

LIFELONG LEARNING FOR ADULTS (50+)

FALL 2025 COURSE GUIDE



OUR MISSION

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

At ElderCollege the learning process is lively, full of discussion and humour. Everyone 50+ is encouraged to join and participate. No exams; no grades; no pressure.

INFORMATION FORUM

Watch your inbox for details on the Information Forum scheduled for Saturday, September 20 from 9:30 to 11:30 am. Course leaders will give a glimpse into their subject matter. Attend online or in person at the Stan Hagen Theatre on the NIC Comox Valley campus. Visit forum.cvec.ca for more information and/or to register for the Information Forum.

COURSE REGISTRATION BEGINS September 23

An email will be sent to announce when registration is open. You can either register online, call 1-800-715-0914 to register over the phone during business hours, or go to the Registration Office at any NIC campus – whichever is most convenient for you.

CANCELLATIONS

Courses are occasionally cancelled or rescheduled. While we endeavour for this guide to be as accurate as possible, changes may happen after we go to print. Check online at www.nic.bc.ca/CVEC for the most up-to-date information.

COURSES ARE ON CAMPUS OR ONLINE

Most courses are offered at the NIC Comox Valley campus with some online and others offsite. Zoom links are emailed to students close to start dates; this information is not included with your registration confirmation.

COURSES BEGIN Wednesday, October 1

Please register up to 10 days before the start of a course.

LECTURE SERIES BEGINS Saturday, October 4

Lecture time is 10 am to noon in the Stan Hagen Theatre. Doors open at 9:30 am for coffee and tea.

CONNECTOR NEWSLETTER

Join our email list at www.nic.bc.ca/CVEC to receive our biannual newsletter and other CVEC communications.

Message from the CVEC Chair

It is my honour to take on the position of the chair of the CVEC executive, following the excellent leadership of John North, who stayed the course for three years. Our organization is in great shape, thanks to our continued solid partnership with North Island College, now entering our 26th year. Another landmark celebration comes up as NIC celebrates its 50-year anniversary. And, we have now opened our membership to those 50 years or older to meet our mission of enhancing the quality of life for older adults in our community, by offering affordable opportunities for continued learning.



The team of volunteers at ElderCollege has put together an outstanding selection of courses and Saturday lectures for this fall. The Curriculum Committee has organized over 70 courses, with more than half as new topics for you to enjoy. The Communications team produces this fine document and helps to advertise our work through print and social media, while the Membership Committee ensures that the course guides are displayed throughout the valley. None of this work would happen without the efforts of the Volunteer Support Committee that finds volunteers for each of the committees. And, without the course leaders and lecturers who give freely of their time and expertise, our mission would not be achieved.

– Sheila Borman

Information Forum

Comox Valley ElderCollege invites members and the public to the Fall 2025 Information Forum on Saturday, September 20 from 9:30 to 11:30 am. Doors will open at 9, presentations will begin at 9:30, and it will wrap up by 11:30. The forum is an opportunity, prior to registration opening on September 23, to hear course leaders presenting information that supplements this course guide.

Many past attendees have remarked that by attending the forum they became aware of – and then registered for – interesting courses they would otherwise have missed.

To view more details and to register to attend, visit forum.cvec.ca.

Memberships

Memberships are required if you would like to take a course. Members have access to the NIC library, should they so wish. Purchase your membership (\$20) and after the system updates overnight, you will be able to get an NIC photo ID from the Registration Office. (You will need to provide government-issued photo ID to verify your identity.)

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New to ElderCollege?

Most of our courses for the fall term are on the NIC Comox Valley campus. A campus map is available online. Note the names and location of the various buildings; visit the library; and enjoy the offerings at the cafeteria and coffee kiosk. You may visit the forested setting before the term begins.

Parking is free in the student lots.

ID Cards

CVEC students may obtain an ElderCollege photo ID at the Registration Office. This ID allows you access to the NIC library and computer lab.

No Scent Policy

You are asked to refrain from using any scented products while attending in-person CVEC events as some people have allergic reactions to such products.

Thanks to the course guide team: Al, Gerald, Jane, Jill, Kate, Larry, Sherryl, Solweig, Terry.



Find us on Facebook:
Comox Valley ElderCollege



Registration cheat sheet for returning CVEC members

Step 1: Go to register.cvec.ca

Step 2: Click on 'Sign in' in the top right of the page. Sign into your account with your assigned username (e.g., jstudent@northislandcollege.ca) and password. You will return to the Instant Enrollment registration page. Call Student Services (1-800-715-0914) if you have forgotten your NIC email address.

Step 3: To register for a course, find it in the list (it may be on another page). Click the 'Select' button to the right of the course title and then choose 'Add section' from the popup. If you just want to see more information about the course, you can click on the CVEC course number to see more details like the seats available, course description, etc. Repeat this step for every other course you wish to register for.

Step 4: Click the yellow box in the top right corner to dismiss it, and then click 'Next' to advance to the payment steps in the process. Note that receipts are emailed; the print prompt will not work.

If you get stuck, call us at 250-334-5005.

Registration cheat sheet for new CVEC members

Step 1: Go to register.cvec.ca

Step 2: To register for a course, find it in the list (it may be on another page). Click the 'Select' button to the right of the course title and then choose 'Add section' from the popup. If you just want to see more information about the course, you can click on the CVEC course number to see more details like the seats available, course description, etc. Repeat this step for every other course you wish to register for.

Step 3: Click the yellow box in the top right corner to dismiss it, and then click 'Next' to advance.

Step 4: Enter the requested personal information. This will set up a CVEC account with NIC.

Step 5: Once your entered personal information is confirmed, you will advance to the payment steps in the process.

Step 6: Then, when your payment is complete, you will receive two emails right away: one to confirm your course enrollments; a second to give you your initial password for your new NIC/CVEC online account. A third email will arrive in a day or two that provides your login ID (it will look like an email address with your name followed by @northislandcollege.ca). It will also indicate that your initial password is based on your birth date, but this is incorrect. Your correct, initial password was provided in one of the two initial emails received. Note also that receipts are emailed; the print prompt will not work.

If you get stuck, call us at 250-334-5005.

PRICING

Course pricing is based on units of time; see courses for costs. Tax is added to course costs. In some cases, supply fees are extra. The fees are generally collected by the course leader at the first class. Occasionally, they may be added to the course fee when you register.

Each session in the lecture series is \$8 or \$56 for the entire series. Member drop ins pay \$10 cash at the door, \$15 for guests.

REFUNDS: A course must be dropped seven days or more prior to its start to receive a refund. Contact the NIC liaison at eldercollegeCV@nic.bc.ca or 250-334-5005. Under exceptional circumstances, you may apply for a refund within seven days. If a course is cancelled, you will receive a refund. You cannot change courses once they begin.

WAITLIST: Your name is not stored in the registration system for a waitlist. If you want to add your name to a waitlisted course, contact the NIC liaison as noted above. Please state your full name, your student ID number, and the course you wish to be waitlisted for.

Courses

College closed on Monday, October 13, and Tuesday, November 11.

Course information is correct at the time of publication. Please check website for any changes.

