

LIFELONG LEARNING FOR ADULTS (50+)

WINTER ❄️ 2026 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.

COURSE REGISTRATION BEGINS January 20
An email will be sent to announce when registration is open. The preferred registration method is online, following the steps on page 2 of this Course Guide. Alternatively, you can register by phone using 250-334-5005. If you can't reach a person at that number, leave a voicemail for the Continuing Education staff, or you can call NIC Student Services at 1-800-715-0914 and select option '2'. You can also register in person at the NIC Campus Registration Office.

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.

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

Friday, January 30
You can register up to the day a course starts, but please register at least 10 days before to ensure proper communications.

LECTURE SERIES BEGINS

Saturday, February 7
Lecture time is 10 am to noon in the Stan Hagen Theatre. Doors open at 9:30 am for coffee and tea.

Message from the CVEC Chair

As many of you know, our ElderCollege exists as a program within the Continuing Education and Technology Department (CET) at NIC. We are grateful for the support we receive from our liaison, as well as from scheduling, registration and finance, and in return we provide funding to support this program. Our Memorandum of Understanding, which acknowledges this partnership, was recently reviewed and updated. We have agreed to a change in the refunding of courses, and I refer you to that information on page 2. In the words of Donna Merry, Manager of CET, "Be assured that NIC continues to value our relationship with CVEC and CVEC participants and we appreciate the opportunity to work together. Current realities at NIC are impacting all areas of our operations, and some of the impacts are very uncomfortable. I am optimistic we can work through these changes together to continue to support CVEC to thrive."



We are thriving. I note that we increased our membership in the fall term by more than 100 over fall 2024, and, with over 70 courses offered in this term, I expect we will surpass last year's figure. Our subject coordinators have outdone themselves with adding over 40 new topics, so there is something for everyone. Enjoy!

– Sheila Borman

Information Forum

Comox Valley ElderCollege invites members and the public to the Winter 2026 Information Forum on Saturday, January 17 from 9:30 to 11:30 am. Please arrive early as access may be restricted once the maximum theatre seating capacity is reached. 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 20, 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. This event is always well attended so we encourage you to come early to ensure you can get a seat.

To view more details and to indicate your interest, 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 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: Al, Gerald, Jane, Jill, Kate, Larry, Solweig, Terry.



Find us on Facebook:
Comox Valley ElderCollege 

Online registration guide for returning CVEC members

Follow the steps below. View a video of the same steps at registerReturningMember.cvec.ca

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. If you have forgotten your NIC username or are unable to retrieve a forgotten password, call NIC Student Technical Services at 250-334-5010.

STEP 3: After completing sign in, you should be returned to the Instant Enrollment registration page.

STEP 4: 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 to see a popup with more information about the course. Choose 'Add section' to add it to your basket, or 'Close' to back out. Repeat this step for every other course you wish to register for.

STEP 5: Click the yellow box in the top right corner to dismiss all messages, and then click 'Next' to advance to the payment steps. On the final credit card payment screen, near the bottom of the screen you will see an optional email address field prefilled with an email address. Receipts will be emailed to that email address. Ensure it has your personal email if you want to receive them there. If you are uncomfortable with the above or run into registration difficulties, call NIC Continuing Education at 250-334-5005 to register over the phone.

Online registration guide for new CVEC members

Follow the steps below. View a video of the same steps at registerNewMember.cvec.ca

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 to see a popup with more information about the course. Choose 'Add section' to add it to your basket, or 'Close' to back out. 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 all messages, and then click 'Next' to advance. If you see a red message box asking for your Social Insurance Number (SIN), you can ignore it.

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

STEP 5: Once your entered personal information is confirmed, you will advance to the payment steps in the process. On the final credit card payment screen, near the bottom of the screen you will see an optional email address field prefilled with your provided personal email address. The emails in the next step will be sent to that email address.

STEP 6: When your payment is accepted, you will receive two emails right away: one to confirm your course enrollments and payment receipt; 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 username (it will look like an email address with your name followed by @northislandcollege.ca). Note that this third email will also indicate that your initial password is based on your birth date, but this is incorrect. Your initial password is correctly provided in one of the two initial emails received.

If you are uncomfortable with the above or run into registration difficulties, call NIC Continuing Education at 250-334-5005 to register over the phone.

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: NIC will notify you and provide a refund if a course is cancelled. If you have a medical reason for a request, contact eldercollegeCV@nic.bc.ca or 250-334-5005. No refunds will be given if you have a change of plans or if the course is not to your satisfaction, so choose wisely.

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 eldercollegeCV@nic.bc.ca or 250-334-5005. Please state your full name, your student ID number, and the course you wish to be waitlisted for.

Courses

**College closed on Monday, February 16,
Friday, April 3 and Monday, April 6**

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

ARTS AND MUSIC

Subject coordinator: Barbara Moscovich

19TH CENTURY FRENCH PAINTING – NEW! (5 weeks online) \$36

John Black CVEC-1590-DLS1
Thursdays, Feb 5 – March 5 10 am – 12 noon
An exploration of the stylistic realities behind the labels “neo-classical,” “romantic,” “realist,” “impressionist,” and “post-impressionist” as applied to French painting produced in this era. Discussion will be encouraged.

A FAMOUS ART FORGER – NEW! (1 week online) \$6.60

Sharon Harris CVEC-1980-DLS1
Wednesday, Mar 11 10 – 11:30 am
During the 1930s, after being rebuffed by art critics and then teaching himself ancient painting techniques, Dutch painter Han Van Meegeren forged versions of masterpieces from the Dutch Golden Age. His buyers were museums and notable collectors. After WWII these “new” masterpieces came to light, and he became the subject of a notorious trial. Many considered Van Meegeren to be a national hero; others a “brilliant fraud.”

BEGINNER ZENTANGLE DRAWING – NEW! \$7.20 (1 week on campus)

Nancy Dawes CVEC-1408-CVS1
Wednesday, Feb 18 10 – 11:50 am
OR CVEC-1408-CVS2
Wednesday, Feb 25 10 – 11:50 am
Zentangle is a relaxing step-by-step drawing technique. In this class you will learn the basic steps, principles and history of the Zentangle drawing method. You will create two small drawing projects utilizing a special kit supplied by the instructor. In class cost is \$10.

