

LIFELONG LEARNING FOR ADULTS (55+)

WINTER ❄️ 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 55+ 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, January 18 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 January 21

An email will be sent to announce when registration is open online and in person.

COURSES ARE ON CAMPUS OR ONLINE

For this term, 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 Monday, February 3

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

LECTURE SERIES BEGINS Saturday, February 8

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

INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: www.nic.bc.ca/CVEC.

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.

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

WOW! Our remarkable team of volunteers has done it again! Another semester packed with interesting and absorbing courses, offering great opportunities for discussion and getting to know other members of our Comox Valley community. The lecture series continues the Island Life theme, which provided excellent speakers and fascinating insights during fall 2024, while half of the 64 courses are new – a testament to the extraordinary range of knowledge and skills amongst our volunteer course leaders. With so many new courses listed, do please review this course guide carefully – there are likely to be topics that you haven't explored before.



And please think about joining this excellent collaboration between North Island College and our volunteer team. It's a very rewarding way to continue to contribute to our society, despite retirement.

– John North

Registration cheat sheet for returning members

Step 1: Go to www.nic.bc.ca; select CE REGISTRATION from the Quick Links drop-down menu OR click on the registration link emailed to you.

Step 2: Sign into your account at myNIC (mynic.bc.ca) with your username (e.g., jstudent@northislandcollege.ca) and password (it is set to your birthdate DD/MM/YYYY until you change it). Call Student Services (1-800-715-0914) if you have forgotten your NIC email address.

Step 3: Click the Continuing Education Registration link on the Continuing Education tile.

Step 4: To enroll in a course: Enter CVEC in the Course Code Number box and click Search.

Step 5: Add CVEC 0001 for membership (ignore this prompt if you have already purchased your membership).

Step 6: Select your course(s) – click on the CVEC number for more details.

Step 7: Click the yellow box in the top right corner and select Next.

Note that receipts are emailed; the print prompt will not work.

More information about registration is available on page 2 of this course guide.

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New to ElderCollege?

Most of our courses for the winter 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: Jane, Jill, Kate, Larry, Roger, Sherryl, Solweig.



Find us on Facebook:
Comox Valley ElderCollege



REGISTRATION

When registration for our winter 2025 series of courses and lectures opens, 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.

All existing CVEC students who have a student ID (e.g., jstudent@northislandcollege.ca) and password will use these when accessing NIC's online registration system. For details on how to register using the online system, please refer to the Comox Valley ElderCollege Registration Guide for video tutorials and more at www.nic.bc.ca/CVEC.

All existing CVEC students who have a NIC student record will use these when accessing NIC's online registration system (e.g., jstudent@northislandcollege.ca and password – set to your birthdate DD/MM/YYYY until you change it). For details on how to register using the online system, please refer to the Continuing Education tab of the Student Technical Services page library.nic.bc.ca/studenttech/ContinuingEd. If you get stuck, call us at 250-334-5005.

INFORMATION FORUM

Comox Valley ElderCollege invites members and the public to the Winter 2025 Information Forum on Saturday, January 18 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 January 21, 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.)

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 when you register and added to course fees. In such cases, these details are noted in the course description.

Each session in the lecture series is \$8 or \$48 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, February 17.

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

ARTS AND MUSIC

Subject coordinator: Barbara Moscovich

ARTIST TALK: DEAN BAUCHE – NEW! **\$6.60**

(1 week on campus)

Dean Bauche CVEC-1404-CVS1
Monday, Feb 10 2:30 – 3:50 pm

This talk is a story of discovery. It examines how creativity has offered Dean a life-giving and secure place to grow, how mentors well beyond his artistic practice formed and influenced his journey, how his practice as a painter opened him to other artists, writers, and poets and how his art has been influenced and shaped by a fascination with the human spirit, our struggle, and sense of place.

ARTIST TALK: PETER SHOSTAK – NEW! **\$7.20**

(1 week on campus)

Peter Shostak CVEC-1402-CVS1
Saturday, Mar 22 1 – 2:50 pm

Peter shares his artistic journey of the past 44 years with examples of his art reflecting memories of growing up on the prairies in the late 1940s and 1950s. This retrospective includes some of the 50 paintings of his major work, "For Our Children," exhibited across Canada. Participants will enjoy the stories behind the many paintings inspired by these memories and by his Ukrainian heritage.

FIVE FROM FLANDERS (5 weeks online) **\$36**

John Black CVEC-1950-DLS1
Fridays, Feb 7 – Mar 7 11:30 am – 1:30 pm

An exploration of fascinating painters of the Flemish Renaissance including Jan van Eyck, Rogier van der Weyden, Hans Memling, Hugo van der Goes and Hieronymus Bosch. The course deals with the innovative approaches of the place and time: the use of oils, glowing colours, decorative detail, portrayal of emotion, and fantasy representation. Participants will be encouraged to discuss their own reactions to the art presented.

FUNDAMENTALS OF PHOTOGRAPHY **\$46.20**

(7 weeks on campus and offsite)

Norman Mathew CVEC-2761-CVS1
Mondays, Feb 3 – Mar 24 9:30 – 10:50 am

This is a non-technical look at how to improve your photographic composition. Although many of the concepts presented apply to adjustable cameras, concepts will also apply to point-and-shoot cameras and phone cameras.

Students should be familiar with the basic operations of their own camera and bring it to each class. A tripod is useful but not mandatory. There will be two field trips.

HOW TO DRAW LIKE A VIKING! – NEW! **\$7.20**

(1 week on campus)

Kristina Campbell CVEC-1418-CVS1
Monday, Feb 10 4 – 5:50 pm

A strong connection between Celtic and Norse design was facilitated by trade and the exchange of ideas even during conflicts. The symmetrical geometric patterning of the Celts was abandoned as the Norse artists embraced a freer form, while maintaining the interweaving design. Learning to draw utilizing these elements provides a pleasurable, meditative and accessible drawing practice, like the contemplative quality of creating Zentangles. \$5+ materials fee collected in class.

