8	Room B
Tuesday	Reading Circle for Reconciliation: 94 Calls to Action	14	10 am	Apr 2	1	Room A

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Tuesday	Understanding Grief and Loss	14	10 am	Apr 9	1	Room A
Tuesday	The Many Faces of Africa	14	10 am	Apr 9	6	Room B
Tuesday	UNDRIP	15	1 pm	Apr 16	1	Room A
Tuesday	Your New Listening Skills	15	1 pm	May 7	4	Room B
Tuesday	Portrait Drawing	15	10 am	May 14	3	Room A
Tuesday	It's Your Funeral	15	10 am	May 21	1	Room B
Tuesday	Magical Mysteries	15	10 am	May 28	1	Room B
Wednesday	Learn How to Read Tarot Cards	16	10 am	Jan 17	5	Room A
Wednesday	The Arctic	16	10 am	Jan 17	2	Room B/Zoom
Wednesday	Goddess Archetypes in Older Women	16	1 pm	Jan 17	3	Room A
Wednesday	Regain Your Brain	16	1 pm	Jan 17	8	Room B
Wednesday	Central Okanagan Land Trust	17	10 am	Jan 31	1	Room B/Zoom
Wednesday	Wastewater Treatment	17	10 am	Feb 7	1	Room B
Wednesday	Health and Wellness	17	1 pm	Feb 7	4	Room A
Wednesday	Book Club	17	10 am	Feb 14	4	Northwood
Wednesday	BRICS	18	10 am	Feb 14	1	Room B/Zoom
Wednesday	Planet-Friendly Gardening The Easy Way	18	10 am	Feb 21	1	Room B
Wednesday	Learn to Play Mahjong	18	1 pm	Feb 21	6	Summerwood
Wednesday	Nellie McClung: Canadian Trailblazer	18	10 am	Feb 28	1	Room B/Zoom
Wednesday	Island Hopping	18	10 am	Mar 6	5	Room B/Zoom
Wednesday	The Devolution from Partnership to Dominator Model	18	1 pm	Mar 13	4	Room B
Wednesday	Creating Insight Circles	19	10 am	Apr 3	4	Room A
Wednesday	"Going 'Lectric, Eh?"	19	10 am	Apr 10	1	Room B
Wednesday	Women's Work?	19	1 pm	Apr 10	5	Room B/Zoom
Wednesday	Protecting Trees and Landscaping for a Changing Climate	19	10 am	Apr 17	1	Room B/Zoom
Wednesday	The Living Matrix	19	10 am	Apr 24	1	Room B
Wednesday	Behind the Scenes Tour - ORL	20	10 am	Apr 24	1	ORL Admin
Wednesday	Physiotherapy Today	20	10 am	May 1	1	Room B
Wednesday	Diamonds and Gemstones	20	10 am	May 8	1	Room B
Wednesday	Leonardo da Vinci (1452-1519)	20	10 am	May 15	2	Room B/Zoom
Wednesday	Keep More Money in Your Pocket!	20	1 pm	May 15	1	Room B
Thursday	Poetry Appreciation	21	10 am	Jan 18	10	Room A
Thursday	Eating to Thrive: The Power of Food	21	10 am	Jan 18	1	Room B
Thursday	North Arctic Rivers	21	1 pm	Jan 18	4	Room B/Zoom
Thursday	Trade Routes through the Ancient Age	21	10 am	Jan 25	6	Room B
Thursday	iPad for Beginners	22	1 pm	Feb 8	4	Room A
Thursday	Rosie the Riveter	22	1 pm	Feb 15	1	Room B/Zoom
Thursday	Understanding Disease by Studying Molecules One at a Time	22	1 pm	Feb 22	1	Room B
Thursday	Kingdom of Saudi Arabia at Crossroads	22	1 pm	Feb 29	1	Room B

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Thursday	Colonization in Canada	22	10 am	Mar 7	3	Room B
Thursday	Stress: What Is It and How to Manage It	23	1 pm	Mar 7	1	Room B/Zoom
Thursday	Unidentified Anomalous Phenomena	23	1 pm	Mar 14	4	Room B
Thursday	India	23	10 am	Mar 21	1	Room B
Thursday	Navigating Peacefully: Strategies in Managing Anxiety	23	10 am	Mar 28	1	Room B
Thursday	Exploring the Fibre Frontier: The Fascinating World of Dietary Fibre	23	10 am	Apr 4	1	Room B
Thursday	Line Dance Continued ...	24	1 pm	Apr 4	7	Auditorium
Thursday	Experience the Legacy - KF Centre for Excellence	24	1 pm	Apr 4	1	KF Centre for Excellence
Thursday	Introduction to Mason and Leafcutter Bees	24	10 am	Apr 11	1	Room B
Thursday	Soulful End of Life Planning	24	1 pm	Apr 11	1	Room B
Thursday	Native and Invasive Plants of Okanagan Grasslands	24	10 am	Apr 18	1	Room B/Zoom
Thursday	Origins of the Vikings	24	10 am	Apr 25	4	Room B
Thursday	Where Do We Get our News?	25	1 pm	Apr 25	1	Room B/Zoom
Thursday	Gods, Gold and Greed	25	1 pm	May 2	7	Room B
Thursday	Antique and Vintage Telephones	25	10 am	May 23	1	Room B
Thursday	Exploration and Mining in BC, Past and Present	25	10 am	May 30	1	Room B/Zoom
Friday	Introduction to Painting with Watercolour	26	10 am	Jan 19	6	Room B
Friday	History of Water Supply to Kelowna's East Benches	26	1 pm	Jan 26	1	Room B/Zoom
Friday	Grandmas (or any adult) Growing Readers	26	10 am	Feb 2	1	Room A
Friday	Grandmas (or any adult) Growing Writers	26	1 pm	Feb 2	1	Room A
Friday	Medical Assistance in Dying	26	1 pm	Feb 2	1	Room B/Zoom
Friday	Living in Space: 50 Years of Space Stations	27	1 pm	Feb 9	1	Auditorium
Friday	Insight Art: What Is It?	27	10 am	Feb 16	1	Room A
Friday	Advocating for Seniors	27	1 pm	Feb 16	1	Room B/Zoom
Friday	Impacts of the 2023 Fire Season and How to Mitigate the Crisis Going Forward	27	1 pm	Feb 23	1	Auditorium
Friday	The Pursuit of Peace during a Time of Polycrisis	27	1 pm	Mar 1	1	Auditorium
Friday	Painting with Acrylics for Beginners	28	10 am	Mar 8	6	Room B
Friday	Acrylics Painting for Returnees	28	1 pm	Mar 8	6	Room B
Friday	Life in the News Business	28	1 pm	Apr 26	1	Martin Centre
Friday	A Look at the Art and Science of Secret Codes	28	1 pm	May 3	4	Room B

**All classes, unless stated otherwise, are scheduled 10am - 12pm or 1pm - 3pm  
Rooms A, B, and Auditorium: Martin Centre, 1434 Graham Street, Kelowna.  
All other locations are noted in course description.**

# MONDAY

<b>In Class/Zoom</b>	<b>Medieval History - Knights and Needlework</b>	
	<p>The Bayeux Tapestry was made soon after the Norman invasion of 1066 and amazingly still exists. It is a very long embroidery with soldiers, horses, unusual animals, and a few naked people! The story of important events before the invasion is followed by the Battle of Hastings. Resembling a comic strip in wool on linen, the Bayeux Tapestry is a world treasure.</p> <p><i>Dr. Gowdy will be presenting via Zoom from Calgary.</i></p>	<p><b>Presenter:</b> Dr. Alana Gowdy  <b>Dates:</b> Jan 15 - Feb 5  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B / Zoom</p>
<b>In Class</b>	<b>Death Cafe</b>	
	<p>This Death Cafe is a group-directed discussion about death, with no objectives, agenda, or themes - it's a space to talk about being mortal as a means to make the most of life.</p> <p>Facilitated by Keri Brekvel, RN, End-of-Life Doula, Coach, and Educator whose mission is to open up conversations about death, dying, loss, and grief, and to bring death back into the beauty, mystery, and celebration of life.</p>	<p><b>Leader:</b> Keri Brekvel  <b>Date:</b> Jan 15  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Current Events</b>	
	<p>This is a peer learning class. Each member will have the opportunity to introduce a topic of current interest, with a bit of background information and some pertinent facts, for general discussion. Occasionally we have a guest speaker. Typically, we cover three or four topics a day.</p> <p><i>No class on Family Day – February 19<sup>th</sup>.</i></p>	<p><b>Leader:</b> Pat Zander  <b>Dates:</b> Jan 15 – Mar 25  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 10 / \$37  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>MyHealthportal</b>	
	<p>MyHealthPortal is an online tool that provides patients with secure 24-7 access to their personal Interior Health information from a computer, tablet or smartphone. Bring your device with you and we can help with password/logon ID resets, enrolments, proxy requests and more.</p> <p><i>Evan is an Analyst, MyHealthPortal, Interior Health.</i></p>	<p><b>Presenter:</b> Evan Godberson  <b>Date:</b> Jan 22  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / No Charge  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Practical Mysticism</b>	
	<p>Together we will mine the jewels that lie at the heart of all of the world's major religions and when embodied lead to transformation. The course will be interactive and participatory and includes meditation and music.</p>	<p><b>Leader:</b> Mary Lou Johnson  <b>Dates:</b> Jan 22 – Feb 26  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Developing Early Mathematicians</b>	
	<p>Put the trains with the trainset is an early math skill: classification. Use stories, tactile materials and practice hands-on math stories including early addition to support young learners.</p>	<p><b>Leader:</b> Donna Cole  <b>Date:</b> Jan 29  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>



