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Spring 2025

## Curiosity never retires!



**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)

## President's Report



SLR is like the *Eveready Bunny*, constantly moving forward with increasing membership each month with over 850 members. We currently have 42 honorary members which is achieved through volunteering for a period of 10 years, being an instructor or volunteering for functions, as well as being on the SLR Board for a period of 6 years. Being on the Board is a great opportunity to contribute to this engaging society – if interested please contact the office.

The Board takes pride in their ability to provide the membership with a compressive, diverse program twice a year ranging from discussion groups, poetry appreciation, history, science, health and wellness, art and many 1-session classes on an endless range of topics. The Fall program is shorter in length (3 months); the Spring program runs longer (5 months). There is something for everyone. If you have an interest or an idea that you would like to share, please consider signing up as a presenter.

Offering social activities has also become a priority for our membership; we continue to offer our Spring fling, June picnic, summer coffee chat sessions and our once-a-month movie.

Thank you to our membership for supporting this organization. None of this would be happening without the endless hours of work from our volunteers who continue to work hard for this society. A deep heartfelt thank you for all the volunteers as well as our hardworking Board and staff who keep the wheels of this organization well oiled.

Visit our website [www.slrkelowna.ca](http://www.slrkelowna.ca) to check out information about our society, and please feel free to pass along our information to family and friends.

*Jeanette Bosch*

*SLR offers a myriad of courses and lectures each semester covering a wide range of subject areas and topics but assumes no responsibility for the content or information provided by any course or presentation, including those that some may view as controversial.*

*We hope you enjoy the spring semester.*

### Board of Directors

Jeanette Bosch	President
Seymour Zidle	Vice President
Nancy Baillie	Treasurer
Elo Fox	Volunteers
Val Hardy	Programming
Deanna Matthewson	Social director
Joey Thompson	Community Relations
Sharon Blaney	Membership
David Marshall	Facilities

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 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 opportunities to engage in life-long learning and social networking well into their senior years.

Your 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 2025 FIELD TRIPS

### **Behind the Scenes Tour: Okanagan Regional Library** (see page 19)

Experience the inner workings of the library world! 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? – Join us to find out!



### **Experience the Legacy: KF Centre for Excellence** (see page 26)

Join our very own guides Chris and Ed - 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.



### **Wastewater Treatment Facility Tour** (see page 11)

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? These questions and more will be answered!



50<sup>th</sup> Anniversary of Women  
in the RCMP  
(See Page 8)

## HYBRID CLASSES



We're pleased to offer *hybrid* classes on occasion, where the presenter is in the classroom and simultaneously streaming the session via Zoom. Additionally, we provide *reverse hybrid* classes, where the presenter, often from out of town, connects remotely. Thanks to today's technology, participants can choose to attend these sessions either in the classroom, enjoying a traditional learning atmosphere, or from home through Zoom.

This format enables us to bring in presenters from across the country. This term, we're excited to feature presenters joining us from Vancouver Island, Calgary, Ontario Quebec and Nova Scotia.



Maud Lewis: An Artful Life  
(See page 8)



Vikings Victorious  
(See Page 18)



Ukraine, Russia and  
Vladimir Putin  
(See page 22)

## Spring Course Summary

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Monday	World Discussion Group	7	10 am	Jan 13	7	Zoom
Monday	Xeriscape NOT Zeroscape!	7	10am	Jan 13	1	Room B
Monday	Current Events	7	1 pm	Jan 13	8	Room B
Monday	Beginner Line Dance	7	1 pm	Jan 13	7	Auditorium
Monday	Can Your Emotions Impact / Health?	7	10 am	Jan 20	1	Room B
Monday	It's Your Funeral!	8	10 am	Jan27	1	Room B
Monday	Maud Lewis: An Artful Life	8	10 am	Feb 3	1	Room B/Zoom
Monday	50 <sup>th</sup> Anniversary of Women in the RCMP	8	10 am	Feb 10	1	Room B/Zoom
Monday	WWOOFing	8	10 am	Feb 24	1	Room B
Monday	iPad for Novices	9	10 am	Mar 3	5	Room A
Monday	You've Got a Story to Tell	9	10 am	Mar 3	3	Room B
Monday	Introduction to Medicinal Cannabis	9	10 am	Mar 24	1	Room B
Monday	Shaping the Okanagan	9	1 pm	Mar 31	1	Room B
Monday	iPad Photos	9	10 am	Apr 7	1	Room A
Monday	The Health Care Assistant in BC	10	10 am	Apr 7	1	Room B
Monday	Fly Fishing	10	1 pm	Apr 7	1	Room B
Monday	Tax Efficient Retirement Income	10	10 am	Apr 14	1	Room B
Monday	iPad Apps	10	10 am	Apr 14	1	Room A
Monday	Kelowna's Small Birds of Colour	10	10 am	May 5	1	Room B
Monday	Ernest Shackleton: the Legacy	11	1 pm	May 5	1	Room B
Monday	Wastewater Treatment Facility Tour	11	10 am	May 12	1	Field Trip
Monday	What to Consider / Retirement Plan	11	10 am	May 12	1	Room B
Monday	Alzheimer's and Dementia Head On	11	1 pm	May 26	1	Room B
Tuesday	Financial Strategies	12	10 am	Jan 14	6	Room A
Tuesday	The Silk Road	12	10 am	Jan 14	6	Room B
Tuesday	iPad Photos	12	1 pm	Jan 14	1	Room A
Tuesday	What's Happening in Science	12	1 pm	Jan 14	6	Room B
Tuesday	iPad Apps	12	1 pm	Jan 21	1	Room A
Tuesday	Acrylics Bright and Bold	13	10 am	Feb 4	4	Martin Centre
Tuesday	Road Safety for Seniors	13	1 pm	Feb 4	4	Room A/Zoom
Tuesday	Okanagan Waterbirds	13	10 am	Feb 25	1	Room B
Tuesday	Mindful Aging: Mental Health	13	1 pm	Feb 25	1	Room B
Tuesday	A Day in the Life of ...	13	10 am	Mar 4	6	Room B
Tuesday	Brontes on Screen Part 2	14	1 pm	Mar 4	6	Room A
Tuesday	You are what you Eat	14	1 pm	Mar 4	4	Room B
Tuesday	Portrait Drawing	14	10 am	Mar 11	3	Room A
Tuesday	Drawing Dogs and Cats	14	10 am	Apr 1	3	Room A
Tuesday	Food Security in a Warming World	14	1 pm	Apr 1	1	Room B/Zoom
Tuesday	Tour of the Universe	15	1 pm	Apr 8	1	Room B

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Tuesday	Mexican Art 1900 - 1950	15	10am	Apr 15	5	Room B
Tuesday	Writing Group	15	1 pm	Apr 15	8	Room A
Tuesday	The Many Faces of Africa	15	1 pm	Apr 22	6	Room B
Wednesday	Introduction: Practice of Meditation	16	10 am	Jan 8	8	Martin Centre
Wednesday	Death Café	16	10 am	Jan 15	1	Room A
Wednesday	Women Rowing North I, II, III	16	10 am	Jan 15	3	Room A
Wednesday	Poetry Appreciation	16	1 pm	Jan 15	8	Room A
Wednesday	Economics of an Aging World	17	1 pm	Jan 15	1	Room B/Zoom
Wednesday	iPhone Basics	17	10 am	Jan 22	2	Room A
Wednesday	Grapevine Disease: Its Impact	17	1 pm	Jan 22	1	Room B/Zoom
Wednesday	Film and Film Music Production	17	1 pm	Jan 29	1	Room B
Wednesday	The Kelowna Story	18	10 am	Feb 5	4	Room B
Wednesday	Vikings Victorious	18	1 pm	Feb 5	4	Room B/Zoom
Wednesday	Book Club	18	10 am	Feb 12	4	Northwood
Wednesday	Origami	18	10 am	Feb 26	1	Room A
Wednesday	Art History: Portraits	18	10 am	Mar 5	6	Room B/Zoom
Wednesday	Regain Your Brain	19	1 pm	Mar 5	8	Room B
Wednesday	Learn How to Read Tarot Cards	19	1 pm	Mar 12	5	Room A
Wednesday	Behind the Scenes Tour: ORL	19	10am	Mar 26	1	Field Trip
Wednesday	The Birds of Spring and Summer	19	1 pm	Apr 2	1	Auditorium
Wednesday	Physiotherapy Today	20	10 am	Apr 16	1	Room B
Wednesday	Basic Photography	20	10 am	Apr 23	6	Room A
Wednesday	Weather Phenomena	20	10 am	Apr 23	1	Room B
Wednesday	Myth, Metaphor and Meaning	20	10 am	Apr 30	3	Room B
Wednesday	Catherine Schubert: Pioneer	20	1 pm	May 7	1	Room B/Zoom
Wednesday	Saucy Creations	21	10 am	May 21	1	Room B
Wednesday	How Gardening: Happier and Healthier	21	1 pm	May 21	1	Room B
Wednesday	Canada's First Internment Operations	21	1 pm	May 28	1	Room B
Thursday	Overland: Through the Heart of Africa	22	10 am	Jan 16	1	Room B
Thursday	Afterlife and Near-Death Experiences	22	1 pm	Jan 16	6	Room A
Thursday	Ukraine, Russia and Vladimir Putin	22	1pm	Jan 16	1	Room B/Zoom
Thursday	Introduction to Broadway Dance	22	1 pm	Jan 16	8	Auditorium
Thursday	Broadway Dance ... Continued	22	2:15pm	Jan 16	8	Auditorium
Thursday	iPhone Basics	23	10 am	Jan 23	2	Room A
Thursday	Intro to Urban Planning in Kelowna	23	10 am	Jan 23	1	Room B
Thursday	Learning Libby: Digital Library Books	23	1 pm	Jan 23	1	Room B
Thursday	The Power of Protein	23	10 am	Jan 30	1	Room B
Thursday	Contract Bridge	24	10 am	Feb 6	8	Northwood
Thursday	Animals in Art	24	10 am	Feb 6	4	Room B/Zoom
Thursday	How Our Memory Works	24	1 pm	Feb 6	4	Room B
Thursday	Myra's Men: Building the KVR	24	10 am	Mar 6	1	Auditorium