INTRODUCTION TO JAZZ – NEW! **\$43.20**

(6 weeks on campus)

Bonnie Brett CVEC-1837-CVS1
Wednesdays, Feb 5 – Mar 12 2:30 – 4:20 pm

A survey of jazz repertoire, form and history spanning the approximate time period of 1900 to the 1990s. Topics explored include the roots and development of jazz, the main periods and styles of jazz, lives of important jazz artists and composers, basic Blues form, basic forms of jazz standards, and significant concurrent historical events.

INTRODUCTION TO SCRATCHBOARD **\$31.80**

(2 weeks on campus)

Heather Soos CVEC-1180-CVS1
Saturdays, Feb 22 – Mar 1 1 – 3:50 pm

Learn the art of scratchboard: This black and white art medium involves scratching into the black ink surface of a clay-coated board/paper with a scratching tool. Using two different scratching tips, we will explore methods of mark making, creating textures, hatching and crosshatching, and complete a few small projects. All course materials/handouts will be provided (\$15 for materials added at registration).

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.

MAINTAIN YOUR SINGING VOICE **\$52.80**
(8 weeks offsite - Berwick Comox Valley)

Oliver Clarke CVEC-1889-CVS1
Fridays, Feb 14 – Apr 4 10 – 11:30 am
Participate in vocal exercises designed to extend vocal range and to project your voice both in volume and in energy through intentional focus. This course is especially beneficial for members of choirs. A few with voice problems owing to health concerns have also benefited.

NIETZSCHE'S MUSICAL LIFE (1 week on campus) **\$7.20**

Nicolas Krusek CVEC-1810-CVS1
Saturday, Mar 29 1 – 2:50 pm
Few great philosophers had a closer connection with music than Friedrich Nietzsche. He was a fine pianist, composed music from age 14, and wrote on many musical subjects throughout his productive life. This talk considers Nietzsche's stormy friendship with composer Richard Wagner, provides insight into the musical qualities of his famous poetic-philosophical work, "Thus Spoke Zarathustra," and describes its influence on such later composers as Gustav Mahler and Richard Strauss.

PATHS TO ARTFUL LIVING – NEW! **\$33.60**
(4 weeks on campus)

Dean Bauche CVEC-1413-CVS1
Mondays, Feb 24 – Mar 17 1 – 3:50 pm
Discover why people believe they are unable to draw. This course is a four-step process that teaches you how to see in order to draw, design and paint simple watercolours. You will gain understanding and confidence through demonstrations, and individual and group activities. Explore foundational concepts in art and discover how emotion underlies design and colour theory. For beginners through intermediate, the content applies to growth in any medium.

SHAKESPEARE IN FILM (6 weeks on campus) **\$50.40**

Kay Kennedy CVEC-1723-CVS1
Tuesdays, Feb 4 – Mar 11 1 – 3:50 pm
Watch the presenter's favourite versions of filmed Shakespeare plays as he wrote them, as well as contemporary versions. The films include *Romeo and Juliet*, *Taming of the Shrew* (both an original and a contemporary version), two versions of *Much Ado About Nothing*, and Orson Welles's *Chimes at Midnight* featuring Welles as Falstaff. There will be time for discussion following the films.

SOME OF OUR FAVOURITE FILMS – NEW! **\$50.40**
(6 weeks on campus)

Brian Charlton and Linda Brune CVEC-1705-CVS1
Wednesdays, Feb 12 – Mar 19 1 – 3:50 pm
Six of the presenters' favourite films that have stayed in their hearts and minds over the years because they were beautiful, startling or opened up new vistas for them. Among others, screen and discuss *The Ruling Class* with Peter O'Toole, *Being There* with Peter Sellers, and *Rules of the Game* by Jean Renoir.

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

Oliver Clarke CVEC-5413-CVS1
Fridays, Feb 14 – Apr 4 1 – 2:30 pm
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 supplied by the course leader.

WESTCOAST WOMEN PLAYWRIGHTS – NEW!

\$36 (5 weeks on campus)
Annie Smith CVEC-2249-CVS1
Fridays, Feb 14 – Mar 14 2:30 – 4:20 pm
Explore the scripts of four Canadian women playwrights who have set their scripts on the west coast. Each week we will analyze a play from these award-winning playwrights: Marie Clements, Joan McLeod, Carmen Aguirre, and Dorothy Dittrich. We will read excerpts together, and discuss the staging, the themes, and audience response. Students will receive a list of scripts to download, purchase (cost ~\$50) and read before class.

ECLECTIC

Subject coordinator: Judy Village

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

Allan Vonkeman CVEC-5467-CVS1
Tuesdays, Feb 18 – Mar 11 2:30 – 3:50 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 **\$52.80**
(8 weeks on campus)

Gary Priestman CVEC-6250-CVS1
Tuesdays, Feb 4 – Mar 25 10 – 11:20 am
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: INTRODUCTION TO MODERN BIDDING **\$52.80**
(8 weeks on campus)

Gary Priestman CVEC-6251-CVS1
Fridays, Feb 7 – Mar 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, Feb 7 – Mar 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.

HOME SOLAR PV SYSTEMS – NEW! \$6.60

(1 week on campus)
 Nick Fielding CVEC-6171-CVS1
 Thursday, Feb 6 10 – 11:20 am

Why are so many Comox Valley homeowners choosing to go solar? Explore how residential solar PV systems work, how they are connected to your home and the BC Hydro grid, and how they generate value for you and the community.

INTRODUCTION TO HOME GARDENING – NEW! \$26.40

(4 weeks on campus)
 Curtis Litzenger CVEC-1104-CVS1
 Fridays, Mar 7 - 28 10 – 11:20 am

During the first session, you will describe your personal experience with and aspirations for gardening. Once course takeaways are identified, everyone will explore possible ideas for a course project. The course aims to include water conservation, small space gardening, landscaping basics, soil prep, offseason care, plants good for wildlife (bees, hummingbirds, butterflies), native plants to the area, and general upkeep.