COMING OF AGE ON FILM – NEW! (6 weeks on campus) \$50.40

Brian Charlton and Linda Brune CVEC-1720-CVS1
Thursdays, Feb 26 – Apr 2 1 – 3:50 pm
It is amazing how many films, and novels, have spoken about childhood and the awakening of possibilities that are open to us at that young age. This class will feature movies that explore that time. The titles include *Beasts of the Southern Wild*, *Kes*, *Captain Fantastic*, *Spirit of the Beehive*, *Alice Doesn't Live Here Anymore*, and *Son of Rambow*. For the young at heart.

FROM SNAPSHOTS TO STUNNERS – NEW! \$26.40

(4 weeks on campus)
Janice Hayward CVEC-2760-CVS1
Tuesdays, Mar 10 – 31 1 – 2:20 pm
Master the art of photography composition in this highly visual course. Explore essential techniques like the rule of thirds, leading lines, framing, balance, colour, symmetry and much more. Whether you're using a DSLR or a smart phone, this course breaks down each concept clearly so you can elevate every snapshot to stunning art. Each element will be explored in depth with practical examples.

HISTORY'S ARTFUL PETS – NEW! (1 week online) \$7.20

Alan Freeland CVEC-6030-DLS1
Wednesday, Feb 11 10:30 am – 12:30 pm
What has our relationship with pets been like through history? What do we know of the pets of the famous from history? Through paintings, statues and stories we learn of some famous people's relationships with their pets. This talk tries to avoid reaching any profound philosophical or moral conclusions. Cats and dogs get the lions' share of the airtime, and you may need tissues.

HOW WE REDISCOVER BEAUTY – NEW! \$33

(5 weeks on campus)
Dean Bauche CVEC-5840-CVS1
Mondays, Feb 23 – Mar 23 2:30 – 3:50 pm
Most of us long to be less restless, and more creative, contemplative and present in our lives. This course explores the four blocks that underlie why we appear to be stuck at times and offers remarkable insights into how to rediscover aspects of our creative and contemplative nature, offering a sense of renewal and allowing us to find beauty again.

INTRODUCTION TO DRAWING – NEW! \$36.60

(4 weeks on campus)
Heather Soos CVEC-1412-CVS1
Fridays, Feb 6 – 27 10 am – 12:50 pm
We will go through the basics of drawing, from sharpening pencils to shading. Through a series of exercises and small projects, you'll become familiar with using a blending tool, erasers, and a range of graphite pencils. Have fun exploring important elements of drawing including observation, shape, form, texture, light, value, shading and methods of drawing accurately. \$30 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.

KEYS TO ARTFUL LIVING (4 weeks on campus) \$33.60
 Dean Bauche CVEC-1104-CVS1
 Saturdays, Mar 7 – 28 1 – 3:50 pm
 Discover your creative compass. Most people don't realize that the creativity they yearn for is already deeply embedded in the way they see the world. This course is a four-step process that will unravel things hidden and teach us how to see, and rethink our approach to drawing, design and painting. It offers a paradigm shift in the way we think about creativity. Applicable to any medium at all levels.

MAINTAIN YOUR SINGING VOICE \$39.60
 (6 weeks on campus)
 Oliver Clarke CVEC-1889-CVS1
 Tuesdays, Feb 3 – Mar 10 10 – 11:20 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.

MUSIC AND YOUR BRAIN – NEW! (2 weeks on campus) \$16.80
 Alpha Woodward CVEC-1805-CVS1
 Mondays, Feb 2 & 9 11:30 am – 2:20 pm
 Have you wondered how music can be more effective than words or why you feel differently after listening to music? In this informative, introductory workshop we will learn how music stimulates healthy brain function. There will be a lecture component with active listening and music-making exercises that explore receptive (listening) and expressive (playing) aspects of music. A variety of small and larger percussion instruments will be provided.

STUDIO VISIT: PETER SHOSTAK – NEW! (1 week offsite) \$7.20
 Peter Shostak CVEC-1405-CVS1
 Saturday, Feb 7 1:30 – 3:30 pm
 OR CVEC-1405-CVS2
 Friday, Feb 13 1:30 – 3:30 pm
 See the internal workings of Peter's art studio and learn how he goes about creating a painting with examples of his many paintings and a demonstration of how he creates a new piece of art. There will be ample opportunity for questions and a discussion of what Peter feels is important to be a successful artist.

UNIVERSAL DEVOTIONAL CHANTING \$52.80
 (8 weeks on campus)
 Oliver Clarke CVEC-5413-CVS1
 Fridays, Feb 6 – Mar 27 1 – 2:20 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.

ECLECTIC

Subject coordinator: Judy Village

BRIDGE: INTERMEDIATE BIDDING (8 weeks on campus) \$52.80
 Gary Priestman CVEC-6250-CVS1
 Tuesdays, Feb 3 – Mar 24 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: INTRO TO MODERN BIDDING \$52.80
 (8 weeks on campus)
 Gary Priestman CVEC-6252-CVS1
 Fridays, Feb 6 – Mar 27 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 6 – Mar 27 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.

CHESS - THE GAME OF LIFE! – NEW! \$33.60
 (4 sessions over 1 week on campus)
 Robert Crosby CVEC-6248-CVS1
 Monday to Thursday, Mar 30 – Apr 2 1 – 3:50 pm
 An enjoyable introduction to the world of chess. Whether you are a beginner, average or expert player, you will learn new facets of the game. You can play at home, in your community or on the international stage. You will be taken on a tour of the opening, middle and end games of chess. On our last day, you're invited to play a simultaneous exhibition with your instructor.

COLOUR IS MAGIC – NEW! (1 week on campus) \$6.60
 Pat Wickware CVEC-1650-CVS1
 Tuesday, Feb 24 10 – 11:20 am
 Learn the illustrated guide for colour, mixing theory and harmony, colour and light, colour trends, special wall finishes including wallpaper, faux painting, and texturing.

CONDO MAINTENANCE COMMITTEES – NEW! \$26.40
 (4 weeks on campus)
 Mick O'Keefe CVEC-7040-CVS1
 Thursdays, Feb 12 – Mar 5 11:30 am – 12:50 pm
 Learn how seniors in strata condos can navigate their strata common property maintenance obligations, and form volunteer maintenance program committees. Lectures and interactive modules will touch on creating committee charters, scoping and familiarization with strata common property components,

maintenance components knowledgebase compilation, information sources, depreciation report adaption and implementation, creating a master maintenance program, and guiding strata fees settings to cover maintenance costs.