DAY	COURSE NAME	PAGE	TIME	STARTS	SESSIONS	LOCATION
Thursday	Historic Royal Architecture and Design	24	1pm	Mar 6	8	Room B
Thursday	'End of Life Matters'	25	10 am	Mar 13	1	Auditorium
Thursday	The Unknown Taino	25	10 am	Mar 20	1	Room A
Thursday	Longitude	25	10 am	Mar 20	1	Room B
Thursday	Getting Started on Your Memoir	25	10 am	Mar 27	1	Room B
Thursday	Growing Up Colonial	26	10 am	Apr 3	1	Room A
Thursday	KF Centre for Excellence	26	1 pm	Apr 3	1	Field Trip
Thursday	Understanding Grief and Loss	26	10 am	Apr 10	1	Room C
Thursday	Attracting Mason and Leafcutter Bees	26	10 am	Apr 10	1	Room B
Thursday	Pirates of the Caribbean	26	10 am	Apr 17	1	Room A
Thursday	Magic of the Written Word	27	10 am	Apr 17	1	Room B
Thursday	Demystifying Mysticism	27	1 pm	Apr 24	8	Room A
Thursday	Journey through Jordan	27	10 am	May 1	1	Room B/Zoom
Thursday	Ancient Ruins, Divine and Cosmic Connections	27	1 pm	May 1	6	Room B
Thursday	Watercolour Essentials	27	10 am	May 8	4	Room B
Friday	iPad for Novices	28	10 am	Jan 10	5	Room A
Friday	Paper Collage	28	1 pm	Jan 10	4	Room A
Friday	A Pilgrimage from Canterbury to Rome	28	10 am	Jan 17	1	Room B/Zoom
Friday	Strategies in Managing Stress and Anxiety	28	1 pm	Jan 17	1	Room B
Friday	The Gang of Three	29	10 am	Jan 24	6	Room B
Friday	Beyond Mars	29	1 pm	Jan 24	1	Auditorium
Friday	Never too Early, Never too Late: Modifiable Risk Factors for Dementia	29	1 pm	Jan 31	1	Auditorium
Friday	Orchestrating Chaos: Trump/US Election	29	1 pm	Feb 7	1	Auditorium
Friday	Movement for Life	30	1 pm	Feb 14	1	Room B
Friday	Learn to Play Mahjong	30	1 pm	Feb 21	6	Summerwood
Friday	Hands-On Reflexology	30	1 pm	Feb 21	1	Room B
Friday	Why our Ancestors Stood Up	30	1 pm	Feb 28	1	Room B
Friday	Effective Exercise for Blood Sugar Control	31	1 pm	Mar 7	1	Auditorium
Friday	Can your Emotions Impact your Health?	31	1 pm	Mar 14	1	Room B
Friday	Big Ideas	31	10 am	Mar 21	8	Room B
Friday	iPad Photos	31	1 pm	Mar 21	1	Room A
Friday	Movement for Life	32	1 pm	Mar 21	1	Room B
Friday	iPad Apps	32	1 pm	Mar 28	1	Room A
Friday	Radio Astronomy	32	1 pm	Apr 4	1	Auditorium
Friday	The Making of a Doukhobor Pacifist	32	1 pm	Apr 11	1	Room B/Zoom
Friday	Analogue Generation in a Digital World	32	1 pm	May 2	3	Room B

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

# MONDAY

<b>Zoom</b>	<b>World Discussion Group</b>	
<p>International events outside of Canada will be the primary focus of this discussion group. Attendees will consider events abroad, as well as background issues, and discuss them to broaden our knowledge and understanding of other parts of the world. This will be done in a friendly, informal and respectful atmosphere, via Zoom, with the discussion led and moderated by Reg Olson.</p> <p><i>More information available on Amilia</i></p>		<p><b>Moderator:</b> Reg Olson  <b>Dates:</b> Jan 13 – Feb 24  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 7 / \$28  <b>Location:</b> Zoom only</p>
<b>In Class</b>	<b>Xeriscape NOT Zeroscape!</b>	
<p>Rather than a specific look, xeriscape is a method of landscaping that can be applied to almost any style of landscape or garden. There are hundreds of plants that thrive in low water conditions. Many of them are plants we commonly use in our gardens now.</p> <p>By following the Seven Principles of Xeriscape, including choosing plants which thrive in the Okanagan’s specific region and climate, you can have a lush, healthy garden which requires minimal irrigation, maintenance, and pest control.</p> <p>By adopting xeriscape techniques, you can create a beautiful, sustainable landscape, eliminating chemical use, conserving water and creating habitat for birds and butterflies.</p> <p><i>Sigrie is the executive director of the <a href="#">Okanagan Xeriscape Association</a></i></p>		<p><b>Presenter:</b> Sigrie Kendrick  <b>Date:</b> Jan 13  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Current Events</b>	
<p>This is a peer learning class. Each member will have the opportunity to present a topic of current interest and provide background information and relevant facts for general discussion. Occasionally we invite guest speakers. Typically, we cover two or three topics per session.</p>		<p><b>Moderator:</b> Pat Zander  <b>Dates:</b> Jan 13 – Mar 10  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Beginner Line Dance</b>	
<p>Join us for a beginner-friendly line dance class! Perfect for those who have never danced before, this class will teach you easy, fun steps. It’s a great way to get moving, enjoy some exercise and meet new people. Come have fun and let’s dance! <i>This is a 1-hour class</i></p>		<p><b>Leader:</b> Val Hardy  <b>Dates:</b> Jan 13 – Mar 10  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 7/ \$28  <b>Location:</b> Auditorium</p>
<b>In Class</b>	<b>Can Your Emotions Impact Your Health?</b>	
<p>You will learn how trapped emotions from past traumas and experiences can impact your health and well-being in the present. Discover the number one tool you have to create a healthier and happier life. Unlock the body’s ability to heal itself. Come join us for a fun and informative class that will open your eyes and mind to what is possible for you to create a better life!</p> <p><i>John Schlapbach is a Master Certified Body Code/Emotion Code Practitioner.</i></p>		<p><b>Presenter:</b> John Schlapbach  <b>Date:</b> Jan 20  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1/ \$10  <b>Location:</b> Room B</p>



<b>In Class</b>	<b>It's Your Funeral!</b>	<p><b>Presenter:</b> Christine Wood  <b>Date:</b> Jan 27  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<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. So here is your chance. Through this lighthearted presentation I can offer some ideas and I provide a template which may help.</p>	<b>In Class/Zoom</b>	<p><b>Presenter:</b> Shannon Parker  <b>Date:</b> Feb 3  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<p>Join Shannon Parker who will introduce Maud Lewis, born in Nova Scotia, to a life of obscurity and challenge. One of Canada's best-loved artists, Maud is well-known for her cheerful, brightly coloured paintings. Not formally trained, she created a distinct style and technique uniquely her own. We will look at her inspirations, the development of her artwork, the evolution of her distinctive style and how she modified her painting as her arthritis grew worse. We will explore her "Painted House" to see some lesser-known works and discuss some of the many questions you may have about her life and practice.  <i>Shannon is the Laufer Curator of Collections at the Art Gallery of Nova Scotia. This session will be presented via Zoom.</i></p>	<b>Maud Lewis: An Artful Life</b>	<p><b>Presenter:</b> Paulette Breau  <b>Date:</b> Feb 10  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<p>Take a journey into the history of women of the RCMP; their roles from the early days back in 1896 to present day. In 1974 the RCMP first accepted applications from women to become Police Officers. 2024 was the 50th Anniversary of women in the RCMP serving as frontline Police Officers. Follow their experiences as women in a male-dominated organization and how they advanced through the force.  <i>Paulette served 30 years as an RCMP officer. This session will be presented via Zoom.</i></p>	<b>50<sup>th</sup> Anniversary of Women in the RCMP</b>	<p><b>Presenters:</b> Caroline &amp; Sven Giles-Hansen  <b>Date:</b> Feb 24  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Join Caroline and Sven on their WWOOFing adventures during 2016 in South Korea and Portugal to learn what WWOOFing is all about.          (World Wide Opportunities On Organic farms).</p>	<b>WWOOFing</b>	<p><b>Presenters:</b> Caroline &amp; Sven Giles-Hansen  <b>Date:</b> Feb 24  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>



**Ernest Shackleton:  
 The Legacy of a Brilliant Explorer and the Search to find his Shipwreck  
 Monday, May 5<sup>th</sup>, 1pm**

(See page 11)

Join Don Plant for a return visit to update us on this astonishing story and zoom in on new discoveries revealed by submersibles that scanned the ship *Endurance* — broken but intact — on the ocean floor.



<b>In Class</b>	<b>iPad for Novices</b>	
<p>To join this class, you should already be comfortable using email and browsing the internet.</p> <ul style="list-style-type: none"> <li>We'll cover email safety and share tips to improve your overall email experience.</li> <li>You'll also learn how to customize the appearance and functionality of your iPad through the Settings app.</li> <li>One session will focus on photos—how to take, edit, and organize them.</li> <li>On the final day, we'll explore apps: how to find, download and decide which ones to try.</li> </ul>		<p><b>Leader:</b> Sharon Pollock  <b>Dates:</b> Mar 3 – Mar 31  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>You've Got a Story to Tell</b>	
<p>We all have stories that yearn to be known and integrated. These stories represent aspects of our personal and sometimes generational history, emotions, thoughts, beliefs, dreams that, when heeded, can lead to a sense of wholeness. Sharing these stories in a safe space further validates our worth and inter-relatedness; we are in this together. In this workshop we will use meditation and art to find and express our stories. You will need to bring three sheets of gessoed (if desired) mixed media paper (at least 22" X 30"), and the medium (paint, pastel etc.) and brushes you wish to create with. Collage paper, adhesive and some writing tools will be provided.</p>		<p><b>Leader:</b> Kelly Taylor  <b>Dates:</b> Mar 3 – Mar 17  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Introduction to Medicinal Cannabis</b>	
<p>Discover what you need to know about medicinal cannabis before diving in. What is cannabis? How does cannabis work in the body? How do you try cannabis? Find out what you never knew before about this plant medicine. We'll also uncover some myths and stigmas about what our culture has thought about cannabis and what we might be missing.</p> <p><i>Terese is a certified Cannabis Wellness Coach. <a href="http://www.terese.ca">www.terese.ca</a></i></p>		<p><b>Presenter:</b> Terese Bowers  <b>Date:</b> Mar 24  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Shaping the Okanagan</b>	
<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.</p> <p><i>Presented by the Regional District of Central Okanagan</i></p>		<p><b>Presenter:</b> Nicole Kittmer  <b>Date:</b> Mar 31  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>iPad Photos</b>	
<ul style="list-style-type: none"> <li>Explore the diverse camera features available on your iPad.</li> <li>Discover the editing options that can enhance your photos.</li> <li>Uncover the various methods with which your iPad helps you organize your photo collection.</li> <li>Learn how to create personalized albums on your iPad</li> </ul>		<p><b>Leader:</b> Sharon Pollock  <b>Dates:</b> Apr 7  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1/ \$10  <b>Location:</b> Room A</p>

<b>In Class</b>	<b>The Health Care Assistant in BC</b>	<p><b>Presenter:</b> Cathy Farrow  <b>Date:</b> April 7  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Care aides and community health workers are also known as health care assistants or HCAs. They are frontline care providers in a variety of institutional and community settings including home support agencies and residential care facilities. We may find ourselves in a position where we, or our loved ones, need additional support to complete our daily activities and personal care. Find out the qualifications of, and skills that HCAs can assist with, and how to arrange for these services.</p> <p><i>Cathy Farrow RN MSN is an instructor, HCA Program, Okanagan College</i></p>		
<b>In Class</b>	<b>Fly Fishing</b>	<p><b>Presenter:</b> Mike Brown  <b>Date:</b> Apr 7  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Don't be a fish out of water! 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>		
<b>In Class</b>	<b>Diversifying Like a Pension Plan &amp; Tax Efficient Retirement Income</b>	<p><b>Presenter:</b> Karen Erickson  <b>Presenter:</b> Kayla Caruana  <b>Date:</b> April 14  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Find out how to structure your investments to mimic the diversification and stability of a pension plan, ensuring consistent and reliable income in retirement. Also learn about tax efficiencies to consider when planning your retirement income.</p> <p><i>Karen Erickson and Kayla Caruana - Certified Financial Planners®</i></p>		
<b>In Class</b>	<b>iPad Apps</b>	<p><b>Leader:</b> Sharon Pollock  <b>Dates:</b> April 14  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1/ \$10  <b>Location:</b> Room A</p>
<p>Apple boasts nearly two million apps available in it's app store. Explore the many categories of apps and learn how to sift through them to find ones you would like to try. Discover how to download your selections, and how to choose between the free and paid options. With countless possibilities at your fingertips, you'll find apps that not only enhance your life but also provide endless entertainment.</p> <p>You will need your <b>Apple password</b> in order to download apps. This is different than your pin number.</p>		
<b>In Class</b>	<b>Up Close &amp; Personal: Kelowna's Small Birds of Colour</b>	<p><b>Presenter:</b> Keith Richardson  <b>Date:</b> May 5  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Kelowna has dozens of colourful perching birds to observe in all seasons. For the last five years, Keith has been documenting as many as he can in hopes that he can share with local folks seeking a better idea of just what we're trying to conserve as 'little, old Kelowna, rapidly transforms into a big, new city'. We'll focus on bluebirds, sparrows, swallows, buntings, nuthatches, warblers, flycatchers, and more.... Lots of closeup images!</p>		