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

Allan Vonkeman CVEC-5858-CVS1
 Thursdays, Feb 20 – Mar 20 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.

MAKING MEANING AS WE AGE – NEW! \$46.20

(7 weeks on campus)
 Robert McDonald CVEC-5720-CVS1
 Wednesdays, Feb 12 – Mar 26 10 – 11:20 am

Psychologists say elderhood is about making meaning of our lives, but how? Using the tools of depth psychology and spirituality, we will explore doing this inner work, with some teaching, and with meaningful small group discussion. Topics will include moving from hero to elder, life review (and repair), giving back, and life completion. No answers will be provided. That work is yours. There may be good questions though.

SALMON IN THE COMOX VALLEY – NEW! \$13.20

(2 weeks on campus and offsite)
 John Neilson CVEC-6313-CVS1
 Wednesdays, Feb 5 & 12 11:30 am – 12:50 pm

An in-class introduction to the salmon species in our waters, their conservation status, and the threats they face followed by a field trip to examine current techniques for salmon restoration and enhancement. Depending on availability, the off-campus session may be at a hatchery or along a stream where fish habitat has been restored.

HEALTH AND WELLNESS

Subject coordinator: Bob Coyne

AGE IN PLACE – NEW! (1 week on campus) \$6.60

Valerie Wiens CVEC-5717-CVS1
 Thursday, Feb 27 2:30 – 3:50 pm

Navigating the options for subsidized and private care is complex. We will explain choices open to BC residents but focus on preparing your home to safely stay. By planning, you can age-proof your home and feel confident that you are doing your best. This helps give you control, a plan, as well as a defence for worried family who want you to be safe or move.

ENNEAGRAM PERSONALITY THEORY \$36

(6 weeks on campus)
 DK Beitel CVEC-5822-CVS1
 Tuesdays, Feb 11 – Mar 18 2:30 – 4:20 pm

This is a small group interactive course that studies nine different personality types, each with its own ways of thinking, feeling, and acting. Each type has its own strengths and challenges, as well as inner motivations. Taking this course will increase your understanding and compassion for self and others. There will be Enneagram teachings, meditation, music, poetry and opportunity for self-reflection through journaling and conversation.

GRACEFUL AGING & SELF CARE – NEW! \$7.20

(1 week on campus)
 Shawn Peters CVEC-5709-CVS1
 Wednesday, Mar 19 4 – 5:50 pm

While aging is inevitable, graceful aging is when we take preventative steps to support our future selves. Discuss what things you can do now by eating the right foods, taking key supplements, and prioritizing self care for your mind, body, and emotions.

HOW TO BE YOUNGER (3 weeks on campus) \$19.80

Ken Redl CVEC-5477-CVS1
 Wednesdays, Mar 12 - 26 10 – 11:20 am

Come and learn how to stay young! Find out why it's important to get off the couch and move more. Learn how to safely start and progress through an exercise program that will improve flexibility, strength and cardiovascular condition. (This course was previously entitled Exercise for Older Adults.)

INTRODUCTION TO MEDITATION – NEW! \$6.60

(1 week on campus)
 Julie Blais CVEC-5455-CVS1
 Wednesday, Feb 26 1 – 2:20 pm

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

LET'S TALK ABOUT DEATH (1 week on campus) \$8.40

Janet O'Dell, Sherri Ellis-Bell, and Madeline Christie
 CVEC-5701-CVS1 (Feb 8) OR CVEC-5701-CVS2 (Mar 1) 1 – 3:50 pm

Embrace the death positive movement in a safe space for open and authentic conversations. Participants are invited to explore emotions, experiences, and perspectives on death and dying. There will be inspiring discussions around topics such as the empowering benefits of community deathcare, planning for your own death, and the vital role of end-of-life practitioners. Bring something to take notes with. Refreshments will be served and post-session resources provided.

LIVING CONSCIOUSLY (6 weeks on campus) \$39.60
Leon Hawrylenko CVEC-5335-CVS1
Thursdays, Feb 27 – Apr 3 1 – 2:20 pm
We explore five fundamental elements of living consciously: What really matters, knowledge of self, gratitude, kindness, and choice. Each class will include experiential exercises. You can expect quite a bit of interaction with other students. Weekly homework assignments are an important component of the course. There is no required reading.

MANAGING HUMAN RELATIONSHIPS \$43.20
(6 weeks on campus)
Kathleen Ann Kelly CVEC-5806-CVS1
Saturdays, Feb 22 – Mar 29 12:30 – 2:20 pm
The emphasis of this course is on the word 'managing.' The one thing in life we can't avoid are relationships. Even when we are alone, we're in relationship with our thoughts and feelings. This course will help us to be more conscious of how we relate to self and others.

NATURAL DEMENTIA PREVENTION – NEW! \$7.20
(1 week on campus)
Shawn Peters CVEC-5736-CVS1
Wednesday, Mar 26 4 – 5:50 pm
According to the Alzheimer Society of Canada, 124,000 Canadians were diagnosed with dementia in 2020. That's a staggering number. There are many causes and types of dementia, including vascular dementia and Alzheimer's disease. While there is no cure, there are factors that can be addressed to reduce your risk. The presenter, a naturopathic doctor, aims to help you identify risk factors and present options to address these.

NAVIGATING DEMENTIA – NEW! \$8.40
(1 week on campus)
Heather MacLeod CVEC-5735-CVS1
Tuesday, Mar 4 2:30 – 5:20 pm
Feeling challenged by the journey of dementia? Struggling to find ways to support and care for a friend or family member living with dementia? Join an independent dementia trainer and consultant to discuss, learn and practice new skills to add to your toolbox in a safe, non-judgemental/non-medical environment. Until there's a cure, there's a care.