COOK BETTER, TASTE BETTER – NEW! **\$39.60**
(6 weeks on campus)

James Derry CVEC-7230-CVS1
Wednesdays, Feb 11 – Mar 18 11:30 am – 12:50 pm
Learn how to cook better (with FOODSAFE guidance, equipment suggestions, shortcuts, sourcing ingredients, etc.). This will result in getting towards better and healthier meals. Simple demos will be offered; tasting will be instructional to get better results. Learn simple tips on smart buying, storing, baking, cooking, BBQing, and plating. Gather a few fail-proof recipes and perhaps enjoy a field trip.

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

Ann Brown CVEC-6050-CVS1
Fridays, Feb 6 – 20 10 – 11:20 am
Learn how to build branches and twigs and find your ancestors. This is a three-part 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.

INTRO TO HOME GARDENING (6 weeks on campus) **\$39.60**

Jane Kerr CVEC-7525-CVS1
Mondays, Feb 23 – Mar 30 1 – 2:20 pm
Learn the basics of home gardening including how to create and maintain soil health with compost and mulching practices. The basics of designing and planting a garden space, pruning fundamentals for various trees and shrubs and their ongoing care, how to grow vegetables and create stunning container gardens that change as the growing season progresses are also discussed. Plus: learn tips for gardening as we age.

MINDFULNESS MEDITATION (3 weeks on campus) **\$19.80**

Lucas Stiefvater CVEC-6612-CVS1
Wednesdays, Mar 11 – 25 1 – 2:20 pm
Mindfulness meditation is a practice that involves paying full attention to the present moment without judgment. It is rooted in ancient Buddhist traditions but has gained widespread popularity in contemporary wellness and mental health communities. This exploration will delve into its definitions, techniques, benefits, and practical applications. This meditation is simple, healthy, and anyone can do it. After four sessions you will feel grounded in the now. Start now.

SENIORS TRAVEL THE CYBERWORLD – NEW! **\$6.60**
(1 week on campus)

Susan Moscovich CVEC-5960-CVS1
Wednesday, Mar 25 1 – 2:20 pm
Explore the world from the comfort of home! This engaging course offers virtual journeys to faraway destinations, adventures in music, art, sailing and hiking, plus insights into top restaurants and hotels. All you need is curiosity and an internet connection to embark on enriching experiences that inspire and entertain. Join us and discover how the world remains your oyster at any age.

THE PATH OF THE ELDER – NEW! (5 weeks on campus) **\$33**

Allan Vonkeman CVEC-5875-CVS1
Thursdays, Feb 12 – Mar 12 10 – 11:20 am
In uncertain times, true Elders serve as anchors of wisdom and coherence. This course invites you to explore the path of eldership, beyond age or experience, through both Western and Indigenous traditions. Discover the qualities and responsibilities that shape an Elder and awaken to the possibility of answering the timeless call to serve as a guide and witness.

HEALTH AND WELLNESS

Subject coordinator: Bob Coyne

ADVANCE HEALTH CARE PLANNING – NEW! **\$7.20**
(1 week on campus)

JoAnn Dunderdale CVEC-5765-CVS1
Friday, Feb 6 12:30 – 2:20 pm
This presentation will encourage and support you to think about and express your wishes for future health care and treatment. It is designed to provoke thinking and planning and to encourage conversation between you, your loved ones, and your health-care providers. Planning can assure you that your family, friends and health-care workers know your wishes and can ensure your wishes are followed.

AGE IN PLACE (1 week on campus) **\$6.60**

Valerie Wiens CVEC-5717-CVS1
Thursday, Mar 12 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.

DISCOVER LAWN BOWLING FUN (1 week offsite) **\$7.20**

Henri Saucier and Cindy Greenhill CVEC-5551-CVS1
Friday, May 1 10 am – 12 noon
Experience the excitement of lawn bowling on the manicured greens of the Comox Valley Lawn Bowling Club. This is a fantastic way to stay active and meet new people. No equipment needed; bowls and any necessary adaptive equipment are provided. All you need are flat-soled shoes. \$15 for green fees and refreshments collected at the lesson.

ESTATE & PROBATE PLANNING – NEW! **\$6.60**
(1 week on campus)

Nathanial Lenard Paisley and Len Paisley CVEC-7020-CVS1
Tuesday, Feb 17 11:30 am – 12:50 pm
Designed specifically for ElderCollege students, this course offers a practical introduction to estate planning with a focus on strategies for avoiding probate. Learn tools and techniques to help minimize the costs, delays, and challenges often associated with estate settlement, while also learning about common fees and expenses to consider in a comprehensive financial and estate plan.

GRACEFUL AGING & SELF-CARE (1 week on campus) **\$7.20**

Shawn Peters CVEC-5709-CVS1
Monday, Feb 9 11 am – 12:50 pm
While aging is inevitable, graceful aging is when we take steps into our own hands to direct that path. Directing our own path means

taking preventative steps now that support our future selves. Let's discuss together what preventative steps you can take by eating the right foods, taking key supplements, and prioritizing self-care for our mind, body, and emotions.

HOW TO PREVENT DEMENTIA – NEW! (4 weeks online) \$26.40

Jenny Porter CVEC-5768-DLS1
Wednesdays, Mar 18 – Apr 8 2:30 – 4 pm
Learn what dementia is and its causes and risk factors. The final class will consider ways to prevent dementia. Students are encouraged to share their experiences and to ask questions.

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

Julie Blais CVEC-5455-CVS1
Wednesday, Feb 18 2:30 – 3:50 pm
Mindfulness offers a pathway to calm by reducing stress, anxiety, and self-criticism. Through awareness of breath and body, it supports clarity, resilience, and restful sleep while nurturing wisdom and compassion. This workshop offers gentle guidance and practical tools – welcoming beginners and anyone wishing to refresh their practice.

LEADERSHIP, LEARNING AND LIFE – NEW! \$39.60

(6 weeks on campus)
Lori Carpenter CVEC-5820-CVS1
Mondays, Feb 9 – Mar 23 10 – 11:20 am
School principals witness the best (and sometimes the most challenging) sides of leadership, community, and human growth. This course uses stories, case studies, and personal reflection to explore leadership, learning, and life lessons that extend far beyond the school walls.