ARTS AND MUSIC

Subject coordinator: Barbara Moscovich

ART OF THE SILK ROADS – NEW! (2 weeks online) **\$13.20**

Alan Freeland CVEC-5916-DLS1
Tuesdays, Oct 7 – 14 11:30 am – 1 pm

For thousands of years, people, goods and ideas travelled east to west and west to east between Europe and China. To successfully navigate these trade networks meant embracing different cultures, negotiating unwanted tariffs, and avoiding conflicts. The presenter will introduce us to the people, the trades, and the ideas that travelled these vast distances and how art gives us a window on this world.

ARTIST TALK: ALORA GRIFFIN – NEW!

(1 week on campus) **\$6.60**

Alora Griffin CVEC-1404-CVS1
Wednesday, Oct 29 3 – 4:20 pm

Learn how Alora Griffin has used her photographs of Haida Gwaii, the Skeena River and Comox to create watercolour paintings of land and seascapes. This will interest those wanting to learn more about watercolour as well as acrylic and oil painting techniques. There will be an opportunity for discussion after the presentation.

ARTIST TALK: JANICE HAYWARD – NEW!

(1 week on campus) **\$6.60**

Janice Hayward CVEC-1403-CVS1
Tuesday, Oct 21 4 – 5:20 pm

The presenter will share her photography journey that began in the early 1980s. After raising her children and losing her husband, Janice Hayward reignited her passion by studying at the Western Academy of Photography. Travelling to many countries shaped and evolved her photographic eye. She continues to learn and grow, always shooting from the heart and capturing honest, emotive moments that tell stories and reflect the beauty in the world.

INTRO TO CHORAL SINGING – NEW!

(5 weeks on campus) **\$33**

Orlando Wiebe CVEC-1830-CVS1
Tuesdays, Oct 7 – Nov 4 4 – 5:20 pm

The course covers the basics of singing in a choir and will help build confidence for people who would like to sing in a choir but are not sure about their own abilities. Experienced choristers may find this course helpful and fun. Explore the most common scale, note reading, rhythm reading, matching pitch, harmonizing, and finding blend. Of course, there will be lots of singing.

INTRODUCTION TO MODERN JAZZ

\$43.20

(6 weeks on campus)

Bonnie Brett CVEC-1837-CVS1
Wednesdays, Oct 8 – Nov 12 2:30 – 3:50 pm

A survey of jazz repertoire, form and history spanning the approximate time from 1940 to the 1990s. Topics explored include the main periods and styles of jazz in this period (bebop, cool jazz, hard bop, modal jazz, bossa nova, vocal jazz, fusion jazz and the avant garde), the lives of seminal jazz artists and composers, some basic musical forms and significant concurrent historical events.

SHOSTAKOVICH AND HIS MUSIC – NEW!

\$19.80

(3 weeks online)

David Gordon Duke CVEC-6208-DLS1
Wednesdays, Nov 5 - 19 9:30 – 11 am

A great composer who lived and worked in “interesting times,” Dmitry Shostakovich produced remarkable works in all the genres of classical music. In and out of official favour during the Soviet era, his music was marginalized in the West during the middle decades of the last century. We will examine his life within the framework of Soviet politics and sample his musical output including symphonies, string quartets and operas.

SILVER SCREEN GEMS – NEW! (5 weeks on campus)

\$42

Kay Kennedy CVEC-1718-CVS1
Mondays, Oct 20 – Nov 17 1 – 3:50 pm

We begin with *Whisky Galore*, a Scottish comedy based on the true story of a ship that ran aground off the small, outer Hebridean island of Barra in 1941. Next is the wonderful Orson Welles as a corrupt police chief, followed by a science-fiction spoof. Robert Mitchum at his sinister best in *Night of The Hunter* follows, ending with *Second Hand Lions*, starring Michael Caine and Robert Duvall.

SOME GOOD IRISH FILMS – NEW! (6 weeks on campus)

\$50.40

Brian Charlton and Linda Brune CVEC-1700-CVS1
Wednesdays, Oct 22 – Nov 26 1 – 3:50 pm

Ireland is a complicated country and its films reflect that. Whether it's the Troubles, or the Catholic Church, or just being Irish, there is a lot of material for makers of great films. From *Calvary* to *The Commitments*, *The Magdalene Sisters*, *The Quiet Girl*, *The Guard*, and *The Crying Game*, we have a wide variety for the lover of cinema. Come and enjoy the films and the discussion.

CVEC takes pride in the veracity of course content and works hard to ensure high quality overall. Our course leaders are all volunteers with varying degrees of expertise. CVEC is not responsible for content accuracy.

THE JAPANESE ART OF NOTAN – NEW! **\$8.40**
(1 week on campus)

Terri Bowen CVEC-1500-CVS1
Saturday, Oct 25 1 – 3:50 pm
Push your creative boundaries by immersing yourself in the compelling history and principles of the art of Japanese Notan. Notan is based on the artistic principle of balancing light and dark – of negative and positive spaces – to create stunning, unique compositions. We will use several varieties of paper and paint to both practice and create your final artworks. \$10 for all supplies except paint brushes collected at the class.

UNGLUED – NEW! (1 week on campus) **\$8.40**

Kristina Campbell CVEC-1173-CVS1
Monday, Oct 27 10 am – 12:50 pm
Creating collage is an excellent way to experience being creative, especially if you think that you aren't artistic. Use existing images, scissors, glue sticks and imagination to complete several projects, both independently and collaboratively. Unglued's focus is to have a playful experience, creating with curiosity and openness to the unexpected... just for fun! All levels welcome. A \$5 materials fee collected at the first class covers all supplies.

UNIVERSAL DEVOTIONAL CHANTING **\$52.80**
(8 weeks offsite - Berwick Comox Valley)

Oliver Clarke CVEC-5413-CVS1
Tuesdays, Oct 7 – Dec 2 10 – 11:20 am
The educational and devotional benefit of this course is the realization that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe found in nature, which may be called God, Tao, Buddha, or the Great Creator. All are encouraged to participate, and all levels of singing ability are welcome. \$3+/- collected in class to cover the cost of materials.

WATERCOLOUR MAGIC – NEW! (4 weeks off campus) **\$28.80**

Kate Brown CVEC-1529-CVS1
Thursdays, Oct 16 – Nov 6 10 am – 12 noon
Discover the magic of playing with water colours to achieve outstanding colours, shapes and textures with different techniques and create original art that speaks to others with mood and feelings. This course is designed for beginners and seasoned artists. A list of supplies (paints, paper, brushes, etc.) to bring to class will be sent to students prior to class (\$45 or less). Classes held at Artsphere in Royston.

ECLECTIC

Subject coordinator: Judy Village

ASTROLOGY CHARTS (4 weeks on campus) **\$26.40**

Allan Vonkeman CVEC-5467-CVS1
Wednesdays, Nov 12 – Dec 3 11:30 am – 12:50 pm
Learn how to begin to read your own chart. We will get hands on: finding, learning and understanding the planets, placements, and energies in your chart. There will be time to explore, ask questions and begin to understand how your natal astrological chart works. You will need the date, time and place of your birth. We will explore the adage, "as above, so below."

BRIDGE: INTERMEDIATE BIDDING (8 weeks on campus) **\$52.80**

Gary Priestman CVEC-6250-CVS1
Tuesdays, Oct 7 – Dec 2 11:30 am – 12:50 pm
This course provides participants with additional bidding tools such as popular conventions, cue bids, and helpful doubles. It is applicable to those who have played bridge for a few years and have a solid understanding of bridge basics.