OSTEOPATHY AND SENIORS (1 week on campus) \$6.60
Irene Borecky CVEC-5632-CVS1
Friday, Mar 21 4 – 5:20 pm
This is an introduction to the practice of osteopathy—a manual therapy that uses gentle techniques to treat the body as a whole. Changes that occur with aging may mean that some traditional approaches are not suitable for an older individual. Osteopathy is a safe method to help mobility, communication, and function within joints, the nervous system, the circulation system, the digestive system, etc.

RE-IMAGINING LONG-TERM CARE \$6.60
(1 week on campus)
Sharon Parkes CVEC-5719-CVS1
Friday, Feb 14 10 – 11:20 am
Review the new long-term care village in Comox and how Providence Living is reinventing seniors care by creating a home for residents. This is a move away from a typical institutional model of care to a social-relational model. Residents are invited to direct their own care, enhancing a normal lifestyle with freedom of movement and access to the outdoors.

SCENIC HIKES 1 (8 weeks offsite) \$67.20
Ted Grainger CVEC-5520-CVS1
Tuesdays, Feb 18 – Apr 8 10 am – 1 pm
Pack a lunch and come for a hike! Revisit the familiar and perhaps discover some new trails. We will be travelling once a week as far south as Bowser and north to Campbell River. We will carpool when necessary. These hikes have variable terrain and are not suitable for those with mobility issues. Our six- to nine-kilometre hikes may often go over three hours. No dogs, please!

SCENIC HIKES 2 (8 weeks offsite) \$67.20
John Biehl CVEC-5521-CVS1
Tuesdays, Feb 18 – Apr 8 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 views. No dogs, please!

SENIORS AND FUNCTIONAL MOVEMENT \$8.40
(1 week on campus)
Irene Borecky CVEC-5631-CVS1
Wednesday, Mar 26 1 – 3:50 pm
This course uses a modified version of the Functional Movement System developed by Gray Cook. Learn how we develop movement and movement patterns. Work together through a seven-step movement screen to determine your own function and then take away simple home exercises to correct dysfunctions.

THE JOURNEY OF DEATH AND GRIEF \$13.20
(2 weeks on campus)
Christine Colbert CVEC-5757-CVS1
Thursdays, Mar 13 & 20 1 – 2:20 pm
This two-part series introduces the philosophy of hospice and presents an overview of the psychosocial, emotional, and spiritual aspects of palliative care, caregiving, anticipatory grief, and bereavement support. Participants will be invited to submit questions for follow up in the second session and dialogue about how to increase your grief literacy and support grief allyship.

WHAT IS AN END-OF-LIFE PLAN? (5 weeks on campus) \$33
Krista Manuel CVEC-5767-CVS1
Saturdays, Mar 8 – Apr 5 2:30 – 3:50 pm
Explore a variety of topics that can be included in end-of-life planning to support you and your loved ones today and tomorrow.

X-COUNTRY SKIING/SNOWSHOEING – NEW! \$50.40
(6 weeks offsite)
Pat Grappolini CVEC-5570-CVS1
Tuesdays, Feb 4 – Mar 11 12 noon – 3 pm
Join the facilitator for an afternoon of either cross-country skiing or snowshoeing, depending on weather and snow conditions. Having at least basic skills in either or both sports is required. Plan to improve your skills and stamina as you marvel at the winter landscape. A great option if you are reluctant to get out on the trails alone.

HISTORY AND SOCIAL SCIENCES

Subject coordinator: Doug Barr

BEYOND THE WALL (3 weeks on campus) \$19.80

Mike Joss CVEC- 6277-CVS1
Thursdays, Mar 6 - 20 10 – 11:20 am
The rise and fall of the GDR (German Democratic Republic/
East Germany) as seen by someone who saw a divided
Germany and then a united Germany after the wall fell.

BUDDY, CAN YOU SPARE A DIME? \$39.60

(6 weeks on campus)
Robert Noon CVEC- 6412-CVS1
Thursdays, Feb 13 – Mar 20 10 – 11:20 am
An in-depth look at the Great Depression beyond the
stock market crash. Examine the origins and causes of the
depression, its geographical scope, its impact on business
and individuals, the steps taken to mitigate its effects, and
the eventual reasons it came to an end. A footnote will be a
discussion on whether a depression of this magnitude could
occur again.

CAR CARE (4 weeks on campus) \$28.40

Donald Skogstad CVEC- 6173-CVS1
Thursdays, Feb 27 – Mar 20 11:30 am – 12:50 pm
Drawing on his extensive experience with over 100 cars,
comprising 20 manufacturers, eight on-road breakdowns, and
several upgrade projects, Don will take you from one end
of the vehicle to the other and guide you from headlights
to exhaust systems. This course will help in purchasing,
maintaining or upgrading a car. It is part physics, part
automotive mechanics, and part YouTube with anecdotes
from Don's considerable experience gained over the years.

CARRYING DEBT INTO RETIREMENT \$8.40

(1 week on campus)
Lyle Carlstrom and Ken Grant CVEC-3535-CVS1
Thursday, Mar 20 2:30 – 5:20 pm
As the cost of living has increased dramatically, our ability to
live the life we are accustomed to has become increasingly
difficult. In this interactive seminar we will discuss the
financial and legal options that exist for carrying debt into
retirement. Our presenters have expertise in brokering
mortgages and helping clients with their financial and estate
planning.

DIGGERS OF THE ANCIENT WORLD – NEW! \$28.80

(4 weeks on campus)
Jim Moscovich CVEC-6169-CVS1
Wednesdays, Feb 5 - 26 9:30 – 11:20 am
Put on your pith helmets and hiking boots! This course
examines the archaeological adventures of Heinrich
Schliemann at Mycenae and Troy, Sir Arthur Evans at Knossos,
Sir Leonard Woolley at Ur, and Howard Carter in Egypt (King
Tut). The legends of the diggers themselves rival those of
Indiana Jones, and what they found is even more spectacular.
Lots of pictures and stories to match!