LISTEN/TALK LIVE LONG PROSPER – NEW! \$39.60

(6 weeks on campus)
Karen Langenmaier CVEC-5830-CVS1
Wednesdays, Feb 11 – Mar 18 10 – 11:20 am
Do you ever find you can't find a word or a friend's name or get stuck in the middle of describing something or can't quite get what someone just said? Practicing talking and listening is good for your brain.

LIVING CONSCIOUSLY (6 weeks on campus) \$39.60

Leon Hawrylenko CVEC-5335-CVS1
Thursdays, Feb 5 – Mar 12 1 – 2:20 pm
There are many elements to living consciously; we'll look at five key elements: choice, inner peace, knowledge of self, kindness, and what really matters. Homework exercises are an important aspect of this program. You can expect quite a bit of interaction with the other students during class time. There are no prerequisite readings.

NATURAL DEMENTIA PREVENTION (1 week on campus) \$7.20

Shawn Peters CVEC-5736-CVS1
Monday, Mar 16 11 am – 12:50 pm
According to the Alzheimer Society of Canada, in 2020 124,000 Canadians were diagnosed with dementia. These are staggering numbers. 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 one's risk. As a naturopathic doctor, the presenter's aim is to help you identify risk factors and present options for you to address them.

REIMAGINING SENIORS CARE (1 week on campus) \$6.60

Kelley Romeril CVEC-5719-CVS1
Thursday, Feb 19 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) \$62.40

Ted Grainger CVEC-5520-CVS1
Tuesdays, Feb 24 – Apr 14 10 am – 12:30 pm
Pack a lunch and join Ted for a hike! Explore the beautiful forests of the Comox Valley and beyond. Our hikes will take us from Bowser to Campbell River. We will carpool when practical. 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. Wear good hiking footwear and dress for the weather. No dogs, please.

SCENIC HIKES 2 (6 weeks offsite) \$50.40

John Biehl CVEC-5521-CVS1
Tuesdays, Mar 3 – April 7 10 am – 12:30 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!

HISTORY AND SOCIAL SCIENCES

Subject coordinator: Doug Barr

ASSASSINATION IN HISTORY – NEW! (8 weeks online) \$57.60

Frank Nicholson CVEC-6230-DLS1
Tuesdays, Feb 10 – Mar 31 8:30 – 10:30 am
On learning of Abraham Lincoln's death, British PM Disraeli told the Commons, "Assassination has never changed world history." Was he right? In this course, we'll study the role political murder has played in societal change starting with Julius Caesar. Participants will be welcome to make a presentation covering the context, target, perpetrator, motive, method and consequences of an assassination of their choice. Empty slots will be filled by guest presentations.

BUREAUCRAT'S CONFESSIONS – NEW! \$6.60 (1 week on campus)

Stewart Goodings CVEC-6091-CVS1
Thursday, Mar 19 10 – 11:20 am
Drawing on his personal experiences, Stewart will share stories of the ups and downs of being a civil servant. Given the public cynicism about government, and the US president doing his best to eliminate the American public service, this course will offer a positive take on and why a non-partisan civil service is an important part of any truly democratic country. Other formal civil servants welcome!

DEMOCRACY: AN ATHENIAN DREAM? – NEW! **\$28.80**
(4 weeks on campus)

Jim Moscovich CVEC-6513-CVS1
Wednesdays, Feb 4 – 25 10 – 11:50 am
Fifth century BC in Athens was one the most spectacular, yet tumultuous, periods of human history with the evolution of democracy and its attendant glories (Parthenon, Euripides, Plato etc.), but, nevertheless, an ultimate failure. Historical analysis, with accompanying slides, may help you decide whether Periclean Athens might be a harbinger of our own civilization. As Thucydides said, “those who do not learn from history are doomed to repeat it.”

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

John Sterk CVEC-5972-CVS1
Wednesdays, Feb 4 – 25 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 (4 weeks on campus) **\$26.40**

John Sterk CVEC-5973-CVS1
Fridays, Feb 20 – Mar 13 10 – 11:20 am
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.

IDEAS WITH LEGS 3: THE AETHER – NEW! (1 week online) **\$7.20**

John Black and Russell McNeil CVEC-6343-DLS1
Monday, Mar 2 9:30 – 11:30 am
The third in a series of seminars dealing with ideas that have reverberated through informed discourse down the ages. The concept of the four elements (earth, water, air and fire) was extended by Aristotle to include a fifth: aether. The ancient aether survives in modern physics as a form of dark energy called quintessence, a speculative fifth force. Aether evolved over two millennia, yet its essence survives today. Why?

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

Lyle Carlstrom CVEC-3580-CVS1
Thursday, Mar 5 7:30 – 9:50 pm
Learn the role of the executor in BC estate administration law from a practicing estate administration lawyer. Discuss factors to consider before you accept or assign the appointment as an executor. 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.

STOCK CHART ANALYSIS – NEW! (7 weeks on campus) **\$46.20**

Cal Reeks CVEC-3503-CVS1
Mondays, Feb 9 – Mar 30 10 – 11:20 am
This course will show you how to look at a picture of a stock chart to show buy and sell signals. No knowledge or understanding of the stock market is required. The emphasis is on paper trading, but you will also learn how to trade from home with an online broker. All that is required is an internet connection (no software is required).

This course is for trading for fun – not an investment class (although the principles can be used in both cases).

THE EAST INDIA CO. 1600-1874 – NEW! (1 week online) **\$7.20**

Alan Freeland CVEC-6272-DLS1
Wednesday, Feb 18 10:30 am – 12:30 pm
Companies like Amazon, Apple, and Shell are richer than many countries. What happens when private companies driven by profit are not properly regulated? This talk describes the rise and fall of the world's most powerful private company.

LANGUAGE AND LITERATURE

Subject coordinator: Janess Iverson

AUTHOR & PODCASTER – WHO KNEW? – NEW! **\$6.60**
(1 week on campus)

Linda McLean CVEC-2304-CVS1
Monday, Mar 23 2:30 – 3:50 pm
It took Linda five years to write her memoir, *Route I-75*, then later record her stories on a podcast, *My 75-Year Road Trip*. She shares how these two projects came together, her decisions, style, to do's, mistakes, lessons and tips.

