

Course Listings Booklet: Fall 2026

#	Course Name	New	Start Date	End Date	Day of Week	See Page
1	Geology of Thormanby Island		Aug 26	Sept 9	Wed	2
2	Access to Fresh Water		Sept 1	Sept 22 or 23	Tues	3
3	Scotch: The Stories Behind Scotland's Iconic Spirit		Sept 3	Sept 17	Thurs	4
4	iPhone Photography 2.0	NEW	Sept 14	Oct 5	Mon	5
5	Artisan's Crawl		Sept 18	Oct 9	Fri	6
6	Shakespeare in a New Century	NEW	Sept 24	Oct 14	Various	7
7	End of Life Preparedness		Oct 8	Oct 29	Thurs	8
8	Making Sense of Human Nature		Oct 16	Nov 6	Fri	9
9	The Hidden Impact of Ageism on Health and Society	NEW	Oct 21	Nov 4	Wed	10
10	Music as Medicine		Nov 2	Nov 16	Mon	11
11	And the Beat Goes On		Nov 3	Nov 17	Tues	12
12	Septic Systems 101		Nov 12	Nov 19	Thurs	13
13	Introduction to Abstract Art Painting	NEW	Nov 13	Nov 27	Fri	14
14	Live Theatre Discussion		Nov 18	Dec 2	Wed	15
15	Reconciliation: In This We Journey Together		Nov 23	Dec 3	Various	16
16	Communication and Memory in Plants	NEW	Nov 24	Dec 15	Tues	17
A	CSML: Artificial Intelligence: Friend or Foe?	Saturday, Oct. 3, 2026 A free public lecture				18

1. Geology of Thormanby Island



Photo credit: Peter Hill

Presenter: Peter Hews

Dates: Wednesdays
Aug 26 1pm to 3pm
Sept 2 Field Trip (see below)
Sept 9 1pm to 3pm

Venue: Sunshine Coast Arts Center
5714 Medusa St, Sechelt

Field Trip: Sept 2 11am to 3pm
Buccaneer Marina in Secret Cove

The Thormanby Islands were volcanically formed south of the equator 252 - 210 million years ago and were much later surrounded by the Quadra Sands before the last ice age, 25 000 years ago. Geologist Peter Hews will guide us through the “hands on history” of the volcanic bedrock and tectonic collisions evident today.

August 26th and September 9th are classroom sessions held in the ElderCollege room at the back of the Sunshine Coast Arts Centre at 5714 Medusa St.

Sept 2 is a four-hour field trip that includes riding in a boat from Buccaneer Marina in Secret Cove to Thormanby Island.

Extra Fee: Boat Trip - \$105.

2. Access to Fresh Water - 2026



Presenters: Ray Kostaschuk, Peter Hews, and Codi Abbott

Dates: Tuesdays
Sept 1, 8, 15, 22 (or 23)

Time: 10am to noon

Venue: Chapman Creek Hatchery 4381
Parkway Drive, Sechelt

Field trips: Sept 8, 15, 1:30pm - 3:30pm
*Sept 22 or 23, 10am to noon

Water is becoming a scarce resource here and elsewhere.

This course will examine:

- the distribution, movement, and accessibility of freshwater on a global, national, and local scale'
- how water is managed as a critical resource, and how climate and land-use change influence water availability.
- what our local sources of fresh water are, such as aquifers here and particularly the Church Road aquifer.
- the management of Chapman Creek watershed and others on the Sunshine Coast and the effects of climate change, logging, and increasing demand on our local water supply.
- what the SCRD's short and long-term initiatives are to ensure that we have access to fresh water locally.

Ray Kostaschuk is an Adjunct Professor in the School of Environmental Science at Simon Fraser University.

Peter Hews is a geologist with over 50 years' experience in the oil and gas industry.

Codi Abbott works for the SCRD and is knowledgeable about the Region's plans for fresh water on the Coast.

*The field trip to the Chapman Water Treatment Plant will be split into 2 smaller groups; one on Sept 22 and the other on Sept 23

3. Scotch: The Stories Behind Scotland's Iconic Spirit



Presenter: Brian Johnston

Dates: Thursdays Sept 3, 10, 17

Times: 2pm to 4pm

Venue: Sechelt Seniors Activity Center

Scotch Whisky sneaks up on you. First, a sip or two, often from that other person's bottle. Then you buy one of your own. Then you settle on some taste preferences, and you get curious about the stuff, and you buy a book. Soon you have 10 bottles and you're planning a trip to Scotland; almost like a "Camino" but further north; definitely a pilgrimage. Finally, you share what you've learned with others at an ElderCollege course.