DUTCH HISTORY TO 1830 (4 weeks on campus) \$26.40

John Sterk CVEC-5972-CVS1
Wednesdays, Mar 5 – 26 11:30 am – 12:50 pm
Explore the origins and development of an important modern
European nation state, with an emphasis on the political,
economic, and cultural significance of Dutch society, how it
emerged as a republic, and became a leading world power

in the 17th century. We will trace its diminishing role in
international politics and conclude with its conversion into a
monarchy after the Napoleonic Wars.

DUTCH MONARCHY AFTER 1830 \$26.40

(4 weeks on campus)
John Sterk CVEC-5973-CVS1
Fridays, Mar 7 – 28 11:30 am – 12:50 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.

MODERN CHINESE LEGAL SYSTEM \$57.60

(8 weeks online)
Clive Ansley CVEC- 6456-DLS1
Tuesdays, Feb 11 – Apr 1 1 – 2:30 pm
Review the legal system of China from the overthrow of Qing
dynasty in 1911 to the existing legal system, including the
Republican period from 1911 to 1949, the influence of the
Soviet model from 1949 through the Cultural Revolution, and
the development of "rule by law," as opposed to "rule of
law" from 1979 through 2021.

RAILWAY WARS – NEW! (5 weeks on campus) \$33

Donald Skogstad CVEC- 6226-CVS1
Mondays, Feb 24 – Mar 24 2:30 – 3:50 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.

ROLE OF THE EXECUTOR (1 week on campus) \$7.80

Lyle Carlstrom CVEC-3580-CVS1
Wednesday, Feb 26 7:30 – 9:50 pm
Learn the role of the executor in BC estate administration
law from a practicing estate administration lawyer. We will
discuss factors to consider before you accept or assign the
appointment as an executor. We will address practical steps
to be taken upon a will-maker's death, and the executor's
rights and responsibilities in fulfilling their wishes. Optional
printed materials to help with document organization will be
available for purchase.

LANGUAGE AND LITERATURE

Subject coordinator: Janess Iverson

CRAFTING TRUE NARRATIVES – NEW! \$54.60

(7 weeks on campus)
Dave Flawse CVEC- 2339-CVS1
Tuesdays, Feb 11 – Mar 25 4 – 6:20 pm
A course on writing creative nonfiction, from reported
stories to memoir. This workshop-style course is divided into
two parts. The first outlines our tools: research, interview,
immersion, and memory. The second part discusses craft:
structure, dialogue, POV, and specific details. Expect to read
and submit feedback on one participant's story each week.
Expect to write one 2,000-word story in this course. Small class
size.

GREAT TRIP – COMPELLING STORY **\$58.80**

(7 weeks on campus)

Kim Letson CVEC-5950-CVS1
 Fridays, Feb 7 – Mar 21 10 am – 12:50 pm
 Discuss components of meaningful travel memoir and develop creative nonfiction writing skills in this collaborative workshop. The importance of journaling, steady writing practice, professional editing and publishing options are explored. Participants bring a favourite adventure tale and begin the process of creating a compelling written account. For those wishing to share, we peer review our works in progress. There are some short non-compulsory home assignments.

SPOTLIGHT ON VALLEY AUTHORS – NEW! **\$13.20**

(2 weeks on campus)

Stewart Goodings and Sharon McInnes CVEC-2308-CVS1
 Fridays, Mar 7 & 14 2 – 3:20 pm
 Come hear the joys and challenges of writing from members of the Comox Valley Writers Society. This two-session course will feature published novelists and prolific non-fiction authors including Marlet Ashley, Sylvia Bourgeois and Christine Dickinson. Both sessions will be facilitated by Stewart Goodings, past chair of the Denman Island Readers and Writers Festival, and Sharon McInnes, president of the Comox Valley Writers Society.

UPS & DOWNS OF AUTHORHOOD – NEW! **\$6.60**

(1 week on campus)

Dana Mahon CVEC-2309-CVS1
 Wednesday, Mar 12 11:30 am – 12:50 pm
 The local published author of *Release Your Inner Wild* will share her year-long book-writing experience and process from inception to marketing, including the ups, downs, lessons, and what she might do differently in the future. This course will include a Q&A session so bring your curious minds.

WORDPLAY: FEARLESS POETRY **\$39.60**

(6 weeks on campus)

Diana Kolpak CVEC-6256-CVS1
 Mondays, Feb 24 – Mar 31 10 – 11:20 am
 Poems live all around us and inside us, waiting to be expressed. We'll mine dynamic ways to source your wild mind to write free verse, explore the magical possibilities that arise through the use of meter, rhythm, rhyme, and structured poetry forms, and share take-home assignments aloud during the subsequent class. Poets, the poetry curious at all levels of experience, and repeat students are all welcome.

WRITERS' WORKSHOP (8 weeks on campus) **\$67.20**

Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1
 Fridays, Feb 7 – Mar 28 1 – 3:50 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.

SCIENCE & COMPUTERS*Subject coordinator: Gerald Wendland***BIOFILIA (8 weeks online)** **\$67.20**

Thierry Vrain CVEC-5844-DLS1
 Fridays, Feb 7 – Mar 28 10 am – 12 noon
 The first two classes are about what life is made of: the molecules that animate life, including the protein and RNA molecules that make life tick. The next six classes are on

bacteria, cells, plants, fungi, animals, and viruses. Life is intelligent at all levels – from molecules to single cells to multicellular life forms like you. Knowing more about your place in the biosphere will bring you closer to nature.

CLOUD DRIVES: LIFTING THE FOG **\$28.80**

(4 sessions over 2 weeks on campus)

Terry Hooper and Roger Taylor CVEC-3600-CVS1
 Thursdays & Fridays, Feb 13 - 21 2:30 – 4:20 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!

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

Giorgio Grappolini CVEC-6325-CVS1
 Tuesdays, Feb 11 – Mar 18 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.