<b>In Class</b>	<b>Ernest Shackleton: the Legacy of a Brilliant Explorer and the Search to find his Shipwreck</b>	
<p>Polar explorer Sir Ernest Shackleton (1874-1922) is known worldwide for his remarkable perseverance while leading 27 men to safety after they abandoned their ship <i>Endurance</i>, which was crushed in the pack ice off Antarctica in 1915. His exceptional command of the crew and courage in the face of heartbreaking odds spawned a riveting sea adventure. Don will revisit this astonishing story and zoom in on new discoveries revealed by submersibles that scanned the ship — broken but intact — on the ocean floor.</p>		<p><b>Presenter:</b> Don Plant  <b>Date:</b> May 5  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>Field Trip</b>	<b>Wastewater Treatment Facility Tour</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? These questions and more will be answered during this interesting tour. It starts with a 45-minute PowerPoint presentation and finishes with a walking tour of the plant. Be prepared to walk and climb some steps.</p> <p><i>Carpooling could be arranged, if needed.</i></p>		<p><b>Leader:</b> Mike Humes  <b>Date:</b> May 12  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Wastewater Treatment Facility  951 Raymer Ave.  Kelowna</p>
<b>In Class</b>	<b>Market Update, Inflation, and Interest Rates What to Consider for Your Retirement Plan</b>	
<p>What's happening in the Canadian and US stock market with inflation, interest rates and bond yields? What is the impact of the recent US Election and upcoming Canadian Election?</p> <p>Come and learn from Karen &amp; Kayla! They are both Certified Financial Planners (CFP) &amp; Registered Retirement Consultants (RRC)</p>		<p><b>Presenter:</b> Karen Erickson  <b>Presenter:</b> Kayla Caruana  <b>Date:</b> May 12  <b>Day/Time:</b> Mon/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Facing Alzheimer's and Dementia Head On</b>	
<p>Caroline co-wrote the book <i>Facing Alzheimer's and Dementia Head On</i> with a fellow retired RN, both having walked the long, exhausting path of caring for their husbands at home as they faced Alzheimer's and Dementia. Their goal was to provide practical tips for others on similar journeys, explaining in simple terms the changes occurring in their loved one's brain and helping readers prepare for what's ahead. They also address important legal matters that should be managed early. This "Go-To" manual includes personal stories of how they coped over eight years and highlights the transformative power of music, showing how it can revive memories in patients, even those who seem deeply withdrawn. In the talk, Caroline will share background about their late husbands, how she met co-author Marg, and the journey of documenting these valuable experiences.</p>		<p><b>Presenter:</b> Caroline de L. Davies  <b>Date:</b> May 26  <b>Day/Time:</b> Mon/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>



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

# TUESDAY

<b>In Class</b>	<b>Financial Strategies</b>	<p><b>Presenter:</b> Kevin Purnell</p> <p><b>Presenter:</b> Jacob DeLange</p> <p><b>Dates:</b> Jan 14 – Feb 18</p> <p><b>Day/Time:</b> Tues/10 am</p> <p><b>Sessions/Fee:</b> 6 / \$25</p> <p><b>Location:</b> Room A</p>
<p>This workshop is for those who wish to understand the advantages of financial strategies the banks won't tell (teach) you. Learn how to: freeze your mortgage; make your next car purchase tax deductible; defer property tax; receive tax-free income for the next 20 years. These are examples of a few strategies we will discuss that might change your life.</p>		
<b>In Class</b>	<b>The Silk Road</b>	<p><b>Presenter:</b> Jeanette Bosch</p> <p><b>Dates:</b> Jan14 – Feb 18</p> <p><b>Day/Time:</b> Tues/10 am</p> <p><b>Sessions/Fee:</b> 6 / \$25</p> <p><b>Location:</b> Room B</p>
<p>The Silk Road refers to a network of trades routes throughout Eurasia used for more than 1,500 years. It contributed to the exchange of goods and ideas among diverse civilizations and cultures. We will explore the geography, history, major empires, famous travelers and their influence.</p>		
<b>In Class</b>	<b>iPad Photos</b>	<p><b>Leader:</b> Sharon Pollock</p> <p><b>Date:</b> Jan 14</p> <p><b>Day/Time:</b> Tue/1 pm</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Room A</p>
<ul style="list-style-type: none"> <li>• Explore the diverse camera features available on your iPad.</li> <li>• Discover the editing options that can enhance your photos.</li> <li>• Uncover the various methods with which your iPad helps you organize your photo collection.</li> <li>• Learn how to create personalized albums on your iPad</li> </ul>		
<b>In Class</b>	<b>What's Happening in Science</b>	<p><b>Leader:</b> Rosie Lawrence</p> <p><b>Dates:</b> Jan 14 – Feb 18</p> <p><b>Day/Time:</b> Tues/1 pm</p> <p><b>Sessions/Fee:</b> 6 / \$25</p> <p><b>Location:</b> Room B</p>
<p>Many changes in our lives arise as a result of developments in science. In this class we discuss advances in any area of science: health, climate, space, energy - or whatever topic interests you. No scientific background is required just an interest in advancements in any area of science. Participants are encouraged to bring subjects for discussion.</p>		
<b>In Class</b>	<b>iPad Apps</b>	<p><b>Leader:</b> Sharon Pollock</p> <p><b>Date:</b> Jan 21</p> <p><b>Day/Time:</b> Tue/1 pm</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Room A</p>
<p>Apple boasts nearly two million apps available in it's app store. Explore the many categories of apps and learn how to sift through them to find ones you would like to try. Discover how to download your selections, and how to choose between the free and paid options. With countless possibilities at your fingertips, you'll find apps that not only enhance your life but also provide endless entertainment.</p> <p>You will need your <b>Apple password</b> in order to download apps. This is different than your pin number.</p>		



### 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>Acrylics Bright and Bold</b>	<b>Leader:</b> Tina Siddiqui <b>Dates:</b> Feb 4 – Feb 25 <b>Day/Time:</b> Tue/10 am <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Martin Centre
<p>Enjoy creating acrylic paintings in exciting colours. This course includes instructions to enable students to grasp the technique of bold and loose renditions for the subjects of their choice via demonstration and critique.</p> <p><i>Supplies needed: canvas/ canvas boards, acrylic paints (basic colours), with an additional white, paint brushes, palette, source pictures.</i></p>		
<b>In Class/Zoom</b>	<b>Road Safety for Seniors</b>	<b>Presenter:</b> Tim Schewe <b>Dates:</b> Feb 4 – Feb 25 <b>Day/Time:</b> Tue/1 pm <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room A / Zoom
<p>This course is designed to enhance your driving skills and knowledge. Stay informed and up to date with the latest information, including an exploration of the Enhanced Road Assessment, guidance on preparing for re-examination, and a look at how aging could potentially impact your driving abilities. We will cover other aspects of driving as well, empowering you to remain safe and confident on the road.</p> <p><i>Tim Schewe's background includes 25 years of policing with the Royal Canadian Mounted Police, consisting of 5 years on general duty, 20 on traffic. This course will be presented via Zoom.</i></p>		
<b>In Class</b>	<b>Okanagan Waterbirds</b>	<b>Presenter:</b> Keith Richardson <b>Date:</b> Feb 25 <b>Day/Time:</b> Tues/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>For the past decade, Keith has been photographing his encounters with the great diversity of waterfowl and other birds associated with the lakes and streams of the Central Okanagan. Join us for a ramble through his photos and anecdotes about the species and individuals he's encountered. This includes a couple of quite uncommon 'Intersex Mallards' with whom he's become especially acquainted with in the past five winters, springs, and summers.</p>		
<b>In Class</b>	<b>Mindful Aging: Let's Talk About Mental Health</b>	<b>Presenter:</b> Brenda Josephs <b>Date:</b> Feb 25 <b>Day/Time:</b> Tues/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>This presentation includes defining mental health, identifying common mental health issues for older adults and offering strategies for promoting optimal mental wellness as we age. Presentation is interactive and is followed by a Q &amp; A.</p> <p><i>Brenda Josephs BA Gerontology</i></p>		
<b>In Class</b>	<b>A Day in the Life of ...</b>	<b>Leader:</b> Rosemary Botner <b>Presenters:</b> Various <b>Dates:</b> Mar 4 – Apr 8 <b>Day/Time:</b> Tues/10 am <b>Sessions/Fee:</b> 6 / \$25 <b>Location:</b> Room 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 speakers will share their work experiences and the stories that have shaped their careers.</p> <p>Our lineup features an array of fascinating professions: educators both at home and internationally, a flight attendant and a retired paramedic. We'll also hear from a house inspector and an entomologist. Join us to learn about these intriguing careers, the day-to-day realities, and the passions that drive these professionals.</p>		

<b>In Class</b>	<b>Brontes on Screen Part 2</b>	<b>Leader:</b> Jim Howard <b>Dates:</b> Mar 4 – Apr 8 <b>Day/Time:</b> Tues/1 pm <b>Sessions/Fee:</b> 6 / \$25 <b>Location:</b> Room A
<p>Part 2 of the Brontes on Screen course focuses on Emily Bronte's "Wuthering Heights" with a look at a film version of Anne Bronte's "The Tenant of Wildfell Hall." Once again, reading the original novels is not required but encouraged.</p>		
<b>In Class</b>	<b>You are what you Eat</b>	<b>Presenter:</b> Sally Caisley <b>Dates:</b> Mar 4 – Mar 25 <b>Day/Time:</b> Tue/1 pm <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room B
<p>Join us for this four-part course offered through the Seniors' Health &amp; Wellness Institute. The focus in this series is on how to optimize diet and medication in order to stay healthy and well. Workshops in the series include: <i>Age Well, Live Well with Safe Medication Use; Diabetes; Healthy Eating for Seniors; Identifying Addiction; and Medication Awareness.</i></p>		
<b>In Class</b>	<b>Portrait Drawing</b>	<b>Leader:</b> Jane Metzger <b>Dates:</b> Mar 11 – Mar 25 <b>Day/Time:</b> Tue/10 am <b>Sessions/Fee:</b> 3 / \$16 <b>Location:</b> Room A
<p>A three-session course covering the basic anatomy of the human head and facial features to produce life like portraits in pencil, charcoal, or pastels. <i>Students should bring a sketchbook (9x12" or larger), 4B or 6B pencil and a soft eraser.</i></p>		
<b>In Class</b>	<b>Drawing Dogs and Cats</b>	<b>Leader:</b> Jane Metzger <b>Dates:</b> Apr 1 – Apr 15 <b>Day/Time:</b> Tue/10 am <b>Sessions/Fee:</b> 3 / \$16 <b>Location:</b> Room A
<p>A three-session course that begins with pencil studies of dog and cat anatomy and drawing techniques to produce a portrait of one's pet in their choice of media, from pencil to paint. <i>Students should bring a sketchbook (9x12" or larger), 4B or 6B pencil and a soft eraser.</i></p>		
<b>In Class/Zoom</b>	<b>Food Security in a Warming World</b>	<b>Leader:</b> Ron Krystynak <b>Date:</b> Apr 1 <b>Day/Time:</b> Tue/1:00 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B / Zoom
<p>Food security is a major global challenge as everyone needs adequate food. The World Health Organization reports that 1 in 11 people faced worldwide hunger in 2023 and around 2.33 billion people faced moderate to severe food insecurity. Global warming is an important factor contributing to food insecurity, which mainly affects poorer countries in the world. There are measures that can be taken to address both these issues, however, it will require developed countries to contribute considerably more resources. This course will outline the current food security situation and what needs to be done to address the issue.</p>		



You may be surprised by what you'll find!  
The library is there for your enjoyment.  
Please Browse, Borrow and Bring Back.