<b>In Class</b>	<b>iPad Magic - Apps</b>	<p><b>Leader:</b> Sharon Pollock  <b>Dates:</b> Feb 5 – Feb 26  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room A</p>
<p>This course about Apps is designed for those who already have a good working knowledge of iPads and are eager to collaborate and explore beyond basics. With Apple offering nearly 2 million Apps, the possibilities are endless. There are about 30 different categories with hundreds of Apps in each category. Some examples of the categories are: Games, Education, Business, Finance, Medical, Music, Navigation, News, Travel, Sports. Our objective isn't to spend class time instructing everyone on how to use every single App. The purpose is for participants to showcase their preferred Apps and provide a brief introduction to them lasting 5 to 15 minutes.</p>	<p><b>In Class/Zoom</b>      <b>Following the Footsteps of the Buddha: Path to Transformation</b></p>	<p><b>Presenter:</b> Manish Kumar  <b>Date:</b> Feb 12  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<p>Please join us for a comprehensive exploration of Buddhism. We will delve into the life and the teachings of the Buddha which Sir Edwin Arnold (1832-1904) called "The Light of Asia". We will explore various Buddhist schools and dispel common misconceptions. Immerse yourself in the sacred ambiance of Buddhist sites in India, as the speaker shares personal and lived experiences gleaned from over a decade as a tour guide travelling to the Buddhist sites in India, Nepal, Sri Lanka, Thailand and Indonesia. This unique perspective offers profound insights into the cultural and spiritual significance of these hallowed grounds. Whether you are a curious beginner or a seasoned enthusiast, this presentation promises a rich tapestry of knowledge, blending ancient wisdom with firsthand encounters and the opportunity to deepen your understanding of Buddhism and its sacred heritage.</p>	<p><b>In Class/Zoom</b>      <b>Caste in India: A Critical Examination</b></p>	<p><b>Presenter:</b> Manish Kumar  <b>Date:</b> Feb 19  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<p>Uncover the historical roots and contemporary implications of the caste system, exploring its profound impact on modern Indian society. Delve into why addressing the question of caste is paramount for fostering social harmony, dismantling discrimination, and building a more inclusive nation. This thought-provoking session aims to deepen your understanding of the significance of confronting caste-related challenges in today's India, offering insights to navigate and contribute to a more equitable and harmonious society. Also, Manish will be sharing his lived experiences and stories addressing the question of caste and why it matters. Please join us for an engaging exploration of this pressing societal issue which affects millions of lives daily in India.</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="162 1745 391 1969"> </div> <div data-bbox="464 1755 1157 1797" style="text-align: center;"> <p><b>VISIT THE LIBRARY IN THE SLR LOUNGE</b></p> </div> <div data-bbox="1299 1749 1494 1965"> </div> </div> <p style="text-align: center;">You may be surprised by what you'll find!  The library is there for your enjoyment.  Please Browse, Borrow and Bring Back.</p>	



<b>In Class/Zoom</b>	<b>Earthquake Early Warning for B.C.</b>	<p><b>Presenter:</b> Bob Crosby  <b>Date:</b> Feb 26  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<p>Because they operate the world's largest wired undersea observatory, Ocean Networks Canada is in a unique position to detect subduction earthquakes through the operation of sensor networks both on land and on the seafloor. Learn about the prototype earthquake early warning system already in place, and how it is being expanded and enhanced so that it can be used to provide early warning to the residents of southwestern B.C. Learn about how earthquake early warning will work and what the potential benefits are.</p> <p><i>Bob Crosby helped develop the earthquake warning project at Ocean Networks Canada at UVic. Bob will be presenting via Zoom.</i></p>		
<b>In Class/Zoom</b>	<b>The Grim History of the Death Penalty in Canada</b>	<p><b>Presenter:</b> Lorna Poplak  <b>Date:</b> Mar 4  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<p>Until the abolition of capital punishment in 1976, death by hanging was a grim reality within the Canadian criminal justice system. But what did capital punishment look like in Canada? In this session, we will discuss the history of the death penalty in Canada, with a focus on topics such as the inconsistent application of the death sentence, the treatment of women, wrongful conviction, the difficult journey toward abolition, and the last two hangings at Toronto's notorious Don Jail.</p> <p><i>Lorna Poplak is a Toronto-based writer, editor, and researcher with a fascination for the dark side of Canadian history. Presenting via Zoom.</i></p>		
<b>In Class</b>	<b>Behind the Magic: The Art of Movie Props and Set Decoration</b>	<p><b>Presenter:</b> Dean Goodine  <b>Co Presenter:</b> Janice Blackie - Goodine  <b>Date:</b> Mar 4  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<p><i>They Don't Pay Me to Say No</i> – Join renowned prop master, Dean Goodine, as he takes you on a captivating journey through the intricacies of what, where, when and how props are used in the world of film and television. You will be enthralled by the fascinating stories and intricate details he has to share.</p> <p>As an exciting bonus, Dean's wife Janice has graciously agreed to join him for a Q&amp;A session after his talk. Janice boasts an impressive track record in the film industry, having received an Academy Award Nomination for her work on <i>Unforgiven</i> and a Genie Award (often referred to as Canada's Oscar) for her exceptional contributions as a Set Decorator on <i>Passchendaele</i>.</p> <p>They will also showcase a selection of Janice's stunning paintings alongside some unique motion picture props.</p>		
<b>In Class</b>	<b>Insight Cards</b>	<p><b>Leader:</b> Dee MacGibbon  <b>Dates:</b> Mar 11- Mar 25  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room A</p>
<p>Use the creative process of collage to create your own personal insight cards from magazine images. You will also learn how to use these cards for personal growth, self understanding and connection through community. This is a wonderful way to gain access to your inner wisdom and knowledge.</p>		

<b>In Class</b>	<b>The Core of Mindfulness &amp; The Meditative Practice</b>	
<p>Have you ever tried to meditate but got frustrated or didn't know how? Are you curious to explore all the wonderful benefits of Mindfulness &amp; Meditation with a like-minded group?</p> <p>Join us in our weekly class designed to help you better deal with spiritual, emotional, and mental challenges such as uncertainty, stress, fear, anxiety, addictions, loss, grief, etc. Besides learning how to meditate, over the weeks you'll be supported in maintaining a steady practice and becoming more present in your own life.</p> <p><i>These are 1-hour classes. There is no class on April 1<sup>st</sup>, Easter Monday</i></p>		<p><b>Leader:</b> Federico Vallin  <b>Dates:</b> Mar 11- May 6  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>MyHealthPortal</b>	
<p>MyHealthPortal is an online tool that provides patients with secure 24-7 access to their personal Interior Health information from a computer, tablet or smartphone. Bring your device with you and we can help with password/login ID resets, enrolments, proxy requests and more.</p> <p><i>Evan is an Analyst, MyHealthPortal, Interior Health.</i></p>		<p><b>Presenter:</b> Evan Godberson  <b>Date:</b> Mar 11  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / No charge  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>The Okanagan Forest Industry 1890-2020</b>	
<p>For about 125 years, logging, sawmilling and wood manufacture have been important ways to make a living in the Okanagan. In that short time and in this small place, the forest industry regularly has been a subject of controversy as well as a trigger for crazy expenditures of energy and ingenuity. (Massive industrial waste often has been the origin of all three.)</p> <p>Much the same could be said about the industry across BC. Yet here, in the Okanagan, the industry's experience does seem a bit "prophetic." In a region celebrated not so much for wood as for fruit, gorgeous vistas, and a lovely climate, the forest industry has always had to fit into the economic parade, not lead it. This illustrated presentation is about a work in progress, not a finished publication. Memories and comments contributed by the audience will be most welcome.</p>		<p><b>Presenter:</b> Don McNair  <b>Date:</b> Mar 11  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<b>In Class</b>	<b>Consciousness and Interdimensionality</b>	
<p>Perhaps many of the world's mysteries and anomalies can be explained by interdimensionality. Together we will explore the possibilities and the research that is ongoing in the consciousness field ie. Orbs, portals, UAP's, crop circles etc.</p>		<p><b>Leader:</b> Mary Lou Johnson  <b>Dates:</b> Apr 8 – May 13  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Fly Fishing 1.01</b>	
<p>You just need to know where to start.  Mike will cover:  Simple gear: Rods, reels, lines, leaders, kayaks, canoes, inflatables.  3 Simple methods: Trolling, casting, still fishing.  3 Simple flies: Always lucky.  3 Simple resources: Road/lake maps, stocked lakes, free campsites.</p>		<p><b>Presenter:</b> Mike Brown  <b>Date:</b> Apr 8  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>

