

LIFELONG LEARNING FOR ADULTS (50+)

FALL 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 September 22

An email will be sent to announce when registration is open. The preferred registration method for courses is online, following the steps on page 2 of this 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.

COURSES BEGIN Friday, October 2

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

COURSES ARE ON CAMPUS

All courses this term are in person at the NIC Comox Valley campus. The lecture series is offered on campus as well as via Zoom.

LECTURE REGISTRATION BEGINS September 22

New this term, registration for the lecture series will be done separately from course registration as outlined on page 2 of the course guide.

LECTURE SERIES BEGINS Saturday, October 17

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

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.

Message from the CVEC Chair

"The times they are a-changin'."

Because of the cuts to post-secondary education and the financial shortfall at NIC, Comox Valley ElderCollege is making some changes. First, let me assure you that the regular on-campus course programming that has been a staple of CVEC for the past 27 years will continue to operate from the NIC campus. But, unfortunately, there will be no online or off-campus courses offered this fall. This course guide shows the breadth of the courses for the coming fall term, with over half of the offerings being new. You will continue to register through the NIC system for all courses, including your CVEC membership. To meet our commitment with NIC, we have raised our membership fee to \$25 and the costs of our courses and lectures are rising 50 per cent.

We are striking out on our own to offer the Lecture Series and the Course Information Forum in a different way. To that end, we have worked over the summer to create the Comox Valley ElderCollege Society with a website and a separate registration system for the **lectures only**. The process is described on page 2 of this guide (see: Lecture Series Registration Guide) and I encourage you to review this information.

It is also vital that you subscribe as soon as possible to receive updates from the CVEC Society. If you have not already done so, please provide your contact information at subscribe.cvec.ca.

— Sheila Borman



Information Forum

Comox Valley ElderCollege invites members and the public to the Fall 2026 Information Forum in the Stan Hagen Theatre on the NIC Comox Valley campus on Saturday, September 19 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 Information Forum is also offered online.

The forum is an opportunity, prior to registration opening on September 22, 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 ensure you receive the forum follow-up email, visit forum.cvec.ca.

Memberships

Memberships are required if you would like to take a course(s) or a lecture(s). Memberships (\$25) are purchased through the NIC registration system. Whether you are signing up for a course through NIC or a lecture through CVEC Society, please ensure you purchase a membership via register.cvec.ca. Memberships for the 2026/2027 year are available now. Purchase yours today to make registration on or after September 22 easier.

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New to ElderCollege?

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

Parking is free in the student lots.

ID Cards

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

No Scent Policy

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

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



Find us on Facebook:  Comox Valley ElderCollege

Online registration guide for returning CVEC members

Follow the steps below to register for courses online. View a video of the same steps at registerReturningMember.cvec.ca. Please note that you will not be able to register for the lecture series through NIC. Please see the section on how to register for the lecture series for instructions.

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 to register online. View a video of the same steps at registerNewMember.cvec.ca. Please note that you will not be able to register for the lecture series through NIC. Please see the section on how to register for the lecture series for instructions.

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.

LECTURE SERIES REGISTRATION GUIDE

NEW Beginning this term, members will register for the lecture series via the new Comox Valley ElderCollege Society's website: www.cvec.ca. This allows us to offer the lectures both in person and online. Simply visit the website, click on the lecture series tab and follow the steps there to register.

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 \$12 for those who register. Member drop ins pay \$15 cash at the door providing there is space; \$20 for guests.

Course 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.

Lecture series refunds: CVEC Society will notify you and provide a refund if a lecture is cancelled. No refunds will be given if you have a change of plans or if the lecture is not to your satisfaction.

Courses

College closed on Monday, October 12 and Wednesday, November 11

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

ARTS AND MUSIC

Subject coordinator: Barbara Moscovich

BASIC PHOTO EDITING – NEW! (4 weeks) \$39.60

Norman Mathew CVEC-2750-CVS1
Tuesdays, Oct 20 – Nov 10 1 – 2:20 pm

Learn the basics of photo editing with the Affinity Studio program, which will be provided for free (Mac and Windows). Learn how to adjust sharpness, colour, contrast, exposure, and other basic editing techniques. Participants will gain the most from this course if they are able to bring a laptop to class, but instructions to practice the techniques at home on a desktop computer will be provided.

BEGINNER ZENTANGLE DRAWING 1 (1 week) \$10.80

Nancy Dawes CVEC-1408-CVS1
Wednesday, Oct 14 12:30 – 2:20 pm

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. \$10 materials fee collected in class.

CREATIVE DRAWING: MANIFESTING – NEW! (3 weeks) \$29.70

Lori Goddard CVEC-1410-CVS1
Fridays, Oct 9 – 23 10 – 11:20 am

This course introduces the Art of Manifesting®, a creative doodling method that helps participants explore goals, intentions, and personal growth. Using simple lines, shapes, and colours, participants engage in guided exercises that emphasize process over artistic skill. The practice encourages self-reflection, new perspectives, and creative insight in a playful, relaxing way. No prior drawing experience is needed – just curiosity and a willingness to explore. \$10 materials fee collected in class.

INNOVATION AND DESIGN – NEW! (1 week) \$10.80

Kate Brown CVEC-2810-CVS1
Thursday, Oct 8 10 – 11:50 am

Ever had a brilliant idea and been stumped on how to bring it to fruition? Creative thinking and good design are the catalysts for many new innovations. This introductory talk and slide presentation will identify a need and explore ideas and solutions, alongside available resources, to develop a new innovative product designed and made on Vancouver Island.

INTRO TO NEUROGRAPHICA – NEW! (3 weeks) \$29.70

Lori Goddard CVEC-1420-CVS1
Fridays, Nov 6 – 20 10 – 11:20 am

This course introduces Neurographica®, a system using a structured creative process of simple lines, shapes, and colours to spark creativity, insight, and personal growth. Focusing on the process rather than artistic skill, it welcomes participants of all levels to experiment, relax, and enjoy insightful guided exercises. Explore new perspectives, reflect creatively, and experience a calming, inspiring practice. No prior drawing experience is needed. \$10 materials fee collected in class.