REPEL HACKS, HOAXES, SCAMS **\$15.60**

(2 sessions over 1 week on campus)

Terry Hooper CVEC-4010-CVS1
 Tuesday & Thursday, Feb 25 & 27 Time??
 Is that email real or fake? How about that warning I received? What about these phone calls I am receiving? Is this really my friend contacting me on Facebook? Why are my friends all getting messages from me that I didn't send? Is it safe to buy online? Be informed so you can answer these questions and better protect yourself when using email, the internet, and even your phone!

STARS, TIME & THE COLD WAR **\$19.80**

(3 weeks on campus)

Chris Cottle CVEC-6356-CVS1
 Mondays, Mar 3 – 17 11:30 am – 12:50 pm
 A brief exploration of the understanding and the role of measuring the position of stars and developing accurate clocks to permit oceangoing exploration, trade, and war. Includes showing how these tools were vital to the Royal Canadian Navy's role during the Cold War years of the 1960s, 1970s and 1980s.

TALES OF AN EV PURCHASE **\$15.60**

(2 sessions over 1 week online)

Terry Hooper CVEC-6172-DLS1
 Monday & Thursday, Mar 24 & 27 1 – 3:30 pm
 In March 2024, after the presenter had purchased an electric vehicle in January, a friend called and asked 13 questions about the pre-purchase, purchase, and post-purchase. They talked about Terry's personal experiences, starting in January 2023, of deciding, choosing, sourcing, negotiating, waiting, accepting, accessorizing, and the real-world use of an electric vehicle. This presentation is based on that two-hour call. Information sharing – not a debate. Interested in an EV purchase tale?

Series coordinators: Larry Bambrick and Roger Taylor

WINTER LECTURE SERIES

CVEC-9010-CVS1 – IN PERSON

NEW LECTURE SERIES OPTION:
CVEC-9010-DLS1 – ONLINE ONLY

6 Saturday lectures February 8 to March 22 (No class February 15)
10 am to 12 noon | On campus and online | \$48 for the series or \$8/lecture

Island Life II

There's something unique about living on an island. In these six lectures we'll continue to sample the enormous variety of life on Vancouver Island. From appreciating the unique challenges – and opportunities – of living here, to understanding some of the wildlife we share it with. Bears, fish, earth, sea, the past and the future – all are part of our second look at Island Life.

RESCUE TO RELEASE

Aaron Schmidt
CVEC- 9011-CVS1
February 8

Aaron (and an animal ambassador) will take us behind the scenes at MARS Wildlife Rescue Centre, where sick, injured and orphaned animals are cared for and ultimately released back into the wild.



Aaron is the education and visitor centre volunteer coordinator for MARS. He also assists with the ambassador birds at

MARS and does tours of the facility for the public on top of performing outreach and several other tasks there. With a background in biology, teaching the public about wildlife and the MARS mission of conserving and protecting wildlife fits in well with Aaron's passion with all things outdoors.

TRAVELLING CLOSE TO HOME

Norman Mathew
CVEC-9012-CVS1
February 22

Quintessence means the perfect example of something, and this is certainly true of this area in which we live. This presentation is not a travelogue in the true sense, but rather a photo about why it is so important to protect what nature has provided for us.



Norman began his teaching career in 1975 and received his Doctor of Education degree in 1999 from the University of Alberta. He retired after 34 years with Edmonton Public Schools teaching graphic arts, as teacher-consultant and high school assistant principal to pursue his life-long interest in amateur photography. Norman has continued his teaching career with popular photography courses for ElderCollege.

SAVING BEAR HEAVEN

Wayne McCrory
CVEC-9013-CVS1
March 1



To protect grizzly bears, we must protect their habitat. Wayne will talk about the scientific research and campaigns spearheaded by the Valhalla

Wilderness Society (VWS), First Nations and others that have led to the protection of over 800,000 hectares of new parks and conservancies in BC in the coastal and interior rainforests. He will also address why it is so important to protect large landscapes as core areas for grizzly bears, spirit bears, mountain caribou and other species.

Wayne is a professional biologist with a long history of studying bears and many other species that has helped numerous conservation initiatives. He has produced many reports, some published in peer-reviewed journals. Besides being passionate about his scientific research, he is a long-time conservationist and has been involved with his colleagues at the Valhalla Wilderness Society in campaigns that have preserved large core wilderness areas for bears and biodiversity.

WINTER LECTURE SERIES

ISLAND SHIFT: A NEW LIFESTYLE

Fernanda Gimenez
CVEC-9014-CVS1
March 8

Examine the challenges and rewards of trading city “convenience” for a quieter, more nature-oriented lifestyle.



Discover how this transition can lead to improved quality of life and a deeper connection with community and environment.

A passionate photographer and telecom technology expert, Fernanda emigrated from Argentina over three decades ago, embracing the Great White North as her second home. After building a full life in Vancouver, she made the bold decision to trade urban life for the tranquil beauty of Vancouver Island. With her unique blend of Latin American roots, long-term Canadian experience, and fresh perspective as a recent island transplant, Fernanda offers her insights into the challenges and rewards of this life-changing move. Her expertise in telecom technology adds an intriguing layer to her narrative, exploring how modern connectivity enables this shift from city to island living.

SALMON ON THE PUNTLEDGE RIVER

Laura Terry
CVEC-9015-CVS1
March 15

Salmon stocks across Vancouver Island are facing numerous challenges. The Puntledge River Hatchery in Courtenay is part of a Fisheries and Oceans effort to restore the chinook salmon – and other species – to the Puntledge.

Laura has worked for Fisheries & Oceans Canada’s Salmon Enhancement Program for 22 years. After 17 years’ experience at Puntledge Hatchery, she is now the watershed enhancement manager. She also spent 4.5 years as a community advisor, working with volunteers to support salmon in their areas through enhancement and stewardship activities.



COMOX VALLEY: EARLY EUROPEANS

Christine Dickinson
CVEC-9016-CVS1
March 22

By the early years of the nineteenth century, Vancouver Island was undisputed British territory, but there were no governmental structures. When American settlers began to move westward, coal was discovered on the island, and there was a gold rush on the Fraser River, change was inevitable. The first Europeans began to trickle in, and these were tough, courageous, and determined people.