REFINE & RELEASE YOUR WORK – NEW! **\$13.20**
(2 weeks online)

Mali Bain CVEC-2340-DLS1
Tuesdays, Feb 24 & Mar 3 1:30 – 3 pm
You have many pieces of writing, maybe some photos—but what do you do after you've got your first rough draft? This course delves into the process of “finishing up” writing to share (privately or publicly). We cover types of editing (substantive, stylistic, copy editing), ways to structure content, publishing versus self-publishing, and print formats to consider. Leave inspired and clear on next steps to completion.

WHO KNEW WRITING COULD BE FUN **\$50.40**
(7 weeks on campus)

Sandra Petrie CVEC-2337-CVS1
Wednesdays, Feb 4 – Mar 18 2:30 – 4:20 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 McIntyre CVEC-2310-CVS1
Fridays, Feb 6 – Mar 27 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.

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

Mali Bain CVEC-2305-DLS1
Wednesdays, Mar 4 & 11 12 noon – 1:30 pm
Your life's stories deserve to be preserved. This course will help get you inspired, motivated, and focused on writing your life story. Through writing exercises and guided reflection, you'll explore ways to get your stories out of your head onto paper. You will leave with inspiration and a clear plan for next steps to capture your life stories for generations to come.

SCIENCE AND COMPUTERS

Subject coordinator: Gerald Wendland

ASSISTIVE LISTENING IN THEATRE – NEW! \$6.60

(1 week on campus)

Terry Hooper CVEC-5739-CVS1
Wednesday, Feb 11 1 – 2:20 pm
The NIC Stan Hagen Theatre had two assistive listening systems installed in the summer of 2025: induction loop and Auracast. This course will provide a general overview of the systems and how they can be used with t-coil or Auracast-capable hearing aid devices. If you have these devices or are planning to purchase or upgrade to new ones, inform yourself so that you get the best audio experience.

BIOFILIA (8 weeks online) \$52.80

Thierry Vrain CVEC-5844-DLS1
Fridays, Feb 6 – Mar 27 10 – 11:30 am
Biofilia is a 16-hour grand tour of life. We start with what life is made of: the incredible molecules that animate the cells, protein and RNA molecules that make life tick. Then we delve into bacteria, cells, plants, fungi, animals, and viruses. You will hear and see that life is intelligent, at all levels. Learning more about your many relationships with living things will bring you closer to nature.

CLOUD DRIVES: LIFTING THE FOG (2 weeks on campus) \$31.20

Terry Hooper and Roger Taylor CVEC-3600-CVS1
Tuesdays and Thursdays, Feb 24 – Mar 5 1 – 3:20 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 does it work, and how easy is it 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 it and not even realize!

ENERGY PRODUCTION (6 weeks on campus) \$39.60

Giorgio Grappolini CVEC-6325-CVS1
Thursdays, Feb 19 – Mar 26 1 – 2:20 pm
Review two forms of energy production: energy for the transportation sector (gasoline and diesel), and energy for residential consumption (electricity). Examine the processes to convert crude oil into gasoline and diesel and other fuels. Then assess electricity production and the different production technologies from nuclear to wind and solar.

GEOLOGY & VANCOUVER ISLAND (4 weeks on campus) \$26.40

Ted Trueman CVEC-6329-CVS1
Fridays, Mar 6 – Apr 10 10 – 11:20 am
The course, designed for the lay person, is an overview of Earth geology with an emphasis on the geology, formation and origin of Vancouver Island. Topics include the rock cycle, plate tectonics, accreted terranes, age dating, the fossil record, mass extinctions, earthquakes, mineral deposits, glaciation and groundwater. We will discuss the genesis of various types of ore deposits, including significant Vancouver Island deposits.

I HATE MATH – NEW! (3 weeks on campus) \$19.80

Gordon Dann CVEC-6010-CVS1
Tuesdays, Mar 3 – 17 2:30 – 3:50 pm
Not a math course in the traditional sense but some of the more interesting things such as does $1+1=2$, the history of the number “0” and why knowing basic math can save you money and surprises.

LIFE AS WE KNOW IT – NEW! (1 week online) \$6.60

Thierry Vrain CVEC-6303-DLS1
Friday, Jan 30 8:30 – 9:30 am
This one-hour slide show features video clips summarizing the many chapters of another ElderCollege course called Biofilia, which is a biology class about life in general. It summarizes what life is made of, the incredible molecules that animate the cells: bacteria, plants, fungi, animals, and viruses. It demonstrates that life is intelligent at all levels. Understanding your many relationships with living things will bring you closer to nature.

MAMMALS – NEW! (7 weeks on campus) \$46.20

Joel Kositsky CVEC-6311-CVS1
Mondays, Feb 9 – Mar 30 2:30 – 3:50 pm
Let's examine this important and diverse group of animals. We will first look at the qualities and unique traits that define mammals. We will then examine their anatomy, physiology, geographic distribution, as well as their evolution from small shrew-like animals to the myriad types of mammals alive today. We'll close with an examination of the diverse groups, ranging from rodents to elephants, and primates to whales.

REPEL HACKS, HOAXES, SCAMS (1 week on campus) \$15.60

Terry Hooper CVEC-4010-CVS1
Tuesday & Thursday, Feb 17 & 19 1 – 3:20 pm
Is that email legitimate 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 (3 weeks on campus) \$19.80

Chris Cottle CVEC-6356-CVS1
Mondays, Feb 23 – Mar 9 11:30 am – 12:50 pm
The course follows the development of the tools of navigation used over the last 10,000 years ending with the development of the sextant and accurate clock, which was still the main means of safe ocean passage in the 1980s. Although replaced by GPS, astro navigation was and still is critical to effective movement on the oceans and to defence.

TOPICS IN ORNITHOLOGY – NEW! (7 weeks on campus) \$46.20

Joel Kositsky CVEC-6375-CVS1
Fridays, Feb 13 – Mar 27 1 – 2:20 pm
Birds are amazing, and rightfully admired, animals: beautiful, intelligent, successful, and, unlike many other animals, readily observable in almost all environments. Please note that this is not a course in bird identification. Instead, we will examine various aspects of the nature of birds. These include the things that make birds unique animals: their flight, feathers, evolution, physiology, classification, feeding, bird song and communication, migration, reproduction, and other topics.