MUSIC TALK: STEVE WALLACE – NEW! (1 week) \$10.80

Steve Wallace and Bonnie Brett CVEC-1837-CVS1
Thursday, Nov 26 1 – 2:50 pm

Vocalist and jazz educator Bonnie Brett interviews her friend and colleague, veteran bassist Steve Wallace, on topics ranging from his early interest in music and his experiences playing with many great artists such as Oscar Peterson, Ed Bickert, Rosemary Clooney, and The Boss Brass. Steve will share video and audio examples of great performances, and his thoughts from his blog “Jazz, Baseball, Life, and Other Ephemera.”

SILVER SCREEN GEMS – NEW! (5 weeks) \$63

Kay Kennedy CVEC-1718-CVS1
Tuesdays, Oct 13 – Nov 10 1 – 3:50 pm

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

SWING IT, BROTHER, SWING! – NEW! (6 weeks) \$64.80

Bonnie Brett CVEC-1838-CVS1
Thursdays, Oct 15 – Nov 19 1 – 2:50 pm

A survey of jazz in the Swing Era (c. 1935 - 1945), this course examines the evolution of jazz from its New Orleans origins to the instrumentation of the Swing Era big bands, jazz in World War II and contributions of a number of seminal Swing Era band leaders, composers and soloists: Count Basie, Chick Webb, Lester Young, Benny Goodman, Teddy Wilson, Lionel Hampton, Artie Shaw and Mary Lou Williams.

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

THE TWO FACES OF FILM – NEW! (6 weeks) \$75.60
 Brian Charlton and Linda Brune CVEC-1780-CVS1
 Wednesdays, Oct 7 – Nov 18 1 – 3:50 pm
 This session will feature three pairings of films: one a comedy and the other a dramatic presentation. The pairings will be on a common theme (the end of eras, fighting the powerful, and finding happiness) and we will look at each theme through a lens of tears or of laughter. The pairings are *Cutters Way* and *The Big Lebowski*, *Perfect Day* and *Amelie*, *Civil War* and *The Death of Stalin*.

ZENTANGLE - BLACK MAGIC TANGLING – NEW! (1 week) \$10.80
 Nancy Dawes CVEC-1412-CVS1
 Wednesday, Nov 4 12:30 – 2:20 pm
 Experience the magic of working with watercolour markers, Gelli Roll pens and black paper. Take the next step in your Zentangle drawing journey with this fun class drawing more patterns using special tools to magically bring forward colours into your designs. The Beginner Zentangle Drawing class is a prerequisite. A \$10 kit cost will be collected in class.

ZENTANGLE - RENAISSANCE TANGLING – NEW! (1 week) \$10.80
 Nancy Dawes CVEC-1409-CVS1
 Wednesday, Nov 18 12:30 – 2:20 pm
 Take the next step in your Zentangle drawing journey with this fun class. You will draw more Zentangle designs with renaissance colouring and patterns inspired by Alphonse Mucha. The Beginner Zentangle Drawing class is a prerequisite. A \$5 kit cost will be collected in class.

ECLECTIC

Subject coordinator: Judy Village

BASICS OF PHOTOGRAPHY – NEW! (2 weeks) \$19.80
 Chuck Burdick CVEC-2765-CVS1
 Fridays, Oct 9 & 16 11:30 am – 12:50 pm
 Discuss camera and photography basics including the use of the exposure triangle to define the characteristics the photographer wants in an image. Examples will be given to illustrate this concept. Plus, an introduction to the concepts of infrared photography. Learn about the light spectrum, equipment requirements, and post-processing.

BRIDGE: INTERMEDIATE BIDDING (8 weeks) \$79.20
 Gary Priestman CVEC-6250-CVS1
 Fridays, Oct 9 – Nov 27 2:30 – 3:50 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 (8 weeks) \$79.20
 Gary Priestman CVEC-6252-CVS1
 Fridays, Oct 9 – Nov 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) \$79.20
 Gary Priestman CVEC-6253-CVS1
 Tuesdays, Oct 6 – Nov 24 1 – 2:20 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.

COMMUNITY RADIO, WORLD CHANGER – NEW! (6 weeks) \$64.80
 Derrick Harvey and Jamie Bowman CVEC-6170-CVS1
 Wednesdays, Oct 7 – Nov 18 6:30 – 8:30 pm
 A brief introduction to community radio including the history of radio, its impact on the human social structure, research, writing, interviewing, technical aspects of microphones, audio editing, program selection, and broadcast ethics. The outcome will be a program on paper ready to record and broadcast on air.

CONNECTING THE GENERATIONS – NEW! (1 week) \$9.90
 Ann Brown CVEC-5300-CVS1
 Thursday, November 12 1 – 2:20 pm
 Did you know that hanging out with kids is good for your health? It's good for you, for them, and for the community. We explore the benefits of intergenerational activities and learn effective activities for your family. If you don't have multiple generations around you, find out what is happening in the Comox Valley and how you might join in building a healthy community.

COOK BETTER, TASTE BETTER (6 weeks) \$59.40
 James Derry CVEC-7230-CVS1
 Wednesdays, Oct 14 – Nov 25 11:30 am – 12:50 pm
 This course is not about how to cook, but 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) \$29.70
 Ann Brown CVEC-6050-CVS1
 Fridays, Oct 9 – 23 11:30 am – 12:50 pm
 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!

HABITAT FOR HUMANITY 101 (1 week) \$9.90
 Chrystal Arnet CVEC-7030-CVS1
 Thursday, Oct 8 2:30 – 3:50 pm
 Join us to explore the work of Habitat for Humanity and its impact on local families. Learn how homes are built, how volunteers and community support make a difference, and discover ways you can get involved. This course is a chance to hear inspiring stories, ask questions, and find out how you can help create safe, affordable housing in our community.