<b>In Class</b>	<b>Tour of the Universe</b>	
<p>Embark on a 'Tour of the Universe' where we start at Earth and journey outward, exploring fascinating celestial wonders along the way. Discover how we study the cosmos and the surprising amount we know—and don't know—about it.</p> <p>One essential tool in learning about the universe is spectroscopy. I have glass tubes filled with various gases that light up when electrified, and with the help of special glasses, the class can see the unique light spectrum each element produces. Like a UPC code, every element has its own "fingerprint" that astronomers use to identify the makeup of stars and nebulae. It's an engaging and insightful activity!</p>		<p><b>Leader:</b> Colleen O'Hare  <b>Date:</b> Apr 8  <b>Day/Time:</b> Tue/1:00 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Mexican Art 1900 - 1950</b>	
<p>Through this course we'll do a quick review of the art produced in Mexico at the beginning of the 20th Century, by artists such as Diego Rivera, David Alfaro Siqueiros, Jose Clemente Orozco, Rufino Tamayo, Remedios Varo, and Frida Kahlo, among others.</p>		<p><b>Presenter:</b> Maria Garcia  <b>Dates:</b> Apr 15 – May 13  <b>Day/Time:</b> Tues/10 am  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Writing Group</b>	
<p>This course is for new and experienced writers whether you enjoy writing fiction or creative non-fiction. In this guided workshop environment, there will be opportunities to try new strategies, and share ideas along with some helpful hints and practices.</p> <p>During the eight-week session everyone will submit a piece of writing every two weeks (four in total), and group participants will provide each other with feedback, support, and encouragement.</p>		<p><b>Leader:</b> Deb Hooper  <b>Leader:</b> Evita McConnell  <b>Dates:</b> Apr 15 – Jun 3  <b>Day/Time:</b> Tue/1 pm  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>The Many Faces of Africa</b>	
<p>We'll learn about various countries that I have travelled to in Africa - exploring the history, geography, societies, governments and the natural environment.</p>		<p><b>Presenter:</b> Jeanette Bosch  <b>Dates:</b> Apr 22 – May 27  <b>Day/Time:</b> Tue/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>

## Road Safety for Seniors **Join Tim Schewe (retired RCMP officer)**



Stay informed and up to date with the latest information, including an exploration of the Enhanced Road Assessment, guidance on preparing for re-examination, and a look at how aging could potentially impact your driving abilities.

In this four-week course we will review and cover other aspects of driving as well, empowering you to remain safe and confident on the road.

*This course will be presented via Zoom. Join us in the classroom or Zoom in from home. (see page13)*

# WEDNESDAY

<b>In Class</b>	<b>Introduction to the Practice of Meditation</b>	
<p>Learning to meditate is very easy. One simple introductory lesson is a good start, but meditation is most effective and beneficial if one can establish the habit of a regular meditation practice. In this course we will meet weekly to practice sitting and walking meditation and discuss how the practice is working for you on a personal level.</p> <p><i>These will be 1-hour sessions</i></p>		<p><b>Leader:</b> Walter Coates  <b>Dates:</b> Jan 8 – Feb 26  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 8 / \$28  <b>Location:</b> Martin Centre</p>
<b>In Class</b>	<b>Death Café</b>	
<p>The Death Café 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. Keri's 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><i>Facilitated by Keri Brekveld, RN, End of Life Doula, Coach and Educator.</i></p>		<p><b>Facilitator:</b> Keri Brekveld  <b>Date:</b> Jan 15  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Women Rowing North</b>	
<p>Based on the book of the same name by Mary Pipher, this course will explore the challenges, gifts and skills inherent in living in the 3<sup>rd</sup> season of life. The course will be offered in three parts, each part will consist of three weeks. The three parts can stand alone, and you may sign up for any or all of them. Reading the book, <i>Women Rowing North</i> is optional.</p> <p>Part I – We will focus on resilience, strengths and joys, as well as loneliness, cultural expectations, and the ability to adapt to the freedom that is part of the 3<sup>rd</sup> season of life.</p> <p>Part II – We will focus on understanding ourselves, making positive choices, expectations, contrasts and living a life of engagement and meaning.</p> <p>Part III - We will focus on 'travel companions' (those we choose to travel with on life's journey), family and the next generations, authenticity, self-awareness and self-acceptance.</p> <p><i>These sessions are open to all who identify as female.</i></p>		<p><b>Leader:</b> Heather Burton  <b>Dates:</b> Part I Jan 15 – Jan 29  Part II Feb 5 – Feb 19  Part III Mar 5 – Mar 19  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 3 / \$16 (per set)  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Poetry Appreciation</b>	
<p>Are you in a mental or emotional rut? Perhaps it's time to diversify with poetry. Poetry is word-art that reaches the intellect through the heart. Participants bring poems of their favourite poet, and/or their own, to either read or recite. Any theme from the sublime to the ridiculous is welcome. This is always followed by an interesting discussion. Breathe in experience, breathe out poetry.</p>		<p><b>Leader:</b> Merv Scott  <b>Dates:</b> Jan 15 – Mar 5  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 8 / \$31  <b>Location:</b> Room A</p>



<b>In Class/Zoom</b>	<b>Economics of an Aging World</b>	<p><b>Presenter:</b> Ron Krystynak  <b>Date:</b> Jan 15  <b>Day/Time:</b> Wed/1:00 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<p>The World Population is aging. By 2050 over 2.1 billion people will be aged over 60. This will have a major social and economic impact globally, much more than in the past. This course will examine the state of aging in the world population. Countries that do not address the issue of an aging population can cause negative implications on their seniors and the population. However, it may be possible to have a successful society if countries adopt positive policies.</p>		<p><b>Leader:</b> Gary Alzomal  <b>Dates:</b> Jan 22 – Jan 29  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 2 / \$13  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>iPhone Basics</b>	
<p>This course provides iPhone basics, focusing on essential functions and features. Topics include understanding cell phone data, navigating basic functions and settings, utilizing the Control Centre, making voice calls, managing contacts, using messaging apps, and handling app management. Students will also learn to use the Apple Mail app for email, operate the camera, organize and manage pictures, share pictures and files, and maintain security on the iPhone. Additionally, we will cover backups, updates, and tips for using an iPhone while travelling.</p> <p><i>It is recommended that students have an iPhone 10 or newer for the class .... More info on Amilia.</i></p>		<p><b>Presenter:</b> Portiaa McGonigal  <b>Date:</b> Jan 22  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<b>In Class/Zoom</b>	<b>Grapevine Disease: Its Impact on the Okanagan Wine Region and Beyond</b>	
<p>The Okanagan Valley is the largest grape-growing region in B.C. and is home to over 200 grape wineries. However, several grapevine diseases flourish under pressures brought on by the Valley's unique climate. One such disease is grapevine crown gall, which is referred to as 'plant cancer' because it is characterized by the growth of tumors along the grapevine trunk. During this session, we will cover the history of grape and wine production worldwide and in the Okanagan Valley. We will also look at emerging grapevine diseases with specific details on my personal research on crown gall disease in the Okanagan Valley.</p> <p><i>Portiaa will be presenting via Zoom</i></p>		<p><b>Presenter:</b> Gordon McGhie  <b>Date:</b> Jan 29  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Film and Film Music Production</b>	
<p>A general overview of how films are produced with an in-depth look at how the music is created for film.</p> <ul style="list-style-type: none"> <li>• A general overview of how Film production happens and how and when the film music is created.</li> <li>• How to use the tools of the trade for film music creation.</li> <li>• Skill sets and training to make a career in music for film.</li> <li>• How an example of music for film is created.</li> <li>• The money: how composers and film makers get paid.</li> <li>• Q and A.</li> </ul> <p><i>Gordon has worked with clients including Warner Bros, Marvel, Rainmaker, Sony Pictures and Technicolor.</i></p>		

<b>In Class</b>	<b>The Kelowna Story</b>	
<p>Kelowna has changed so significantly over the last few years that we've lost many stories of its early pioneers. Some were lords and ladies, some were scoundrels and colourful characters, but others were hard working, often idealistic young people looking for another way to live. They rowed from one end of the lake to the other, built elaborate irrigation schemes, learned as their orchards flourished - or not, played polo, held balls, acted in elaborate theatrical productions, built churches and schools, and created the city we now celebrate. Come and learn, be entertained and amazed at what was accomplished, as told by the author of the definitive history of Kelowna.</p>		<p><b>Presenter:</b> Sharron Simpson  <b>Dates:</b> Feb 5 – Feb 26  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B</p>
<b>In Class/Zoom</b>	<b>Vikings Victorious</b>	
<p>While Viking invasions are a familiar part of English history, the Viking role as monarchs of England is less well known. This course will look at the four Viking kings, how they were able to take the throne and the impact they had in England and beyond. The 11th century was a brutal and turbulent time - but not all the time!</p> <p><i>Dr. Gowdy will be presenting from Calgary via Zoom.</i></p>		<p><b>Presenter:</b> Dr. Alana Gowdy  <b>Dates:</b> Feb 5 – Feb 26  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room B / Zoom</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> <ul style="list-style-type: none"> <li>• Feb 12: The Secret Life of Sunflowers by Marta Molnar</li> <li>• March 12: The Lost Bookshop by Evie Woods</li> <li>• April 9: The Berry Pickers by Amanda Peters</li> <li>• May 14: Bring a book that you enjoyed and that others might like to discuss</li> </ul>		<p><b>Leader:</b> Shirley Piedt  <b>Dates:</b> Feb 12 – May 14  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Northwood Retirement Resort  1277 Gordon Drive</p>
<b>In Class</b>	<b>Origami</b>	
<p>Join us for an introduction to the traditional art of Japanese paper folding where you will learn and create with the use of beginner patterns - a bird, dolphin or whale, as well as some intermediate ones. Perhaps we could also try the traditional origami crane.</p> <p><i>All supplies are provided.</i></p>		<p><b>Leader:</b> Susan Thesen  <b>Dates:</b> Feb 26  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class/Zoom</b>	<b>Art History: Portraits</b>	
<p>A portrait is an artistic representation of a person, in which the face and its expression is predominant. The intent is to display the likeness, personality, and even the mood of the person. In this course we will look at portraits through time and across cultures and seek out the stories of the lives of the persons portrayed. This is a visual course of PowerPoint presentations and short films.</p>		<p><b>Presenter:</b> Teresa Smith  <b>Dates:</b> Mar 5 – Apr 9  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B / Zoom</p>