URANIUM & NUCLEAR POWER – NEW! \$13.20 (2 weeks on campus)

Ted Trueman CVEC-6320-CVS1
Mondays, Mar 9 & 16 10 – 11:20 am
Examine the pros and cons of using nuclear power for generating electricity. We will review uranium geology, production and supply, then discuss radioactivity, basic reactor design, currently operating reactors, spent fuel containment, reactor accidents, and alternative methods of generating electricity.

VANCOUVER ISLAND BIRDS (1 week on campus) \$6.60

Mike Yip CVEC-6308-CVS1
Thursday, Feb 12 1 – 2:20 pm
Over 450 species of birds have been observed on Vancouver Island. Learn about the approximately 250 common species and some of the 200 vagrants through Mike's beautiful photography and interesting dialogue.

Series coordinators: Larry Bambrick, Terry Hooper and Gerald Wendland

WINTER LECTURE SERIES

CVEC-9010-CVS1 – IN PERSON OR ONLINE; CVEC-9010-DLS1 – ONLINE ONLY

6 Saturday lectures February 7 to March 21 (No lecture February 14)

10 am to 12 noon | On campus and online | \$48 for the series or \$8/lecture

Eat, Drink and Be Merry

From shellfish to sourdough, cheese to carrots, join us on a journey through the incredible variety of food and beverages that can be found in the Comox Valley. Take a tour of the Island through the pallet of a renowned food journalist. Learn the secrets of a family-run farm. Discover how Fanny Bay has become known around the world for its oysters. Come celebrate the food and beverages of the Valley. Eat, Drink and Be Merry at this winter's lecture series.

MAKING DOUGH: THE STORY OF HONEY GROVE

Bo Waite and Lili Yacub

CVEC-9011-CVS1

February 7



What's it take to run a bakery? From early morning starts to the rush of pie-orders (at Thanksgiving and Christmas), you'll get an

inside look at making some of the Valley's best baked goods.

Bo and Lili are co-owners of Honey Grove Bakery. As a passionate home baker, Bo decided to leave her "grown-up job" as a medical office assistant to learn more about the art of making sourdough and never looked back. Balancing a busy family and being new to the world of business ownership has left little time for boredom. Lili comes from a varied background with

a degree in Fine Arts. She spent years in Europe as a chef on yachts and finally found her passion in sourdough, pastry and business ownership.

OUR JOURNEY OF CHEESE

Doug Smith

CVEC-9012-CVS1

February 21

A presentation on the startup and growth of Natural Pastures Cheese Company, including details on the cheese-making process and the dairy sector of the food industry.



Doug is a third-generation farmer in the Comox Valley. Along with his brothers, Edgar and Phillip, he is a co-owner of Natural Pastures

Cheese Company and is the operations manager. A lifetime of work in the dairy industry gives Doug some unique perspectives on the food industry from farm to table.

SHELTER POINT DISTILLERY

Chris Read

CVEC-9013-CVS1

February 28

Situated on 380 acres of farmland on the coast of Vancouver Island, Shelter Point Distillery has been distilling and bottling some of the most exciting single malt whiskies made anywhere. Join Chris to talk about the history of the distillery and how the whiskies are made.

As brand experience manager for Shelter Point Distillery, Chris is responsible for sharing the company's story. He

oversees the customer experience at the distillery including tours and tastings. Chris provides masterclasses on Shelter Point whiskies and tastings at events, and he enjoys introducing people to the award-winning whiskies and sharing the story of how they are made. He also manages the company's social media and media interactions.



FANNY BAY OYSTERS

Malindi Taylor

CVEC-9014-CVS1

March 7

Hear about the history of shellfish farming in the Pacific Northwest from when Malindi's family started their farm in 1890. She will discuss what makes shellfish aquaculture sustainable with minimal to no impact

WINTER LECTURE SERIES

on the surrounding environment and share innovations utilized to foster responsible aquaculture.



Malindi is a fifth-generation shellfish farmer from the Pacific Northwest. Growing up on the coast on oyster, clam, geoduck, and mussel farms, she picked up a love for the ocean and sustainable seafood. Malindi is now the marketing and sales coordinator for Fanny Bay Oysters working to promote BC shellfish to both domestic and international markets, and an Ocean Wise ambassador for sustainable seafood.

50 YEARS OF SIEFFERT'S FARM MARKET

Alysha Sieffert
CVEC-9015-CVS1
March 14

For 50 years the Sieffert family has been running their farm market. Alysha will talk about what goes into a season, how they have grown and

changed throughout the years, what it takes to get vegetables from the field to your table and some things they've learned over the years.

Alysha is a third-generation farmer, having grown up in the Comox Valley on the family farm and now raising her family there. She spent a year in Chilliwack at the University of the Fraser Valley learning about horticulture and came back to farm with her parents. Agriculture is a



passion for Alysha, and she loves sharing it with the staff on the farm and seeing what creative new things they can try each year.

EXPLORING LOCAL FOOD

Don Genova
CVEC-9016-CVS1
March 21

Don is the author of Pacific Palate, Food Artisans of Vancouver Island and the Gulf Islands. He will share the fascinating backstories of



Vancouver Island's best local food producers. Find out why and how you should support these special artisans.

Don is an award-winning, Victoria-based food and travel

journalist. He has contributed to the Globe and Mail, the National Post, enRoute, EAT, YAM, Edible Vancouver Island and the CBC. He has been nominated numerous times for James Beard Media Awards for his radio and podcast programs. Don holds a Master of Food Culture from the University of Gastronomic Sciences in Italy.

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), provided there is room.



Courses at a Glance

**College closed on Monday, February 16,
Friday, April 3 and Monday, April 6**

Courses are held at the NIC campus unless otherwise noted.