Christine is a former educator with an interest in regional history. She has previously led ElderCollege courses in the settler history of the Comox Valley. She is a co-author of *Atlin: The Story of British Columbia’s Last Gold Rush* (with Diane Solie Smith), *Watershed Moments: A Pictorial History of Courtenay and District* (with Deborah Griffiths, Judy Hagen and Catherine Siba), and *Step Into Wilderness: A Pictorial History In and Around the Comox Valley* (with Deborah Griffiths, Judy Hagen, and Catherine Siba).



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 (members), \$15 (guests).

Courses at a Glance

College closed on Monday, February 17.
Courses are held at the NIC campus unless
otherwise noted.

MONDAY

No classes February 17

ARTIST TALK: DEAN BAUCHE \$6.60
CVEC-1404-CVS1 Feb 10 2:30 – 3:50 pm

**FUNDAMENTALS OF PHOTOGRAPHY
(ON CAMPUS AND OFFSITE)** \$46.20
CVEC-2761-CVS1 Feb 3 – Mar 24 9:30 – 10:50 am

HOW TO DRAW LIKE A VIKING \$7.20
CVEC-1418-CVS1 Feb 10 4 – 5:50 pm

PATHS TO ARTFUL LIVING \$33.60
CVEC-1413-CVS1 Feb 24 – Mar 17 1 – 3:50 pm

RAILWAY WARS \$33
CVEC-6226-CVS1 Feb 24 – Mar 24 2:30 – 3:50 pm

STARS, TIME AND THE COLD WAR \$19.80
CVEC-6356-CVS1 Mar 3 – 17 11:30 am – 12:50 pm

TALES OF AN EV PURCHASE (PART 1 - ONLINE) \$15.60
CVEC-6172-DLS1 Mar 24 & 27 1 – 3:30 pm

WORDPLAY: FEARLESS POETRY \$39.60
CVEC-6256-CVS1 Feb 24 – Mar 31 10 – 11:20 am

TUESDAY

ASTROLOGY CHARTS \$26.40
CVEC-5467-CVS1 Feb 18 – Mar 11 2:30 – 3:50 pm

BRIDGE - INTERMEDIATE BIDDING \$52.80
CVEC-6250-CVS1 Feb 4 – Mar 25 10 – 11:20 am

CRAFTING TRUE NARRATIVES \$54.60
CVEC-2339-CVS1 Feb 11 – Mar 25 4 – 6:20 pm

ENERGY PRODUCTION \$39.60
CVEC-6325-CVS1 Feb 11 – Mar 18 11:30 am – 12:50 pm

ENNEAGRAM PERSONALITY THEORY \$36
CVEC-5822-CVS1 Feb 11 – March 18 2:30 – 4:20 pm

MODERN CHINESE LEGAL SYSTEM (ONLINE) \$57.60
CVEC-6456-DLS1 Feb 11 – Apr 1 1 – 2:30 pm

NAVIGATING DEMENTIA \$8.40
CVEC-5735-CVS1 Mar 4 2:30 – 5:20 pm

REPEL HACKS, HOAXES, SCAMS (PART 1) \$15.60
CVEC-4010-CVS1 Feb 25 & 27 2:30 – 4:50 pm

SCENIC HIKES 1 (OFFSITE) \$67.20
CVEC-5520-CVS1 Feb 18 – Apr 8 10 am – 1 pm

SCENIC HIKES 2 (OFFSITE) \$67.20
CVEC-5521-CVS1 Feb 18 – Apr 8 10 am – 1 pm

SHAKESPEARE IN FILM \$50.40
CVEC-1723-CVS1 Feb 4 – Mar 11 1 – 3:50 pm

**X-COUNTRY SKIING/SNOWSHOEING
(OFFSITE)** \$50.40
CVEC-5570-CVS1 Feb 4 – Mar 11 12 noon – 3 pm

WEDNESDAY

DIGGERS OF THE ANCIENT WORLD \$28.80
CVEC-6169-CVS1 Feb 5 – 26 9:30 – 11:20 am

DUTCH HISTORY TO 1830 \$26.40
CVEC-5972-CVS1 Mar 5 – 26 11:30 am – 12:50 pm

GRACEFUL AGING & SELF-CARE \$7.20
CVEC-5709-CVS1 Mar 19 4 – 5:50 pm

HOW TO BE YOUNGER \$19.80
CVEC-5477-CVS1 Mar 12 – 26 10 – 11:20 am

INTRODUCTION TO JAZZ \$43.20
CVEC-1837-CVS1 Feb 5 – Mar 12 2:30 – 4:20 pm

INTRODUCTION TO MEDITATION \$6.60
CVEC-5455-CVS1 Feb 26 1 – 2:20 pm

MAKING MEANING AS WE AGE \$46.20
CVEC-5720-CVS1 Feb 12 – Mar 26 10 – 11:20 am

NATURAL DEMENTIA PREVENTION \$7.20
CVEC-5736-CVS1 Mar 26 4 – 5:50 pm

ROLE OF THE EXECUTOR \$7.80
CVEC-3580-CVS1 Feb 26 7:30 – 9:50 pm

**SALMON IN THE COMOX VALLEY
(ON CAMPUS AND OFFSITE)** \$13.20
CVEC-6313-CVS1 Feb 5 & 12 11:30 am – 12:50 pm

SENIORS & FUNCTIONAL MOVEMENT \$8.40
CVEC-5631-CVS1 Mar 26 1 – 3:50 pm