INTRO TO GENDER DIVERSITY – NEW! (1 week) \$12.60

Felix Gilliland CVEC-5851-CVS1
 Tuesday, Oct 6 1 – 3:50 pm

This course introduces concepts of gender diversity, trans identities, and pronouns. There will be a chance to practice using different pronouns, and to ask questions about gender. Participants will identify strategies for being a strong ally and learn how to show their respect and acceptance of gender diversity in a changing world.

LIGHTING FOR HOME AND OFFICE – NEW! (1 week) \$9.90

Pat Wickware CVEC-7015-CVS1
 Tuesday, Oct 27 11:30 am – 12:50 pm

Learn the effects of light exposure on colours and materials under natural light and artificial light. Also learn about highlight features of a room, background illumination, direct and indirect lighting and creating soft pools of light for atmosphere.

THE PATH OF THE ELDER (6 weeks) \$59.40

Allan Vonkeman CVEC-5875-CVS1
 Wednesdays, Oct 14 – Nov 25 11:30 am – 12:50 pm

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.

WISDOM FOR A BETTER WORLD – NEW! (6 weeks) \$64.80

Wei-Ching Chang CVEC-6257-CVS1
 Saturdays, Oct 17 – Nov 21 1 – 2:50 pm

Wisdom is something we all need more of to make the world a better place. Through lively discussions, thought-provoking stories, and shared reflections of theories and practices, we'll explore what wisdom is, why it matters, and how to pursue it beyond knowledge. Join us for an inspiring journey that turns everyday moments into opportunities to help shape a kinder, gentler, happier, empathetic, peaceful, respectful, meaningful, and co-operative world.

HEALTH AND WELLNESS

Subject coordinator: Bob Coyne

A BIT OF LAUGHTER!– NEW! (4 weeks) \$50.40

Susan Osso CVEC-1796-CVS1
 Mondays, Oct 19 – Nov 9 1 – 3:50 pm

This is a short course on improv where the plot, dialogue, characters, and scenes are created in the moment, completely unscripted and unplanned by the performers. It is geared toward those who are familiar with improv circles; however, anyone who desires to be in the moment is welcome. Improv focuses on spontaneity, collaboration, and making something out of nothing. And, of course, laughter is guaranteed.

ADVANCE HEALTH CARE PLANNING (1 week) \$12.60

JoAnn Dunderdale CVEC-5765-CVS1
 Friday, Oct 16 1 – 3:50 pm

"If not now, when? If not you, who?" This presentation encourages you to think about and express your wishes for future health care and treatment. It aims to provoke thoughtful planning and conversation among individuals, loved ones, and health-care providers, ensuring that wishes are known and respected.

**BACK AND LOWER LIMB INJURIES (1 week) \$12.60**

David Paris CVEC-5741-CVS1
 Friday, Oct 9 1 – 3:50 pm

With a focus on the anatomy of lower back and limb injuries, we will look at various common orthopaedic-type pathologies of the lower spine and lower limbs. We'll use PowerPoint to examine the anatomy of the injured region and detail the specific structures involved. We will also discuss various mechanisms of injury for each area and some of the prevention and treatment regimens available today.

BUILD MENTAL FITNESS DAILY – NEW! (1 week) \$9.90

Linda Bartholme CVEC-5803-CVS1
 Monday, Oct 5 1 – 2:20 pm

Join us for an interactive workshop to shift from mental fatigue to greater clarity, calm, and resilience. Learn simple Positive Intelligence® practices to quiet stress, strengthen focus, and build lasting mental fitness. Discover your top saboteurs – such as the avoider, pleaser, restless, and hyper-achiever, etc. – and learn how to shift toward your best self. Through gentle mental fitness exercises, you'll build a more positive mindset and improved well-being.

DIABETES: WITHOUT THE HYPE – NEW! (2 weeks) \$19.80

Janice Harvey CVEC-5730-CVS1
 Mondays, Nov 16 & 23 11:30 am – 12:50 pm

Diabetes treatment guidelines have changed and there is conflicting information in the media. We will start with an overview of Type 2 diabetes and address questions, such as whether Type 2 diabetes can be reversed. Then we'll discuss current treatment option – from lifestyle modifications to medications (not just Ozempic) – and provide simple strategies that can help manage blood sugars and prevent complications.

DISCOVERING LAWN BOWLING FUN (1 week) \$9.90

Henri Saucier and Cindy Greenhill CVEC-5551-CVS1
 Friday, Oct 2 10 – 11:20 am

Join the instructors of the Comox Valley Lawn Bowling Club for an engaging in-class course introducing the fundamentals of lawn bowling. Learn rules, techniques, and strategy in a welcoming setting. Open to all ages and abilities, lawn bowling is a great way to stay mentally active, connect with others and prepare for future play on the green.

ESTATE & PROBATE PLANNING (1 week) \$10.80
 Nathaniel Lenard Paisley and Len Paisley CVEC-7020-CVS1
 Wednesday, Oct 7 12:30 – 2:20 pm
 Designed specifically for ElderCollege students, this course offers an 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.

FALLS PREVENTION (1 week) \$9.90
 Kamal Parmar CVEC-5742-CVS1
 Saturday, Oct 3 1 – 2 pm
 Learn how to lower your risk of falls via exercise, balance training, environmental modifications, and through lifestyle self-management strategies.

MAKING SENSE OF MEDICAL NEWS (6 weeks) \$59.40
 Warren Michelow CVEC-5315-CVS1
 Fridays, Oct 9 – Nov 13 1 – 2:20 pm
 Understanding health information is of increasing importance as we age. This course aims to improve health literacy and help participants find and make sense of medical information. We will explore how medical/health research and various types of studies are done, learn key terms, and understand how to find scientific papers. Then we will put it all together by working through case studies chosen by participants and the instructor.

