



**KALS classes continue to stimulate & keep curious minds busy with interesting subjects. Registration for classes starting in March is still open on-line at [kals.ca](http://kals.ca) or phone 236-425-4414**

**Please Touch The Artifacts! Tues. March 6, 1:30 pm–3:30 pm**

Keely Bland at the Kamloops Museum will help us explore & learn through touch, explanation & discussion of artifacts in the KMA collection and learn about their use & history. Artifacts are objects made by humans that typically have a cultural or historical interest. In this hands-on session you will learn, by looking closely and through feel, about what they are, how they were used and their value in the lives of people of the era.

**Sacred Passage Doula: Wed. March 14, 10:00 am–12:00**

Sandi Ceccon will describe the fascinating work of companioning at death & the work of an End-of-Life Doula and why it is so meaningful. Offering holistic support and comfort to the dying person and their family, the doula's services may include providing education, guidance, emotional, spiritual and practical care.

**In Sickness & Health–Tranquille: Mon. March 19, 10:00 am–12:00**

Silvia Gropp will help us discover the many faces of Tranquille from its humble beginnings as a family farm to its transformation into the King Edward's Sanitarium. Hear stories about the people who lived and worked at Tranquille throughout its history.

**Organize Your Closets & Your Life: Mon. Apr 9, 1:30 pm–3:30**

Dianne Forster will give you tips to adapt, order and change your living spaces. Come and learn easy, pain free methods to decide what to keep, how to sort and get rid of “stuff” & find joy in the items you love.

**Sustainable Ranching Explained: Wed. April 11, 10:00 am – 12:00**

Join Gillian Watt to learn about innovative developments in agriculture, how the next generation of farmers and ranchers are making agriculture sustainable & about the unique program at TRU that requires students to live on a ranch while they learn. Future farmers & ranchers must understand and work closely with the environment and have sharp business skills in order to meet the challenges of the future and help build communities that are healthy, resilient and prosperous.

**Travel Photo Adventures: Tues., April 17, 10:00 am–12:00**

Join David Smith to enjoy stunning images, captivating multimedia shows and travel stories from his travels to 135 countries on 6 continents. He will inform, entertain and inspire his audience. Ideal for active and arm chair travellers. Bring your camera, smart device and an open mind and be amazed!



PLEASE FORWARD THIS EMAIL TO OTHERS WHO MIGHT ENJOY A  
STIMULATING DAY!