SOME OF OUR FAVOURITE FILMS \$50.40
CVEC-1705-CVS1 Feb 12 – Mar 19 1 – 3:50 pm

UPS & DOWNS OF AUTHOR-HOOD \$6.60
CVEC-2309-CVS1 Mar 12 11:30 am- 12:50 pm

THURSDAY

AGE IN PLACE		\$6.60
CVEC-5717-CVS1	Feb 27	2:30 – 3:50 pm
BEYOND THE WALL		\$19.80
CVEC-6277-CVS1	Mar 6 – 20	10 – 11:20 am
BUDDY, CAN YOU SPARE A DIME?		\$39.60
CVEC-6412-CVS1	Feb 13 – Mar 20	10 – 11:20 am
CAR CARE		\$28.40
CVEC-6173-CVS1	Feb 27 – Mar 20	11:30 am – 12:50 pm
CARRYING DEBT INTO RETIREMENT		\$8.40
CVEC-3535-CVS1	Mar 20	2:30 – 5:20 pm
CLOUD DRIVES: LIFTING THE FOG (PARTS 1 & 3)		\$28.80
CVEC-3600-CVS1	Feb 13 – 21	2:30 – 4:20 pm
HOME SOLAR PV SYSTEMS		\$6.60
CVEC-6171-CVS1	Feb 6	10 – 11:20 am
JOURNEY INTO THE MYSTICAL		\$33
CVEC-5858-CVS1	Feb 20 – Mar 20	11:30 am – 12:50 pm

LIVING CONSCIOUSLY		\$39.60
CVEC-5335-CVS1	Feb 27 – Apr 3	1 – 2:20 pm

REPEL HACKS, HOAXES, SCAMS (PART 2)		\$15.60
CVEC-4010-CVS1	Feb 25 & 27	2:30 – 4:50 pm

TALES OF AN EV PURCHASE (PART 2 - ONLINE)		\$15.60
CVEC-6172-DLS1	Mar 24 & 27	1 – 3:30 pm

THE JOURNEY OF DEATH & GRIEF		\$13.20
CVEC-5757-CVS1	Mar 13 & 20	1 – 2:20 pm

FRIDAY

BIOFILIA (ONLINE)		\$67.20
CVEC-5844-DLS1	Feb 7 – Mar 28	10 am – 12 noon

BRIDGE - INTRODUCTION TO MODERN BIDDING		\$52.80
CVEC-6251-CVS1	Feb 7 – Mar 28	1 – 2:20 pm

BRIDGE: PLAY THE HAND		\$52.80
CVEC-6253-CVS1	Feb 7 – Mar 28	2:30 – 3:50 pm

CLOUD DRIVES: LIFTING THE FOG (PARTS 2 & 4)		\$28.80
CVEC-3600-CVS1	Feb 13 – 21	2:30 – 4:20 pm

DUTCH MONARCHY AFTER 1830		\$26.40
CVEC-5973-CVS1	Mar 7 – 28	11:30 am – 12:50 pm

FIVE FROM FLANDERS (ONLINE)		\$36
CVEC-1950-DLS1	Feb 7 – Mar 7	11:30 am – 1:30 pm

GREAT TRIP - COMPELLING STORY		\$58.80
CVEC-5950-CVS1	Feb 7 – Mar 21	10 am – 12:50 pm

INTRODUCTION TO HOME GARDENING		\$26.40
CVEC-1104-CVS1	Mar 7 – 28	10 – 11:20 am

MAINTAIN YOUR SINGING VOICE (OFFSITE)		\$52.80
CVEC-1889-CVS1	Feb 14 – Apr 4	10 – 11:30 am

OSTEOPATHY & SENIORS		\$6.60
CVEC-5632-CVS1	Mar 21	4 – 5:20 pm

RE-IMAGINING LONG-TERM CARE		\$6.60
CVEC-5719-CVS1	Feb 14	10 – 11:20 am

SPOTLIGHT ON VALLEY AUTHORS		\$13.20
CVEC-2308-CVS1	Mar 7 & 14	2 – 3:20 pm

UNIVERSAL DEVOTIONAL CHANTING (OFFSITE)		\$52.80
CVEC-5413-CVS1	Feb 14 – Apr 4	1 – 2:30 pm

WESTCOAST WOMEN PLAYWRIGHTS		\$36
CVEC-2249-CVS1	Feb 14 – Mar 14	2:30 – 4:20 pm

WRITERS' WORKSHOP		\$67.20
CVEC-2310-CVS1	Feb 7 – Mar 28	1 – 3:50 pm

SATURDAY

ARTIST TALK: PETER SHOSTAK		\$7.20
CVEC-1402-CVS1	Mar 22	1 – 2:50 pm

INTRODUCTION TO SCRATCHBOARD		\$31.80
CVEC-1180-CVS1	Feb 22 – Mar 1	1 – 3:50 pm

LET'S TALK ABOUT DEATH		\$8.40
CVEC-5701-CVS1	Feb 8	1 – 3:50 pm

LET'S TALK ABOUT DEATH		\$8.40
CVEC-5701-CVS2	Mar 1	1 – 3:50 pm

MANAGING HUMAN RELATIONSHIPS		\$43.20
CVEC-5806-CVS1	Feb 22 – Mar 29	12:30 – 2:20 pm

NIETZSCHE'S MUSICAL LIFE		\$7.20
CVEC-1810-CVS1	Mar 29	1 – 2:50 pm

WHAT IS AN END-OF-LIFE PLAN?		\$33
CVEC-5767-CVS1	Mar 8 – Apr 5	2:30 – 3:50 pm

WINTER LECTURE SERIES: ISLAND LIFE II

\$48 FOR ALL OR \$8 EACH

CVEC-9010-CVS1 (entire series in person)
CVEC-9010-DLS1 (entire series online)
See pages 9 - 10 for individual lecture details
CVEC-9011-CVS1 Feb 8 10 am to noon
CVEC-9012-CVS1 Feb 22 10 am to noon
CVEC-9013-CVS1 Mar 1 10 am to noon
CVEC-9014-CVS1 Mar 8 10 am to noon
CVEC-9015-CVS1 Mar 15 10 am to noon
CVEC-9016-CVS1 Mar 22 10 am to noon