BRIDGE: MODERN BIDDING INTRO (8 weeks on campus) **\$52.80**

Gary Priestman CVEC-6251-CVS1
Fridays, Oct 10 – Nov 28 1 – 2:20 pm
There are two phases in every bridge game: bidding and playing the cards. This course looks at the modern approach to bidding. It is applicable to individuals who have never played or those players who are returning to the game after a few years away.

BRIDGE: PLAY THE HAND (8 weeks on campus) **\$52.80**

Gary Priestman CVEC-6253-CVS1
Fridays, Oct 10 – Nov 28 2:30 – 3:50 pm
There are two phases in every bridge game: bidding and playing the cards. This course offers strategies for both playing the hand and for defending the hand. It is applicable to individuals who have never played or those players who are returning to the game after a few years away.

CAR SEATS: KEEPING KIDS SAFE – NEW! **\$6.60**
(1 week on campus)

Jen Shapka CVEC-5000-CVS1
Monday, Nov 24 10 – 11:20 am
Car trips are the most dangerous everyday activity for kids, and car-seat safety has changed significantly since your own children were small. Whether you frequently transport children or want to feel more confident when grandchildren visit, this course will teach you practical skills to keep them safe on the road. Enjoy a combination of hands-on, video, and classroom instruction, and learn where to find more help if you need it.

GROWING YOUR FAMILY TREE (3 weeks on campus) **\$19.80**

Ann Brown CVEC-6050-CVS1
Fridays, Nov 7 - 21 11:30 am – 12:50 pm
Learn how to build branches and twigs and find your ancestors. This is a beginners course to help you start your tree online or on paper and find free and subscription resources. Session 1 gets you started; session 2 addresses your roadblocks; and in session 3 we make plans to continue. Family history research can become addictive and take up all the time you can spare.

JOURNEY INTO THE MYSTICAL (5 weeks on campus) **\$33**

Allan Vonkeman CVEC-5858-CVS1
Wednesdays, Oct 8 – Nov 5 11:30 am – 12:50 pm
Explore practices and teachings of Kabbalah, Animism and other spiritual traditions in this teaching and discussion group with a maximum of 16 participants. Bring your curiosity, your questions and be prepared to challenge your own beliefs.

HEALTH AND WELLNESS

Subject coordinator: Bob Coyne

A BIT OF LAUGHTER (7 weeks on campus) \$58.80

Susan Osso CVEC-1796-CVS1
Fridays, Oct 3 – Nov 14 1 – 3:50 pm

Join us for Improv where laughs are guaranteed and learning is fun. During this seven-week course, participants will build on the knowledge they have learned to further their skills as Improv performers. If you are new to Improv and want to give it a try, step outside your comfort zone and join us. As Victor Borge said, "Laughter is the shortest distance between two people."

AYURVEDIC SELF-MASSAGE SERIES – NEW! \$19.80

(3 weeks online)
Sonja Zupanec CVEC-5319-DLS1
Tuesdays, Oct 7 - 21 3:30 – 5 pm

Discover the healing power of Ayurvedic self massage in this hands-on series. Learn subtle techniques to care for the head, eyes, face, neck, hands, and feet using self massage to promote relaxation and circulation. Explore gentle practices to nourish the nervous system, reduce inflammation, and support longevity. Perfect for beginners and caregivers, this series empowers you with effective self-care practices for full mind/body balance.

BACK & LOWER LIMB INJURIES – NEW! \$7.80

(1 week on campus)
David Paris CVEC-5741-CVS1
Saturday, Oct 18 1 – 3:20 pm

A look at various common orthopaedic-type pathologies of the lower spine and limbs including the anatomy of the injured region and details of the specific structures involved. We will discuss various mechanisms of injury for each area and some of the prevention and treatment regimens available today.

CANNABIS AS A MEDICINE (4 weeks on campus) \$26.40

Joanne Gauthier CVEC-5392-CVS1
Wednesdays, Oct 29 – Nov 19 1 – 2:20 pm

This course is an introduction to cannabis, including sativa, indica and hybrid plants. Discussion includes the various ways to consume cannabis without having to smoke it and ways to prepare cannabis for making your own oil drops or edibles and salve.

COMPASSIONATE COMMUNICATION – NEW! \$39.60

(6 weeks on campus)
Bonnie Larush CVEC-5829-CVS1
Mondays, Oct 27 – Dec 1 10 – 11:20 am

These days there is a lot of conflict in the world and communication with others has gotten progressively more challenging. This simple but effective four-step process teaches how to listen and speak from the heart so both parties feel heard and understood. *Non-Violent Communication* by Marshall Rosenberg is required reading. The class focuses on participation and practicing the process.

CREATING YOUR WELLNESS ZONE – NEW! \$26.40

(4 weeks on campus)
Nelda Adamus CVEC-5302-CVS1
Wednesdays, Nov 5 – 26 2:30 – 3:50 pm

Create your personalized wellness plan for optimal health including understanding a wellness versus a disease model. Learn to adapt your nervous system to states of curiosity, calm and connection: minimize states of chaos and numb shutdown; assess and understand warning signs to distress and illness; practice compassionate joy, soulful community, nurturing activities, nutrition, exercise, mindfulness, healthy boundaries and sleep.

HEALTHY AGING: BODY AND MIND – NEW! \$8.40

(1 week on campus)

Chris Bruels and Olga Balabukha CVEC-5301-CVS1
Friday, Oct 24 10 am – 12:50 pm

Aging is natural, yet bodily changes can be unexpected. This course offers practical tools to help you stay comfortable, active, and maintain well-being. You'll learn to listen to your body's needs and respond effectively to support both body and mind. Through gentle movement and awareness practices, enhance your health, mobility, and quality of life. Join us to explore simple strategies for aging with greater ease and resilience.

IF NOT NOW, WHEN? – NEW! (2 weeks on campus) \$13.20

Maureen Fitzgerald CVEC-5303-CVS1
Fridays, Nov 7 & 14 2:30 – 3:50 pm

Do you live with a sense of energy and purpose? Do you have a direction that is energizing and inspiring? Learn how to create a vision, a mission and goals for life. The course is based on the presenter's book, *If Not Now When?*

INTRODUCTION TO MEDITATION (1 week on campus) \$6.60

Julie Blais CVEC-5455-CVS1
Friday, Oct 17 10 – 11:20 am

Mindfulness calms the mind, decreases stress, anxiety and inner criticism. It fosters clarity of the mind and increases resilience, better sleep and self-regulation, and nurtures wisdom and compassion. This workshop provides basic instructions for practicing mindfulness of breathing and body.

MAKING SENSE OF MEDICAL NEWS – NEW! \$33

(5 weeks on campus)

Warren Michelow CVEC-5315-CVS1
Thursdays, Oct 30 – Nov 27 11:30 am – 12:50 pm

Understanding health information is of increasing importance as we age. This course aims to improve health literacy and help you find and make sense of medical information. Explore how medical/health research and various types of studies are done, learn key terms, and understand how to read scientific papers. Then we will put it all together by working through case studies chosen by you and the instructor.

MENTORING WITH PURPOSE – NEW! \$25.20

(3 weeks on campus)

Michele Roy CVEC-2811-CVS1
Wednesdays, Oct 15 – 29 8:30 – 11:20 am

Legacy in Action is a mentoring program designed for seniors who are ready to share their wisdom, encourage others to learn, and keep growing themselves. Learn the core skills of effective mentoring, such as active listening, powerful questioning, and giving respectful, confidence-building feedback. Learn strategies that foster trust in mentoring relationships and how to create an agreement with a mentee. We'll cover boundaries, goals, and confidentiality.

