

LIFELONG LEARNING FOR ADULTS 50+

FALL 2025 COURSE GUIDE

CAMPBELL RIVER

ElderCollege



OUR MISSION

Enhancing the quality of life for older adults by offering affordable opportunities for continued learning.

COURSES ARE IN PERSON

We do not offer online courses at this time. All courses are offered in person. A small number will take place off campus, and are highlighted **yellow** in this course guide.

NIC IN CAMPBELL RIVER

NIC is located at 1685 South Dogwood St. Business hours are 9AM to 4PM, Monday to Friday, excluding holidays. For info, call 250-923-9700.

NEW TO ELDERCOLLEGE?

Almost all of our courses are offered on the Campbell River NIC campus. Come visit and stroll through the forested setting before the term begins. Visit the library and enjoy the offerings at the cafeteria and coffee kiosk. Parking is free in designated areas.

Public Information Meeting at NIC Friday Sep 12 at 1:30 pm

In the Student Commons, refreshments will be served.

Registration opens Monday Sep 15 at 9:00 am

Register online at www.nic.bc.ca/CREC
or in person at North Island College
or by phone at 250-923-9700

Membership:

The fee has changed and is now **\$20 + GST** for an academic year (Sep 1 to Aug 31). Membership is available to anyone age **50** and older.

Your membership is automatically added when you register for your first course of the year. Memberships are **non-refundable**.

Membership includes use of NIC's Libraries, and an NIC Student photo-ID card. Inquire at the Registration office.

Course fees:

Fees are listed with each course. GST is added when registering.

All courses are subject to change and/or cancellation. If cancelled, a refund will be applied to your credit card unless you request otherwise. Please note there is **no refund** if a student cancels within 7 days of the course start date.

Email: eldercollegecr@nic.bc.ca

Phone: 250-923-9700

Website: www.nic.bc.ca/CREC

Courses and workshops

You must be a current member of ElderCollege to register in any course listed below.

SHARPEN YOUR SKILLS

Drawing Faces – The Basics \$30
CREC-1414 with Kristin Butcher
Thu 10 - 11:20AM Oct 9, 16, 23 & 30

Drawing faces is all about understanding proportion. We may all look different, but mostly the proportion of our features is the same. This course will familiarize you with facial proportions and show you how to use that knowledge to create realistic-looking faces. Come prepared to draw.



Intro to Middle Eastern Rhythms \$30
CREC-1803 with Bruce & Rebecca Campbell
Tue 2:30 - 3:50PM Oct 7, 14, 21 & 28

This course is an opportunity to explore the “mesmerizing rhythms” that have been empowering belly dancers for centuries! We’ll primarily be learning Middle Eastern Rhythms & proper technique on the Doumbek - the goblet shaped drum from the land of magic carpets! You’ll also be introduced to Tars, Riqs & the Tabla Baladi.

Global Dances for Women \$30
CREC-1810 with Merja Tammi & Rebecca Campbell
Fri 10 - 11:20AM Nov 7, 14, 21 & 28

This is an introductory course of traditional dances from around the world. Celtic to Japanese and Spanish to Russian. No experience in dance is necessary. There's no complex choreography to memorize. Join us to dance the world.

**Volunteers are always welcome.
Please contact us if you can help.**

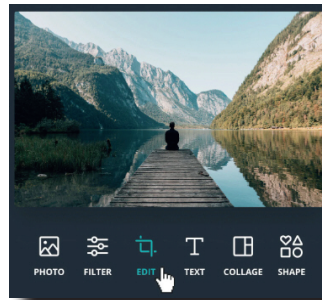


Photography – Beginners \$30
CREC-2760 with Ken Beattie
Tue 10 - 11:20AM Oct 7, 14, 21 & 28

The aim of this course is to help you take better pictures with your camera. It includes: an introduction to your camera, taking care of your camera, problem solving, photo sharing and printing. Join us for better pictures.

Photo Editing – Basic \$30
CREC-2750 with Ken Beattie
Tue 10 - 11:20AM Nov 4, ~~11~~, 18, 25, & Dec 2

No class on Nov 11



This course is for photographers just starting to explore photo editing. Having taken the Basic Camera course is a benefit but not a requirement. It is NOT a training course in any one Photo Editing Program. We’ll cover concepts and results rather than spe-

cific software and specialized tools. You will learn how to straighten, crop effectively, control lighting (highlights, midtones and shadows), remove unwanted objects, adjust colour, and much more.