<b>In Class</b>	<b>Regain Your Brain</b>	<b>Leader:</b> Vera Ito <b>Dates:</b> Mar 5 – Apr 30 <b>Day/Time:</b> Wed/1 pm <b>Sessions/Fee:</b> 8 / \$31 <b>Location:</b> Room 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 previously offered in 2023/24.</i></p>		
<b>In Class</b>	<b>Learn How to Read Tarot Cards</b>	<b>Leader:</b> Lindsay Atkinson-Smith <b>Dates:</b> Mar 12 – Apr 9 <b>Day/Time:</b> Wed/1 pm <b>Sessions/Fee:</b> 5 / \$22 <b>Location:</b> Room A  <i>This course is for those who are new to Tarot Cards</i>
<p>Do you have a deck of tarot cards in the back of a drawer somewhere and have never got around to learning how to use them? I hear this often! Join me to learn how to do readings for yourself and for friends. I will share the history of the cards and how they have changed over the years. You will discover what your personality and soul cards are and how to work with them.</p> <p>We will do 3, 5 and 10 card readings. My personal view is that all readings are positive, and even scary cards have a positive meaning. I use the cards for personal growth and to develop intuition. The class will be small, and you will learn through participation. If you have a deck, bring it to the 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>		
<b>Field Trip</b>	<b>Behind the Scenes Tour: Okanagan Regional Library</b>	<b>Leader:</b> Ashley Machum <b>Date:</b> March 26 <b>Day/Time:</b> Wed/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> ORL Admin Centre 1430 KLO Road, Kelowna
<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>		
<b>In Class</b>	<b>The Birds of Spring and Summer: a Photographic Introduction</b>	<b>Leader:</b> Pam Laing <b>Date:</b> Apr 2 <b>Day/Time:</b> Wed/1 pm <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Auditorium
<p>Did you know that well over 300 species of birds have been seen in the Okanagan? Some of them are here year-round and some only in winter, but many of the most interesting and beautiful are here only for the spring and summer. This introduction in photos will showcase many of these in all their variety. A short discussion of equipment and reference materials you might find useful will also be included, as well as tips on where to find birds.</p> <p>Why not come to see the birds at SLR so that you can then go look for them yourself?</p>		

<b>In Class</b>	<b>Physiotherapy Today</b>	
<p>In this session, we will share some of the exciting new approaches and innovative practices that our clinic is adopting to enhance patient care and improve outcomes. Attendees will gain insight into how we are integrating cutting-edge technologies into our treatment plans, providing patients with the latest advancements in healthcare. It will include some of the more recent technologies that we are implementing, our relationship with UBCO, and our work in the community.</p> <p><i>Roy is a certified physiotherapist.</i></p>		<p><b>Presenter:</b> Roy Gillespie  <b>Date:</b> Apr 16  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Basic Photography</b>	
<p>Improve your photographic skills. Topics include basic composition, elements and principles of design, the use of natural light on your subject, action/motion and nature photography. We will also look at various considerations of photographing people and how to light them naturally. This course is appropriate whether you use an SLR camera or a cell phone camera.</p>		<p><b>Leader:</b> Greg Dean  <b>Dates:</b> Apr 23 – May 28  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>Weather Phenomena</b>	
<p>Mother Nature's omnipresent weather phenomena dictate our everyday activities but how much do we understand of her dynamic show?</p> <p>For example, do you know what a Dew Point is and how it's used? How about El Nino and El Nina, or the difference between and causes of hurricanes and tornados? How does wind start and what are Isobars? Ever heard of a Haboob?</p> <p>These, and many other weather phenomena will be discussed and explained in this fast-moving presentation, courtesy of Mother Nature.</p>		<p><b>Presenter:</b> Ed Kilgour  <b>Date:</b> Apr 23  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Myth, Metaphor and Meaning</b>	
<p>Over the three weeks, we will explore: What place myth has within the human story (why has there always been myth? What human needs does it meet?) How has our conception of myth changed over time, especially in a post-enlightenment world? What contributions does myth make to our development, both individual and societal?</p>		<p><b>Leader:</b> Heather Burton  <b>Dates:</b> Apr 30 – May 14  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room B</p>
<b>In Class/Zoom</b>	<b>Catherine Schubert: Pioneer Extraordinaire!</b>	
<p>Follow pioneer Catherine Schubert, the only woman who travelled cross-country with 150 Overlanders, in search of gold in the Cariboo in 1862. She settled in Armstrong B.C. where she lived until her death in 1918.</p>		<p><b>Presenter:</b> Rosemary Botner  <b>Date:</b> May 7  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>

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



<b>In Class</b>	<b>Saucy Creations</b>	<p><b>Presenter:</b> Kirsten Olsen  <b>Date:</b> May 21  <b>Day/Time:</b> Wed/10 am  <b>Sessions/Fee:</b> 1 / \$25  <b>Location:</b> Room B</p>
<p>In this hands-on class, we'll explore the fun of making our own BBQ sauce, marinades and salad dressing that not only taste incredible but are nourishing. We'll cover ingredients to incorporate to elevate the nourishment, provide tips for customization and discuss how to elevate the flavour. Each participant will walk away with a 4 oz jar of their own salad dressing and BBQ sauce!</p> <p><i>Kirsten Olsen Nutritionist <u>Green Thumb Health &amp; Nutrition</u></i></p>		
<b>In Class</b>	<b>How Gardening Makes You Happier and Healthier</b>	<p><b>Presenter:</b> Ron Krystynak  <b>Date:</b> May 21  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Academic studies have shown that gardening is an effective way to improve your physical and psychological well being. Digging, lifting, watering, weeding etc., provides physical benefits. People feel better when they are surrounded by nature (biophilia hypothesis). Gardening that includes growing fruits and vegetables has an added health effect; fruits and vegetables are more nutritious when freshly picked.</p>		
<b>In Class</b>	<b>Canada's First National Internment Operations 1914 - 1920</b>	<p><b>Presenter:</b> Andrea Malysh  <b>Date:</b> May 28  <b>Day/Time:</b> Wed/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Between 1914 and 1920, thousands of Ukrainians and other Europeans were imprisoned as 'enemy aliens' in 24 internment camps located across Canada. These prisoners, part of Canada's first national internment operations, came to the Dominion as peaceful immigrants desirous of becoming law-abiding Canadian citizens. Deprived of their freedom and disenfranchised, many internees lost their personal wealth and were forced to do heavy labour on federal government projects.</p> <p><i>Andrea Malysh is a subject matter expert on Canada's WW1 internment and an Internee Descendant.</i></p>		

### iPhone Basics

January 22 – January 29

January 23 – January 30



### iPad for Novices

January 10 – February 7

March 3 – March 31



### iPad Photos

January 14

March 21

April 7



### iPad Apps

January 21

March 28

April 14



# THURSDAY

<b>In Class</b>	<b>Overland: Through the Heart of Africa</b>	
<p>Travelling from south to north in a beat-up old Volkswagen, Sue tells of her near-impossible trek through Africa in the early 1970's. Despite being told by multiple authorities to not undertake the journey; along with a few misadventures that almost caused defeat—she made it. Its people, wildlife and wilderness made for both an exciting and dangerous adventure. They included a literal 'dust-up' with the military and slugging a large black man and then having to stitch him up to avoid being arrested. Even the last day in Morocco took a clever maneuver to get off the continent.</p>		<p><b>Presenter:</b> Sue Watson  <b>Date:</b> Jan 16  <b>Day/Time:</b> Thu/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Afterlife and Near-Death Experiences</b>	
<p>We'll take a fascinating dive into what happens after death, combining scientific inquiry with spiritual exploration. We will explore how modern physics theories like quantum mechanics might intersect with the idea of an afterlife. We will also discuss how experiences like NDEs along with paranormal investigations are being discussed in scientific and legal settings.</p>		<p><b>Presenter:</b> Mary Lou Johnson  <b>Dates:</b> Jan 16 – Feb 20  <b>Day/Time:</b> Thu/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room A</p>
<b>In Class/Zoom</b>	<b>Ukraine, Russia and Vladimir Putin</b>	
<p>The Russian attack on Ukraine and the Ukrainians' amazing resistance is one of the most extraordinary events of our lifetime. Its impact will resonate throughout the world for decades to come. For over a decade Barry has been studying Russian and Ukrainian history, travelling extensively in both countries. He is in daily contact with Ukrainian friends and follows the war closely, on a political and military level. This presentation shows wartime life in the Ukrainian City of Odessa and then moves on to a trip to Moscow to view the 70th anniversary parade of Russia's winning of the Great Patriotic War (WWII). Barry will try to explain the character and history of the Russian people which has led to this criminal war, and discuss the personality of Vladimir Putin, a leader who is the ultimate symbol of Russia's inability to deal with its turbulent past.</p> <p><i>Historical lecturer, Barry Lane will be presenting via Zoom from Quebec</i></p>		<p><b>Presenter:</b> Barry Lane  <b>Date:</b> Jan 16  <b>Day/Time:</b> Thu/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p> <p><i>This is a repeat presentation from Fall 2024</i></p>
<b>In Class</b>	<b>Stage Magic: Introduction to Broadway Dance</b>	
<p>Have you ever dreamt of dancing on stage? This is your golden opportunity! Join us for an exhilarating class where you'll learn the basics of Broadway-style stage dance and musical theatre movements, all set to fantastic music. No prior experience needed - just bring your sense of rhythm and fun to these 1-hour sessions! Experience the joy of dancing, get a great workout, and discover a whole new side of yourself. Come, dance, and shine!</p> <p><i>Doris has choreographed and taught dance for 60 years</i></p>		<p><b>Leader:</b> Doris Karvonen  <b>Dates:</b> Jan 16 – Mar 13  <b>Day/Time:</b> Thu/1 pm  <b>Sessions/Fee:</b> 8/ \$31  <b>Location:</b> Auditorium</p>