This course is designed to ensure you can hold your own in any discussion about scotch whisky. Along with some scotch trivia, some stories, a bit of homework and some pictures from Scottish distilleries, this course will include:

- The legal framework for Scotch
- Five phases of tasting Scotch
- Seven steps on the quality/price pyramid and how they connect to price
- Nine determinants of flavour
- Three distribution channels
- Five scotch regions (or is it really six?)
- Nine pieces of information on the label and what they mean
- Seven steps in making Scotch

It will also include some suggestions for gift "best bets" if you ever go to Scotland and an optional tutored tasting at the end of each session at additional cost.

Caveat: After each two-hour content session there is an optional tutored tasting to practice what we've learned, at extra cost. Details once you've registered.

4. iPhone Photography 2.0



Photo Credit: Jack Pope

Presenters: Jack Pope and Peter Hill

Dates: Mondays, Sept 14, 21, 28, Oct 5

Times: 2pm to 4pm

Venue: Sechelt Seniors Activity Center

iPhone photography - taking your photographs to the next level

This course builds upon the skills taught in our previous iPhone Photography courses and is structured for those who are ready for more advanced photography applications.

In this course we'll explore more advanced techniques in composition, lighting, editing, and more. We'll also look at a few of the more popular photo editing apps that show us how to go beyond the iPhone basic editing functions. Unleash your creativity and turn your snapshots into amazing photos you'll love to look at again and again.

The ease with which the iPhone enables us to just press a button to take pictures often leaves us with a "shoebox" full of random photos. Discover Fun projects to help you use and enjoy your photos! Create a photo book; print some personalized greeting cards; put together a slideshow of a favorite trip or even more... Get creative with your photos and bring your memories to life.

5. Artisans' Crawl



Presenters: Al Clyde and others

Dates and Venues:

Fridays,
Sept 18:
Sunshine Coast Arts Centre
5714 Medusa St, Sechelt

Sept 25, Oct 2 & 9 Venues TBA

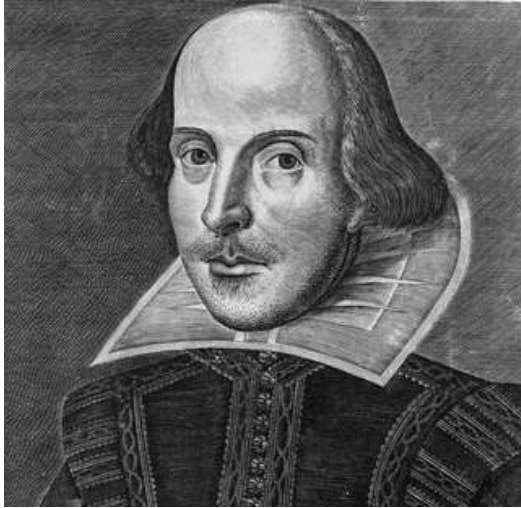
Time: 10am to noon

This year's crawl will include all new subjects including Artisan book binding, musical instrument making (dulcimers), fine machining, fine woodworking, Meccano building, slot cars, toy restoration and cider making. We will meet the artisans in their workshops and hear about their passions and motivations. Join us for four curated visits, maximum 10 people.

Curated workshop tours will be followed by discussion and an opportunity to have your questions answered. Personal transportation is required.

An email will be sent before the first class indicating the Artisan Venues.

6. Shakespeare in a New Century



Presenter: Viveca Ohm

Dates: Thursdays: Sept 24 & Oct
Wednesdays: Oct 7 & 14

Times: 10am to noon

Venue: St. Hilda's Hall, Sechelt

When Queen Elizabeth I died in 1603 to be peacefully succeeded by King James I, Shakespeare was a well-established playwright with the bulk of his work behind him. He had 13 years left to live. But the new century and the new king would see new blockbusters as well as lighter fare.

We'll look at how the events of this time gave rise to Macbeth, King Lear, Antony and Cleopatra, as well as the later "romances".

7. End of Life Preparedness



Presenter: Carol-Ann Courneya

Dates: Thursdays
Oct 8, 15, 22 & 29

Times: 2pm to 4pm

Venue: St. Hilda's Hall, Sechelt

This is a popular returning course designed to be a safe comfortable environment to empower you to get your thoughts and papers in order now so you can concentrate on living fully. We will deal only with organizing your health and personal care affairs.

Topics include:

- How to prepare your Advanced Care Plan, including your Green Sleeve documents.
- Steps to take following a serious health diagnosis.
- How your beliefs and values influence your health care decisions?
- Representation Agreement: Who will make decisions about your health care if you can't speak for yourself?
- What is a "good death"? How to leave "memory legacies".
- What to do with your remains after death? Options here on the Coast?
- An information session about Medical Assistance in Dying (MAiD)

Previous participants in this course said that being in a positive atmosphere, supported with relevant information, allowed them to address topics they had been avoiding. Lots of time is built in for your questions and discussion.