Composers’ Lives & Music \$25
CREC-1811 with Bruce Dunn
Sat 1 - 4 PM Nov 15, 22 & 29

These presentations explore the life and compositions of composers not well known to the music loving public. Their lives, however, are a treasure trove of interesting details, pursuits and accomplishments. Each presentation will include biographical information delivered in an informal and entertaining way with many examples of the works written by the composer, leaving the listener with a fairly complete picture of the musician and the man.



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HEALTH AND WELLNESS

Spotlight on Ageism

CREC-5731

Wed 1 - 2:20 PM

Ageism is highly prevalent and is the most socially accepted and tolerated form of discrimination in Canada. Like sexism or racism, ageism is discrimination based on someone's age. It can occur at any point in our lifespan regardless of how old we are, and may lead to others making judgments about our background, capability, mental or physical status, based only on their impression of our age.

\$20
with Cheryl Stinson
Nov 26 & Dec 3



Discussing Self-Advocacy

CREC-5831

Mon 2:30 - 3:50 PM

Self-advocacy is a learned skill. In this course we'll have a round-table discussion about the barriers to self-advocacy and some tools that can help make one an effective self-advocate.

\$20
with Jocelyn Reekie
Nov 10 & 17

Palliative – Removing the Fear

CREC-5757

Wed 2:30 - 3:50 PM

The word palliative can prompt feelings of fear and anxiety. It is proven that adopting an early palliative approach to care for persons with a life limiting illness actually improves their quality of life, and shouldn't be reserved for final days or weeks. Come learn more to advocate on your own behalf or for a family member or friend.

\$15
with Julia Steele
Oct 29

How to Prevent Falls

CREC-6851

Mon 1 - 2:20 PM

If you've ever fallen and sustained even a minor injury, you know that things can go "sideways" very quickly. One in 3 seniors over 60 experience falls each year. Falls are the most common reason for seniors' hospital visits; represent 40% of Long Term Care admissions; and are the leading cause of injury related deaths for older adults. Improving our knowledge about effective fall prevention can reduce fall incidences and effects.

\$15
with Mary Catherine Williams
Nov 17

OUR HOMETOWN

City of Tomorrow

CREC-6509

Wed 1 - 2:20 PM

What will the future of Campbell River look like? What will today's efforts in Truth and Reconciliation bring to future developments and opportunities? Are we able to enculture a unified vision for a prosperous and healthy community for all? What steps should we be taking today to help us get that desired future state? Join us for a series of conversations about what we'd like to see for the future of our community.

\$30
with Mary Ashley and Linda Jay
Oct 8, 15, 22 & 29

Creekside Restoration 1&2

CREC-6339

Wed 10 - 12 noon

A guided walking tour that explores the restorative area of Willow Creek estuary and highlights ways seniors of varying abilities can participate in restoration work. We will walk beside the good witches' nettle patch, through a past indigenous presence, and into a more natural setting that showcases an ancient secret keeper alder. Please dress appropriately. Participants must sign a waiver prior to the start of the course.

\$15
with Tom Hall
Oct 1 and 15

Note: This is the same course on both days. Please sign up for one or the other day.

Offsite. Meet at the Ken Forde Park boat ramp.

Emergency Preparedness 101

CREC-6915

Wed 10 - 11:20 AM

This two-session course will cover the basics of emergency preparedness for individuals, families, and neighbourhoods. Students will have the chance to reflect on their personal emergency readiness, learn about particular local disaster risks, be introduced to the FireSmart program and its benefits, and take practical steps to prepare themselves through activities such as building a 'Grab and Go' bag, filling out a Home Preparedness Plan, and more!

\$20
with Sarah Rosen
& Kayla Holloway
Nov 5 & 12



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NATURE SURROUNDS US

Natural Enemies of Bees \$15
CREC-7522 with Helena Gadzik
Fri 10 - 11:20AM Oct 24

Without native bees, our food supply would be greatly reduced. So it's up to us to help keep them healthy. In this course we'll discuss Cuckoo Bees, non-bee parasites and predators that affect native bees.

