

**ElderCollege Chilliwack, University of the Fraser Valley** provides adults over the age of 50 with access to educational and learning opportunities for the purpose of expanding knowledge. There is an annual fee of \$12. Current course listings are available on-line. ElderCollege has an easy-to-use personal hearing system available for use in any of their classes, courtesy of a grant from Soroptimists International of Chilliwack. Business hours are Monday, Wednesday, Friday from 9:00 am - 3:00 pm.

**Phone:** 604-702-2611

Courses offered at the ElderCollege cover a wide variety of topics including:

- |              |                    |
|--------------|--------------------|
| Architecture | Caregiving         |
| Computers    | Drawing            |
| First Aid    | Genealogy          |
| Investing    | Languages          |
| Literature   | Music Appreciation |
| Photography  | Taxes              |
| Theatre      | Travel             |
| Writing      | and More           |

**Senior Citizen Discount, University of the Fraser Valley** is available for individuals 65 years of age and older. Seniors may enroll in most credit courses without having to pay tuition or ancillary fees, provided they do not displace fee-paying students. They will be charged the application fee and will be responsible for the cost of any supplies required for the course(s). Some course restrictions apply.

Course calendars are available on-line. International students are excluded from this discount. Office hours are Monday to Friday, 9:00 am - 4:00 pm.

**Phone (toll-free):** 1-888-823-8734

**Fraser Valley Regional Library** offers a variety of educational and literacy programs, general interest programs, author readings, book clubs, conversation circles and more, some which are geared specifically toward seniors. All programs are free. For a listing of all programs contact:

**Phone:** Chilliwack Library 604-792-1941  
Sardis Library 604-858-5503  
Yarrow Library 604-823-4664

**Chilliwack Hospice Society** offers a number of educational programs for volunteers, caregivers and the public including:

- **Basic Hospice Volunteer Training** which is a core 30-hour training prerequisite for those who wish to become hospice volunteers. The training covers topics such

as: Palliative Approach to Care; Pain Management; Advance Care Planning; Communication and Healthy Boundaries; Family Dynamics; Loss, Grief and Bereavement.

- **Family Caregiver Education**, designed specifically for those caring for an ill friend or family member. This five-week education series will provide practical skills and knowledge about the physical-emotional-spiritual challenges and issues that family caregivers and friends face throughout the trajectory of an illness, and provide concrete strategies, tools and resources to prevent caregiver burnout and compassion fatigue.
- **Vigil Training**, a one-day training program aiming to provide hospice volunteers and family caregivers with increased knowledge and understanding of the psychosocial and physical needs of palliative patients and their families during the last 72 hours of life.
- **Community Education Workshops** which are held several times a year and provide participants with practical hands-on skills, knowledge and education on topics about aging, death, dying, loss, grief and bereavement.

- **Hospice Film Series** which provides entertaining, thought provoking films that will encourage viewers to explore concepts, questions, and issues related to aging, illness, end of life, grief, loss, and healing. All films include a post-screening Q & A with invited guests. The film series begins in January, the second Tuesday of the month, and is held at Cottonwood 4 Cinemas in Sardis.

**Phone:** 604-795-4660

**Chilliwack Learning Society (CLS)** aims to promote literacy for all groups and individuals in the community by running programs such as the Silver Surfers Project, which offers free iPad training for seniors. Volunteers are needed for the Volunteer Tutor Program and English as a Second Language Program.

**Phone:** 604-392-2404

**Chilliwack Cultural Centre** offers plays and performances, creative classes, meeting rooms and music instruction studios. Visit their website to access information about their partner organizations including: Chilliwack Academy of Music, Chilliwack Arts &

Cultural Centre Society, Chilliwack Players Guild, Chilliwack School of Performing Arts, Chilliwack Symphony Orchestra and Chorus.

**Phone:** 604-392-8000

**Cultus Lake Golden Palette Club** runs year round on Tuesdays from 10:00 am - 2:00 pm. Artists of all levels, working with all mediums, are welcome. Members hold at least one show per year, and also display their work at the Cultural Centre. Pre-registration required.

**Phone:** 604-769-2787

**The Chilliwack Community Band**, a non-profit group, provides musical services for civic functions in the Chilliwack area, including extended care facilities. It also provides a social musical environment for seniors and some students. Members age from late teens to late 80s. Some instruments and training can be provided.

**Phone:** 604-795-7371