MONDAY

No classes February 16 and April 6

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|-----------------------------------------------|---------------------|
| AUTHOR AND PODCASTER-WHO KNEW? | \$6.60 |
| CVEC-2304-CVS1 Mar 23 | 2:30 – 3:50 pm |
| CHESS - THE GAME OF LIFE! (PART 1) | \$33.60 |
| CVEC-6248-CVS1 Mar 30 – Apr 2 | 1 – 3:50 pm |
| GRACEFUL AGING & SELF-CARE | \$7.20 |
| CVEC-5709-CVS1 Feb 9 | 11 am – 12:50 pm |
| HOW WE REDISCOVER BEAUTY | \$33 |
| CVEC-5840-CVS1 Feb 23 – Mar 23 | 2:30 – 3:50 pm |
| IDEAS WITH LEGS 3: THE AETHER (ONLINE) | \$7.20 |
| CVEC-6343-DLS1 Mar 2 | 9:30 – 11:30 am |
| INTRO TO HOME GARDENING | \$39.60 |
| CVEC-7525-CVS1 Feb 23 – Mar 30 | 1 – 2:20 pm |
| LEADERSHIP, LEARNING AND LIFE | \$39.60 |
| CVEC-5820-CVS1 Feb 9 – Mar 23 | 10 – 11:20 am |
| MAMMALS | \$46.20 |
| CVEC-6311-CVS1 Feb 9 – Mar 30 | 2:30 – 3:50 pm |
| NATURAL DEMENTIA PREVENTION | \$7.20 |
| CVEC-5736-CVS1 Mar 16 | 11 am – 12:50 pm |
| STARS, TIME AND THE COLD WAR | \$19.80 |
| CVEC-6356-CVS1 Feb 23 – Mar 9 | 11:30 am – 12:50 pm |
| STOCK CHART ANALYSIS | \$46.20 |
| CVEC-3503-CVS1 Feb 9 – Mar 30 | 10 – 11:20 am |
| URANIUM AND NUCLEAR POWER | \$13.20 |
| CVEC-6320-CVS1 Mar 9 & 16 | 10 – 11:20 am |

TUESDAY

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|-------------------------------------------------------|---------------------|
| ASSASSINATION IN HISTORY (ONLINE) | \$57.60 |
| CVEC-6230-DLS1 Feb 10 – Mar 31 | 8:30 – 10:30 am |
| BRIDGE: INTERMEDIATE BIDDING | \$52.80 |
| CVEC-6250-CVS1 Feb 3 – Mar 24 | 11:30 am – 12:50 pm |
| CHESS - THE GAME OF LIFE! (PART 2) | \$33.60 |
| CVEC-6248-CVS1 Mar 30 – Apr 2 | 1 – 3:50 pm |
| CLOUD DRIVES: LIFTING THE FOG (PART 1 & 3) | \$31.20 |
| CVEC-3600-CVS1 Feb 24 – Mar 5 | 1 – 3:20 pm |

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|----------------------------------------------|---------------------|
| COLOUR IS MAGIC | \$6.60 |
| CVEC-1650-CVS1 Feb 24 | 10 – 11:20 am |
| ESTATE & PROBATE PLANNING | \$6.60 |
| CVEC-7020-CVS1 Feb 17 | 11:30 am – 12:50 pm |
| FROM SNAPSHOTS TO STUNNERS | \$26.40 |
| CVEC-2760-CVS1 Mar 10 – 31 | 1 – 2:20 pm |
| I HATE MATH | \$19.80 |
| CVEC-6010-CVS1 Mar 3 – 17 | 2:30 – 3:50 pm |
| MAINTAIN YOUR SINGING VOICE | \$39.60 |
| CVEC-1889-CVS1 Feb 3 – Mar 10 | 10 – 11:20 am |
| REFINE AND RELEASE YOUR WORK (ONLINE) | \$13.20 |
| CVEC-2340-DLS1 Feb 24 & Mar 3 | 1:30 – 3 pm |
| REPEL HACKS, HOAXES, SCAMS (PART 1) | \$15.60 |
| CVEC-4010-CVS1 Feb 17 & 19 | 1 – 3:20 pm |
| SCENIC HIKES 1 (OFFSITE) | \$62.40 |
| CVEC-5520-CVS1 Feb 24 – Apr 14 | 10 am – 12:30 pm |
| SCENIC HIKES 2 (OFFSITE) | \$50.40 |
| CVEC-5521-CVS1 Mar 3 – Apr 7 | 10 am – 12:30 pm |

WEDNESDAY

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|-------------------------------------------|---------------------|
| A FAMOUS ART FORGER (ONLINE) | \$6.60 |
| CVEC-1980-DLS1 Mar 11 | 10 – 11:30 am |
| ASSISTIVE LISTENING IN THEATRE | \$6.60 |
| CVEC-5739-CVS1 Feb 11 | 1 – 2:20 pm |
| BEGINNER ZENTANGLE DRAWING | \$7.20 |
| CVEC-1408-CVS1 Feb 18 | 10 – 11:50 am |
| BEGINNER ZENTANGLE DRAWING | \$7.20 |
| CVEC-1408-CVS2 Feb 25 | 10 – 11:50 am |
| CHESS - THE GAME OF LIFE! (PART 3) | \$33.60 |
| CVEC-6248-CVS1 Mar 30 – Apr 2 | 1 – 3:50 pm |
| COOK BETTER, TASTE BETTER | \$39.60 |
| CVEC-7230-CVS1 Feb 11 – Mar 18 | 11:30 am – 12:50 pm |
| DEMOCRACY: AN ATHENIAN DREAM? | \$28.80 |
| CVEC-6513-CVS1 Feb 4 – 25 | 10 – 11:50 am |
| DUTCH HISTORY TO 1830 | \$26.40 |
| CVEC-5972-CVS1 Feb 4 – 25 | 11:30 am – 12:50 pm |
| HISTORY'S ARTFUL PETS (ONLINE) | \$7.20 |
| CVEC-6030-DLS1 Feb 11 | 10:30 am – 12:30 pm |
| HOW TO PREVENT DEMENTIA (ONLINE) | \$26.40 |
| CVEC-5768-DLS1 Mar 18 – Apr 8 | 2:30 – 4 pm |
| INTRODUCTION TO MEDITATION | \$6.60 |
| CVEC-5455-CVS1 Feb 18 | 2:30 – 3:50 pm |
| LISTEN/TALK LIVE LONG PROSPER | \$39.60 |
| CVEC-5830-CVS1 Feb 11 – Mar 18 | 10 – 11:20 am |

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|----------------------------------------------|---------------------|
| MINDFULNESS MEDITATION | \$19.80 |
| CVEC-6612-CVS1 Mar 11 – 25 | 1 – 2:20 pm |
| SENIORS TRAVEL THE CYBERWORLD | \$6.60 |
| CVEC-5960-CVS1 Mar 25 | 1 – 2:20 pm |
| THE EAST INDIA CO. 1600-1874 (ONLINE) | \$7.20 |
| CVEC-6272-DLS1 Feb 18 | 10:30 am – 12:30 pm |
| WHO KNEW WRITING COULD BE FUN | \$50.40 |
| CVEC-2337-CVS1 Feb 4 – Mar 18 | 2:30 – 4:20 pm |
| YOUR LEGACY-YOUR LIFE STORY (ONLINE) | \$13.20 |
| CVEC-2305-DLS1 Mar 4 & 11 | 12 noon – 1:30 pm |