Pollinators in the Garden \$15
CREC-7521 with Helena Gadzik
Fri 10 - 11:20AM Oct 31

Join Entomologist and Master Melittologist, Helena Gadzik, to talk about planting to attract pollinators, with a special focus on native bees, the unsung heroes of pollination.

eBird for Beginners \$20
CREC-6309 with Sandra Milligan
Wed 11:30AM - 12:50PM Oct 29 & Nov 5

Join biologist Sandra Milligan to learn about tools that facilitate bird observation, primarily eBird. In the first class, Sandra will share information about using eBird to find beautiful natural spaces at home and during travel, to learn about local species, and to engage in the online community that appreciates birds. In the second class, we will share student experiences with eBird, discuss local birds and how to submit checklists.

TECH SAVVY

Intro to Word for Seniors \$30
CREC-4430 with Wendy Samaroden
Fri 11:30AM - 12:50PM Oct 24, 31, Nov 7 & 14

Familiarize yourself with the many features of Microsoft Word. Start with the basics of adding, removing and manipulating text, formatting, layouts, review options, printing and saving. Move on to create lists, add breaks, columns, hyperlinks etc. If you are using Word and feel like you are not getting the full benefit, attend this class and take a deeper dive into the many features available to you. You will need a USB stick to save your work.

Cell Phone Skills for Seniors \$15
CREC-4012 with Mary Catherine Williams
Fri 2:30 - 3:50 PM Oct 24

Having a cell phone doesn't mean we know how to use it well! In this course, we'll cover the basic tasks that a cell phone can help you accomplish, and you'll learn specific skills for using YOUR phone - Apple or Android. Join us for a fun and interactive class. You'll leave knowing more than when you arrived about using your cell phone!

Understanding & Using ChatGPT \$20
CREC-4050 with Bruce Bjornson
Tue 1 - 3:50 PM Oct 21 and 28

The advent of artificial intelligence (AI) will, progressively, have more and more influence on our lives. This course will explore AI and algorithms through the use of ChatGPT - how it might be used in everyday life. It will include classroom use of the program.

Using Microsoft Excel \$20
CREC-4423 with Bruce Bjornson
Tue 1 - 3:50 PM Oct 7 and 14

In two, 3-hour sessions, participants in this course will learn the how's and why's of Excel spreadsheets including data base function and how to use the Excel program.

Wither the bucks? \$15
CREC-3505 with Bruce Bjornson
Mon 1 - 3:50 PM Nov 3

How we pay for things has changed hugely because of computers. This course will be an open forum discussion and exploration about the how and the why, and what might be in the future for payment mechanisms.

Windows 11 Basics - Level One \$15
CREC-4330 with Harry Whale
Tue 1 - 3:50 PM Dec 2

Are you looking to feel more comfortable and confident using Windows 11 on a laptop or desktop PC? We'll start with the basics of navigating Windows, then move on to essential skills like managing files, browsing the web, writing and sending emails, and enjoying your photos and videos. You'll learn practical tips and tricks, and how to find further help. No experience needed.

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BEEN THERE, DONE THAT

The Wonders of Newfoundland \$15
CREC-5971 with Cathy & Gord Smith
Tue 2:30 - 3:50 PM Nov 4

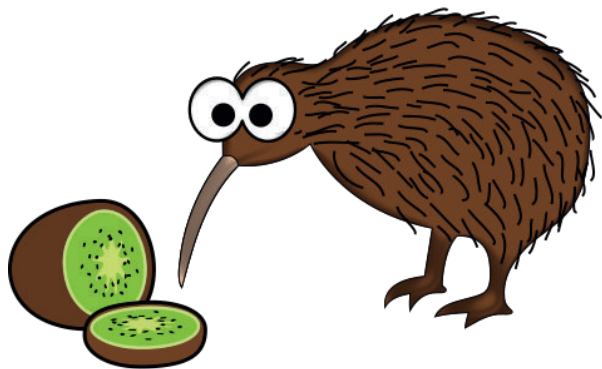
This presentation will explore some of the wonders of Newfoundland, including the most easterly point in North America, one of the four corners of the Flat World, and the first European settlement in the New World. We'll also show Newfoundland's special food, entertainment and wildlife (including Puffins), and of course ice bergs! Come enjoy our youngest province with us.

Sharing Global Bike Travel \$15
CREC-5966 with John Elson
Wed 11:30AM - 12:50PM Nov 26

Have you ever thought about touring by bicycle somewhere in the world without the expense of a tour company? John and Chris have done so in the USA, Europe, Asia, and Canada. "I don't know everything," John says, "but I'm happy to spare you some of our past mistakes." Come and travel with us.