MINDFULNESS MADE EASY – NEW! \$13.20

(2 weeks on campus)

Maureen Fitzgerald CVEC-5304-CVS1
Fridays, Oct 24 & 31 2:30 – 3:50 pm

Mindfulness is not just a skill to reduce stress but rather a lifestyle. It's a way to be calm and also tap your intuition. Here you will learn what mindfulness is, how it can help you and several practices. It is based on the book *Mindfulness Made Easy* by the instructor.

REIMAGINING SENIORS CARE (1 week on campus) \$6.60
Kelley Romeril CVEC-5719-CVS1
Friday, Oct 3 11:30 am – 12:50 pm
Providence Living transforms long-term care through its innovative “Home for Us” social-relational approach. It replaces task-driven routines with resident-directed living within intimate neighbourhoods. Households feature 12 private rooms surrounding shared living spaces, creating a genuine home feeling rather than an institution. The design incorporates community connections through integrated spaces while innovative practices ensure residents experience joy, purpose and belonging in a home where their life stories continue to unfold.

SCENIC HIKES 1 (8 weeks offsite) \$67.20
Ted Grainger CVEC-5520-CVS1
Tuesdays, Oct 7 – Dec 2 10 am – 1 pm
Pack a lunch and come for a hike! Revisit the familiar and perhaps discover some new trails. We will travel once a week as far south as Bowser and north to Campbell River, carpooling when necessary. These hikes have variable terrain and are not suitable for those with mobility issues. Our six- to nine-kilometre hikes often go over three hours. Good hiking boots/shoes and poles recommended. No dogs, please!

SCENIC HIKES 2 (6 weeks offsite) \$50.40
John Biehl CVEC-5521-CVS1
Tuesday, Oct 7 – Nov 18 10 am – 1 pm
These hikes from Campbell River to Qualicum Beach are moderate to challenging, with some elevation changes and uneven, root-bound trails. Good footwear and poles are recommended. Mobility/health-challenged individuals will find these hikes too difficult. A signed accident/injury waiver is required. Hiking/travel times vary (weather dependent), 3 - 4+ hours, 5 - 7+ kms. We visit forest trails worth seeing, many with water features and all have hills. No dogs, please!

SEVEN HABITS OF HEALTHY LIVING – NEW! \$6.60
(1 week on campus)
Deidre Macdonald CVEC-5322-CVS1
Wednesday, Oct 15 6 – 7:30 pm
What if better health was just a habit away? Small, consistent changes in your daily routine can lead to more energy, less pain, and a greater sense of well-being. Join Dr. Macdonald for insights from the latest medical research along with the time-tested wisdom of naturopathic medicine to help you build lasting habits for better health.

TAI CHI FOR LIFE (5 weeks on campus) \$33
Ann Zambilowicz CVEC-5416-CVS1
Thursdays, Oct 23 – Nov 20 11:30 am – 12:50 pm
Tai chi is an ancient art passed down from generation to generation. It is far more than the set movements of the form; it is a philosophy of life, a form of meditation and a form of exercise that improves not only your flexibility and balance but also your mind/body connection. Join us on this gentle and relaxing journey.

THE HEALING POWER OF MIND – NEW! \$7.80
(1 week on campus)
Olga Balabukha and Bob Rennie CVEC-5337-CVS1
Saturday, Oct 18 1 – 3:20 pm
Discover how the mind influences the body in astonishing ways. While stress and trauma can lead to illness, the mind also holds great power to promote healing and well-being. Through real-life examples and simple daily mind-body practices, this course will

show you how to support your health from within. Learn practical tools to harness your mind’s potential and improve your overall quality of life.

HISTORY AND SOCIAL SCIENCES

Subject coordinator: Doug Barr

AMSTERDAM: A HISTORICAL TOUR – NEW! \$26.40
(4 weeks on campus)
John Sterk CVEC-5931-CVS1
Wednesdays, Oct 22 – Nov 12 10 – 11:20 am
Explore Amsterdam’s evolution from its medieval origins to the present (1100 on). Through engaging presentations and slide visuals, we’ll examine the city’s politics, architecture, culture, and society across centuries, highlighting its transformation during the Dutch Golden Age, resilience through conflicts, and modern development. This course offers a comprehensive and visually enriched understanding of Amsterdam’s unique history.

DUTCH MONARCHY AFTER 1830 (4 weeks on campus) \$26.40
John Sterk CVEC-5973-CVS1
Fridays, Oct 24 – Nov 12 1 – 2:20 pm
Explore the creation and development of an important European monarchy, how it emerged as an arbiter of international disputes, how it became an important member of the European community, and how it enacted world-leading progressive social legislation in the 20th and 21st centuries.

FINANCIAL & ESTATE PLANNING (1 week on campus) \$7.20
Lyle Carlstrom CVEC-3531-CVS1
Wednesday, Nov 5 7 – 9 pm
Understand why estate planning decisions should be made sooner than later and learn about wills, powers of attorney, representation agreements and trusts as considerations in estate planning. A financial and estate planner will be available for purchase at the course for \$10. Registration is at 7 pm with the course starting at 7:30.

HISTORY OF PHOTOGRAPHY – NEW! \$19.80
(3 weeks on campus)
Donald Skogstad CVEC-6276-CVS1
Fridays, Nov 14 – 28 2:30 – 3:50 pm
Trace the development of photography from the French inventors to the German innovators Zeiss and Leica, on to the postwar innovative Japanese rangefinder offerings to Russian and Ukrainian clones and today’s digital cameras. Learn about the development of lenses and cameras and the use of photography in peacetime and war and even on the moon.

HUEY LONG: POPULIST DICTATOR – NEW! \$6.60
(1 week online)
Frank Nicholson CVEC-6220-DLS1
Thursday, Oct 23 9 – 10:30 am
Huey “Kingfish” Long rapidly ascended the political ladder in Louisiana during the early 20th century. He was elected as public service commissioner in 1918, governor in 1928, and US senator in 1930 before emerging as a potential candidate for the president of the US. Along the way he vastly expanded state public services while centralizing all power in his hands until he was taken out by a bullet in 1935.

ISSUES IN CRIMINAL LAW (4 weeks on campus) \$26.40
Donald Skogstad CVEC-3332-CVS1
Fridays, Oct 10 - 24 2:30 – 3:50 pm
Drawing on his 45 years practicing criminal law, the presenter explains the law and invites discussion on topical issues in Canadian criminal law such as abortion, medical assistance in dying, bail, drug laws, sexual offenses and consent, search warrants, minimum and maximum penalties, sexual offender registry, record suspension, how the Charter of Rights and Freedoms applies to criminal law, and developing issues. Seminar format; discussion and opinions invited.

RAILWAY WARS (6 weeks on campus) \$39.60
Donald Skogstad CVEC-6226-CVS1
Fridays, Oct 10 – Nov 21 11:30 am – 12:50 pm
The incredible history of the battles between the Great Northern Railway controlled by Canadian James J. Hill and the Canadian Pacific Railway controlled by American Thomas Shaughnessy for supremacy in the war to win over the railway and steamship transportation of mining riches in the southern interior of British Columbia from 1890 to 1920.