<b>In Class</b>	<b>Stage Magic: Broadway Dance ... Continued</b>	<b>Leader:</b> Doris Karvonen <b>Dates:</b> Jan 16 – Mar 13 <b>Day/Time:</b> Thu/2:15 pm <b>Sessions/Fee:</b> 8 / \$31 <b>Location:</b> Auditorium
<p>For those who took the fall 2024 class, this is for you. More fun, new steps and new dance numbers. Another opportunity to express your stage know-how in these 1-hour sessions!</p>		
<b>In Class</b>	<b>iPhone Basics</b>	<b>Leader:</b> Gary Alzomal <b>Dates:</b> Jan 23 – Jan 30 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 2 / \$13 <b>Location:</b> Room A
<p>This course provides iPhone basics, focusing on essential functions and features. Topics include understanding cell phone data, navigating basic functions and settings, utilizing the Control Centre, making voice calls, managing contacts, using messaging apps, and handling app management. Students will also learn to use the Apple Mail app for email, operate the camera, organize and manage pictures, share pictures and files, and maintain security on the iPhone. Additionally, we will cover backups, updates, and tips for using an iPhone while travelling.</p> <p><i>It is recommended that students have an iPhone 10 or newer for the class... More info on Amilia.</i></p>		
<b>In Class</b>	<b>Intro to Urban Planning in Kelowna</b>	<b>Presenter:</b> Tyler Caswell <b>Presenter:</b> Mark Tanner <b>Date:</b> Jan 23 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Discover the intricacies of urban planning in Kelowna in this one-hour presentation led by city urban planners. Participants will explore the history of urban development in Kelowna, gain insight into the day-to-day operations of urban planning professionals, and learn how high-level planning frameworks guide decision-making processes. This course is ideal for anyone interested in understanding the dynamic relationship between city planning and community development in Kelowna. Join us for an informative discussion that connects the past, present, and future of our urban landscape.</p>		
<b>In Class</b>	<b>Learning Libby: Digital Books from the Library</b>	<b>Presenter:</b> Evan Burgess <b>Date:</b> Jan 23 <b>Day/Time:</b> Thu/1 pm <b>Sessions/Fee:</b> 1 / \$0 <b>Location:</b> Room B
<p>Libby is the library's platform for accessing digital books, audiobooks and magazines. A librarian from the downtown branch of the library will demonstrate how to get connected to Libby and how to utilize all it has to offer! Make sure to bring your own device to follow along.</p>		
<b>In Class</b>	<b>The Power of Protein</b>	<b>Presenter:</b> Kirsten Olsen <b>Date:</b> Jan 30 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Are you curious about the essential nutrient that plays a pivotal role in your overall health and well-being? Join us for an enlightening session where we will delve into what protein is, why it is important and how to incorporate it into our daily eating.</p> <p><i>Kirsten Olsen Nutritionist <a href="#">Green Thumb Health &amp; Nutrition</a></i></p>		

“Education is learning what you didn’t even know you didn’t know”


*Daniel J. Boorsin*

<b>In Class</b>	<b>Contract Bridge</b>	<b>Leader:</b> Jennifer Dupre <b>Dates:</b> Feb 6 – April 3 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 8 / \$31 <b>Location:</b> Northwood Retirement Resort 1277 Gordon Drive
For this series of lessons, it is recommended that you have had some experience playing bridge at an introductory level and would like to explore this fascinating game in more depth. After reviewing the basics, we will cover some of the more commonly used conventions, rebids, pre-emptive and slam bids, and the play of the hand. I look forward to meeting with you and sharing our interest in the game!		
<b>In Class/Zoom</b>	<b>Animals in Art</b>	<b>Presenter:</b> Linda Keurvorst <b>Dates:</b> Feb 6 – Feb 27 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room B / Zoom
From fierce and fiery to docile and domesticated, animals have found their way onto the canvases of painters throughout time. Come and explore a potpourri of images, learn about the artists who created them, as well as the symbolism of the animals depicted.		
<b>In Class</b>	<b>How Our Memory Works</b>	<b>Presenter:</b> Ron Krystynak <b>Dates:</b> Feb 6 – Feb 27 <b>Day/Time:</b> Thu/1:00 pm <b>Sessions/Fee:</b> 4/ \$19 <b>Location:</b> Room B
Our memories are crucial to the essence of who we are. They allow us to recall past events and to draw upon important information. Our memories provide the foundation for a sense of one's self and one's life. This course will provide a guide to human memory, its properties, our various types of memory, and theories about how our memory works. Our memory naturally declines with age. The course will discuss steps we can take to limit memory decline as we age.		
<b>In Class</b>	<b>Myra's Men: Building the Kettle Valley Railway</b>	<b>Presenter:</b> Maury Williams <b>Dates:</b> Mar 6 <b>Day/Time:</b> Thu/10:00 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Auditorium
This presentation will focus on the unsung navvies who built the KVR. These unnamed labourers toiled with pick, shovel, sledge and scoop. They performed the arduous work of leveling the grades, filling the holes, digging the foundations, and pounding the spikes. Who were they? What was life like in the construction camps? What did they do when not working? Did anyone care about their wellbeing?		
<b>In Class</b>	<b>Historic Royal Architecture and Interior Design</b>	<b>Presenter:</b> Byron Johnstad <b>Dates:</b> Mar 6 – Apr 24 <b>Day/Time:</b> Thu/1:00 pm <b>Sessions/Fee:</b> 8/ \$31 <b>Location:</b> Room B
This series of richly illustrated lectures offers the opportunity to gain insight into magnificent European Palaces that are monuments to the drive, imagination and obsessions of royalty who had unlimited power and funds to fulfill their personal dreams and visions of architectural grandeur. We will also look at Historic Design Styles regarding their intercultural influences, historic development and adaptations. Byron Johnstad, with over 20 years as a University Art / Design lecturer, will take you on a visual journey into the depths of five extravagant royal buildings and offer insight into their history and what makes them monumental. In addition, we will look at three historic international design influences affecting architecture and Interior design.		

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




<b>In Class</b>	<b>'End of Life Matters'</b>	<p><b>Presenter:</b> Paul Hergott  <b>Date:</b> Mar 13  <b>Day/Time:</b> Thu/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<p>Kelowna lawyer and legal columnist Paul Hergott returns with another info-packed presentation on the many and varied issues involved in Wills, Trusts and Estates planning. He'll describe some of the typical, complex and more unusual situations he's seen in his practice and explain the legal advice he gave his clients.</p>		
<b>In Class</b>	<b>The Unknown Taino</b>	<p><b>Presenter:</b> Dan Bruce  <b>Date:</b> Mar 20  <b>Day/Time:</b> Thu/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<p>The Taino were the first peoples to interact with the first Spanish invaders of the Western Hemisphere. They did not survive. This one-session class will see some of the archaeological material that has been preserved in museums in the Caribbean and other places, and learn about the culture that existed, flourished and expired in the larger islands after emerging from the lowland forests of South America. Their legacy includes some spectacular art, ceramic and wooden sculpture as well cultivated foodstuffs, including one invention that transformed the life of long-distance sailors the world over. Taino culture was quickly overshadowed by that of the Aztec, Maya and Inca, but deserves to be introduced to a wider audience.</p>		
<b>In Class</b>	<b>Longitude</b>	<p><b>Presenter:</b> Ed Kilgour  <b>Date:</b> Mar 20  <b>Day/Time:</b> Thu/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Sailors who lacked the ability to measure longitude during the great age of exploration mostly found themselves 'lost at sea'. Arguably, the greatest scientific problem of the eighteenth century was to accurately determine your exact location on our planet.</p> <p>This presentation reveals the history of Longitude through elements of astronomy, horology, and navigation that lead to contemporary technologies such as the sextant and global positioning systems (GPS).</p>		
<b>In Class</b>	<b>Getting Started on Your Memoir</b>	<p><b>Presenter:</b> Margaret Gobie  <b>Date:</b> March 27  <b>Day/Time:</b> Thu/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<p>Whether you have an idea or a pile of written scenes, this workshop can get you started, organized and on your way to crafting a memoir for your family, or for the book market. With her presentation, exercises (bring a pen and paper) and resources, Margaret will lead you through the basics for sharing your own story.</p> <p><i>Margaret is an accomplished editor – see <a href="http://margaretgobie.com">margaretgobie.com</a></i></p>		



**Have you heard about Libby?**

Join Librarian Evan Burgess from the Okanagan Regional Library to learn how to access digital books, audiobooks and magazines and how to utilize all it has to offer! (see page 23)

**Thursday January 23<sup>rd</sup> 1pm**



Offering compassionate care, comfort, support, and learning to those who are dying or grieving within our community. (see page 26)

**Understanding Grief and Loss**  
**Thursday, April 10<sup>th</sup> 10am**

<b>In Class</b>	<b>Growing Up Colonial</b>	<b>Presenter:</b> Dan Bruce <b>Date:</b> Apr 3 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room A
<p>This will be a personal account of my early life in Jamaica where I lived for 15 years from 1954 to 1969, a period which spanned the transition from a Crown Colony to an independent Commonwealth member nation. Pictures, objects, samples and a short language course !!</p>		
<b>Field Trip</b>	<b>Experience the Legacy - KF Centre for Excellence</b>	<b>Leader:</b> Chris Cowan <b>Co-Leader:</b> Ed Kilgour <b>Date:</b> Apr 3 <b>Day/Time:</b> Thu/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 focus on real aircraft exhibits and topics like flight dynamics, engine types, airport systems, and aerial firefighting, this guided tour is guaranteed to delight both the novice and seasoned plane enthusiast.</p>		
<b>In Class</b>	<b>Understanding Grief and Loss</b>	<b>Presenter:</b> Ian Kunitski <b>Date:</b> Apr 10 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$0 <b>Location:</b> Room A
<p>Coping with the loss of a loved one is one of life's most difficult challenges. The pain we feel can be overwhelming. Join us as we discuss what it is like living with grief. In this session, we will explore 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 and where to find support.</p> <p><i>This session is provided courtesy of (COHA) Central Okanagan Hospice Association</i></p>		
<b>In Class</b>	<b>Attracting Mason and Leafcutter Bees to Your Garden</b>	<b>Presenter:</b> David Currier <b>Date:</b> Apr 10 <b>Day/Time:</b> Thu/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>Pirates of the Caribbean</b>	<b>Presenter:</b> Dan Bruce <b>Date:</b> Apr 17 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room A
<p>Port Royal, 'the wickedest city on Earth', slid into the sea as an earthquake struck in 1692. In this one session class, we will find out if it was wicked, (and in whose opinion) and also look at the reality behind the movie version. I will introduce some of the well-known and some of the lesser players in the dramatic story such as Henry Morgan and Sir Anthony Shirley. We'll have a quick look at the way in which Queen Elizabeth I and Charles II played the game at arm's length and won.</p>		