MANAGING ARTHRITIS & JOINT PAIN (1 week) \$9.90
 Kamal Parmar CVEC-5743-CVS1
 Saturday, Oct 3 2:30 – 3:30 pm
 Learn strategies to reduce as well as eliminate joint pain using lifestyle self-management tools.

NECK AND UPPER LIMB INJURIES – NEW! (1 week) \$12.60
 David Paris CVEC-5740-CVS1
 Friday, Oct 23 1 – 3:50 pm
 With a focus on the anatomy of neck and upper limb injuries, we will look at various common orthopaedic-type pathologies of the upper spine, chest, and upper limbs. We'll use PowerPoint to examine the anatomy of the injured region and detail the specific structures involved. We will also discuss various mechanisms of injury for each area and some of the prevention and treatment regimens available today.

OSTEOPATHY AND SENIORS (1 week) \$9.90
 Irene Borecky CVEC-5632-CVS1
 Thursday, Oct 15 10 – 11:20 am
 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.

REVISIONING RETIREMENT – NEW! (7 weeks) \$88.20
 Bob Rennie CVEC-5806-CVS1
 Thursdays, Oct 15 – Nov 26 1 – 3:50 pm
 How can we make our retirement years more meaningful and fulfilling? Connecting socially with others, and actively pursuing hobbies of interest can go a long way in improving our lives. Through active participation in class exercises and small and large group discussion, participants will find commonality among class members, rediscover their uniqueness, and learn about what the Comox Valley has to offer.

SENIORS & FUNCTIONAL MOVEMENT (1 week) \$12.60
 Irene Borecky CVEC-5631-CVS1
 Thursday, Oct 8 10 am – 12:50 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.

SENIORS CHAIR YOGA/FITNESS – NEW! (2 weeks) \$19.80
 Jennifer White CVEC-5410-CVS1
 Tuesdays, Nov 10 & 17 2:30 – 3:50 pm
 Practice breath techniques, warm up major joints, and learn safe asanas (poses) that can be done with the assistance of a chair. Handouts will be provided to support your at-home practice. Information will be shared from the Wicking Dementia Research and Education Centre on the importance of exercise in preventing dementia. Jennifer's book will be available for purchase for \$20 (optional). Personal yoga mat required. Waiver required.

SEVEN HABITS OF HEALTHY LIVING (1 week) \$9.90
 Deidre Macdonald CVEC-5322-CVS1
 Monday, Nov 16 4 – 5:20 pm
 What if your best years of health are still ahead of you? Small, daily choices have a profound impact on how we age, move, and feel. In this engaging seminar, join Dr. Macdonald, ND, to discover how minor adjustments to your daily routine can unlock more energy, sharper focus, and less physical pain. Melding the latest longevity science with the time-tested wisdom of naturopathic medicine, you will walk away with seven practical, life-changing habits designed to keep you vibrant, active, and thriving.

TAI CHI FOR LIFE (7 weeks) \$69.30
 Ann Zambilowicz CVEC-5416-CVS1
 Thursdays, Oct 15 – Nov 26 11:30 am – 12:50 pm
 Gentle, welcoming, and deeply restorative, this Tai Chi class helps seniors improve balance, flexibility, posture, and peace of mind. Through slow, flowing movements and mindful breathing, participants build confidence, reduce stress, and reconnect with their bodies. No experience needed – just a willingness to begin and enjoy the journey together. Appropriate for those who have taken the course before as new material will be added.

HISTORY AND SOCIAL SCIENCES

Subject coordinator: Doug Barr

AMSTERDAM: A HISTORICAL TOUR (4 weeks) \$39.60

John Sterk CVEC-5931-CVS1
Wednesdays, Oct 14 – Nov 4 10 – 11:20 am
Explore Amsterdam's evolution from its medieval origins to the present (1100 on). Through engaging presentations and slide visuals, we'll examine the city's politics, architecture, culture, and society across centuries, highlighting its transformation during the Dutch Golden Age, resilience through conflicts, and modern development. This course offers a comprehensive and visually enriched understanding of Amsterdam's unique history.

CLIMATE: CALAMITY OR ACTION – NEW! (4 weeks) \$39.60

Jane Sterk CVEC-6318-CVS1
Mondays, Oct 19 – Nov 9 2:30 – 3:50 pm
Climate change is here, and all the signs are dire. But solutions to mitigate the worst impacts are multiplying. This course examines the sobering realities of tipping points and planetary limits alongside the remarkable innovations scaling worldwide. We'll focus on the current realities, what's already baked-in, what's still within our power – and how stewardship and informed action shape what comes next. Now is not the time to abandon hope.

FINANCIAL & ESTATE PLANNING (1 week) \$10.80

Lyle Carlstrom CVEC-3531-CVS1
Wednesday, Nov 4 7:30 – 9:30 pm
Understand why estate planning decisions should be made sooner than later and learn about wills, powers of attorney, representation agreements and trusts as considerations in estate planning. A financial and estate planner will be available for purchase at the course for \$10. Registration is at 7 pm with the course starting at 7:30.

HISTORY OF THE COMOX VALLEY (6 weeks) \$59.40

Christine Dickinson CVEC-6234-CVS1
Wednesdays, Oct 14 – Dec 2 1 – 2:20 pm
An overview of our valley's history, including pre-contact Indigenous history, 19th and 20th century European settlement, agriculture, coal mining, forestry, military presence, and tourism.

HOW GEOGRAPHY SHAPES POLITICS – NEW! (4 weeks) \$39.60

John Sterk CVEC-6433-CVS1
Fridays, Oct 16 – Nov 6 10 – 11:20 am
Have you ever wondered why some countries rise while others struggle? Why borders spark conflict? Or why certain regions seem destined for co-operation or tension? In this four-week journey into the unseen forces that shape our world, we'll uncover how mountains, rivers, oceans, resources, and climate quietly – but powerfully – drive political decisions. You'll see how geography influences everything from trade routes and military strategy to culture, identity, and global rivalries.