RETHINKING HOW WE VOTE – NEW! \$46.20
(7 weeks on campus)
Jane Sterk CVEC-6431-CVS1
Mondays, Oct 20 – Dec 1 1 – 2:20 pm
Explore Canada's electoral system, past reform efforts, and how proportional representation works in other democracies. Learn about alternative voting methods and examine the impact of different systems on governance, representation and good public policy. There will be lots of time for structured and open discussions. Join us for a thought-provoking, interactive exploration of how we vote, how we could do it better and what might happen if we don't.

THE CANADIAN CONSTITUTION (5 weeks on campus) \$33
Keith Ritter CVEC-6421-CVS1
Thursdays, Oct 2 – 30 1 – 2:20 pm
This course includes a brief comparison of Canadian, American and British constitutions, an analysis of federal and provincial powers, consideration of how First Nations are treated in the constitution, a review of federal and provincial taxing powers, an introduction to the Charter of Rights and Freedoms, and a review of any current constitutional issues.

THE FOUR ELEMENTS – NEW! (1 week online) \$7.20
John Black CVEC-6341-DLS1
Tuesday, Oct 21 10 am – 12 noon
The first in a series of single-session seminars dealing with ideas that have reverberated through informed discourse down the ages. The ancient Greek concept of the four elements (earth, water, air and fire) was influential in scientific understanding for more than two millennia. This seminar will investigate why.

THE FOUR ELEMENTS IN THE TEMPEST – NEW! \$7.20
(1 week online)
John Black CVEC-6342-DLS1
Monday, Oct 27 9:30 – 11:30 am
In the second course of this ongoing series, we explore Shakespeare's use – literal and metaphorical – of the elements (earth, water, air, fire) in narrative and characterization within this most accomplished late comedy.

THE US ELECTORAL COLLEGE (3 weeks on campus) \$19.80
Don Axtell CVEC-6428-CVS1
Wednesdays, Oct 1 - 15 10 – 11:20 am
A romp through American history with a focus on presidential elections.

THE WORLD'S FIRST SUPERSTAR – NEW! (1 week online) \$6.60
Frank Nicholson CVEC-6209-DLS1
Thursday, Nov 13 9 – 10:30 am
This is the story of Sarah Bernhardt, France's most famous actress ever. Fired by the Comédie-Française at the start of her career, she went on to attract huge audiences in cities around the world (including Vancouver), while opening her own theatre in Paris and, at the end, appearing in silent movies. Ensuring her fame were her beautiful voice, enchanting portrayals, exotic pets, scandalous love life, and sleeping in a coffin!

LANGUAGE AND LITERATURE

Subject coordinator: Janess Iverson

GREAT TRIP - COMPELLING STORY (7 weeks on campus) \$46.20
Kim Letson CVEC-5950-CVS1
Fridays, Oct 10 – Nov 28 1 – 2:20 pm
Discuss components of meaningful travel memoir and develop creative writing skills in this collaborative workshop. The importance of journaling, steady writing practice, professional editing and publishing options are explored. Vital elements of crafting narrative through scene, dialogue, setting, character development, universal themes and more will be reviewed and practiced through in-class writing opportunities. There is some optional homework.

HOCKEY BLOGGING & PUBLISHING – NEW! \$46.20
(7 weeks on campus)
Jim Parsons CVEC-2363-CVS1
Tuesdays, Oct 14 – Dec 2 11:30 am – 12:50 pm
Learn how to create, write, and publish hockey blogs on topics or teams you're passionate about. Through engaging discussions and idea-sharing, we'll collaborate to refine our work. Edit each other's posts and, by the end, publish your hockey blogs online. Whether you're a fan or aspiring writer, this course will help bring your ideas to life and share them widely.

POETRY REMIX WORKSHOP – NEW! \$39.60
(6 weeks on campus)
Jane Dawson CVEC-2342-CVS1
Thursdays, Oct 9 – Nov 13 2:30 – 3:50 pm
Learn to use fragments of existing works as starting points to reinterpret, rearrange, and transform familiar words and phrases into fresh, personal expressions. This hands-on workshop encourages artistic experimentation, allowing you to discover new meanings and rhythms in the texts around you, while honouring the original works in innovative ways. Perfect for all levels.

WHO KNEW WRITING COULD BE FUN? \$50.40
(7 weeks on campus)
Sandra Petrie CVEC-2337-CVS1
Thursdays, Oct 16 – Nov 27 1 – 2:50 pm
Write short, timed pieces for five to 10 minutes, then break into small groups to read aloud. The prompts will surprise. It will be stream-of-consciousness writing – fast and furious with no consideration for spelling, punctuation, or grammar. No editing of pieces will be done. Come join in the fun!

WRITERS' WORKSHOP (8 weeks on campus) \$67.20
Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1
Thursdays, Oct 9 – Nov 27 2:30 – 5:20 pm
This is a hands-on course in which participants are invited to share their writing in whatever form with others and receive gentle feedback and encouragement. No formal instruction.

YOUR LEGACY – YOUR LIFE STORY – NEW! **\$13.20**
(2 weeks online)

Mali Bain CVEC-2305-DLS1
Wednesdays, Oct 1 & 8 9 – 10:30 am
Your life's stories deserve to be preserved, and this course will help you shape and organize what you've already written into a meaningful legacy. Through guided reflection and practical strategies, explore ways to refine, compile, and share your words – whether in a book, letters, recordings, or another format. By the end, you'll have a clear plan for next steps to ensure your stories live on.

SCIENCE AND COMPUTERS

Subject coordinator: Gerald Wendland

BACKYARD COMPOSTING (1 week on campus) **\$6.60**

Joyce McMenamon CVEC-7550-CVS1
Thursday, Oct 16 11:30 am – 12:50 pm
Composting makes use of waste and livens up soil. And it's easy to do! Come learn the secrets of safely and quickly making rich nutritious compost out of your kitchen and yard waste. Learn why, how, where, when, and what. Bring your questions for this fun discussion with a master composter. Feed the soil that feeds the plants that feed us!

BIOFILIA (8 weeks online) **\$57.60**

Thierry Vrain CVEC-5844-DLS1
Fridays, Oct 10 – Nov 28 10 am – 12 noon
Biofilia is about the Grand Tour of Life. It starts with what life is made of. Discover the molecules that animate life and the molecules that make life tick. We cover bacteria, cells, plants, fungi, animals, and viruses. All living organisms – from molecules to single cells to multicellular life forms like you – are intelligent. And knowing more about your place in the biosphere will bring you closer to nature.

CALCULUS: WHAT'S IT ALL ABOUT? – NEW! **\$46.20**
(7 weeks on campus)

Joel Kositsky CVEC-6012-CVS1
Mondays, Oct 20 – Dec 1 2:30 – 3:50 pm
Calculus, the mathematics of change, is indispensable to scientists, engineers, economists, as well as to mathematicians. However, calculus has an unfortunate reputation of being both esoteric and difficult. The presenter's intent is not to teach how to "do" calculus but rather give a sense of what calculus is all about. For this to work, you should have a basic familiarity with high school algebra, and elementary graphing.