**“It’s what you learn after you know it all that counts”**

*John Wooden*

<b>In Class</b>	<b>Magic of the Written Word</b>	<b>Leader:</b> Rosemary Botner <b>Dates:</b> Apr 17 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B
<p>Words define us, explain us. What happens when words that are spoken are not recorded? Follow the written word from cuneiform of the Sumerians to present day.</p>		
<b>In Class</b>	<b>Demystifying Mysticism: Your Life as Sacred Ground</b>	<b>Presenter:</b> Mary Lou Johnson <b>Dates:</b> Apr 24 – June 12 <b>Day/Time:</b> Thu/1 pm <b>Sessions/Fee:</b> 8 / \$31 <b>Location:</b> Room A
<p>Based on the transformative teachings of Mirabai Starr, this course is for “anyone who longs to feel more present, more alive, more joyful and aware of the holiness of daily life. Ultimate reality blooms at the heart of regular life. It shines through the cracks of our daily struggles and sings through the core of our deepest desires.” Together we will explore ways to enhance our life experience through meditation and mindfulness.</p> <p><i>Suggested pre-class reading: Ordinary Mysticism by Mirabai Starr.</i></p>		
<b>In Class/Zoom</b>	<b>Journey through Jordan</b>	<b>Presenter:</b> Lauralee Kilgour <b>Dates:</b> May 1 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 1 / \$10 <b>Location:</b> Room B / Zoom
<p>To journey through Jordan is like travelling through time. But the Kingdom of Jordan offers not just a tapestry of historical experiences, it is also endowed with stunning landscapes and a dynamic culture. In this presentation, we'll journey down the King's Highway to Aqaba on the Red Sea and then north along the Dead Sea Highway, stopping to learn about the storied ruins of Petra, ancient biblical sites, well-preserved Roman ruins and Crusaders' castles, and the richness of the Dead Sea. Join this class if you are enthusiastic about culture and history or you simply have an adventurous spirit.</p>		
<b>In Class</b>	<b>Ancient Ruins, Divine and Cosmic Connections</b>	<b>Presenter:</b> Ilse Erwig <b>Dates:</b> May 1 – June 5 <b>Day/Time:</b> Thu/1 pm <b>Sessions/Fee:</b> 6 / \$25 <b>Location:</b> Room B
<p>In the first half of the course, we will explore Göbekli Tepe, an ancient archaeological site in Turkey. Was it constructed in response to fears of a cosmic catastrophe? The carvings on its remarkably old stone structures suggest connections to the Milky Way, animal symbolism, and shamanistic rituals related to the afterlife. There is also a possibility of Anunnaki influence.</p> <p>The second half of the course will focus on the cosmic catastrophe that occurred 13,000 years ago, as referenced in the first half, with evidence uncovered through extensive recent research across the Northern Hemisphere.</p>		
<b>In Class</b>	<b>Watercolour Essentials: Learn, Create, and Inspire</b>	<b>Presenter:</b> Lynda Norman <b>Dates:</b> May 8– May 29 <b>Day/Time:</b> Thu/10 am <b>Sessions/Fee:</b> 4 / \$19 <b>Location:</b> Room B
<p>Join Lynda for this 4-Week Watercolour Techniques Course</p> <ul style="list-style-type: none"> <li>• Introduction to Watercolours</li> <li>• Brush Techniques</li> <li>• Layering and Glazing</li> <li>• Composition and Final Project</li> </ul> <p><i>More details are available on Amilia</i></p>		

# Friday

<b>In Class</b>	<b>iPad for Novices</b>	<p><b>Leader:</b> Sharon Pollock  <b>Dates:</b> Jan 10 – Feb 7  <b>Day/Time:</b> Fri/10 am  <b>Sessions/Fee:</b> 5 / \$22  <b>Location:</b> Room A</p>
<p>To join this class, you should already be comfortable using email and browsing the internet. We'll cover email safety and share tips to improve your overall email experience. You'll also learn how to customize the appearance and functionality of your iPad through the Settings app. One session will focus on photos—how to take, edit, and organize them. On the final day, we'll explore apps: how to find, download and decide which ones to try.</p>	<b>In Class</b>	<b>Paper Collage</b>
<p>Collage, not to be confused with decoupage is an art technique in which an original and impactful composition is created by arranging and pasting a variety of sourced paper clippings onto paper or other supporting surface aiming for a visual cohesion that's aesthetically pleasing. It is really easy to make, although it does challenge one's imagination. There are three components to the process.</p> <ul style="list-style-type: none"> <li>• Collecting information from magazines, discarded books, maps, timetables, recipes, tickets, receipts, vintage papers, tissue papers, etc.</li> <li>• Cutting out images of interest .... a meditative occupation.</li> <li>• And the best part .... Assembling your own masterpiece in the footsteps of artists like Picasso, and others, So much fun!</li> </ul>	<p><b>Leader:</b> Barbara Morin  <b>Dates:</b> Jan 10 – Jan 31  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 4 / \$19  <b>Location:</b> Room A</p>	
<b>In Class/Zoom</b>	<b>A Pilgrimage from Canterbury to Rome</b>	
<p>Join author Kim Letson for a lively discussion along with short readings from her latest book, Canterbury and Other Tales - Treading Ancient Trails. Focusing on her Canterbury to Rome pilgrimage, the presentation aims to inspire and entertain the audience through sharing insights gained and adventures encountered on the trail.</p> <p><i>Kim will be presenting via Zoom - Meet this presenter at <a href="http://KimLetson.ca">KimLetson.ca</a></i></p>	<p><b>Presenter:</b> Kim Letson  <b>Date:</b> Jan 17  <b>Day/Time:</b> Fri/10 am  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>	
<b>In Class</b>	<b>Navigating Peacefully: Strategies in Managing Stress and Anxiety</b>	
<p>Feel empowered with practical and effective tools for managing stress or 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 two minutes! The flow of my presentation will include:</p> <ul style="list-style-type: none"> <li>• Understanding Anxiety and that "Cells that wire together, Fire together"!</li> <li>• Positive Coping Tools</li> </ul> <p><i>Kristine is a certified clinical hypnotherapist and Access Bars Practitioner.</i></p>	<p><b>Presenter:</b> Kristine Stewart  <b>Date:</b> Jan 17  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>	

<b>In Class</b>	<b>The Gang of Three</b>	<p><b>Leader:</b> John Burton  <b>Dates:</b> Jan 24 – Feb 28  <b>Day/Time:</b> Fri/10 am  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>Beyond Mars: From the Outer Planets to the Edge of the Solar System</b>	<p><b>Presenter:</b> Prof. Howard Hisdal  <b>Date:</b> Jan 24  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<b>In Class</b>	<b>Never too Early, Never too Late: Modifiable Risk Factors for Dementia</b>	<p><b>Presenter:</b> Dr. Heather Cooke  <b>Date:</b> Jan 31  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<b>In Class</b>	<b>Orchestrating Chaos: Trump and the 2024 US Election</b>	<p><b>Presenter:</b> Dr. Rosalind Warner  <b>Date:</b> Feb 7  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>

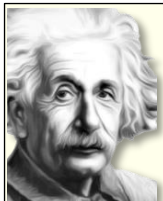


SLR is grateful to Okanagan College and UBCO for their continued collaboration and involvement in our programs. Their participation enriches us all.





<b>In Class</b>	<b>Movement for Life</b>	
<p>This workshop will teach you how to stay active and mobile as you age through the approach of Controlled Articular Rotations. C.A.Rs are the acts of taking a joint sequentially through its full pain-free range of motion. All joints in the body need to move to stay healthy and mobile; CARs are a fun and safe way to maintain your mobility, no matter your age or condition. In this workshop you will learn to train your joints so that they can get their nutrients and stay healthy, active and mobile. We will be trying these out in class.</p> <p><i>Marina is the owner of <a href="#">Okanagan Athletic Therapy</a> in Kelowna.</i></p>		<p><b>Presenter:</b> Marina White  <b>Date:</b> Feb 14  <b>Day/Time:</b> Fri/1 pm  <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, usually with four 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 interesting and fun. You just need a little skill and a lot of luck.</p>		<p><b>Leader:</b> Rosie Lawrence  <b>Co-Leader:</b> Linda Farrell  <b>Dates:</b> Feb 21 – Mar 28  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 6 / \$25  <b>Location:</b> Summerwood Retirement Resort  1360 K.L.O. Road</p>
<b>In Class</b>	<b>Hands-On Reflexology</b>	
<p>Did you know that in your hands, feet and ears there are pressure points that correspond to all organs, glands and body parts? Reflexology is the study of these points. As gentle pressure is applied, the nerve endings are stimulated, sending a message to the corresponding part, which helps to activate the body's natural healing power.</p> <p>Come and learn what these points can do for you. This is a hands-on session, where you will learn some points for headaches, shoulder, neck, back, digestion and more.</p>		<p><b>Presenter:</b> Margo Nielsen  <b>Date:</b> Feb 21  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>The Beginnings of Bipedalism and Backpain: Why our Ancestors Stood Up</b>	
<p>One of the defining features of our evolutionary lineage is not our big brain, but our habit of walking upright on two legs. We share this unique adaptation with few other animals and none of our primate relatives. Archaeologist Jeff Werner will show us some of the early evidence for our ancestors' bipedal behaviour and what it has meant in our evolution as humans.</p> <p>He'll also tell us why paleoanthropologists think our distant, ape-like ancestors stood up in the first place.</p> <p><i>Jeff Werner, PhD, Department of Anthropology, Okanagan College</i></p>		<p><b>Presenter:</b> Prof. Jeff Werner  <b>Date:</b> Feb 28  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</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>Effective Exercise for Blood Sugar Control: A Practical Guide</b>	
<p>In this class you will gain a deeper understanding of how your body regulates glucose (blood sugar) and learn why exercise is a crucial pillar for improving overall health. Whether you're looking to prevent type 2 diabetes or manage the condition, this course is designed for everyone. You'll discover how exercise can positively impact your blood sugar levels and long-term well-being.</p> <p>Key Topics Covered:</p> <ul style="list-style-type: none"> <li>• Understanding Glucose Control: How the body regulates blood sugar and the role of insulin.</li> <li>• The Role of Exercise: Why exercise is essential for health, prevention, and management of type 2 diabetes.</li> <li>• Timing of Exercise: When is the best time to exercise for optimal blood sugar control?</li> <li>• How Much Exercise is Needed: Guidelines on weekly exercise frequency and duration. - Exercise 'Snacks': The concept of short, frequent exercise bouts and their benefits.</li> <li>• Resistance vs. Aerobic Training: Comparing the benefits of different types of exercise for blood sugar control.</li> </ul> <p>Ozempic and Exercise: How medications like Ozempic interact with exercise and what you need to know.</p>		<p><b>Presenter:</b> Dr. Alexis Marcotte-Chénard</p> <p><b>Date:</b> Mar 7</p> <p><b>Day/Time:</b> Fri/1 pm</p> <p><b>Sessions/Fee:</b> 1 / \$10</p> <p><b>Location:</b> Auditorium</p>
<b>In Class</b>	<b>Can your Emotions Impact your Health?</b>	
<p>You will learn how trapped emotions from past traumas and experiences can impact your health and well-being in the present. Discover the number one tool you have to create a healthier and happier life. Unlock the body's ability to heal itself. Come join us for a fun and informative class that will open your eyes and mind to what is possible for you to create a better life!</p> <p><i>John Schlapbach is a Master Certified Body Code/Emotion Code Practitioner.</i></p>		<p><b>Presenter:</b> John Schlapbach</p> <p><b>Date:</b> Mar 14</p> <p><b>Day/Time:</b> Fri/1pm</p> <p><b>Sessions/Fee:</b> 1/ \$10</p> <p><b>Location:</b> Room B</p>
<b>In Class</b>	<b>Big Ideas</b>	
<p>We spend most of our time with day-to-day activities, giving little time to delving into the details of 'why' - why things happen and what can be done to make things better. Using selected trusted podcasts as a starting point, we will do a deep dive into understanding vital issues that affect us all.</p>		<p><b>Facilitator:</b> Anthony Neville</p> <p><b>Dates:</b> Mar 21 – May 16</p> <p><b>Day/Time:</b> Fri/10 am</p> <p><b>Sessions/Fee:</b> 8/ \$31</p> <p><b>Location:</b> Room B</p>
<b>In Class</b>	<b>iPad Photos</b>	
<ul style="list-style-type: none"> <li>• Explore the diverse camera features available on your iPad.</li> <li>• Discover the editing options that can enhance your photos.</li> <li>• Uncover the various methods with which your iPad helps you organize your photo collection.</li> <li>• Learn how to create personalized albums on your iPad</li> </ul>		<p><b>Leader:</b> Sharon Pollock</p> <p><b>Date:</b> Mar 21</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>