<b>In Class/Zoom</b>	<b>Greatest Explorers and Journeyers of the Middle Kingdom</b>	<p><b>Leader:</b> Daryl Cooper  <b>Date:</b> Apr 15  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<p>In 643, <i>Xuanzang</i>, on horseback, departed Xian, traversed the Taklamakan Desert, crossed the Tian Shan Mts, then followed the old silk road through the ‘Stans. At Samarkand Xuanzang turned south, passing through the Kyber Pass to India and Nepal. His journey would last seventeen years.</p> <p>Seven centuries later Admiral <i>Zeng He</i> sailed from the mouth of Yangtze, exited the South China Sea, and navigated the straights of Malacca to Sri Lanka. Later Zeng discovered the Arab world, finally sailing south along the African coast. Zeng, with a fleet of four hundred, made seven similar voyages from southeast Asia west to India and Africa. One hundred years before Christopher Columbus discovered America!</p> <p>Join us as we follow the footsteps of these two remarkable Chinese figures.</p>		
<b>In Class/Zoom</b>	<b>The Story of Terrazzo</b>	<p><b>Presenters:</b> Gord Hotchkiss Don Rampone  <b>Dates:</b> Apr 22 – Apr 29  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee</b> 2 / \$13  <b>Location:</b> Room B/Zoom</p>
<p>Terrazzo is a craft that has a long history in Northern Italy. In this course, we'll trace terrazzo's roots from its Venetian origins, follow its journey to North America, explore how it impacted the immigration of terrazzo craftsmen from the Friuli region and feature the stories of three terrazzo companies and the families who started them: The Fabris family from Winnipeg, the Pizzinat family in Los Angeles and the Ghini family from here in BC. We'll also hunt for the last remaining terrazzo floors here in Kelowna.</p>		
<b>In Class/Zoom</b>	<b>Western Misconceptions Regarding China</b>	<p><b>Leader:</b> Daryl Cooper  <b>Dates:</b> May 6 – May 13  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee</b> 2 / \$13  <b>Location:</b> Room B/Zoom</p>
<p>“Don’t you feel repressed in China? Be careful not to speak critically of the government. Is it a police state? Freedom of movement is restricted and there are security cams everywhere! How about Chinese food?” One gets lots of questions and comments after a decade in China. Maybe we can sort out a few of the misconceptions and myths about the Middle Kingdom. To do this we need first to understand their history, culture, values, and their economic system. The West gets a lot of things wrong about China but some right! Let’s explore.</p> <p><i>Disclaimer: Daryl first went to China in 2002, worked several years, travelled extensively, and enjoyed the country. He married a Chinese woman in 2006.</i></p>		
<b>In Class</b>	<b>It's only ART</b>	<p><b>Leader:</b> Kelly Taylor  <b>Date:</b> May 13  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Research suggests that when we engage deeply and meaningfully with art, we get a dopamine hit, our body's natural high. When we tune into and share our stories, we connect with ourselves and with others; we are not alone. Come and engage with a gallery of one woman's ART, share your insights and stories, hear hers, and connect.</p>		

*"Life is a university, so when you wake up each day, remember to go to school!" - unknown*


# TUESDAY

<b>In Class</b>	<b>What's New in Science</b>	<b>Leader:</b> Rosie Lawrence <b>Co-Leader:</b> Linda Shaw <b>Dates:</b> Jan 16 – Feb 20 <b>Day/Time:</b> Tues/10 am <b>Sessions/Fee:</b> 6 / \$25 <b>Location:</b> Room B
<p>Many changes in our lives arise as a result of developments in science. In this class we discuss advances in any aspect of science: health, climate, space, energy, whatever topic interests you. No scientific background is required, just an interest in advancements in any area of science. Participants are encouraged to bring items for discussion.</p>		
<b>In Class</b>	<b>Writing Group</b>	<b>Leader:</b> Patricia Campbell <b>Co-Leader:</b> Steven Taylor <b>Dates:</b> Jan 9 – Mar 26 <b>Day/Time:</b> Tues/1 pm <b>Sessions/Fee:</b> 11 / \$40 <b>Location:</b> Room A
<p>This course is for new and experienced writers, whether you are writing fiction, non-fiction, or creative non-fiction such as memoir. Group participants will provide each other with gentle feedback, support and encouragement. There will be opportunities to try new strategies and share ideas for your next draft. We will each submit a story every second week, 5 pieces of writing in total. In 10 of the sessions, all participants will give feedback on the writings of half the group. We will begin with an introduction to the course on January 9.</p>		
<b>In Class/Zoom</b>	<b>The Future of Africa</b>	<b>Leader:</b> Ron Krystynak <b>Date:</b> Jan 16 <b>Day/Time:</b> Tue/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
<p>Africa (a continent of 54 nations) is rarely in the news except when tragedies, like famine or conflicts, strike. However, did you know that by 2050 it is estimated that a quarter of the world's population will be African? Its rapid population growth will impact geopolitics, global trade, migration, and most aspects of life. Africa has a young and increasingly educated population, is rich in mineral resources and has embarked on an effort of economic integration.</p>		
<b>In Class/Zoom</b>	<b>China's Economic Model</b>	<b>Leader:</b> Ron Krystynak <b>Date:</b> Jan 23 <b>Day/Time:</b> Tues/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
<p>When Deng Xiaoping rose to power in China in 1978, he initiated an economic model whereby a market economy could be compatible with not only capitalism but also socialism. This set the nation on a course of economic liberalization, whereby in a relatively short period of time, China became the second largest economy in the world. This class draws on London School of Economics Professor Keyu Jin's book, <i>The New China Playbook</i>, where she explains China's unique economic model. We will explore Chinese culture, with its emphasis on education, diligence and frugality and how its tradition of placing community interests above personal interests influences its economic model (in contrast to the Western emphasis on the individual).</p>		
<b>In Class/Zoom</b>	<b>Shaping the Okanagan</b>	<b>Presenter:</b> Nicole Kittmer <b>Date:</b> Jan 30 <b>Day/Time:</b> Tues/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
<p>The Okanagan is renowned for several unique characteristics, many resulting from eons of geological activity. Join us for a guided PowerPoint tour of some of the Okanagan's iconic landforms and learn how the valley took shape. Our focus will be on Black Knight Mountain, Layer Cake Mountain, and the stunning Okanagan Lake. <i>Presented by Regional District of Central Okanagan</i></p>		



<b>Field Trip</b>	<b>Get Ready to be Amazed! - Join us for a guided tour of the Kelowna Art Gallery!</b>	
<p>The current prominent display is Wolves – The Art of Dempsey Bob - an exploration of the works of one of the leading carvers of British Columbia's Northwest Coast. Wolves are a source of inspiration for Dempsey Bob as he is from the Wolf Clan via matrilineal descent. His carvings combine traditional stories, characters and symbols along with influences from the modern world. Wolves, whales, eagles, ravens, frogs and more are depicted in bowls, masks, boxes and sculptures.</p>		<p><b>Leader:</b> Joanne Van Snellenberg  <b>Date:</b> Feb 6  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Kelowna Art Gallery  1315 Water Street</p>
<b>In Class</b>	<b>Fintry: The Second Iteration</b>	
<p>This two-session course describes the re-establishing of the historic Fintry Estate as carried out by the Friends of Fintry, in partnership with BC Parks and the Central Okanagan Regional District. Essentially, the account of the development of the site as an Okanagan heritage location.</p>		<p><b>Leader:</b> Dan Bruce  <b>Dates:</b> Feb 6 – Feb 13  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 2 / \$13  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Anthropology and Current Issues</b>	
<p>This course will use anthropological principles to examine relevant current issues that affect our society. Anthropology is the study of humankind and historically has focused on "exotic" other cultures. This course will focus on current issues affecting industrial societies. We will begin by examining the business world. Anthropologists provide a different perspective on business than, say, economists. Other topical issues to be addressed include underlying reasons for ethnic and sectarian conflict; globalization and transnational mobility fueling modern-day slavery; implications of same-sex marriage and changing family structure; and is social media changing and reshaping culture.</p>		<p><b>Leader:</b> Ron Krystynak  <b>Dates:</b> Feb 6 – Mar 5  <b>Day/Time:</b> Tues/1 pm  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Neptune's Playthings</b>	
<p>A Look at the history of shell collecting and the people involved, with a hands-on opportunity to examine some of the more famous shells from various parts of the tropical seas.</p>		<p><b>Leader:</b> Dan Bruce  <b>Date:</b> Feb 20  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>More Than Meets the Eye</b>	
<p>A one-session introduction to Charles Sydney Goldman, his eventful career that led to the establishment of Nicola Ranch in Merritt, and the creation of Monck Park, on the shore of Nicola Lake. Perhaps one of the most under-appreciated of BC's builders!</p>		<p><b>Leader:</b> Dan Bruce  <b>Date:</b> Feb 27  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>A Day in the Life of ...</b>	
<p>This series offers the opportunity to gain insight into the diverse careers and experiences of individuals from various fields. In each session, our guest speakers will share their work experiences and the stories that have shaped their careers. Join us for a journey through the world of wine, and law enforcement ... and what life looked like for the family doctor. Learn about what goes on behind the cameras in a television studio, the daily activities of a librarian and what the Canadian National Institute for the Blind actually does.</p>		<p><b>Leader:</b> Rosemary Botner  <b>Presenters:</b> Various  <b>Dates:</b> Feb 27 – Apr 2  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>

<b>In Class</b>	<b>Chalk Pastel Painting</b>	<p><b>Leader:</b> Tina Siddiqui  <b>Dates:</b> Mar 5 – Mar 26  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room A</p>
<p>Pastels are one of the easiest colour mediums to work with as their vibrant colours respond instantly and all the colour mixing takes place right on the painting surface. You can adjust forms and tones at any stage allowing you to explore bold, innovative styles or create soft, subtle effects to render delightful paintings of subjects of your choice. This class is geared to all levels, from beginner to more experienced painters. <i>Supplies needed: Coloured pastel papers (mid tones), pastel pencils, soft/chalk pastels, a putty eraser, an old paint brush, fixative spray, source pictures.</i></p>		
<b>In Class</b>	<b>Brontes on Screen</b>	<p><b>Leader:</b> Jim Howard  <b>Dates:</b> Mar 12 – Apr 30  <b>Day/Time:</b> Tue/1 pm  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room B</p>
<p>This course is a follow-up to the "Jane Austen at the Movies" courses and will be conducted similarly as a mix of video viewing and discussion of the novels. Half the course will be dedicated to Charlotte Bronte's "Jane Eyre" and the other half to Emily Bronte's "Wuthering Heights". Our discussions will focus on how faithful the video adaptations are to the original texts and on their attempts to make the novels relevant to a contemporary audience. Reading the novels is not required but encouraged.</p>		
<b>In Class</b>	<b>Reading Circle for Reconciliation: 94 Calls to Action</b>	<p><b>Leader:</b> Barb Penner  <b>Date:</b> April 2  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 1 / No Charge  <b>Location:</b> Room A</p>
<p>From 2010 to 2015, the Truth and Reconciliation Commission listened to and documented the experiences of survivors, families, communities and anyone personally affected by the Indian Residential School Experience. In June 2015 they published their final report, which outlined 94 Calls to Action for Canadians. This Circle will introduce participants to the Calls to Action. We will collectively read the Calls to Action taking turns using a "circle" format.</p>		
<b>In Class</b>	<b>Understanding Grief and Loss</b>	<p><b>Leader:</b> Ian Kunitski  <b>Date:</b> Apr 9  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 1 / No Charge  <b>Location:</b> Room A</p>
<p>Coping with the loss of a loved one is one of life's most difficult challenges. The pain that is felt can be overwhelming. Join us as we discuss what it is like living with grief. In this session, we will talk about: what grief is and what it looks like, the misconceptions and myths of grief, practical ways and coping tools to move forward with your grief, where to find support.  <i>This session is provided courtesy of (COHA) Central Okanagan Hospice Association.</i></p>		
<b>In Class</b>	<b>The Many Faces of Africa</b>	<p><b>Leader:</b> Jeanette Bosch  <b>Dates:</b> Apr 9 – May 14  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>
<p>You will learn about various countries on the continent of Africa that Jeanette has travelled to, exploring their history, geography, societies, governments and natural environment.</p>		



