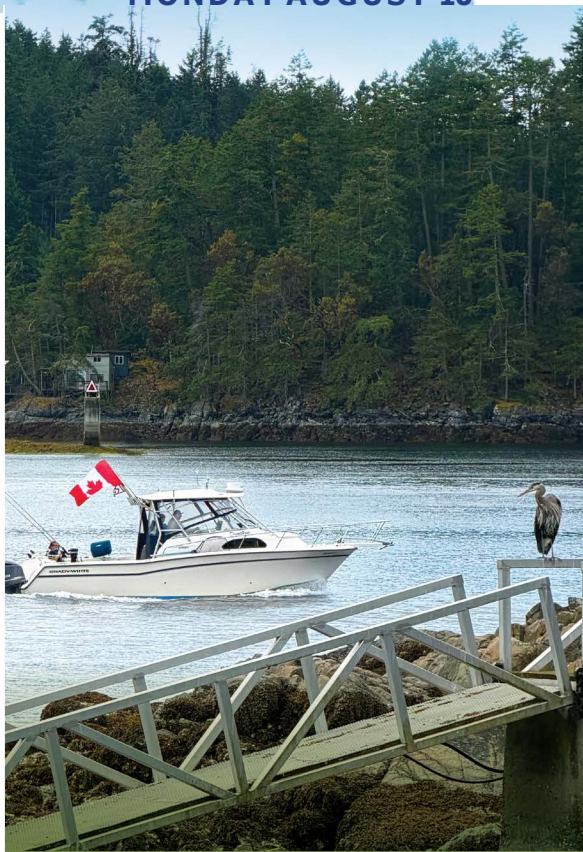


SUNSHINE COAST *ElderCollege*

FALL 2026
August – December

Ages 55 and Up
All courses \$40

Registration opens Sam
MONDAY AUGUST 10



See our website for full course descriptions
sunshinecoasteldercollege.ca

The Geology of Thormanby Island

A hands-on history of Thormanby Island which was formed volcanically 252 - 210 million years ago.

Peter Hews

Three Wednesdays

Classroom sessions:

August 26, September 9, **1:00pm - 3:00pm**
Sunshine Coast Arts Centre, ElderCollege Room,
5714 Medusa St, S

echelt

Field Trip:

September 2, **11:00am - 3:00pm**
Boat from Secret Cove to Thormanby Island
Extra Fee: Boat Trip - \$105

Access to Fresh Water

Water is an increasingly scarce resource. Examine the accessibility of fresh water on a global, national and local scale.

Ray Kostaschuck, Peter Hews, Codi Abbott

Four Tuesdays, Sept 1, 8, 15, 22 (or 23)
10:00am - 12:00pm

Chapman Creek Hatchery, 4381 Parkway Drive,
Sechelt

Field Trips, September 8, 15 **1:30pm - 3:30pm** and choice of September 22 or 23
10:00am - 12:00pm

Scotch: The Stories Behind Scotland's Iconic Spirit

Designed to ensure you can hold your own in any discussion about scotch whiskey. Learn about quality, nine determinants of flavour, making scotch and much more. There is an optional tutorial tasting to practice what we have learned.

Tasting is an extra fee

Brian Johnston

Three Thursdays, 2:00pm - 4:00pm

September 3, 10, 17
Sechelt Seniors Activity Centre

iPhone Photography 2.0

Taking your photography to the next level, this course builds on the skills taught in our previous courses. Review some of the more popular iPhone apps.

Jack Pope, Peter Hill

Four Mondays, 2:00pm - 4:00pm

September 14, 21, 28, October 5
Sechelt Seniors Activity Centre

Artisans' Crawl

The eight all-new subjects on this year's crawl include book binding, musical instrument making, cider making and much more. Visit artisans in their workshops and hear about their passions and motivation.

Al Clyde and others

Four Fridays, 10:00am - 12:00pm

September 18
Sunshine Coast Arts Centre
5714 Medusa Street, Sechelt

September 25, October 2, 9
Venues TBA

Shakespeare in a New Century

When King James of Scotland inherited the English throne in 1603, Shakespeare was a well-established playwright. Events of the time gave rise to Macbeth, King Lear, Antony and Cleopatra as well as lighter fare.

VivecaOhm

Two Thursdays, 10:00am - 12:00pm

September 24, October 1

Two Wednesdays, 10:00am - 12:00pm

October 7, 14

St. Hilda's Church, The Hall, Sechelt

End of Life Preparedness

How to begin and proceed with managing some of the most sensitive and personal decisions surrounding life and death strategies.

Carol-Ann Courneya

Four Thursdays, 2:00pm - 4:00pm

October 8, 15, 22, 29
St Hilda's Church, The Hall, Sechelt

Making Sense of Human Nature

Examine our human species, inform our understanding of human behaviour, gain insight into what makes us tick, from motivation to action and from personal relationships to geopolitical dynamics.