ISSUES IN CRIMINAL LAW (5 weeks) \$49.50

Donald Skogstad CVEC-3332-CVS1
Mondays, Oct 19 – Nov 16 1 – 2:20 pm
Examine the hot-button issues in Canadian criminal law today, including bail reform, sentencing guidelines, safe supply and drug decriminalization, medical assistance in dying (MAID), sexual offences, and the youth justice system. Our goal is to analyze

the facts behind these debates and understand the trajectory of government policy. Given the controversial nature of these subjects, students who are committed to respectful dialogue and opinions are invited.

MY DAD AND HITLER'S DOWNFALL – NEW! (2 weeks) \$19.80

Mike Joss CVEC-6274-CVS1
Mondays, Nov 16 & 23 10 – 11:20 am
Anticipating the outbreak of WWII, the presenter's father joined the RAF. He began as an aircraft rigger, volunteered for duty in West Africa, and helped construct aircraft destined for North Africa. While there, he contracted malaria five times and returned to the UK. Undeterred, he volunteered for aircrew and was accepted as a rear gunner on a Lancaster bomber. After completing 31 sorties, he became a personnel officer, travelling extensively throughout Asia.

THE CANADIAN CONSTITUTION (5 weeks) \$49.50

Keith Ritter CVEC-6421-CVS1
Thursdays, Oct 8 – Nov 5 1 – 2:20 pm
This course includes a brief comparison of Canadian, American and British Constitutions, an analysis of federal and provincial powers, consideration of how First Nations are treated in the constitution, a review of federal and provincial taxing powers, an introduction to the Charter of Rights and Freedoms, and a review of any current constitutional issues.

THE DUNSMUIRS & THE E&N RAIL – NEW! (5 weeks) \$49.50

Donald Skogstad CVEC-6245-CVS1
Tuesdays, Oct 20 – Nov 17 1 – 2:20 pm
We discuss the Dunsmuir family and the construction of the Esquimalt and Nanaimo (E&N) Railway. It is a remarkable, if controversial, chapter in British Columbia's history. To secure the railway, the Province gave an incredible amount—including millions of acres of land to Robert Dunsmuir. The heart of this story isn't just the infrastructure; it's the scandalous Dunsmuir family's saga from rags to riches, and eventually back to rags.

UBI: RETHINKING INCOME – NEW! (6 weeks) \$59.40

Jane Sterk CVEC-3500-CVS1
Fridays, Oct 9 – Nov 13 11:30 am – 12:50 pm
What if every Canadian adult received a monthly cheque, no strings attached? Utopian fantasy or transformative idea and practical policy? This course separates myth from reality about Universal Basic Income (UBI). We'll look at international experiments as well as Manitoba's Mincome and Ontario's Basic Income projects and Canadian programs – OAS, CCB, and CERB – as partial precedents. Expect rigorous analysis and lively discussion of political and economic arguments for and against.

VISITING MORE UNCOMMON CORNERS – NEW! (7 weeks) \$75.60

Gregg Strong CVEC-5940-CVS1
Wednesdays, Oct 7 – Nov 25 2:30 – 4:20 pm
Learn about far-flung corners where the course leader has lived or travelled by bicycle. Dive into history, culture, and current events, sprinkled with personal anecdotes. We'll visit Madagascar, Ladakh (Indian Himalayas), Papua New Guinea, Iran, Mongolia, Indonesia and Upper Mustang (NW Nepal). This course stands alone, and updates past material (with Mongolia a new addition!), as does the companion course (Visiting Uncommon Corners) that will be offered in winter 2027.

LANGUAGE AND LITERATURE

Subject coordinator: Janess Iverson

A FRESH LOOK - THE VIETNAM WAR – NEW! (1 week) \$9.90

Joline Martin CVEC-6284-CVS1
Wednesday, Nov 18 10 – 11:20 am
Joline will read excerpts from *War Resisters* and discuss the turbulent times of that era. The book offers readers the long view from 50 years after the fall of Saigon through the eyes of those who resisted the war and how that unwanted war has cast a shadow over our current relationship with the US. Participants may share experiences and memories through a facilitated discussion lead by the author.

WHO KNEW WRITING COULD BE FUN? (7 weeks) \$75.60

Sandra Petrie CVEC-2337-CVS1
Tuesdays, Oct 6 – Nov 17 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) \$100.80

Marvin Haave and Ian McIntyre CVEC-2310-CVS1
Thursdays, Oct 8 – Nov 26 2:30 – 5:20 pm
This is a hands-on course in which participants are invited to share their writing in whatever form with others and receive gentle feedback and encouragement. No formal instruction.

SCIENCE AND COMPUTERS

Subject coordinator: Gerald Wendland

ALL ABOUT BALD EAGLES – NEW! (1 week) \$9.90

Mike Yip CVEC-6309-CVS1
Tuesday, Oct 27 2:30 – 3:50 pm
The iconic and majestic bald eagle is prolific on Vancouver Island. Learn about its birth from egg to fledging, and its activities through the salmon spawning, herring spawning, scavenging, and midshipman seasons through the beautiful photography and interesting dialogue of the presenter.

ANDROID SMART PHONE BASICS – NEW! (4 weeks) \$39.60

T. Michael Owen CVEC-4014-CVS1
Mondays, Oct 19 – Nov 9 1 – 2:20 pm
Learn basic skills for using an Android smart phone, and steps to limit your digital data footprint. Areas covered: phone calls, texting, taking photos, and how to adjust settings to personalize your device. Recommended reading: *Smartphones For Seniors For Dummies* (not required) ~\$36.

BACKYARD COMPOSTING (1 week) \$9.90

Joyce McMenamon CVEC-7550-CVS1
Thursday, Oct 15 2:30 – 3:50 pm
Composting makes use of waste and livens up soil. And it's easy to do! Come learn the secrets of safely and quickly making rich nutritious compost out of your kitchen and yard waste. Learn why, how, where, when, and what. Bring your questions for this fun discussion with a master composter. Feed the soil that feeds the plants that feed us!