Discover New Zealand \$20
CREC-5927 with Joan Smith
Mon 1 - 2:20 PM Oct 20 & 27

Joan's adventures include camping, a bus tour, three weeks on a sheep station and touring the south and north island by car. Roam with her to see New Zealand's unique scenery, glaciers, penguins on beaches, Maori locations, volcanic locations, and downtown Christchurch a year after the earthquake of 2011.



My Life in the Navy \$15
CREC-6238 with Ed Falstrom
Wed 1 - 2:20 PM Nov 19

Ed will cover his naval service, including time spent in the British and Canadian Navies.

50 Years of Model Creations \$15
CREC-6017 with Bruce Ellis
Wed 2:30 - 3:50 PM Dec 3

In this course, Bruce will talk about many of the historic ship models he built, along with some original creations for doll houses, bird houses and toys. He includes a visual presentation of his projects, and many of the tools and setups he used.



Flying Over Canada \$20
CREC-5946 with Joan Smith
Fri 1 - 2:20 PM Nov 3 & 10

Joan will talk about how planes fly, the rules for flying small planes in Canada, and how pilots take off and land at different types of airports. She also will include some navigation maps of Canada, and talk about some searches she was involved in in NW BC. She invites you to, "fly around some unique places in Canada" with her.

History on the Run \$25
CREC-6270 with Steve Lackey & Darcy Ellis
Wed 2:30 - 3:50PM Nov 5, 12 & 19

Take a trip back in time. Presented by the Museum at Campbell River, this course will focus on: Historical Settler Communities of the Discovery Islands (North Quadra Island to Alert Bay), c.1900-1940. From stump farms to huge boom towns, and everything in between - join us for an interactive journey into the communities that once dotted our coast.

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Your Course Leaders

Meet the Course Leaders for this session

MARY ASHLEY

Mary is a former mayor of Campbell River and the first to be named "City Mother". As a guiding force for Campbell River's transition out of the resource economy, Mary was instrumental in establishing the city's current networks and attractions. Mary's influence can be seen in many local government projects.

KEN BEATTIE

Ken is an award-winning photographer who continues developing his photo expertise exploring the techniques of digital artistry. Creations range from high quality photos, painting with light, to blends of reality and fantasy.

BRUCE BJORNSON

Bruce is a former commercial banker who has lived/worked on five continents. He holds a BA, and an MA, and in his career has worn many hats.

KRISTIN BUTCHER

Kristin was a school teacher for 21 years. After that, she embarked on a second career as a writer, publishing 30 books in 25 years. She is an experienced and knowledgeable presenter who enjoys helping others discover their talents and hone their skills.

BRUCE CAMPBELL

Bruce has been involved in music most of his life before finding his passion with the Doumbek over 20 years ago. He's made many trips to the "Seattle World Rhythm Festival" also to Mendocino, CA for the Middle Eastern Music & Dance Camp where he studied with Suhail Kaspar, Faisal Zedan, Karim Nagi, Raquy Danziger, Susu Pampanin & Murat Tekbilek among others.

BRUCE DUNN

After 27 years, Bruce has recently retired as Conductor and Music Director of the Kamloops Symphony. Under his artistic direction the orchestra expanded its repertoire, maintained a large, supportive audience, and provided an enjoyable environment for many musicians. Music is in his DNA.

BRUCE ELLIS

For over 50 years Bruce has pursued a hobby as a Model Shipwright. He has also used the skills to make other items. He lives in Courtenay and has a large, well equipped workshop to complete his projects.

ED FALSTREM

Ed joined the Royal Canadian Navy as an officer cadet in 1954, and spent 30 of the next 38 years in the navy, mostly aboard submarines.

JOHN ELSON

John and his wife, Chris, took their first overseas bike trip in 1975. After a few decades off to raise kids they've returned to it with pleasure--especially post retirement. At 74, they are looking forward to their next European bike trip!

TOM HALL

Since 2019, Tom has been mentored by GreenWays Land Trust in designing, planning and restoring natural habitat at a fish-bearing creek. His volunteer work involves controlling invasive growth and using effective methods to care for plants in a complex and challenging environment. Every year he develops methods to match his physical ability. He says, "I wish to show interested seniors the many ways they could volunteer to accomplish small goals and make a significant difference."

LINDA JAY

Linda is a retired instructor from NIC's School of Business, having spent two decades in Campbell River. Linda continues research on nonprofits and social innovation.