Fundraiser

**Did you know that SLR is a member of Nature's Fare 3% Club?**  
 Drop off your Nature's Fare receipts at the Martin Centre. We submit them to Nature's Fare and receive a cheque for 3% of the total (pre-tax).

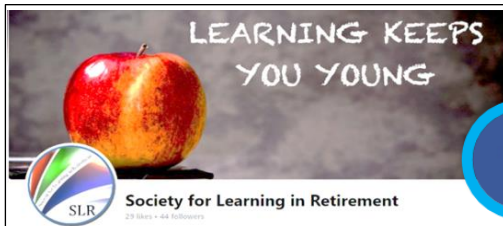
<b>In Class</b>	<b>United Nations Declaration on the Rights of Indigenous Peoples</b>	
<p>In June 2015 the Truth and Reconciliation Commission (TRC) published their final report, which outlined 94 Calls to Action for Canadians. The TRC made the UN Declaration on the Rights of Indigenous Peoples (UNDRIP) the centrepiece of its Calls to Action. This Reading Circle will help participants become familiar with the UN Declaration. Participants will take turns reading the articles in a circle format. There will be time for comments and reflection.</p>		<p><b>Leader:</b> Barb Penner  <b>Date:</b> April 16  <b>Day/Time:</b> Tue/ 1 pm  <b>Sessions/Fee:</b> 1 / No Charge  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Your New Listening Skills</b>	
<p>Everybody wants to be heard, but few put any effort into listening. Individuals, couples, and institutions work harder to convey messages than to receive them. But communication cannot take place if each party is so eager to get a point across that they don't pay attention to the other side. This course will point out how to sharpen your listening skills and become a valued conversationalist by showing others you care about what they are saying.</p>		<p><b>Leader:</b> Gene Bodzin  <b>Dates:</b> May 7 – May 28  <b>Day/Time:</b> Tue/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B</p>
<b>In Cass</b>	<b>Portrait Drawing</b>	
<p>This three-session course will cover basic anatomy of the head and facial features to produce lifelike portraits in pencil, charcoal or soft pastels.</p>		<p><b>Leader:</b> Jane Metzger  <b>Dates:</b> May 14 – May 28  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>It's Your Funeral</b>	
<p>Your funeral, memorial, celebration of life, whatever it is called, is your final hurrah! A chance for your life to be remembered, your qualities celebrated and your family to feel they did all they could. BUT, this planning is often left to others who don't have your life story, who only knew you from their perspective as a child or grandchild. Write your own story and your children will be so relieved not to have that responsibility. Here is your chance. Through this lighthearted presentation I can give some ideas and will provide a template which may help.</p>		<p><b>Presenter:</b> Christine Wood  <b>Date:</b> May 21  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Magical Mysteries</b>	
<p>Ever wanted to learn some beginner's magic from a professional magician? Your instructor, Graeme The Great Magician, has performed in over 1,000 shows and will put on a mix of magical entertainment, as well as teach you some of your very own tricks that you can use to amaze your friends and family and teach your grandchildren. Bring along your favorite deck of cards. All other supplies will be provided and will be yours to keep.  <i>\$5 for supplies will be payable at the class.</i></p>		<p><b>Leader:</b> Graeme Cooper  <b>Date:</b> May 28  <b>Day/Time:</b> Tue/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>

“An investment in knowledge pays the best interest.”

Benjamin Franklin

# WEDNESDAY

<b>In Class</b>	<b>Learn How to Read Tarot Cards</b>	
<p>Join us to learn how to read tarot cards and do readings for yourself and for friends. We will learn about the history of tarot cards and how the cards have changed over the years. You will discover what your personality and soul cards are and how to use them. You will learn how to do 3, 5 and 10-card readings. My personal view is that all readings are positive and even the “scary” cards have a positive meaning. I use the cards for personal growth and to develop intuition. The class will be small to promote discussion and learning. If you have a deck, bring it to the first class. If you don’t, please wait until after the first class to get one. There will be decks available for you to use.</p>		<p><b>Leader:</b> Lindsay Atkinson-Smith  <b>Dates:</b> Jan 17 – Feb 14  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room A</p>
<b>In Class/Zoom</b>	<b>The Arctic</b>	
<p>We will visit the Arctic. Who owns the Arctic? What about the military entanglements? Tourism explosion? How about the new shipping routes as the polar icecap recedes? We will explore life above 60, Arctic ethnic groups, resources, and the marine food web. Participation is welcome. This will be a re-visit of the class offered last spring, updated and expanded to two sessions.</p>		<p><b>Leader:</b> Daryl Cooper  <b>Dates:</b> Jan 17 – Jan 24  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 2 / \$13  <b>Location:</b> Room B/Zoom</p>
<b>In Class</b>	<b>Goddess Archetypes in Older Women</b>	
<p>Based on a course that I facilitated a couple of years ago, and using a book by the same title written by Jean Shinoda Bolen, we will explore goddess archetypes through mythology (primarily but not exclusively Greco-Roman mythology). If you were part of the original course and want a refresher, you’re welcome to sign up again, but please know that there will be a good deal of overlap. This course is open to all who identify as female.</p>		<p><b>Leader:</b> Heather Burton  <b>Dates:</b> Jan 17 – Jan 31  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Regain Your Brain</b>	
<p>Are you concerned about memory loss or cognitive decline? It takes years to develop. Do you believe that nothing can be done about it? In fact, there are things you can do, many of them quite simple. Join me and together we will view and discuss some videos of doctors who are reversing these conditions, headed by Dr. Dale Bredesen, who is now publishing studies of patients in whom he has reversed their cognitive decline, often quite severe, and returned them to normal life.</p> <p><i>This is a repeat of the course offered in Fall 2023.</i></p>		<p><b>Leader:</b> Vera Ito  <b>Dates:</b> Jan 17 – Mar 6  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room B</p>



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<b>In Class/Zoom</b>	<b>Central Okanagan Land Trust</b>		
<p>Wayne will walk you through how the Central Okanagan Land Trust (COLT) has collaborated with individual landowners, local government, community groups and others to help maintain and restore wildlife habitat from Peachland to Lake Country. For more than 30 years, COLT has continued to explore partnerships such as Munson Pond, Rose Valley Pond, Mission Creek Greenway and other sites to preserve rapidly disappearing habitat.</p> <p><i>Wayne Wilson is the executive director of COLT.</i></p>			<p><b>Presenter:</b> Wayne Wilson  <b>Date:</b> Jan 31  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<b>In Class</b>	<b>Wastewater Treatment</b>		
<p>What makes Kelowna's wastewater treatment facility unique? Where does the water go when you flush the toilet? Why does wastewater have to be cleaned?</p> <p>Learn about the process of microbiology and more during this presentation offered by City of Kelowna Wastewater Treatment staff members.</p> <p>Our Wastewater Treatment Facility (WWTF), serves approximately 80 per cent of Kelowna's population and the treatment process protects Okanagan Lake and connected waterways. Without treatment, wastewater would flow directly into the freshwater source that supplies our drinking water. This would threaten public health, fisheries, wildlife habitat, tourism and recreation opportunities.</p>			<p><b>Presenter:</b> Amanda Schuffels  <b>Date:</b> Feb 7  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Health and Wellness</b>		
<p>Our Workshop Topics:  Hearing Health, Vision Health, Sleep, Knowing Your Bladder, Age-Friendly Communities, Social Connectedness, Dealing with Conflict, Technology and Aging.</p> <p>These workshops were developed by the Seniors' Health and Wellness Institute, a branch of COSCO (Council of Senior Citizens' Organizations of BC).</p>			<p><b>Presenter:</b> Sally Caisley  <b>Dates:</b> Feb 7 – Feb 28  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Book Club</b>		
<p>Join us once each month for a lively and thoughtful discussion on the following books:</p> <p>Feb 14 - <i>The Unlikely Pilgrimage of Harold Fry</i> by Rachel Joyce  Mar 13 - <i>The Marriage Portrait</i> by Maggie O'Farrell  April 10 - <i>Lessons in Chemistry</i> by Bonnie Garmus  May 8 - Present a book that you enjoyed and that all of us might like to discuss.</p>			<p><b>Leader:</b> Shirley Piedt  <b>Co-Leader:</b> Judy Tynski  <b>Dates:</b> Feb 14 – May 8  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Northwood Retirement Resort  1277 Gordon Drive</p>

“Always walk through life as if you have something to learn,  
and you will.” – *Vernon Howard*