CLOUD DRIVES: LIFTING THE FOG **\$31.20**
(4 sessions over 2 weeks on campus)

Terry Hooper and Roger Taylor CVEC-3600-CVS1
Tuesdays and Thursdays, Oct 14 - 23 2:30 – 4:50 pm
What's all the hype about internet cloud drives? Would it be wise to store your photos, documents, and other files there—or not? How do they work, and how easy are they to set up and use? This course will answer these questions and demonstrate cloud drive services from Microsoft (OneDrive), Google (Drive), and Apple (iCloud). You may be already using one and not even realize it!

DON'T BUY THE SNAKE OIL! (4 weeks on campus) **\$26.40**

Rod Montague CVEC-6660-CVS1
Tuesdays, Oct 7 – 28 2:30 – 3:50 pm
How can you decide if a particular supplement will benefit you – or if Diet Coke is slowly poisoning you? How can you assess all

that information in your Google search? The aim of this course is to provide you with a toolkit for distinguishing between what has scientific validity and what is just hype.

ENERGY PRODUCTION (6 weeks on campus) **\$39.60**

Giorgio Grappolini CVEC-6325-CVS1
Thursdays, Oct 16 – Nov 20 11:30 am – 12:50 pm
Review two forms of energy production: energy for the transportation sector (gasoline and diesel), and energy for residential use (electricity). Learn about the processes needed to extract and convert crude oil into transportation fuels and the range of production of electricity from nuclear to wind and solar.

HEALTH, REACTORS & CLIMATE – NEW! **\$52.80**
(8 weeks online)

Jess H. Brewer CVEC-6306-DLS1
Wednesdays, Oct 8 – Nov 26 9:30 – 11 am
The greenhouse effect of fossil-fuel use is causing disastrous global climate change. We need alternative sources of electric power, one of which is nuclear fission. However, some people are afraid of radiation and believe nuclear reactors will inevitably release dangerous amounts. We need to understand not only nuclear reactors but also what radiation is, how it's measured and its actual health effects.

STARS, TIME & THE COLD WAR (3 weeks on campus) **\$19.80**

Chris Cottle CVEC-6356-CVS1
Mondays, Nov 3 – 17 10 – 11:20 am
Follow the development of the tools of navigation used over the last 10,000 years ending with the development of the sextant and accurate clocks. These tools allow safe passage on the open seas. They also show how this was critical during the Cold War years, before GPS.

THE SOLAR SYSTEM – NEW! (7 weeks on campus) **\$46.20**

Joel Kositsky CVEC-6352-CVS1
Tuesdays, Oct 7 – Nov 25 2:30 – 3:50 pm
Most of us grew up seeing solar system pictures that are, frankly, incorrect. This course includes a discussion of the solar system's constituents, relying heavily on NASA mission discoveries. It also includes an intelligible sense of the constituents' sizes and amazing distances. While these are often given using incomprehensibly huge numbers, the presenter's goal is to paint an accurate, but intuitively graspable, picture of our wonderful solar system.

TRAVELLING AND TECHNOLOGY – NEW! **\$15.60**
(2 sessions over 1 week online)

Terry Hooper CVEC-5908-DLS1
Monday, Nov 17 and Wednesday, Nov 19 2:30 – 4:50 pm
An introduction and overview with demonstrations of how to use various internet sites and personal devices (smartphones, tablets, laptops) to improve your travels. Using these puts a different spin on more effective globetrotting as you plan, tour, and wrap things up on your return. Open sharing by participants of related experiences will also be encouraged during the course.

VANCOUVER ISLAND PREHISTORY – NEW! **\$13.20**
(2 weeks on campus)

Russell Ball CVEC-6290-CVS1
Thursdays, Oct 2 & 9 10 – 11:20 am
Learn about the geological prehistory of Vancouver Island (as well as much of interior BC). We'll discuss geological processes that evolved our present geology, including weathering, plate tectonics, glaciation, paleo fossil evidence, and volcanics.

Series coordinators: Larry Bambrick, Terry Hooper and Gerald Wendland

FALL LECTURE SERIES

CVEC-9000-CVS1 – IN PERSON OR ONLINE; CVEC-9000-DLS1 – ONLINE ONLY

7 Saturday lectures October 4 to November 29 (No lectures October 11 and November 8)
10 am to 12 noon | On campus and online | \$56 for the series or \$8/lecture

All Creatures, Great and Small

From the cougars we share the woods with to the dogs and cats we share our homes with, this term's lecture series takes a close look at the animals all around us. All of the creatures, great and small. We'll dive into the waters of the sea, visit the bats of Cumberland, and discover why the spring herring run is such an important cornerstone for so many creatures. Along the way we'll learn what we can do to keep Vancouver Island wild.

LIFE UNDER THE SEA

Kolin Hansen
CVEC-9001-CVS1
October 4



Long-time diver and underwater photographer Kolin Hansen takes us under the sea at our very doorstep. Come meet some of the remarkable creatures that live there.

Kolin is the creator of Getting Salty; his mission is to raise awareness of the incredible ocean life in the Pacific Northwest through photography, videography, art, and design. As a technical diver with a deep passion for underwater film and photography, he is driven to document the unique and diverse marine life that calls Vancouver Island's waters home. From the vibrant kelp forests to the mysterious depths, Kolin showcases the beauty and importance of our ocean ecosystems. His aim is to inspire others to appreciate and protect the rich biodiversity that thrives beneath the surface.

BATS IN THE FOREST

Meaghan Cursons
CVEC-9002-CVS1
October 18

Bats are a critical part of our local ecosystems, and their habitat is all around us in the Comox Valley. Join Cumberland Community Forest Society (CCFS) executive director and bat naturalist Meaghan Cursons to learn all about the bats in our midst: their evolution, biology, roosts and reproduction, habitat, myths and legends, fears and superstitions, local monitoring projects, and the science of bat conservation. CCFS is the local coordinator for the BC Community Bat Program providing public education about these fascinating species at risk.



Meaghan is executive director of the Cumberland Community Forest Society, a conservation organization purchasing forest land from private timber companies and leading work in land conservation, public education, watershed protection, and wildfire resilience on eastern Vancouver Island. She also works

as a watershed protection educator for the Comox Valley Regional District through its Connected by Water project. In her spare time, she leads heritage walks, produces environmental theatre with kids, and wanders around at dusk looking for bats.

PROTECTING PACIFIC HERRING

Sydney Dixon
CVEC-9003-CVS1
October 25



Discover the critical role Pacific herring play in the coastal ecosystem – and why their future hangs in the balance. This talk explores the ecological, cultural, and economic importance of herring, the threats they face from industrial exploitation, climate change, and mismanagement, and the urgent need for action.

Sydney is a marine specialist at Pacific Wild and the driving force behind the organization's marine campaign work. With a background in marine ecology and a deep passion for ecosystem-based conservation, she leads initiatives focused on protecting forage fish, like Pacific herring, that form the foundation of B.C.'s coastal food web. She brings both scientific insight and advocacy experience to this lecture, drawing on her work at the intersection of marine policy, ecological research, and community engagement.

LIVING WITH COUGARS

Mollie Cameron
CVEC-9004-CVS1
November 1

Explore how to understand cougar signs and behaviours, as well as effective strategies for mitigating human-wildlife conflicts.

FALL LECTURE SERIES

The discussion will cover common and uncommon cougar observations, potential attractants that draw these animals into human-inhabited areas, and the dangers that cougars face in our changing environment. This presentation will deepen your understanding of cougars and inspire a greater appreciation for their role in our ecosystem.