STEVE LACKEY & DARCY ELLIS

Since 1958, the Museum at Campbell River has served as a gathering place where we can come together to share, connect, explore and learn the diverse history of Northern Vancouver Island. This mission extends beyond our walls and is embedded into all our "History on the Run" presentations. Steve and Darcy are experienced museum guides.

SANDRA MILLIGAN

Sandra has been teaching biology at NIC for over 20 years. Her graduate degrees are in Neuroscience, but she is now a generalist, naturalist, and life-long learner. Sandra is an environmental advocate and educator, receiving recognition awards at the municipal and provincial level. Use of eBird made bird appreciate and deeply rewarding daily activity for Sandra, and she hopes to share the joy of birding with others.

JOCELYN REEKIE

Jocelyn is an author, painter, retired coach and educator. Through a long life of being heavily involved with the health care system, working with others, and working for herself, she has gained a few insights into what constitutes effective self-advocacy in a variety of arenas. Sometimes by learning what doesn't work well.

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Your Course Leaders

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SARAH ROSEN AND KAYLA HOLLOWAY

Sarah and Kayla work for SRD's emergency management team in Community Disaster Awareness and Wildfire Risk Reduction, respectively. They first met at summer camp at age 10, and now, years later, are excited to share their still-childlike enthusiasm for emergency preparedness with you. Through professional backgrounds as diverse as kayak expedition guiding, fisheries biology, oceanography research, and forest fuel management, they bring strong personal skillsets, engaging stories, and deep compassion to their outreach work.

CATHY & GORD SMITH

We love to travel locally, Canada-wide and overseas. Since our country is so diverse and holds many wonders, we decided to travel to Newfoundland for a month in order to really enjoy its beauty in landscapes and people.

We received the following letter from Eric and Linda Stapleton. Its great to hear how our courses are being received. Thanks so much!

Linda and I have greatly enjoyed our time at Elder College. We have learned how to keep our online activities safer and travelled the world and Vancouver Island from the classroom.

We have made new friends and learned even more by using the College library and getting resource help from the helpful librarians.

As well, we have bought items from the college bookstore and taken part in college events like the jewellery class show. Bird watching is now on a whole new level after the EBird course.

Our awareness of First Nations culture has been broadened. Interacting with the college staff and regular students have added to our sense of being part of a larger community.

We tell our friends and anyone we meet what a positive and inexpensive addition to our lives Elder College has continued to be, and always have a current Course Guide on hand to encourage others to join us at NIC!

WENDY SAMARODEN

Wendy has been involved in ElderCollege since 2009 in ever-changing roles, moving from NIC Liaison to Programmer, Curriculum Chair, current Vice-Advisory Chair, and as a Course Leader. Well versed in using the Microsoft set of programs, general interests include card-making, sewing, reading, and strolling in the woods.

JOAN SMITH

Joan spent 6 weeks in New Zealand in 1969. In 2012, she did a cruise from Sydney to Auckland and then spent 2 months in New Zealand. She is also a pilot, and she flew a Cessna 182 for 19 years out of Kitimat, BC, during which time she was involved in some searches in NW BC.

JULIA STEELE

Julia is a retired nurse with 41 years experience. She rounded out her career with the Palliative and End of Life care team. She says, "I've learned a lot from the people I've cared for both personally and professionally that I would like to share with others, the goal being to live our best lives possible in whatever time we have remaining."

CHERYL STINSON

Cheryl has worked with seniors for over 9 years in the Comox Valley and Campbell River. Her work has included facilitating a Dementia Awareness planning project and an Emergency Response for Seniors Project. Currently, she is the contracted local coordinator for the Campbell River Community Response Network (CRN), which works with community partners to help keep vulnerable adults safe from abuse, neglect and self-neglect.

MERJA TAMMI & REBECCA CAMPBELL

Merja and Rebecca have been studying music, dance and performance most of their lives. They're bringing their unique skill sets to this course to share "dances performed by women around the world" with you.

MARY CATHERINE WILLIAMS

Mary has been involved in community development in Campbell River for 25 years spanning Early Years and Child Development, Substance Use and Resilient Community, Volunteering and Senior Supports. She is currently the Co-chair of the Campbell River Seniors Network and Coordinator for the Community Response Network. In recent years, she has been involved in collaboratively developing services and supports to help people as they age in our community.

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Calendar at a glance

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