<b>In Class/Zoom</b>	<b>BRICS</b>	
<p>Brazil, Russia, India, China, and South Africa first met in 2009. They hoped to form an economic group that would give a voice to emerging and developing countries.</p> <p>However, this year's August 2023 Summit in South Africa surprised the world with 6 new additions! Take a trip with us inside these 11 countries.</p> <p>Let us try to untangle the geo-politics and explore the possibilities. The beginning of a new world order? Perhaps a new Global South.</p>		<p><b>Leader:</b> Daryl Cooper  <b>Date:</b> Feb 14  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<b>In Class</b>	<b>Planet-Friendly Gardening the Easy Way</b>	
<p>Surprisingly, planet-friendly gardening methods are often easier and require less work than traditional methods – and produce great results! Join us for an introduction to sustainable and regenerative gardening methods such as no-dig gardening, companion planting, permaculture and lawn alternatives.</p> <p><i>Course includes a comprehensive resource guide.</i></p>		<p><b>Leader:</b> Cindy Daoust  <b>Date:</b> Feb 21  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Learn to Play Mahjong</b>	
<p>Mahjong is a Chinese game played all around the world. It's played with small, illustrated tiles and usually with 4 people. There are many versions of the game, mostly based on the original Chinese game. Learning the basics is easy, but learning to play the more difficult hands, makes the game much more fun and interesting. You just need a little skill and a lot of luck.</p>		<p><b>Leader:</b> Rosie Lawrence  <b>Dates:</b> Feb 21 – Mar 27  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Summerwood Retirement Resort  1360 K.L.O. Road</p>
<b>In Class/Zoom</b>	<b>Nellie McClung: Canadian Trailblazer</b>	
<p>Explore the remarkable life and contributions of Nellie McClung, a distinguished Canadian figure celebrated for her roles as an author, politician, and social activist.</p>		<p><b>Leader:</b> Heather Burton  <b>Date:</b> Feb 28  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<b>In Class/Zoom</b>	<b>Island Hopping</b>	
<p>Islands are the ultimate holiday destination for many travelers. In this series of presentations, we will be 'island hopping' to explore the uniqueness of some worldwide island destinations. From Zanzibar off the African coast to Hainan Island off the southern tip of China, to Cuba, the Azores, and Madeira, this course will be an 'island hopping' adventure for the curious explorer within us all.</p>		<p><b>Leader:</b> Linda Keurvorst  <b>Dates:</b> Mar 6 – Apr 3  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room B / Zoom</p>
<b>In Class</b>	<b>The Devolution from Partnership to Dominator Model</b>	
<p>This course focusses on human community and cultural shifts from the Neolithic Age until the Age of Reason and beyond. We will look at the beginnings of civilization, societal structures, shifts in cultural evolution and their effects through the ages on the lives of women and men.</p>		<p><b>Leader:</b> Heather Burton  <b>Dates:</b> Mar 13 – Apr 3  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B</p>

<b>In Class</b>	<b>Creating Insight Circles</b>	<b>Leader:</b> Dee MacGibbon <b>Dates:</b> Apr 3 - Apr 24 <b>Day/Time:</b> Wed/10 am <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room A
Based on the work of Carl Jung, Joan Kellog and Susanne Fincher, creating intuitively in a circle form is a wonderful way to explore oneself and to grow personally and in community with others. No specific art skills are required to engage in this process.		
<b>In Class</b>	<b>"Going 'Lectric, Eh?"</b>	<b>Leader:</b> Vince Edwards <b>Co-Leader:</b> Rob Edwards <b>Date:</b> Apr 10 <b>Day/Time:</b> Wed/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
In the next few years, we shall be subjected to a full chorus from government and industry encouraging us to purchase electric vehicles. The opening themes will be that this is "Good for the environment" and is "Keeping up with technology" . . . how sweet it will sound. This harmony will ensure that the government looks good on the international scene while the industry sales staff salivates. Behind the scenes, extensive steps must be taken to keep this chorus singing together so that the audience receives value for their ticket price. We will examine some of the less-heard voices such as Supply Chain 'Green Washing' and Electrical Infrastructure Weakness, which at present can reach right into our homes.		
<b>In Class/Zoom</b>	<b>Women's Work?</b>	<b>Leader:</b> Linda Keurvorst <b>Dates:</b> Apr 10 – May 8 <b>Day/Time:</b> Wed/1 pm <b>Sessions/Fee:</b> 5 / \$22 <b>Location:</b> Room B / Zoom
We have all heard of Raphael, Rembrandt, Van Gogh, Monet, and Picasso. But how many of us have heard of Sofonisba Anguissola, Judith Leyster, Elizabeth Vigee Le Brun, Tamara De Lempicka, Mary Cassatt or Frida Kahlo? Throughout history men have dominated the world of work in general and the arts in particular. But women have made great contributions. This series will focus on some of these women, their lives and times, as well as their art.		
<b>In Class/Zoom</b>	<b>Protecting Trees and Landscaping for a Changing Climate</b>	<b>Presenter:</b> Jen Miles <b>Date:</b> Apr 17 <b>Day/Time:</b> Wed/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
City of Kelowna staff will provide tips for managing your yard in our arid climate, including maintenance advice and plant recommendations that reflect our beautiful Okanagan landscape. We will also cover native plants and trees that are critical for our local pollinators and other wildlife. Waterfront and hillside property owners are encouraged to attend to learn about bylaws in place to protect property from erosion and enhance our ecosystems, such as the Tree-Cutting Permit process to replace trees, and options for maintaining these "No Disturbance Areas".		
<b>In Class</b>	<b>The Living Matrix</b>	<b>Leader:</b> Chris Cribb <b>Date:</b> Apr 24 <b>Day/Time:</b> Wed/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
In this full-length film, you'll discover the intricate web of factors that determine our well being, such as energy and information fields directly impacting our wellbeing and bioenergetic medicine. This will be followed by a discussion period.		

<b>Field Trip</b>	<b>Behind the Scenes Tour - Okanagan Regional Library</b>	
<p>Let's do a behind the scenes walk-through of the Administration Building of the Okanagan Regional Library. Experience the inner workings of the library world! We will follow the process of what happens with new books, from arrival to being checked out at the library. We will tour through the Acquisitions, Processing, Cataloguing and Allocations departments. Ever wonder what happens to those old worn-out books? Learn the answer to this and more! We will also attend a seated presentation to discuss different resources that the library offers.</p>		<p><b>Presenter:</b> Ashley Machum  <b>Date:</b> Apr 24  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> ORL Admin Centre  1430 KLO Road,  Kelowna</p>
<b>In Class</b>	<b>Physiotherapy Today</b>	
<p>The course will present some of the newer approaches that our clinic is taking with our patients. It will include some of the more recent technologies that we are implementing, our relationship with UBCO, and our work in the community.  <i>Roy is a certified physiotherapist. He will be presenting along with two of his colleagues.</i></p>		<p><b>Presenter:</b> Roy Gillespie  <b>Date:</b> May 1  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Diamonds and Gemstones</b>	
<p>This one-session class will provide an overview of gemstones: their history, mystical values and current popularity. Angela has a diploma in Gemology and would be happy to answer questions within the realm of her experience.</p>		<p><b>Leader:</b> Angela Dyck  <b>Date:</b> May 8  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class/Zoom</b>	<b>Leonardo da Vinci (1452-1519)</b>	
<p>Leonardo da Vinci was a 15th and 16th century painter, sculptor, scientist, engineer, mathematician, inventor, and so much more. He is not only credited with many famous works such as the <i>Mona Lisa</i> and <i>The Last Supper</i> but also credited with original designs and inventions including the helicopter, war machines, and engineered edifices. He was both a polymath and a genius and one of the most fascinating figures in history.  Please join us for this entertaining peek into the <i>Life and Times of Leonardo Da Vinci</i>.</p>		<p><b>Leader:</b> Edward Kilgour  <b>Dates:</b> May 15 – May 22  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 2 / \$13  <b>Location:</b> Room B / Zoom</p>
<b>In Class</b>	<b>Keep More Money in Your Pocket!</b>	
<p>Come and learn what's currently happening in the Canadian and US stock market, with a deep dive into inflation, interest rates, and bond yields.  First, we will review the current market and financial conditions and how to make sure your retirement plan is ready for what comes next. Second, we will showcase how to build your investment accounts like a pension plan and how to take investments out, tax-efficiently throughout your retirement.  Lastly, we will dive into how to properly diversify your registered accounts with pension style in mind. Learn how to be tax efficient during retirement and keep more money in your pocket yearly.  <i>Karen Erickson and Kayla Caruana - Certified Financial Planners®</i></p>		<p><b>Presenters:</b> Karen Erickson CFP  Kayla Caruana CFP  <b>Date:</b> May 15  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>