Christine Giancarlo

Four Fridays, 10:00am - 12:00pm

October 16, 23, 30, November 6
St. Hilda's Church, The Hall, Sechelt

The Hidden Impact of Ageism on Health and Society

Canada's most tolerated form of discrimination is ageism, the negative attitudes and behaviours directed towards older adults based solely on their age. Your instructor is highly qualified in this field.

April Struthers

Three Wednesdays, 10:00am - 12:00pm

October 21, 28, November 4
St. Hilda's Church, The Hall, Sechelt

Music as Medicine

Scientists try to learn what music can tell us about how we age. We introduce you to the scientific study of music and discuss current research on the relationship between music and brain health in seniors.

Have a laptop, tablet or smartphone available.

Sarah Faber

Three Mondays, 10:00am - 12:00pm

November 2, 9, 16
ON ZOOM

Check out our
website for full course
descriptions.

And the Beat Goes On

An Emerita Professor at UBC in the Faculty of Medicine instructs you on cardiac anatomy so that you have a better understanding of the two primary functions of the heart: a regular rhythm and healthy blood pressure.

Carol-Ann Courneya

Three Tuesdays, 10:00am - 12:00pm
November 3, 10, 17
ON ZOOM

Septic Systems -101

Gain a better understanding of how septic systems function and all of the factors that need to be considered when installing a system. Your instructor is an environmental engineer.

Dean Morin

Two Thursdays, 2:00pm - 4:00pm
November 12, 19
Chapman Creek Hatchery, 4381 Parkway Drive,
Sechelt

Introduction to Abstract Art Painting

This vibrant abstract painting course is taught by an experienced local artist who will provide a hands-on creative experience using various materials and techniques.

Sheri Peters

Three Fridays, 10:00am - 12:15pm
November 13, 20, 27
Gibsons Public Market, Coastal Room
Extra Fee: Course Materials \$30.00

Live Theatre Discussion

After the Heritage Playhouse and the Driftwood Players choose their Fall play, our discussion group will meet twice. We will attend a Sunday Matinee, and then meet with the cast and producer at our final discussion group.

Monika Karpinska

Wednesdays, 10:00am - 12:00pm
November 18, 25, December 2
Sunshine Coast Arts Centre, ElderCollege Room,
5714 Medusa St., Sechelt

Sunday Matinee

Heritage Playhouse, 622 North Rd., Gibsons
Extra Fee TBA: theatre ticket at group rate

Reconciliation: In This We Journey Together

Using an interactive awareness exercise and dialogue circle, participants will learn how colonization of the lands we now know as British Columbia and Canada has impacted the people who lived here long before settlers arrived.

**Nancy and John Denham, with shí'shálh
Nation Elders and Leaders**

Two Mondays, Two Thursdays
10:00am - 12:00pm
Monday, November 23, 30
Thursday, November 26, December 3
Sunshine Coast Arts Centre, ElderCollege Room,
5714 Medusa St., Sechelt

Communication and Memory in Plants

Over recent decades a revolution has been occurring in botany. Plants can respond in adaptive ways to a wide range of adaptive stimuli. To the dismay of traditionalists, some daring botanists are beginning to speak about plant intelligence.

Michael Healey

Four Tuesdays, 10:00am - 12:00pm
November 24, December 1, 8, 15
In-person at Gibsons Public Market
Or ZOOM

A FREE PUBLIC EVENT OPEN TO ALL AGES

2026 Annual Clifford Smith Memorial Lecture



Artificial Intelligence, Friend or Foe?

Dr. Stephanie Dick is an Assistant Professor, School of Communication, Simon Fraser University and a historian of mathematics and technology with a PhD from Harvard University. She is an expert on AI. Dr. Dick will explore how AI is changing the ways we live, work, learn, create, make decisions and relate to one another. Is it a tool, a companion, a threat or a breakthrough -- or a mixture of all four?

**SATURDAY, 2:30 - 4:30PM
October 3, 2026**

Raven's Cry Theatre, Sechelt

SPACE MAY BE LIMITED.

You must register:
sunshinecoasteldercollege.ca

Sponsored
by:



Registration opens at
Sam, August 10, 2026

All courses are \$40 (no GST)
Ages 55 and up

Payment for registration is made on line by typing your credit card details directly into our secure web page. Payment is processed through Stripe which is both well-known and trusted.

We regret that we cannot accept cheques or e-transfers.

Register on our website:
sunshinecoasteldercollege.ca/fall-2026

Registration queries:
registrar@sunshinecoasteldercollege.ca

Newsletter: sign up on our website:
sunshinecoasteldercollege.ca

General queries:
info@sunshinecoasteldercollege.ca

Sunshine Coast ElderCollege is a non-profit society funded solely by course fees. We receive no grants. Our presenters, facilitators and organizers are volunteers.

sunshinecoasteldercollege.ca