THURSDAY

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|--------------------------------------------------------|---------------------|
| 19TH CENTURY FRENCH PAINTING (ONLINE) | \$36 |
| CVEC-1590-DLS1 Feb 5 – Mar 5 | 10 am – 12 noon |
| AGE IN PLACE | \$6.60 |
| CVEC-5717-CVS1 Mar 12 | 2:30 – 3:50 pm |
| BUREAUCRAT'S CONFESSIONS | \$6.60 |
| CVEC-6091-CVS1 Mar 19 | 10 am – 11:20 am |
| CHESS - THE GAME OF LIFE! (PART 4) | \$33.60 |
| CVEC-6248-CVS1 Mar 30 – Apr 2 | 1 – 3:50 pm |
| CLOUD DRIVES: LIFTING THE FOG (PARTS 2 & 4) | \$31.20 |
| CVEC-3600-CVS1 Feb 24 – Mar 5 | 1 – 3:20 pm |
| COMING OF AGE ON FILM | \$50.40 |
| CVEC-1720-CVS1 Feb 26 – Apr 2 | 1 – 3:50 pm |
| CONDO MAINTENANCE COMMITTEES | \$26.40 |
| CVEC-7040-CVS1 Feb 12 – Mar 5 | 11:30 am – 12:50 pm |
| ENERGY PRODUCTION | \$39.60 |
| CVEC-6325-CVS1 Feb 19 – Mar 26 | 1 – 2:20 pm |
| LIVING CONSCIOUSLY | \$39.60 |
| CVEC-5335-CVS1 Feb 5 – Mar 12 | 1 – 2:20 pm |
| REIMAGINING SENIORS CARE | \$6.60 |
| CVEC-5719-CVS1 Feb 19 | 11:30 am – 12:50 pm |
| REPEL HACKS, HOAXES, SCAMS (PART 2) | \$15.60 |
| CVEC-4010-CVS1 Feb 17 & 19 | 1 – 3:20 pm |
| ROLE OF THE EXECUTOR | \$7.80 |
| CVEC-3580-CVS1 Mar 5 | 7:30 – 9:50 pm |
| THE PATH OF THE ELDER | \$33 |
| CVEC-5875-CVS1 Feb 12 – Mar 12 | 10 – 11:20 am |
| VANCOUVER ISLAND BIRDS | \$6.60 |
| CVEC-6308-CVS1 Feb 12 | 1 – 2:20 pm |

FRIDAY

No classes April 3

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|-------------------------------------|------------------|
| ADVANCE HEALTH CARE PLANNING | \$7.20 |
| CVEC-5765-CVS1 Feb 6 | 12:30 – 14:20 pm |

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|----------------------------------------------|------------------|
| BIOFILIA (ONLINE) | \$52.80 |
| CVEC-5844-DLS1 Feb 6 – Mar 27 | 10 – 11:30 am |
| BRIDGE: INTRO TO MODERN BIDDING | \$52.80 |
| CVEC-6252-CVS1 Feb 6 – Mar 27 | 1 – 2:20 pm |
| BRIDGE: PLAY THE HAND | \$52.80 |
| CVEC-6253-CVS1 Feb 6 – Mar 27 | 2:30 – 3:50 pm |
| DISCOVER LAWN BOWLING FUN (OFFSITE) | \$7.20 |
| CVEC-5551-CVS1 Friday, May 1 | 10 am – 12 noon |
| DUTCH MONARCHY AFTER 1830 | \$26.40 |
| CVEC-5973-CVS1 Feb 20 – Mar 13 | 10 – 11:20 am |
| GROWING YOUR FAMILY TREE | \$19.80 |
| CVEC-6050-CVS1 Feb 6 – 20 | 10 – 11:20 am |
| GEOLOGY AND VANCOUVER ISLAND | \$26.40 |
| CVEC-6329-CVS1 Mar 6 – Apr 10 | 10 – 11:20 am |
| INTRODUCTION TO DRAWING | \$33.60 |
| CVEC-1412-CVS1 Feb 6 – 27 | 10 am – 12:50 pm |
| LIFE AS WE KNOW IT (ONLINE) | \$6.60 |
| CVEC-6303-DLS1 Jan 30 | 8:30 – 9:30 am |
| STUDIO VISIT: PETER SHOSTAK (OFFSITE) | \$7.20 |
| CVEC-1405-CVS2 Feb 13 | 1:30 – 3:30 pm |
| TOPICS IN ORNITHOLOGY | \$46.20 |
| CVEC-6375-CVS1 Feb 13 – Mar 27 | 1 – 2:20 pm |
| UNIVERSAL DEVOTIONAL CHANTING | \$52.80 |
| CVEC-5413-CVS1 Feb 6 – Mar 27 | 1 – 2:20 pm |
| WRITERS' WORKSHOP | \$67.20 |
| CVEC-2310-CVS1 Feb 6 – Mar 27 | 1 – 3:50 pm |

SATURDAY

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|----------------------------------------------|----------------|
| KEYS TO ARTFUL LIVING | \$33.60 |
| CVEC-1104-CVS1 Mar 7 – 28 | 1 – 3:50 pm |
| STUDIO VISIT: PETER SHOSTAK (OFFSITE) | \$7.20 |
| CVEC-1405-CVS1 Feb 7 | 1:30 – 3:30 pm |

WINTER LECTURE SERIES: EAT, DRINK AND BE MERRY \$48 FOR ALL OR \$8 EACH

CVEC-9010-CVS1 (entire series in person or online)
 CVEC-9010-DLS1 (entire series online only)
 CVEC-9011-CVS1 – Feb 7, 10 am to noon
 CVEC-9012-CVS1 – Feb 21, 10 am to noon
 CVEC-9013-CVS1 – Feb 28, 10 am to noon
 CVEC-9014-CVS1 – Mar 7, 10 am to noon
 CVEC-9015-CVS1 – Mar 14, 10 am to noon
 CVEC-9016-CVS1 – Mar 21, 10 am to noon
See pages 9 - 10 for individual lecture details