# THURSDAY

<b>In Class</b>	<b>Poetry Appreciation</b>	
<p>Do you have poems in your head from childhood? Are there favourite lines that opened your heart and mind to the richness of life? Do you love to read poetry and have it read to you? If the answer to any of these questions is yes, why not come and join us, as we share our experiences through verse, both serious and humorous, and learn about the poets who wrote them.</p>		<p><b>Leader:</b> Steven Taylor  <b>Dates:</b> Jan 18 – Mar 21  <b>Day/Time:</b> Thur/10 am  <b>Sessions/Fee:</b> 10 / \$37  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Eating to Thrive: The Power of Food</b>	
<p>Are you ready to unlock the power of food and discover how it can be a catalyst for a thriving, vibrant life? Join holistic nutritionist Kirsten Olsen us for this engaging talk.</p> <p>We will delve into the transformative impact of adopting a way of eating centered around whole foods. Discover how whole foods can provide a variety of essential nutrients, promote optimal health, and protect against chronic diseases. We will explore practical strategies for integrating whole foods into your diet, from understanding the components of food and selecting the best ingredients to preparing delicious and satisfying meals. Learn how to read food labels and distinguish between wholesome choices and heavily processed alternatives. By the end of this talk, you'll be empowered to take charge of your health through well-rounded eating. Experience increased energy and vitality, while supporting your health!</p>		<p><b>Presenter:</b> Kirsten Olsen  <b>Date:</b> Jan 18  <b>Day/Time:</b> Thur/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class/Zoom</b>	<b>North Arctic Rivers</b>	
<p>Join Hugh as he paddles through the rivers of Northern Canada, with many a tale to tell.</p> <ol style="list-style-type: none"> <li>1. Yukon River – From tide waters to gold fields.</li> <li>2. South Nahanni River – Canada’s most spectacular canyon river.</li> <li>3. Coppermine River – Follow the footsteps of 19<sup>th</sup> century explorers.</li> <li>4. Back and Kazan Rivers – Two tundra rivers used by Inuit in Nunavut.</li> </ol> <p><i>Hugh was an RCMP inspector and spent some of his career in the North.</i></p>		<p><b>Leader:</b> Hugh Westheuser  <b>Dates:</b> Jan 18 – Feb 8  <b>Day/Time:</b> Thur/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B/Zoom</p>
<b>In Class</b>	<b>Trade Routes through the Ancient Age</b>	
<p>We will explore the rise and fall of civilizations and the importance of trade routes during the Ancient Age (3300 BC - 450 AD). For centuries these trade routes have served and continue to serve as the world's central nervous system connecting people and places.</p>		<p><b>Leader:</b> Jeanette Bosch  <b>Dates:</b> Jan 25 – Feb 29  <b>Day/Time:</b> Thur/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>



The Purpose of education is to replace an empty mind with an open one.” Malcolm S. Forbes

<b>In Class</b>	<b>iPad for Beginners</b>	<b>Leader:</b> Sharon Pollock <b>Dates:</b> Feb 8 – Feb 29 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room A
<p>This course is designed for individuals who are at the initial stages of learning how to use their iPads. The pace will be deliberately slow, and we will focus on a select number of topics. We will assist you in utilizing the email program and in navigating the internet. We will show you how to use the camera app and view your photos.</p>		
<b>In Class/Zoom</b>	<b>Rosie The Riveter</b>	<b>Presenter</b> Linda Keurvorst <b>Date:</b> Feb 15 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B / Zoom
<p>American women who went to work in industries to aid the war effort in WWII became known under the moniker 'Rosie the Riveter'. Interestingly, Canadian women also had their own icon, The Bren Gun Girl. The call for women to join the workforce was meant to be temporary and women were expected to leave their jobs when the men came home. However, the impact of World War II on women changed the workplace forever, and women's roles continued to expand in the postwar era. In this presentation we will explore the women who answered the call of 'Rosie the Riveter.'</p>		
<b>In Class</b>	<b>Understanding Disease by Studying Molecules One at a Time</b>	<b>Presenter</b> Dr. Isaac Li <b>Date:</b> Feb 22 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B  <i>Dr. Isaac Li, Associate Professor of Chemistry UBCO</i>
<p>The physical interactions between our cells are crucial for the functioning of our body and immune system and play a key role in cancer development. Dr. Li will discuss what we currently understand about these cell-to-cell interactions and how, in his UBCO lab, he and his research students are using innovative tools and techniques that allow them to closely examine the movement of individual molecules. By deepening our understanding of these physical interactions, we can learn how their disruption can lead to diseases as well as potential ways to restore healthy functioning.</p>		
<b>In Class</b>	<b>Kingdom of Saudi Arabia at a Crossroads</b>	<b>Leader:</b> Daryl Cooper <b>Date:</b> Feb 29 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Extraordinary change is taking place in Saudi Arabia. A traditional tribal society noted for religious intolerance is rapidly instituting significant social reforms. Is it a vision or a mirage? A country at the crossroads? Who is this Prince Mohamed Bin Salman? Neom / Vision 2030 – a new Saudi Arabia? Let's take a balanced look at the past and present and at the economic, social and political landscapes of this fascinating country. We will revisit, expand, and update last fall's Saudi presentation.</p>		
<b>In Class</b>	<b>Colonization in Canada: What are its foundations and impacts?</b>	<b>Leader:</b> Debbie Hubbard <b>Co-Leader:</b> Shirley Piedt <b>Dates:</b> Mar 7 – Mar 21 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 3 / \$23 <b>Location:</b> Room B + Field Trip
<p>Using videos and group discussion, we'll explore the foundations of our history that most of us did not learn at school. The Doctrine of Discovery and the Indian Act will be the focus of our first two sessions at the Martin Centre. Our final session will be a visit to Westbank First Nation and a tour of some of their buildings and programs. The tour will be outside. <i>Tour included in price. Carpooling will be arranged.</i></p>		

<b>In Class/Zoom</b>	<b>Stress: What Is It and How to Manage It</b>	<b>Leader:</b> Ron Krystynak <b>Date:</b> Mar 7 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
<p>This session will address chronic stress, what it is and how it affects our body. Unless we address our stress, it can lead to various health issues. A number of stress reducing activities will be discussed. Particular attention will be given to being in nature. (We live in Kelowna, where we have very good access to nature.)</p>		
<b>In Class</b>	<b>UAP: Unidentified Anomalous Phenomena</b>	<b>Leader:</b> Dennis Averill <b>Co-Leader:</b> Donn Watt <b>Dates:</b> Mar 14 – Apr 4 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room B
<p>UFO has become UAP, and they are officially here! It's no longer tinfoil hats that characterize believers. Long held secrets are now being exposed, and they are wilder than you can imagine! The new acronym is the clue. What do they want? Where do they come from? How is this even possible? Ancient historical references and anomalies that support current knowledge will be included.</p>		
<b>In Class</b>	<b>India</b>	<b>Leader:</b> Daryl Cooper <b>Date:</b> Mar 21 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Is the world's most populous country no longer a democracy? Populism, Hinduism, Nationalism – where is Modi going? India with a rich history, complex demographics, and enormous potential is at a crossroads in history. We will explore India's role in the Global South, expanded BRICS, Vision 2030, and the current geopolitics. Human rights, caste system, geography, economic potential, Bollywood, and more! Discussion and participation welcome.</p>		
<b>In Class</b>	<b>Navigating Peacefully: Strategies in Managing Anxiety</b>	<b>Presenter:</b> Kristine Stewart <b>Date:</b> Mar 28 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Feel empowered with practical and effective tools for managing anxiety in various life settings. Learn positive coping mechanisms that can be easily applied in public spaces or at home to foster a sense of ease, positivity, and a sense of mental and emotional well-being. Discover how you can change the way you feel in less than 2 minutes!</p> <ol style="list-style-type: none"> <li>1. Understanding anxiety and that "Cells that wire together, fire together"</li> <li>2. Positive coping tools</li> </ol> <p><i>Kristine Stewart is a certified clinical hypnotherapist and Access Bars Practitioner.</i></p>		
<b>In Class</b>	<b>Exploring the Fibre Frontier: The Fascinating World of Dietary Fibre</b>	<b>Presenter:</b> Kirsten Olsen <b>Date:</b> Apr 4 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>In our fast-paced, modern world, dietary choices play a crucial role in maintaining a healthy and balanced lifestyle. Fibre, often referred to as the unsung hero of nutrition, holds the key to improved well-being, yet it remains a topic shrouded in mystery for many.</p> <p>Join us for an enlightening talk as we embark on a journey to unravel the secrets and significance of this essential nutrient.</p> <p><i>More information available on Amilia</i></p>		

<b>In Class</b>	<b>Line Dance Continued ...</b>	<b>Leader:</b> Val Hardy <b>Dates:</b> Apr 4 - May 16 <b>Day/Time:</b> Thur/1:00 pm <b>Sessions/Fee:</b> 7 / \$28 <b>Location:</b> Auditorium
<p>Join Val as she expands your line dance repertoire. You will continue to dance the familiar favourites and learn new dances as you go.</p> <p><i>Fall Line Dance course recommended</i></p>		
<b>Field Trip</b>	<b>Experience the Legacy - KF Centre for Excellence</b>	<b>Leader:</b> Chris Cowan <b>Date:</b> Apr 4 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Centre for Excellence 5800 Lapointe Drive, Kelowna Airport
<p>Journey into the world of aviation! Wander through four distinct zones that allow you to experience the history of aviation in the Okanagan Valley from unique vantages and perspectives — up high, down low, inside and out. With a spotlight on topics like flight dynamics, engine types, airport systems, aerial firefighting, local geography and Okanagan agriculture, this guided tour will delight both the novice and seasoned plane spotter.</p> <p><i>Price of admission is included.</i></p>		
<b>In Class</b>	<b>Introduction to Mason and Leafcutter Bees</b>	<b>Presenter:</b> David Currier <b>Date:</b> Apr 11 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Mason and Leafcutter bees are two of many native pollinators in the Okanagan Valley that are critical for maintaining a sustainable food source. This session will introduce you to the basics of supporting these solitary, friendly bees in your garden and what it takes to have a continuous source of bees each year.</p>		
<b>In Class</b>	<b>Soulful End-of-Life Planning</b>	<b>Presenter:</b> Keri Brekveld <b>Date:</b> Apr 11 <b>Day/Time:</b> Thur/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>What does it mean to meet death with the support of an End-of-Life Doula and create your Soulful Plan? A Soulful End-of-Life Plan is a very intimate, personal expression of the most authentic and meaningful experience of life possible during the time of dying. It is guided by the wishes, care choices, and life-fulfilling priorities of the person facing death. It is intentional and means something different for everyone.</p> <p>Keri Brekveld RN, End-of-Life Doula, Coach and Educator will give you an overview of how to begin thinking about creating a Soulful Plan for your journey at end of life, and for living fully now.</p>		
<b>In Class/Zoom</b>	<b>Native and Invasive Plants of Okanagan Grasslands</b>	<b>Presenter:</b> Mike Dedels <b>Date:</b> Apr 18 <b>Day/Time:</b> Thur/ 10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B/Zoom
<p>The Okanagan has some of the highest biodiversity in the country. Come out and learn about some of our native grassland plants, as well as invasive species that are a problem in this area from Mike Dedels of the Grassland Conservation Council of BC (bcgrasslands.org).</p>		
<b>In Class</b>	<b>Origins of the Vikings</b>	<b>Leader:</b> Dan Wray <b>Dates:</b> Apr 25 – May 16 <b>Day/Time:</b> Thur/10 am <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room B
<p>Let's explore the origins of the Vikings and follow their legacy. Where did the Vikings come from? Who were they? When did they exist? What provoked them? What did the Vikings do in Eastern Europe and Asia? This and much more.</p>		