BLETCHLEY PARK CODE BREAKERS – NEW! (2 weeks) \$19.80

Gordon Dann CVEC-6270-CVS1
Tuesdays, Nov 3 & 10 2:30 – 3:50 pm
Bletchley Park is an estate that housed the Government Code and Cypher School during WW2. Learn the history, the people and the methods they used to devise automatic machinery to help with decryption. Their work penetrated the secret communications of the Axis powers, most importantly the German Enigma and Lorenz ciphers.

DON'T BUY THE SNAKE OIL! (5 weeks) \$49.50

Rod Montague CVEC-6660-CVS1
Tuesdays, Oct 27 – Nov 24 2:30 – 3:50 pm
This course aims to help you develop your scientific literacy – the ability to evaluate scientific claims to see whether they are based on valid information and data or whether they are more akin to a scam, aka 'snake oil.' It has been developed from material used in a first-year university general studies course and, as such, is designed not just for those with a science background, but for all.

GEOLOGY & VANCOUVER ISLAND (4 weeks) \$39.60

Ted Trueman CVEC-6329-CVS1
Wednesdays, Oct 14 – Nov 4 11:30 am – 12:50 pm
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.

NUMBERS – NEW! (7 weeks) \$69.30

Joel Kositsky CVEC-6014-CVS1
Mondays, Oct 19 – Nov 30 2:30 – 3:50 pm
Numbers are the language of science, commerce, and even everyday thought. Explore how different kinds of numbers emerged to solve new problems: counting numbers, primes, negatives, fractions, irrationals, transcendentals, and complex numbers. Each expands what we can measure, calculate, and understand. By tracing their history and properties, we will see mathematics as a growing toolkit, where new numbers appear whenever old ones are no longer enough.

VANCOUVER ISLAND BIRDS (1 week) \$9.90

Mike Yip CVEC-6308-CVS1
Tuesday, Oct 20 2:30 – 3:50 pm
Over 450 bird species have been seen on Vancouver Island. Learn which ones are year-round, summer migrants, winter migrants, migration stop-overs, and vagrants through the beautiful photography and informative dialogue of the presenter.



Series coordinators: Larry Bambrick, Terry Hooper and Gerald Wendland

FALL LECTURE SERIES

6 Saturday lectures October 17 to November 21

10 am to 12 noon | \$12/lecture

NEW

Registration for the lecture series is now being handled separately from course registration. This allows us to offer the series both online and on campus. To register for a lecture(s), please visit the new Comox Valley ElderCollege Society website (www.cvec.ca) and follow the links there.

Eat, Drink and Be Merry A Second Helping

From hand-crafted chocolates to the challenges of a family-run winery, we're digging in for a second helping of the food and drink that makes the Comox Valley special. We'll talk about what you can grow in your own backyard with the author of *West Coast Garden Kitchen*, learn how craft beers are made, trace the 30-year journey of Courtenay's Butcher's Block, and more.

SWEET SUCCESS: THE STORY OF HOT CHOCOLATES \$12

Michele Henry
October 17

It all began with some homemade truffles on Denman Island. Now, Hot Chocolates is celebrating its 40th

anniversary selling handcrafted sweet treats in Courtenay. Come hear about the journey and taste some delicious samples from the store.

Michele is the general manager and co-owner of Hot Chocolates and Cakebread Artisan Bakery, two locally owned Comox Valley businesses with a combined legacy of more than 60 years. Since 2002, Michele has helped guide the companies through growth, innovation, changing retail landscapes



and an evolving digital marketplace, while remaining committed to exceptional customer experiences and meaningful community involvement.

FOOD SECURITY IN THE VALLEY \$12

Arzeena Hamir
October 24

Food security touches everyone in the Comox Valley. We all rely on food coming from off-island to provide sustenance year-round. LUSH Valley Food Action Society aims to strengthen the local food system by encouraging more people to grow their own food as well as to purchase food from local farmers to increase economic viability. The society also teaches citizens how to cook and preserve the bounty of the valley.

Arzeena earned her bachelor's degree in crop science from the University of Guelph and a master's in sustainable agriculture from the University of

London, England. She worked as a CUSO volunteer in Thailand and as a researcher in Jamaica, India, and Bangladesh. She was the staff agrologist for West

Coast Seeds from 1997 to 1999, served as the coordinator of the Richmond Food Security Society from 2008-2012, and was co-chair of the Technical Committee for Farmers for Climate Solutions. She and her husband run Amara Farm, a 25-acre certified organic farm in Courtenay.



THE MEAT INDUSTRY, THEN AND NOW \$12

Robert Smith
October 31

The Butcher's Block's assistant manager gives us a close look at how the beef industry has changed over the last 40 years. Find out why there's a sudden surge in beef prices now

and learn the history behind the Butcher Block's time in the Comox Valley.

The Butcher's Block has been serving the Comox Valley



FALL LECTURE SERIES

as a locally owned and operated butcher shop since 1985. As assistant manager, Rob Smith has been with the business from the beginning.

A WEST COAST KITCHEN GARDEN

Sabrina Currie
November 7

\$12

Photographer and writer Sabrina Currie will take us on a journey through her backyard garden and give us tips on how to forage and grow our food.

Sabrina is a writer and photographer, and the creator of the popular food and gardening blog West Coast Kitchen Garden. She is a regular contributor to Edible Vancouver



Island and often offers her writing and photography services to food and beverage-based businesses. With a background in culinary school, photography and sommelier

training, she is passionate about encouraging her readers and community to grow, forage and source food as locally as possible.



ACE BREWING COMPANY \$12

Jo-Anne Landolt
November 14

Explore Ace Brewing Company from its beginnings

to present day, with Jo-Anne highlighting challenges, struggles, and proud moments along the way. Learn about the trials and tribulations of owning and operating a brewery in a highly competitive industry while maintaining a positive outlook and continuing to adapt to changing times.