8. Making Sense of Human Nature



Presenter: Christine Giancarlo

Dates: Fridays, Oct 16, 23, 30, & Nov 6

Times: 10am to noon

Venue: St. Hilda's Hall, Sechelt

This four-session course will examine our human species, inform our understanding of behaviour, and provide insight into what makes us tick, from motivation to action and from personal to universal.

Week one will explore some of the myths that continue to plague our worldview and the ways we make personal decisions. Where did these myths originate and why do they persist? We'll also shine the light on our cousins, the nonhuman great apes, who provide a model for possible human origins. Though our paths diverged millions of years ago, today's surviving orangutans, gorillas and chimpanzees are our closest genetic and behavioural relatives.

Week two will take us on a time-traveler's journey to better understand how we got to the current state of the world. How and why did one lineage of ancient apes become the only one to commit to locomotion on two legs? And what caused our ancestors' brains to expand in complexity and size beyond those of nonhuman apes?

Week three will delve into various cultures and their ways of living to better understand humanity, for better and for worse. Why do all cultures matter and how do they contribute to our best chance for survival as a species?

Week four will incorporate these anthropological tools into a view of major issues facing our world today, from personal relationships to geopolitical dynamics.

9. The Hidden Impact of Ageism on Health and Society



Presenter: April Struthers

Dates: Wednesdays
Oct 21, 28 and Nov 4

Times: 10am to noon

Venue: St. Hilda's Hall, Sechelt

Have you ever felt you were discriminated against because of your age? Are you concerned about a vulnerable or older adult in your life? Every adult has the right to live safely. Yet Canada's most tolerated form of discrimination is ageism, the negative attitudes, stereotypes and behaviours directed toward older adults based solely on their perceived age.

We have a shared responsibility to create safe, strong, healthy communities. This 3-part course will explore ageism and its effect on older adults and their health and self-image using resources developed by the BC Association of Community Response Networks (BC-CRN).

Participants will come to understand the prevalence and impacts of ageism and how we can counter them in our community. They will learn about ageism as discrimination, and as a risk factor in aging well, along with ageism's link to abuse and learn how to distinguish abusive behaviours. They will also learn how to support someone where abuse may be occurring, as well as to take formal steps if necessary to report the situation. Additionally, the course will explore a specific hidden issue where self-neglect, clutter, and possible hoarding occur.

The course leader, April Struthers, is a Sechelt resident and Director of Knowledge Exchange, Research and Learning at BC-CRN.

10. Music as Medicine



Presenter: Sarah Faber

Dates: Mondays
Nov 2, 9, & 16

Times: 10am to noon

On Zoom

Music is an important part of daily life for many people. It can get us moving, calm us down, spark reminiscence, and help us connect with our loved ones. Now music is under the microscope as scientists try to learn what music can tell us about our brains and about how we age.

In this course, Sarah Faber, PhD. (Simon Fraser University) will introduce the scientific study of music and music therapy, explain how to analyze music listening behavior, and discuss current research on the relationship between music and brain health in Canadian seniors. Participants will engage in musical activities and learn how to use music in daily life for wellness.

Please have available a laptop, tablet, or smartphone to participate in the practical components of the course.

11. And the Beat Goes On



The Spirit of the Heart
by
Michiko Maruyama/Clarence Mills

Presenter: Carol-Ann Courneya

Dates: Tuesdays
November 3, 10 and 17

Times: 10am to noon

On Zoom

Don't miss this opportunity to attend this popular returning three-session course about the heart. It's online, so no travel on the coastal roads!

Carol-Ann Courneya is an Emerita Professor at UBC in the Faculty of Medicine. She will walk you through relevant cardiac anatomy, so that you have a better understanding of the two primary functions of your heart: generating a regular rhythm and sustaining a healthy blood pressure.

She will explain topics like cardiac arrhythmias (e.g. atrial fibrillation), high and low blood pressure, and heart failure. As an added bonus she will help you identify the waveforms that make up your electrocardiogram (ECG). This information can help you prepare for questions you might ask when you visit your GP or cardiologist.

12. Septic Systems 101



Presenter: Dean Morin

Dates: Thursdays
November 12 & 19

Times: 2pm to 4pm

Venue: Chapman Creek Hatchery
4381 Parkway Drive, Sechelt

Participants will gain a better understanding of how a septic system functions. Not only will they learn about the important factors that need to be considered when designing, building and maintaining a system but also about the permit and approval process.

Session 1: How soil treats effluent (aka wastewater). The course will provide an overview of the basic parts of a septic system.

Session 2: The common types of septic systems in B.C. along with operation and maintenance tips.

Dean Morin is an Environmental Engineer with extensive experience in Alberta and B.C. He has overseen field installations and has been involved in the creation of regulatory procedures and the certification of Installers.