<b>In Class/Zoom</b>	<b>Where Do We Get our News?</b>	<p><b>Leader:</b> Daryl Cooper  <b>Date:</b> Apr 25  <b>Day/Time:</b> Thur/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>	
<p>Can we trust our news? Is it biased? Is it factual? Who owns this media? What are their editorial stances and values? Are they left or right or centric? Who are their opinion writers? Do they 'cherry-pick' articles? Are the headlines slanted? Adjective biased? Is your online source .com/.edu/.org/.ca/.gov or ? What of international sources? What of social media? Digital news?  We will take a close look at Canadian print, television, and broadcast media and some international news sources. We hope to share some tools and skills to navigate this entanglement.</p>	<b>In Class</b>	<b>Gods, Gold and Greed</b>	
<p>This course is based on Michael Tellinger's book: <i>African Temples of the Anunnaki</i>, where he has explored the lost technologies of the gold mines of Enki in southern Africa, and Zacharia Sitchin's book <i>The Lost Realm</i>, where Sitchin gives us a closer look at the megalithic ruins as precious metal extraction facilities. We will also explore the Spaniards' voracious quest for gold, the precious metal of the gods, the Gods of Sumer.</p>	<b>In Class</b>	<b>Antique and Vintage Telephones</b>	
<p>The telephone revolutionized more than just communication. This slide presentation will take you to the invention and early development of the telephone. Bill is an avid collector and will bring several examples of telephone evolution from 1880 to the 1950s.</p>	<p>This discussion will focus on the geological evolution of British Columbia and the relationship between tectonic forces and the development of mineral deposits. We will talk about the history of prospecting, gold rushes, mining booms, and how they influenced development in the province. Finally, we will discuss the modern exploration and mining industry in British Columbia and its importance to the provincial economy.  <i>Cary is the Regional Geologist for the South-Central Region of British Columbia. He provides expertise to industry, government, academia, and the public for this region. Presented via Zoom.</i></p>	<b>In Class/Zoom</b>	<b>Exploration and Mining in BC, Past and Present</b>
<p><b>Leader:</b> Bill Dyck  <b>Date:</b> May 23  <b>Day/Time:</b> Thur/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>	<p><b>Leader:</b> Cary Pothorin  <b>Date:</b> May 30  <b>Day/Time:</b> Thur/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>	<b>In Class/Zoom</b>	<b>Exploration and Mining in BC, Past and Present</b>

**TOOL TIME: STONE AGE STYLE**

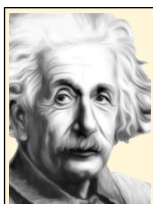
Few of us will ever make or use a stone tool. Yet this technology, first developed 3.3 million years ago, was fundamental for human existence until very recently. Many of these skills were completely lost and only rediscovered in the 20th century by archaeologists, hobbyists, and other knowledge keepers. Stone toolmaking involves techniques called flintknapping, which manipulates basic physics to create diverse shapes and designs. Professor Werner is an avid and skilled stone toolmaker. He'll explain how stone-age tools are made and demonstrate some of the key techniques. Professor Werner will be offering this presentation in May or June. Watch for details in the Spring.



Knowledge is a tool, and like all tools, its impact is in the hand of the user.

# Friday

<b>In Class</b>	<b>Introduction to Painting with Watercolour</b>	<p><b>Leader:</b> Nicoletta Baumeister</p> <p><b>Dates:</b> Jan 19 – Feb 23</p> <p><b>Day/Time:</b> Fri/10 am</p> <p><b>Sessions/Fee:</b> 6 / \$25</p> <p><b>Location:</b> Room B</p>
<p>First six sessions: Goal - to lay a thorough foundation to support and enable a beginner to achieve success at watercolour. Great refresher for those already familiar with this medium. This course will be required for future courses.</p> <p><i>\$15 supply fee due at first class</i></p>		
<b>In Class/Zoom</b>	<b>History of Water Supply to Kelowna's East Benches</b>	<p><b>Leader:</b> Bob Hrasko</p> <p><b>Date:</b> Jan 26</p> <p><b>Day/Time:</b> Fri/1 pm</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Room B/Zoom</p>
<p>Join us for a presentation of the history of water supply to the east benchlands of Kelowna. The underlying theme is to show how understanding the past and how the area was developed is guiding the large water suppliers in the region to make good decisions for the future supply of safe water to the region. Weather trends such as creek flow, snowpack and long-term water demands will be presented, leaving the attendee with a much greater understanding of the regional water supply situation.</p> <p><i>Bob is the Administrator for the Black Mountain Irrigation District</i></p>		
<b>In Class</b>	<b>Grandmas (or any adult) Growing Readers</b>	<p><b>Leader:</b> Donna Cole</p> <p><b>Date:</b> Feb 2</p> <p><b>Day/Time:</b> Fri/10 am</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Room A</p>
<p>This two-hour workshop is about inspiring grandmas or any adult to help develop a young reader. Through reading aloud to young children and talking about stories, you are helping build to their language skills, develop vocabulary and create a positive attitude towards reading. Adults are invited to enjoy a wonderful children's story and participate in penmanship and simple word-building activities to support young readers.</p>		
<b>In Class</b>	<b>Grandmas (or any adult) Growing Writers</b>	<p><b>Leader:</b> Donna Cole</p> <p><b>Date:</b> Feb 2</p> <p><b>Day/Time:</b> Fri/1 pm</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Room A</p>
<p>This two-hour workshop is about inspiring grandmas or any adult to help develop a young writer. Make the Art-to-Print-to-Writing connection with fun activities to inspire a child to write their beginning letters. Use materials to form small words.</p>		
<b>In Class/Zoom</b>	<b>Medical Assistance in Dying</b>	<p><b>Leader:</b> Val Hardy</p> <p><b>Co-Leader:</b> Nancy Baillie</p> <p><b>Date:</b> Feb 2</p> <p><b>Day/Time:</b> Fri/1 pm</p> <p><b>Sessions/Fee:</b> 1 / No Charge</p> <p><b>Location:</b> Room B/Zoom</p>
<p>We will present a video overview of current legislation and upcoming changes that govern MAiD in Canada. Hear from 5 experts and researchers who study MAiD from a variety of perspectives and help to set future research priorities.</p>		



“Education is not the learning of facts,  
it's rather the training of the mind to think.”

Albert Einstein

<b>In Class</b>	<b>Living in Space: 50 Years of Space Stations, from Skylab to the International Space Station</b>	<p><b>Presenter:</b> Prof. Howard Hisdal  <b>Date:</b> Feb 9  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<p>The second in his series on space exploration and part of his new course at Okanagan College, Professor Hisdal will take us inside the space stations, from Salyut in 1971 to space lab Mir, and today's International Space Station to see how the astronaut crews live and work while orbiting Earth at five miles per second.</p>		
<b>In Class</b>	<b>Insight Art: What Is It?</b>	<p><b>Presenter:</b> Dee MacGibbon  <b>Date:</b> Feb 16  <b>Day/Time:</b> Fri/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<p>Insight Art combines creativity and reflection. A presentation by Dee MacGibbon will explain this unique type of art making that requires no special art-making skills or talent. The focus is on self-expression, self-understanding and the prevention of cognitive decline and mental illness.</p>		
<b>In Class/Zoom</b>	<b>Advocating for Seniors</b>	<p><b>Presenter:</b> Isobel Mackenzie  <b>Date:</b> Feb 16  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B/Zoom</p>
<p>Ms. Mackenzie will speak on concerns she is hearing from seniors throughout B.C., and recent studies of seniors' issues undertaken by the office.  The office of the Seniors Advocate is an independent office of the B.C. provincial government acting in the interest of seniors and their caregivers. The Office monitors and analyzes seniors services and makes recommendations to government and service providers to address systematic issues in five areas: health care, housing, income support, community support and transportation. <i>(see page 2)</i></p>		
<b>In Class</b>	<b>Cultural, Societal, Political, Environmental and Economic Impacts of the 2023 Fire Season and How to Mitigate the Crisis Going Forward</b>	<p><b>Presenter:</b> Bob Gray  <b>Date:</b> Feb 23  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<p>This presentation explores the many ways that the 2023 fire season in BC has affected us including cultural, societal, political, environmental and economic impacts. This fire season was not an anomaly and climate and fire research strongly suggest that we will experience similar and worse conditions in coming decades. However, I will also demonstrate that with a concerted effort, at the appropriate scale and pace, we can significantly influence future fire impacts.  <i>Bob Gray, Fire Ecologist (see page 2)</i></p>		
<b>In Class</b>	<b>The Pursuit of Peace during a Time of Polycrisis</b>	<p><b>Presenter:</b> Dr. Rosalind Warner  <b>Date:</b> Mar 1  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<p>Governments have claimed to be pursuing peace since time immemorial, with seemingly little progress to show for it. Numerous treaties, declarations, laws and covenants have been signed to eliminate war or reduce its effects, yet societies continue to fight and to suffer, despite these efforts. In this talk, we will survey the historical benchmarks of war and peace in world politics, consider where things went wrong, and speculate about how peace might be achieved in the context of an ongoing global crisis.  <i>Dr. Warner is a professor at Okanagan College.</i></p>		