Mollie is a wildlife photographer, naturalist, ecotourism guide, and president of Wild Wise Society, an organization focused on mitigating human-

wildlife conflicts and promoting peaceful coexistence with nature. She became president of the society in 2023, where she continues to provide public education on wildlife issues in hopes of expanding community awareness. In 2020, Mollie launched The Cougar Coexistence Initiative, a passion project that maps cougar sightings and conflicts, tracks behavioural patterns, and documents predation and community issues through remote camera traps. This research aims to shed light on wildlife behaviour and improve coexistence strategies between humans and wildlife.

THE SCIENCE OF PETS

Jay Ingram
CVEC-9005-CVS1
November 15

We are the only species that keep pets – but why? And how did it happen that dogs and cats (descended from wolves and wild cats) became our favourite pets? Looking to the future, when by 2050 it's estimated that two-thirds of the world's human population will live in cities, how different will the world of pets look?

Jay has hosted two national science programs in Canada, *Quirks and Quarks* on CBC Radio and *Daily Planet* on Discovery Channel Canada. His 20



books have been translated into 15 languages. Jay has seven honorary degrees and is a member of the Order of Canada. From 2005 to 2015, he chaired the Science Communications Program at the Banff Centre, and he is co-founder of the arts and engineering smashup called Beakerhead. His book *The Science of Pets* will be available in November.

BIRD BRAINS: SMARTER THAN YOU MIGHT THINK

Sandra Milligan
CVEC-9006-CVS1
November 22

Once dismissed as “birdbrains,” birds are now recognized for their remarkable intelligence. Sandra explores the evolution of our understanding of avian neuroanatomy, focusing on local species. Through engaging stories and videos, she will explore how birds solve problems, use tools, express empathy, and communicate with rich vocabularies, while inviting you to see these creatures with newfound respect and wonder.



Sandra has been teaching biology at NIC for over 20 years. With graduate degrees in neuroscience, she's now a generalist, naturalist, and lifelong learner. In Campbell River, she's a recognized environmental advocate and educator. Her passion for birding has evolved into a deep interest in avian behaviour and intelligence. Drawing on her neuroanatomy background, Sandra has followed the growing research on bird cognition – confirming what many intuitively felt: birds display an extraordinary range of intelligent behaviours.

THE AMAZING DIVERSITY OF INSECTS

Steve Perlman
CVEC-9007-CVS1
November 29



Insects are by far the most diverse organisms on the planet, accounting for more than half of all described species. Hear an overview of insect biodiversity, including new approaches to discovering

species. Our focus then turns to the most diverse insects of all – parasitic wasps, with an introduction to their amazing natural history, ecology, and behaviour.

Steve is a professor in the Department of Biology at the University of Victoria, where he has worked since 2005. He teaches entomology and evolutionary biology. He grew up in Toronto and completed his PhD at the University of Arizona. His research focuses on the ecology, evolution, and genetics of associations between insects and the diverse organisms that infect them, from parasites to beneficial microbes.

Registration for each lecture closes the Monday prior and a Zoom link is sent to all registrants by Thursday. Latecomers can drop in at the theatre for \$10 cash (members), \$15 (guests).

Courses at a Glance

College closed on Monday, October 13, and Tuesday, November 11.

Courses are held at the NIC campus unless otherwise noted.

MONDAY

No classes October 13

CALCULUS: WHAT'S IT ALL ABOUT?	\$46.20
CVEC-6012-CVS1 Oct 20 – Dec 1	2:30 – 3:50 pm
CAR SEATS: KEEPING KIDS SAFE	\$6.60
CVEC-5000-CVS1 Nov 24	10 – 11:20 am
COMPASSIONATE COMMUNICATION	\$39.60
CVEC-5829-CVS1 Oct 27 – Dec 1	10 – 11:20 am
RETHINKING HOW WE VOTE	\$46.20
CVEC-6431-CVS1 Oct 20 – Dec 1	1 – 2:20 pm
SILVER SCREEN GEMS	\$42
CVEC-1718-CVS1 Oct 20 – Nov 17	1 – 3:50 pm
STARS, TIME AND THE COLD WAR	\$19.80
CVEC-6356-CVS1 Nov 3 – 17	10 – 11:20 am
THE FOUR ELEMENTS IN THE TEMPEST (ONLINE)	\$7.20
CVEC-6342-DLS1 Oct 27	9:30 – 11:30 am
TRAVELLING AND TECHNOLOGY (PART 1) (ONLINE)	\$15.60
CVEC-5908-DLS1 Nov 17 & 19	2:30 – 4:50 pm
UNGLUED	\$8.40
CVEC-1173-CVS1 Oct 27	10 am – 12:50 pm

TUESDAY

No classes November 11

ART OF THE SILK ROADS (ONLINE)	\$13.20
CVEC-5916-DLS1 Oct 7 & 14	11:30 am – 1 pm
ARTIST TALK: JANICE HAYWARD	\$6.60
CVEC-1403-CVS1 Oct 21	4 – 5:20 pm
AYURVEDIC SELF MASSAGE SERIES (ONLINE)	\$19.80
CVEC-5319-DLS1 Oct 7 – 21	3:30- 5 pm
BRIDGE - INTERMEDIATE BIDDING	\$52.80
CVEC-6250-CVS1 Oct 7 – Dec 2	11:30 am – 12:50 pm
CLOUD DRIVES: LIFTING THE FOG (PART 1 & 3)	\$31.20
CVEC-3600-CVS1 Oct 14 - 23	2:30 – 4:50 pm

DON'T BUY THE SNAKE OIL! **\$26.40**
CVEC-6660-CVS1 Oct 7 – 28 2:30 – 3:50 pm

HOCKEY BLOGGING & PUBLISHING **\$46.20**
CVEC-2363-CVS1 Oct 14 – Dec 2 11:30 am – 12:50 pm

INTRO TO CHORAL SINGING **\$33**
CVEC-1830-CVS1 Oct 7 – Nov 4 4 – 5:20 pm

SCENIC HIKES 1 (OFFSITE) **\$67.20**
CVEC-5520-CVS1 Oct 7 – Dec 2 10 am – 1 pm

SCENIC HIKES 2 (OFFSITE) **\$50.40**
CVEC-5521-CVS1 Oct 7 – Nov 18 10 am – 1 pm

THE FOUR ELEMENTS (ONLINE) **\$7.20**
CVEC-6341-DLS1 Oct 21 10 am – 12 noon

THE SOLAR SYSTEM **\$46.20**
CVEC-6352-CVS1 Oct 7 – Nov 25 2:30 – 3:50 pm

UNIVERSAL DEVOTIONAL CHANTING (OFFSITE) **\$52.80**
CVEC-5413-CVS1 Oct 7 – Dec 2 10 – 11:20 am

WEDNESDAY

AMSTERDAM: A HISTORICAL TOUR **\$26.40**
CVEC-5931-CVS1 Oct 22 – Nov 12 10 – 11:20 am

ARTIST TALK: ALORA GRIFFIN **\$6.60**
CVEC-1404-CVS1 Oct 29 3 – 4:20 pm

ASTROLOGY CHARTS **\$26.40**
CVEC-5467-CVS1 Nov 12 – Dec 3 11:30 am – 12:50 pm

CANNABIS AS A MEDICINE **\$26.40**
CVEC-5392-CVS1 Oct 29 – Nov 19 1 – 2:20 pm

CREATING YOUR WELLNESS ZONE **\$26.40**
CVEC-5302-CVS1 Nov 5 – 26 2:30 – 3:50 pm

FINANCIAL & ESTATE PLANNING **\$7.20**
CVEC-3531-CVS1 Nov 5 7 – 9 pm

HEALTH, REACTORS & CLIMATE (ONLINE) **\$52.80**
CVEC-6306-DLS1 Oct 8 – Nov 26 9:30 – 11 am

INTRODUCTION TO MODERN JAZZ **\$43.20**
CVEC-1837-CVS1 Oct 8 – Nov 12 2:30 – 3:50 pm

JOURNEY INTO THE MYSTICAL **\$33**
CVEC-5858-CVS1 Oct 8 – Nov 5 11:30 am – 12:50 pm