Ace Brewing Company opened its doors on Friday, September 13, 2019 – just six months before the COVID-19 pandemic began. While many businesses, including breweries, were forced to close their doors, Ace has persevered by continually adapting to the demands of today's economy.

Jo-Anne brings a background in logistics and management, while her husband Kent serves as head of maintenance. After relocating back to Vancouver Island, the couple decided to open their own brewery.

Kent has been building and installing brew systems across North America since the early 1990s, and together they thought it would be “fun” to create a brewery of their own.

40 KNOTS: FAMILY BEHIND FARM

Brenda HetmanCraig and Layne Robert Craig
November 21

\$12

Discover how, at 40 Knots Winery, one family's return to farming became a journey of connection, sustainability, and celebration.



Learn how multi-generational traditions shape the way the family grows and crafts wine and cider – directly from its land to your glass. This talk explores the joy of cultivating with purpose, preserving heritage, and sharing the richness of Vancouver Island through experiences rooted in the farm.

Layne and Brenda are the husband-and-wife team that owns 40 Knots Vineyard and Estate Winery. Brenda was raised in the Peace River area, on a farm in North Pine, BC where her grandfather first came over from Manitoba in 1930. Her families originally immigrated from Poland in late 1800s. Layne was raised in Midale, Saskatchewan, and is a sixth-generation farmer in Canada. His family immigrated in early 1800s from Ireland.

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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 \$15 cash (members), \$20 (guests) provided there is room. Cash only; exact amount appreciated.



Courses and Lectures at a Glance

**College closed on Monday, October 12 and
Wednesday, November 11**
Courses are held at the NIC campus.

MONDAY

No classes October 12

A BIT OF LAUGHTER!		\$50.40
CVEC-1796-CVS1	Oct 19 – Nov 9	1 – 3:50 pm
ANDROID SMART PHONE BASICS		\$39.60
CVEC-4014-CVS1	Oct 19 – Nov 9	1 – 2:20 pm
BUILD MENTAL FITNESS DAILY		\$9.90
CVEC-5803-CVS1	Oct 5	1 – 2:20 pm
CLIMATE: CALAMITY OR ACTION		\$39.60
CVEC-6318-CVS1	Oct 19 – Nov 9	2:30 – 3:50 pm
DIABETES: WITHOUT THE HYPE		\$19.80
CVEC-5730-CVS1	Nov 16 & 23	11:30 am – 12:50 pm
ISSUES IN CRIMINAL LAW		\$49.50
CVEC-3332-CVS1	Oct 19 – Nov 16	1 – 2:20 pm
MY DAD AND HITLER'S DOWNFALL		\$19.80
CVEC-6274-CVS1	Nov 16 & 23	10 – 11:20 am
NUMBERS		\$69.30
CVEC-6014-CVS1	Oct 19 – Nov 30	2:30 – 3:50 pm
SEVEN HABITS OF HEALTHY LIVING		\$9.90
CVEC-5322-CVS1	Nov 16	4 – 5:20 pm

TUESDAY

ALL ABOUT BALD EAGLES		\$9.90
CVEC-6309-CVS1	Oct 27	2:30 – 3:50 pm
BASIC PHOTO EDITING		\$39.60
CVEC-2750-CVS1	Oct 20 – Nov 10	1 – 2:20 pm
BLETCHLEY PARK CODE BREAKERS		\$19.80
CVEC-6270-CVS1	Nov 3 & 10	2:30 – 3:50 pm
BRIDGE: PLAY THE HAND		\$79.20
CVEC-6253-CVS1	Oct 6 – Nov 24	1 – 2:20 pm
DON'T BUY THE SNAKE OIL!		\$49.50
CVEC-6660-CVS1	Oct 27 – Nov 24	2:30 – 3:50 pm
INTRO TO GENDER DIVERSITY		\$12.60
CVEC-5851-CVS1	Oct 6	1 – 3:50 pm

LIGHTING FOR HOME AND OFFICE		\$9.90
CVEC-7015-CVS1	Oct 27	11:30 am – 12:50 pm
SENIORS CHAIR YOGA/FITNESS		\$19.80
CVEC-5410-CVS1	Nov 10 & 17	2:30 – 3:50 pm
THE DUNSMUIRS & THE E&N RAIL		\$49.50
CVEC-6245-CVS1	Oct 20 – Nov 17	1 – 2:20 pm
SILVER SCREEN GEMS		\$63
CVEC-1718-CVS1	Oct 13 – Nov 10	1 – 3:50 pm
VANCOUVER ISLAND BIRDS		\$9.90
CVEC-6308-CVS1	Oct 20	2:30 – 3:50 pm
WHO KNEW WRITING COULD BE FUN?		\$75.60
CVEC-2337-CVS1	Oct 6 – Nov 17	2:30 – 4:20 pm

WEDNESDAY

No classes November 11

A FRESH LOOK - THE VIETNAM WAR		\$9.90
CVEC-6284-CVS1	Nov 18	10 – 11:20 am
AMSTERDAM: A HISTORICAL TOUR		\$39.60
CVEC-5931-CVS1	Oct 14 – Nov 4	10 – 11:20 am
BEGINNER ZENTANGLE DRAWING		\$10.80
CVEC-1408-CVS1	Oct 14	12:30 – 2:20 pm
COMMUNITY RADIO, WORLD CHANGER		\$64.80
CVEC-6170-CVS1	Oct 7 – Nov 18	6:30 – 8:30 pm
COOK BETTER, TASTE BETTER		\$59.40
CVEC-7230-CVS1	Oct 14 – Nov 25	11:30 am – 12:50 pm
ESTATE & PROBATE PLANNING		\$10.80
CVEC-7020-CVS1	Oct 7	12:30 – 2:20 pm
FINANCIAL & ESTATE PLANNING		\$10.80
CVEC-3531-CVS1	Nov 4	7:30 – 9:30 pm
GEOLOGY AND VANCOUVER ISLAND		\$39.60
CVEC-6329-CVS1	Oct 14 – Nov 4	11:30 am – 12:50 pm
HISTORY OF THE COMOX VALLEY		\$59.40
CVEC-6234-CVS1	Oct 14 – Dec 2	1 – 2:20 pm
THE PATH OF THE ELDER		\$59.40
CVEC-5875-CVS1	Oct 14 – Nov 25	11:30 am – 12:50 pm
THE TWO FACES OF FILM		\$75.60
CVEC-1780-CVS1	Oct 7 – Nov 18	1 – 3:50 pm