<b>In Class</b>	<b>Painting with Acrylics for Beginners</b>	
<p>Acrylics painting is a great way to get into art. If you somehow have all the gear: canvases, paints, palettes, brushes, etc. then bring them. If you don't, we can supply your needs for a session fee of \$20, or you can wait to find what options there are before purchasing from art stores. You'll learn drawing basics, color mixing, composition, blends and much more. You may even discover a hidden talent. We teach 'fun'-damentals with the emphasis on fun. <i>No class on Good Friday</i></p>		<p><b>Leader:</b> Tony Neville  <b>Dates:</b> Mar 8 – Apr 19  <b>Day/Time:</b> Fri/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Acrylics Painting for Returnees</b>	
<p>If you just couldn't get enough of painting with acrylics, then welcome back. Or if you couldn't get into the beginner's class, we'll take you anyway and show you all the ways to make beautiful paintings. This class is a bit more free-form than the course for beginners, but we'll still cover different genres such as portraits, landscapes, still life, abstracts and more but if you want, you can just come to paint what you like, and receive suggestions and/or critiques. <i>No class on Good Friday</i></p>		<p><b>Leader:</b> Tony Neville  <b>Dates:</b> Mar 8 – Apr 19  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Life in the News Business</b>	
<p>Rick Webber is a renowned Canadian journalist who has been in the broadcast news business for 43 years. He began his career as a part-time disc jockey in Prince Edward Island in 1976 and moved across the country to British Columbia in 1978 working at various radio and television stations in the province before arriving in the Okanagan in 1990. Since then, Rick Webber has been the face of Global Okanagan, broadcasting the news throughout the region until his retirement in 2019. Given Rick's vast experience in the news business, he will be sharing interesting and entertaining stories of his career. <i>Rick was elected to Kelowna City Council in 2022.</i></p>		<p><b>Presenter:</b> Rick Webber  <b>Date:</b> April 26  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Martin Centre</p>
<b>In Class</b>	<b>A Look at the Art and Science of Secret Codes</b>	
<p>Wayne Broughton will present a brief history of classical ciphers, including the German Enigma machine used in WW2, how the code was cracked, and the development of ever more sophisticated encryption in modern digital communications. Try your hand at breaking cryptogram puzzles, learn how to use a simulation of the Enigma machine, and find out how we share a secret key over the public internet. <i>Wayne is a UBCO math professor and Central Okanagan public school trustee.</i></p>		<p><b>Presenter:</b> Wayne Broughton  <b>Dates:</b> May 3 – May 24  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B</p>



SLR is grateful to UBCO and Okanagan College for their continued collaboration and involvement in our programs. Their participation enriches us all.





# REGISTRATION FOR THE SPRING SEMESTER BEGINS SATURDAY, JANUARY 6<sup>th</sup> at NOON

## WAYS TO REGISTER

- Online – Click [Register for Courses](#) on the SLR Website [slrkelowna.ca](http://slrkelowna.ca)
- In person at the Martin Centre
- Phone and mail-ins will be processed at the end of the day.

## PAYMENT OPTIONS

Credit card, cheque, cash

## REGISTRATION TIPS

- Wait List – If a class is full, simply add your name to the wait list and you will be contacted if space becomes available, another class is added, or we relocate to a larger venue.
- Choose your class options carefully, either IN-CLASS or ZOOM (where offered).
- \$25 Annual Membership Fee

If you need assistance, prior to registration day,  
please call the office at 250-448-1203  
or email the office at [registrar@slrkelowna.ca](mailto:registrar@slrkelowna.ca)

## Special Interest Groups

SLR membership required.

### **Geri-Actors**



Are you interested in performing skits? The **Geri-Actors** meet weekly to have fun and rehearse. For more information Contact Lee: 778-755-5053



**Walking Group**  
Meets on Tuesday mornings

Would you like to join the **SLR 'Walkers'**? Come for a social walk! Contact Judy: [judyhamill@icloud.com](mailto:judyhamill@icloud.com) or Joanne 604-219-4001



**SLR 'Talkers'** meet for coffee every other week. Contact Joan 250-763-8174



The SLR AGM for 2024 will be held at the Martin Centre Auditorium  
February 17<sup>th</sup> at 1 pm



Due to allergies the Martin Centre is a nut-free location.



For the comfort of our members, we are also fragrance-free zone.



Please note that only certified service dogs are permitted in the building.

# Society for Learning in Retirement – Course registration form

1434 Graham Street, Kelowna, BC V1Y 3A8 Email: [registrar@slrkelowna.ca](mailto:registrar@slrkelowna.ca)

<b>Name:</b>		<b>Email:</b>	
<b>Address:</b>			
<b>City:</b>		<b>Postal Code:</b>	
<b>Phone:</b>		<b>Cell:</b>	
<b>Emergency Contact:</b>		<b>Phone:</b>	<b>Cell:</b>
Classroom or Zoom?	Day	Course Title	Fee
<b>Membership Fee (add \$25 if applicable)</b>			
<b>Donation (optional)</b>			
<b><i>to be filled in by staff</i> – Total Payment</b>			

*The non-refundable annual membership fee of \$25 covers a twelve-month period.  
Course refunds, in the form of a credit, are available by request, with 24 hours notice prior to the start of the course.*

**METHOD OF PAYMENT (Circle one please): CASH / CHEQUE (payable to SLR) / CREDIT CARD**

**Signature of Applicant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*By signing this form, you agree to the use of your personal information as noted below:  
You consent to share your Amilia profile with the Society for Learning in Retirement, (SLR).  
**PRIVACY POLICY:** The Society for Learning in Retirement (SLR) collects your personal data and email addresses for the sole purpose of program registration and to notify you of SLR events and news/updates. SLR does not sell, disseminate or otherwise provide your name and information to any other person or organization. You also accept SLR terms and conditions with regards to payments and refunds.  
Electronic SLR communications (e.g. programs, notices) can be stopped by unsubscribing.*



## Behind the Magic: The Art of Movie Props and Set Decoration

There's more to a movie or TV plot than meets the eye; Canadian prop king Dean Goodine could be lurking in the shadows, ensuring everything is ready and in tip-top shape for the stars on the feature film, from showing them how to use the guns and firearms in the Westerns to detailing the food to be served in a restaurant scene.

You won't want to miss the opportunity to meet this remarkable Canadian prop master, who has agreed to travel from his home in Summerland to share with SLR members his experiences on scores of popular movie sets including such well-known flicks as *The Unforgivable*, *The Mountain Between Us*, *The Edge* and *Passchendaele*, *Legends of the Fall* and *Unforgiven*, to name a few. During his 36-plus years in the film industry he's rubbed elbows with dozens of Hollywood idols from Clint Eastwood to Gene Hackman and boasts decades of use of weapons and firearms on the sets without incident.

"Props are integral to the success of any movie or TV show," he writes in his recent book, *They Don't Pay Me to Say No*.

"Weapons, books, newspapers, eyeglasses, military gear, medical equipment—virtually anything that a character holds, reads, uses, or shoots on screen is provided by the props department. The right prop can become an iconic plot point on which the entire story pivots, turning that item into a fabled piece of Hollywood history. The wrong prop can expose a film or a TV show as a shoddy production, making the story more laughable than believable."

Dean will be joined by his wife Janice, who was nominated for an Academy Award in Art Direction for the film *Unforgiven* and a Genie Award winner in Art Direction/Production Design for the film *Passchendaele*.

Come join Dean and Janice for a rare and fascinating glimpse into movieland!

**Monday, March 4<sup>th</sup> 1pm, Martin Centre Auditorium**



## SATURDAY MOVIE MATINEES - Martin Centre Gym, 1 pm

Admission by Donation at the door

**Saturday  
February 10th**

### CALENDAR GIRLS

Eleven middle-aged women pose for a calendar as a fund-raiser.

(February is Cancer Prevention Month)



**Saturday  
March 16th**

### SOUND OF FREEDOM

A mission to rescue children from child traffickers

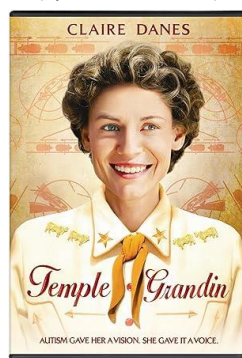


**Saturday  
April 13th**

### TEMPLE GRANDIN

Join us to learn more about Autism

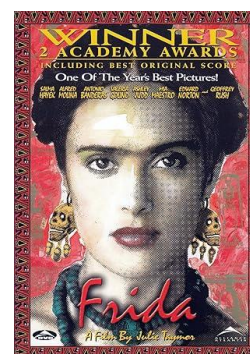
(April is Autism Month)



**Saturday  
May 4th**

### FRIDA

A powerful biography of the Mexican artist Frida Kahlo.





**Living in Space:  
50 Years of Space Stations, from Skylab  
to the International Space Station**

**Professor Howard Hisdal**

**Friday, February 9<sup>th</sup>**

**1pm – Auditorium**

(see page 27)



**The Pursuit of Peace During a  
Time of Polycrisis**

**Dr. Rosalind Warner**

**Friday, March 1,**

**1pm – Auditorium**

(see page 27)



**The Okanagan Forest Industry  
1890-2020**

**Don McNair**

**Monday, March 11,**

**1pm – Auditorium**

(see page 10)



**Exploration and Mining in BC,  
Past and Present**

**Cary Pothorin**

**Thursday, May 30**

**10am - Classroom or Zoom**

(see page 25)