MENTORING WITH PURPOSE **\$25.20**
CVEC-2811-CVS1 Oct 15 – 29 8:30 – 11:20 am

SEVEN HABITS OF HEALTHY LIVING **\$6.60**
CVEC-5322-CVS1 Oct 15 6 – 7:30 pm

SHOSTAKOVICH AND HIS MUSIC (ONLINE) **\$19.80**
CVEC-6208-DLS1 Nov 5 – 19 9:30 – 11 am

SOME GOOD IRISH FILMS	\$50.40
CVEC-1700-CVS1 Oct 22 – Nov 26	1 – 3:50 pm
THE U.S. ELECTORAL COLLEGE	\$19.80
CVEC-6428-CVS1 Oct 1 – 15	10 – 11:20 am
TRAVELLING AND TECHNOLOGY (PART 2) (ONLINE)	\$15.60
CVEC-5908-DLS1 Nov 17 & 19	2:30 – 4:50 pm
YOUR LEGACY – YOUR LIFE STORY (ONLINE)	\$13.20
CVEC-2305-DLS1 Oct 1 & 8	9 – 10:30 am

THURSDAY

BACKYARD COMPOSTING	\$6.60
CVEC-7550-CVS1 Oct 16	11:30 am – 12:50 pm
CLOUD DRIVES: LIFTING THE FOG (PART 2 & 4)	\$31.20
CVEC-3600-CVS1 Oct 14 – 23	2:30 – 4:50 pm
ENERGY PRODUCTION	\$39.60
CVEC-6325-CVS1 Oct 16 – Nov 20	11:30 am – 12:50 pm
HUEY LONG: POPULIST DICTATOR (ONLINE)	\$6.60
CVEC-6220-DLS1 Oct 23	9 – 10:30 am
MAKING SENSE OF MEDICAL NEWS	\$33
CVEC-5315-CVS1 Oct 30 – Nov 27	11:30 am – 12:50 pm
POETRY REMIX WORKSHOP	\$39.60
CVEC-2342-CVS1 Oct 9 – Nov 13	2:30 – 3:50 pm
TAI-CHI FOR LIFE	\$33
CVEC-5416-CVS1 Oct 23 – Nov 20	11:30 am – 12:50 pm
THE CANADIAN CONSTITUTION	\$33
CVEC-6421-CVS1 Oct 2 – 30	1 – 2:20 pm
THE WORLD'S FIRST SUPERSTAR (ONLINE)	\$6.60
CVEC-6209-DLS1 Nov 13	9 – 10:30 am
VANCOUVER ISLAND PREHISTORY	\$13.20
CVEC-6290-CVS1 Oct 2 & 9	10 – 11:20 am
WATERCOLOUR MAGIC (OFFSITE)	\$28.80
CVEC-1529-CVS1 Oct 16 – Nov 6	10 am – 12 noon
WHO KNEW WRITING COULD BE FUN?	\$50.40
CVEC-2337-CVS1 Oct 16 – Nov 27	1 – 2:50 pm
WRITERS' WORKSHOP	\$67.20
CVEC-2310-CVS1 Oct 9 – Nov 27	2:30 – 5:20 pm

FRIDAY

A BIT OF LAUGHTER	\$58.80
CVEC-1796-CVS1 Oct 3 – Nov 14	1 – 3:50 pm
BIOFILIA (ONLINE)	\$57.60
CVEC-5844-DLS1 Oct 10 – Nov 28	10 – 12 noon
BRIDGE - MODERN BIDDING INTRO	\$52.80
CVEC-6251-CVS1 Oct 10 – Nov 28	1 – 2:20 pm

BRIDGE: PLAY THE HAND	\$52.80
CVEC-6253-CVS1 Oct 10 – Nov 28	2:30 – 3:50 pm
DUTCH MONARCHY AFTER 1830	\$26.40
CVEC-5973-CVS1 Oct 24 – Nov 14	1 – 2:20 pm
GREAT TRIP - COMPELLING STORY	\$46.20
CVEC-5950-CVS1 Oct 10 – Nov 28	1 – 2:20 pm
GROWING YOUR FAMILY TREE	\$19.80
CVEC-6050-CVS1 Nov 7 – 21	11:30 am – 12:50 pm
HEALTHY AGING: BODY AND MIND	\$8.40
CVEC-5301-CVS1 Oct 24	10 am – 12:50 pm
HISTORY OF PHOTOGRAPHY	\$19.80
CVEC-6276-CVS1 Nov 14 – 28	2:30 – 3:50 pm
IF NOT NOW, WHEN?	\$13.20
CVEC-3332-CVS1 Nov 7 & 14	2:30 – 3:50 pm
INTRODUCTION TO MEDITATION	\$6.60
CVEC-5455-CVS1 Oct 17	10 – 11:20 am
ISSUES IN CRIMINAL LAW	\$26.40
CVEC-3332-CVS1 Oct 10 – 24	2:30 – 3:50 pm
MINDFULNESS MADE EASY	\$13.20
CVEC-5304-CVS1 Oct 24 & 31	2:30 – 3:50 pm
RAILWAY WARS	\$39.60
CVEC-6226-CVS1 Oct 10 – Nov 21	11:30 am – 12:50 pm
RE-IMAGINING SENIORS CARE	\$6.60
CVEC-5719-CVS1 Oct 3	11:30 am – 12:50 pm

SATURDAY

BACK & LOWER LIMB INJURIES	\$7.80
CVEC-5741-CVS1 Oct 18	1 – 3:20 pm
THE HEALING POWER OF MIND	\$7.80
CVEC-5337-CVS1 Oct 18	1 – 3:20 pm
THE JAPANESE ART OF NOTAN	\$8.40
CVEC-1500-CVS1 Oct 25	1 – 3:50 pm

FALL LECTURE SERIES: ALL CREATURES GREAT AND SMALL \$56 FOR ALL OR \$8 EACH

CVEC-9000-CVS1 (entire series in person or online)
 CVEC-9000-DLS1 (entire series online only)
 CVEC-9001-CVS1 – Oct 4, 10 am to noon
 CVEC-9002-CVS1 – Oct 18, 10 am to noon
 CVEC-9003-CVS1 – Oct 25, 10 am to noon
 CVEC-9004-CVS1 – Nov 1, 10 am to noon
 CVEC-9005-CVS1 – Nov 15, 10 am to noon
 CVEC-9006-CVS1 – Nov 22, 10 am to noon
 CVEC-9007-CVS1 – Nov 29, 10 am to noon
 See pages 9 - 10 for individual lecture details