13. Introduction to Abstract Art Painting



Presenters: Sheri Peters

Dates: Fridays
Nov 13, 20 & 27

Times: 10am to 12:15pm

Venue: Gibsons Public Market:
Coastal Room

Engage in a vibrant abstract art painting course. Over three sessions, this beginner abstract art painting course taught by Sheri Peters, an experienced local artist, provides hands-on creative abstract art painting experiences using various materials and techniques.

Extra fee: Course materials - \$30.00

14. Live Theatre Discussion:



Presenter: Monika Karpinska

Dates: Wednesdays
Nov 18, 25 & Dec 2

Times: 10am to noon

Venue: Sunshine Coast Arts Center
5714 Medusa St., Sechelt

Sunday Matinee: Heritage Playhouse, Gibsons

Once the Heritage Playhouse and the Driftwood Players have chosen the new play for Fall 2026, the title will be published; dates, times and venues will be firmed up.

Our discussion group will meet 2 times before seeing the play, and attend a Sunday matinee, and then meet with the actors and the producer during our final discussion group.

Join Monika, Capilano University instructor, for another dive into drama and the world of live theatre!

Extra Cost: Theatre ticket for the play at group rate.

15. Reconciliation: In This We Journey Together



Presenters: Nancy and John Denham with shíshálh Nation Elders and Leaders as witnesses and presenters.

Dates: Monday Nov 23, Thursday Nov 26
Monday Nov 30, Thursday Dec 3

Times: 10am to noon

Venue: Sunshine Coast Arts Council
5714 Medusa St, Sechelt

Using an interactive awareness exercise and a dialogue circle, participants shall gain an emotional and intellectual understanding of how colonization of the land we now know as British Columbia and Canada has impacted the people who lived here long before settlers arrived.

You will explore the history of the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada.

With this knowledge of our shared history, participants will learn how our governments have enacted legislation and made agreements that are leading to respectful shared governance on the Sunshine Coast.

16. Communication and Memory in Plants



Presenter: Michael Healey

Dates: Tuesdays
Nov 24, Dec 1, 8, 15

Times: 10am to noon

Venue: In-person at the Gibsons
Public Market **or** on **Zoom**

Since the time of Theophrastus (371-287BC, the father of botanical science, student of Aristotle) plants have been considered to be essentially passive organisms, enduring whatever the environment throws at them or, if unable to endure, dying from environmental stress.

It was assumed plants had few or no ways to adapt actively to the ever-fluctuating forces of their environment. Whatever adaptations they could muster were simply autonomic responses, that is responses that could not be modified by the plant to improve the plant's adaptation to a particular stress.

Over recent decades, however, a revolution has been occurring in Botany. Botanists are recognizing that plants can detect and respond in adaptive ways to a very wide range of environmental stimuli. Some daring botanists are even beginning to speak about plant intelligence (very much to the dismay of traditionalists).

This course will explore this ongoing revolution and reveal the incredible ability of plants to sense, interpret, and respond to signals from the environment in adaptive and creative ways.

A Free Public Event The Clifford Smith Memorial Lecture

A. Artificial Intelligence, Friend or Foe?



Speaker: Dr. Stephanie Dick, Assistant Professor,
School of Communication,
Simon Fraser University (SFU)

Date: Saturday, October 3

Time: 2:30pm to 4:30pm

Venue: Raven's Cry Theatre, Sechelt

Artificial intelligence is suddenly everywhere: in our phones, our workplaces, our health care systems, our news feeds, and even our conversations. But what exactly are we talking about when we talk about “AI”? Is it a tool, a companion, a threat, a breakthrough — or some mixture of all four? Dr. Stephanie Dick will offer a clear, accessible introduction to the current AI moment: what AI is, how we arrived here, and why recent developments feel so different from earlier technologies.

This is a free, all ages, public lecture where we will explore how AI is changing the ways we live, work, learn, create, make decisions, and relate to one another. Rather than treating AI as either magic or menace, Dr. Dick will invite thoughtful reflection on how we can understand it, use it wisely, and shape its role in our shared future.

Stephanie Dick is an expert on AI and a historian of mathematics and technology with a PhD from Harvard University. With over fifteen years of research experience, she examines what AI is, what it does, and how its use is changing our world, our work, and ourselves. Within academia, Stephanie studies and teaches the critical and cultural history of computing, AI, and mathematics and their impact on science, statecraft, and society. Beyond the university, she delivers lectures, workshops, and strategic guidance for AI adopters, investors, and regulators. Stephanie is a frequent speaker on AI and the future of work, AI governance, and the society impacts of emerging technologies, sharing her expertise internationally in diverse venues from boardrooms to public radio.