<b>In Class</b>	<b>Movement for Life</b>	
<p>This workshop will teach you how to stay active and mobile as you age through the approach of Controlled Articular Rotations. C.A.Rs are the acts of taking a joint sequentially through its full pain-free range of motion. All joints in the body need to move to stay healthy and mobile, and CARs are a fun and safe way to maintain your mobility, no matter your age or condition. In this workshop you will learn to train your joints so that they can get their nutrients and stay healthy, active and mobile. We will be trying these out in class.</p> <p><i>Marina is the owner of <a href="#">Okanagan Athletic Therapy</a> in Kelowna.</i></p>		<p><b>Presenter:</b> Marina White  <b>Date:</b> Mar 21  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B</p>
<b>In Class</b>	<b>iPad Apps</b>	
<p>Apple boasts nearly two million apps available in it's app store. Explore the many categories of apps and learn how to sift through them to find ones you would like to try. Discover how to download your selections, and how to choose between the free and paid options. With countless possibilities at your fingertips, you'll find apps that not only enhance your life but also provide endless entertainment.</p>		<p><b>Leader:</b> Sharon Pollock  <b>Date:</b> Mar 28  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room A</p>
<b>In Class</b>	<b>More than you've Ever Wanted to Know about Radio Astronomy</b>	
<p>Radio astronomy emerged not from astronomers, but from an engineer exploring long-distance communication. Initially dismissed by professionals, it gained traction post-World War II, with researchers repurposing military hardware in the 1950s and making groundbreaking discoveries in the 1960s. Since then, radio astronomy has become a vital field, integrating seamlessly with optical methods. However, today's surge in communication satellites threatens ground-based radio telescopes. This presentation covers radio astronomy's history, key discoveries, and efforts to secure its future.</p>		<p><b>Presenter:</b> Ken Tapping  <b>Date:</b> Apr 4  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Auditorium</p>
<b>In Class/Zoom</b>	<b>The Making of a Doukhobor Pacifist</b>	
<p>Author Vera Maloff will share the fascinating memoirs of her grandfather, noted Doukhobor pacifist and philosopher Pete Maloff, written during his years under house arrest for peaceful protests. This presentation will add an understanding to the history of Doukhobor migration and the pacifist movement in Western Canada and the U.S.</p>		<p><b>Presenter:</b> Vera Maloff  <b>Date:</b> Apr 11  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 1 / \$10  <b>Location:</b> Room B / Zoom</p>
<b>In Class</b>	<b>Our Analogue Generation in a Digital World</b>	
<p>Daily life didn't use to be as urgent or hectic as it is today. Now it seems like everything has to be done online - and immediately. When you call a business, you can't reach a real person without hitting dozens of numbers for choices you had not imagined. You used to know that what mattered was in front of you and not behind a computer screen. But now that you are forced to adapt to new realities, how do you cope with sudden and drastic change? Share your insights and the benefit of your experience in a wide-ranging discussion of what it means to be alive in this place at this time.</p>		<p><b>Facilitator:</b> Gene Bodzin  <b>Dates:</b> May 2 -May 16  <b>Day/Time:</b> Fri/1 pm  <b>Sessions/Fee:</b> 3 / \$16  <b>Location:</b> Room B</p>

**REGISTRATION FOR THE SPRING SEMESTER BEGINS  
SATURDAY, January 4<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
- Make note of confirmation number

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)



The SLR Annual General Meeting will be held at the Martin Centre Auditorium on Saturday, February 8<sup>th</sup> at 1pm  
Registration is at 12:30

We are currently seeking dedicated individuals to join the SLR Board, assisting in areas such as:

- **Programming**
- **Membership**
- **Volunteer**
- **Secretary**

As a board member, you'll play a vital role in shaping the future of SLR and helping us achieve our mission. This is a rewarding opportunity to give back to the community.

Please contact the office if interested in allowing your name to stand.

The SLR Board meets once a month.

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



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



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



**WANTED**

**Future presenters and class leaders.**

Do you have something to share with SLR members? Or perhaps you know someone who might be willing to offer a course.

Please contact Val at:  
[registrar@slrkelowna.ca](mailto:registrar@slrkelowna.ca)

Confirmation number

**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>to be filled in by staff – 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 48 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.





## 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

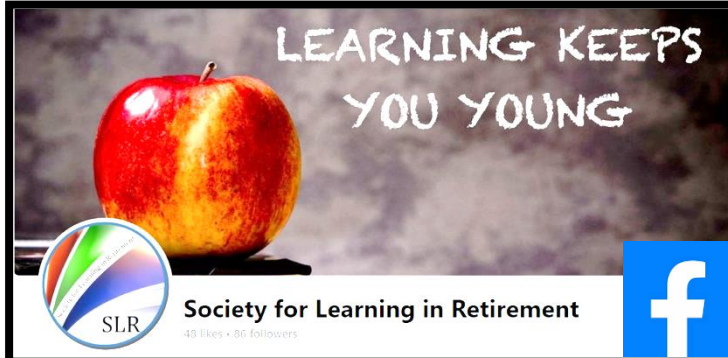
Don't miss out on important SLR updates!

Be sure to check your Spam or Junk folder regularly to in case they were misdirected.

Junk Mail (452)

Spam (372)

Trash



Follow us on Facebook  
Share with friends  
Spread the word

## Society for Learning in Retirement

*Best of Kelowna 2024*

*Senior Care & Service*

*Thank you for your support!*



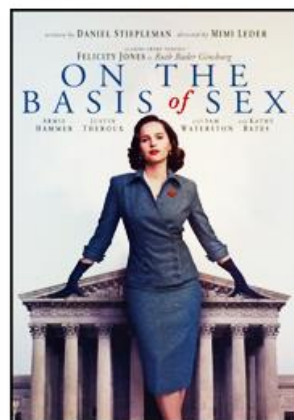
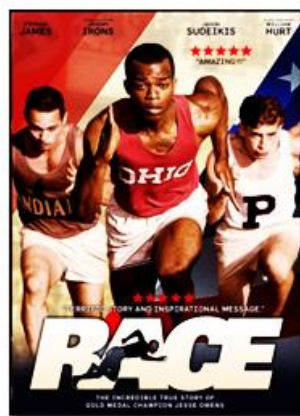
## SATURDAY MOVIE MATINEE

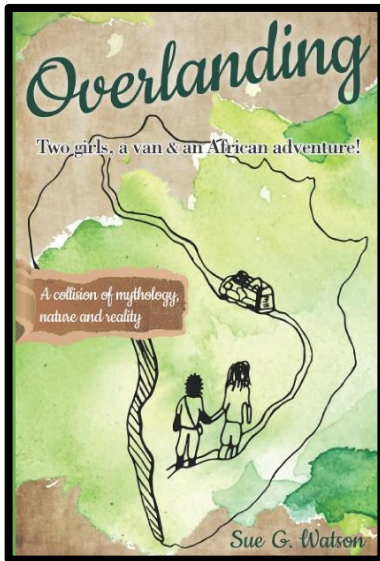


Martin Centre Auditorium, 1 pm



Watch monthly updates for movie dates

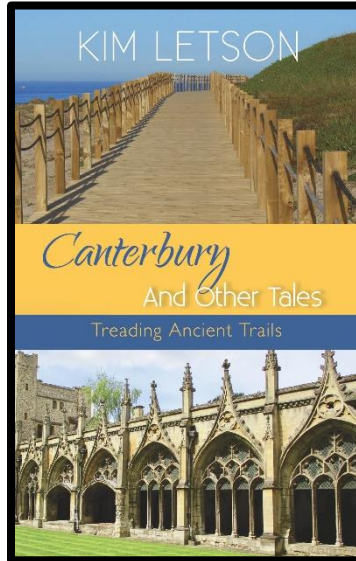




***Overland: Through the Heart of Africa***

**Sue Watson**

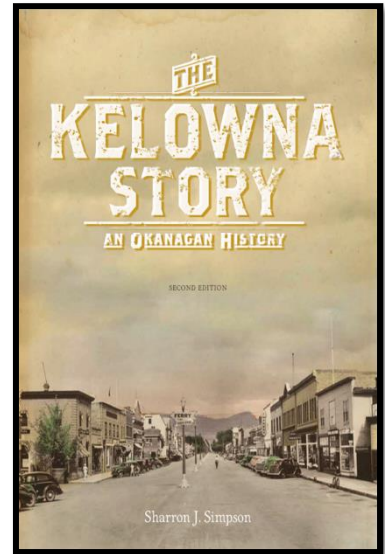
**Thursday, January 16**



***A Pilgrimage from Canterbury to Rome***

**Kim Letson**

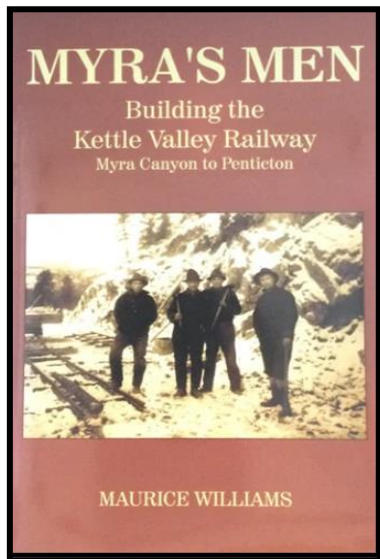
**Friday, January 17**



***The Kelowna Story***

**Sharron Simpson**

**Wednesdays,  
February 5 - 26**

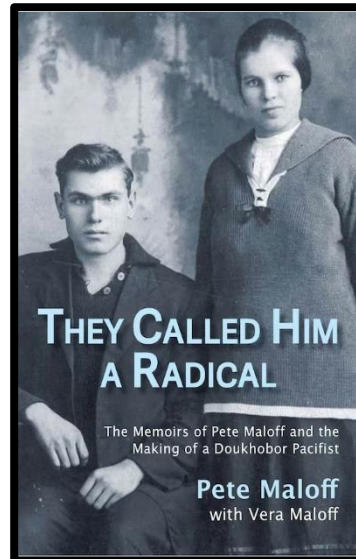


***Myra's Men***

***Building the Kettle Valley Railway***

**Maury Williams**

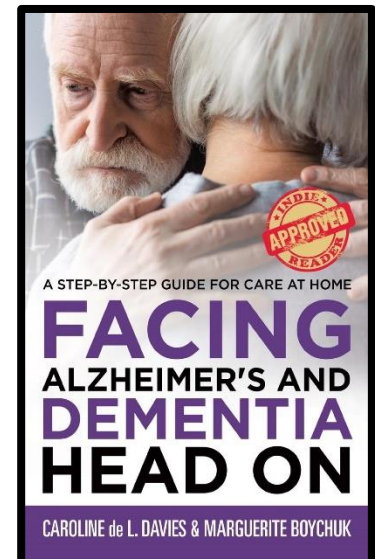
**Thursday, March 6**



***The Making of a Doukhobor Pacifist***

**Vera Maloff**

**Friday, April 11**



***Facing Alzheimer's and Dementia Head On***

**Caroline de L. Davies**

**Monday, May 26**