VISITING MORE UNCOMMON CORNERS	\$75.60
CVEC-5940-CVS1 Oct 7 – Nov 25 2:30 – 4:20 pm	
ZENTANGLE: BLACK MAGIC TANGLING	\$10.80
CVEC-1412-CVS1 Nov 4 12:30 – 2:20 pm	
ZENTANGLE: RENAISSANCE TANGLING	\$10.80
CVEC-1409-CVS1 Nov 18 12:30 – 2:20 pm	

THURSDAY

BACKYARD COMPOSTING	\$9.90
CVEC-7550-CVS1 Oct 15 2:30 – 3:50 pm	
CONNECTING THE GENERATIONS	\$9.90
CVEC-5300-CVS1 Nov 12 1 – 2:20 pm	
HABITAT FOR HUMANITY 101	\$9.90
CVEC-7030-CVS1 Oct 8 2:30 – 3:50 pm	
INNOVATION AND DESIGN	\$10.80
CVEC-2810-CVS1 Oct 8 10 – 11:50 am	
MUSIC TALK: STEVE WALLACE	\$10.80
CVEC-1837-CVS1 Nov 26 1 – 2:50 pm	
OSTEOPATHY AND SENIORS	\$9.90
CVEC-5632-CVS1 Oct 15 10 – 11:20 am	
REVISIONING RETIREMENT	\$88.20
CVEC-5806-CVS1 Oct 15 – Nov 26 1 – 3:50 pm	
SENIORS AND FUNCTIONAL MOVEMENT	\$12.60
CVEC-5631-CVS1 Oct 8 10 am – 12:50 pm	
SWING IT, BROTHER, SWING!	\$64.80
CVEC-1838-CVS1 Oct 15 – Nov 19 1 – 2:50 pm	
TAI CHI FOR LIFE	\$69.30
CVEC-5416-CVS1 Oct 15 – Nov 26 11:30 am – 12:50 pm	
THE CANADIAN CONSTITUTION	\$49.50
CVEC-6421-CVS1 Oct 8 – Nov 5 1 – 2:20 pm	
WRITERS' WORKSHOP	\$100.80
CVEC-2310-CVS1 Oct 8 – Nov 26 2:30 – 5:20 pm	

FRIDAY

ADVANCE HEALTH CARE PLANNING	\$12.60
CVEC-5765-CVS1 Oct 16 1 – 3:50 pm	
BACK AND LOWER LIMB INJURIES	\$12.60
CVEC-5741-CVS1 Oct 9 1 – 3:50 pm	
BASICS OF PHOTOGRAPHY	\$19.80
CVEC-2765-CVS1 Oct 9 & 16 11:30 am – 12:50 pm	
BRIDGE: INTERMEDIATE BIDDING	\$79.20
CVEC-6250-CVS1 Oct 9 – Nov 27 2:30 – 3:50 pm	
BRIDGE: INTRO TO MODERN BIDDING	\$79.20
CVEC-6252-CVS1 Oct 9 – Nov 27 1 – 2:20 pm	

CREATIVE DRAWING: MANIFESTING	\$29.70
CVEC-1410-CVS1 Oct 9 – 23 10 – 11:20 am	
DISCOVERING LAWN BOWLING FUN	\$9.90
CVEC-5551-CVS1 Oct 2 10 – 11:20 am	
GROWING YOUR FAMILY TREE	\$29.70
CVEC-6050-CVS1 Oct 9 – 23 11:30 am – 12:50 pm	
HOW GEOGRAPHY SHAPES POLITICS	\$39.60
CVEC-6433-CVS1 Oct 16 – Nov 6 10 – 11:20 am	
INTRO TO NEUROGRAPHICA	\$29.70
CVEC-1420-CVS1 Nov 6 – 20 10 – 11:20 am	
MAKING SENSE OF MEDICAL NEWS	\$59.40
CVEC-5315-CVS1 Oct 9 – Nov 13 1 – 2:20 pm	
NECK AND UPPER LIMB INJURIES	\$12.60
CVEC-5740-CVS1 Oct 23 1 – 3:50 pm	
UBI: RETHINKING INCOME	\$59.40
CVEC-3500-CVS1 Oct 9 – Nov 13 11:30 am – 12:50 pm	

SATURDAY

MANAGING ARTHRITIS & JOINT PAIN	\$9.90
CVEC-5743-CVS1 Oct 3 2:30 – 3:30 pm	
FALLS PREVENTION	\$9.90
CVEC-5742-CVS1 Oct 3 1 – 2 pm	
WISDOM FOR A BETTER WORLD	\$64.80
CVEC-6257-CVS1 Oct 17 – Nov 21 1 – 2:50 pm	

FALL LECTURE SERIES

Registration for the lecture series is now via the CVEC Society website (www.cvec.ca).
\$12 each

SWEET SUCCESS: THE STORY OF HOT CHOCOLATES

Oct 17, 10 am – noon

FOOD SECURITY IN THE VALLEY

Oct 24, 10 am – noon

THE MEAT INDUSTRY, THEN AND NOW

Oct 31, 10 am – noon

A WEST COAST KITCHEN GARDEN

Nov 7, 10 am – noon

ACE BREWING COMPANY

Nov 14, 10 am – noon

40 KNOTS: FAMILY BEHIND FARM

Nov 21, 10 am – noon

See pages 9 - 10 for individual lecture details