



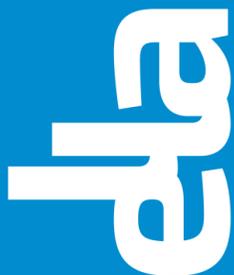
# SPRING SESSION

April 27 – May 15, 2026

EDUCATION CENTRE

UNIVERSITY OF ALBERTA

11210 – 87 Avenue Edmonton T6G 2G5



EDMONTON  
lifelong  
learners  
ASSOCIATION

25  
2001-2026

# Message from the President

On behalf of your Board of Directors, I am pleased to welcome you to the ELLA Spring Session 2026, running from April 27 to May 15. Once again, our teams of volunteers have prepared a wonderful assembly of inspiring courses and activities that have made our annual in-person gathering an event to anticipate and enjoy. As we celebrate our 25th year as a society, it's an opportunity to reflect on the efforts of all those volunteers and leaders whose shoulders we stand on now. You will hear and read about some of them during our celebrations, but the highlight for me is that we have built a community that pulls together so successfully year after year – it truly 'takes a village' to put this all together, and it's a pleasure to be part of it!

*Brian Sawyer*  
President



ELLA Spring Session

**"Education is not preparation for life;  
education is life itself."**



**John Dewey**

# Introduction

We acknowledge that we are on Treaty 6 Territory, a traditional meeting ground, gathering place, and traveling route of the Cree, Blackfoot, Metis, Dene, Saulteaux, Nakota Sioux and others. As part of our commitment to lifelong learning, we embrace seeking knowledge and engaging in conversation to work together toward a stronger and healthier future



ELLA Spring Session is here again and we are excited to renew acquaintances and stimulate our passion for learning. This is our 25th year and we couldn't be more proud of our ability to adapt and change through the many challenges of the past.

Enjoy the 31 diverse classes in humanities, science, wellness, art and art history. Seven noon-hour sessions are scheduled between April 28th to May 7th. Other noon hour activities include a kick-off to our 25<sup>th</sup> anniversary celebrations on April 29, our AGM and the ever popular Art and Craft Showcase.

Volunteers are the heart of ELLA and the reason we are able to thrive. We invite you join a committee and have some fun; meet other people and learn new skills; learn how ELLA operates. Check out our Volunteer Information Session On May 11. Stop by the information and volunteer tables to say hello and meet new friends. Bring a book, take a book, and learn about the many opportunities to volunteer.

Look forward to seeing you soon!



# Course Timetable

S	Science	H	Humanities	W	Wellness	A	Fine Arts & Art Instruction
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Classes are divided into morning, afternoon, and art options.

## Early Morning Classes 9:15 – 10:15 a.m.

26-S202	Science & Culture - A Creative Interplay	Brian Martin
26-W205	Five Elements Quigong	Jaime Mattae
26-W206	Be Your Own Designer	Joanne Yakula
26-H208	What Did the First Christians Believe	Francois V. Pageau
26-A201	Solo Flight - The Concerto from Vivaldi to Ravel	Michael Roeder
26-W209	Holistic Nutrition	Lisa Sebastian

## Midmorning Classes 10:35 – 11:35 a.m.

26-S201	Precision Medicine - A User's Guide (Part II)	David Wishart
26-S204	Muscle Matters! The Importance of Nutrition	Stephanie Ramage
26-W201	Tricks Aren't Just For Kids: The Basics of Bridge	Allan Terplawy
26-H201	Vienna: A Biography of one of the "World's Most Livable Cities"	Joseph F. Patrouh
26-H202	When the Elephant Goes Rogue. Canada - U.S. Relations from 1945-2025	Elizabeth Smythe
26-A204	From Silence to Streaming: a Century of Cinema	Mike Perschon
26-S206	Why is Cancer so Hard to Cure?	Mary Hitt

## Double-period Classes 9:15 – 11:35 a.m.

with 20-minute break

26-A205	Expressive Acrylic Landscapes	David Shkolny
26-A206	Drawing For Beginners: Rediscover Your Creative Self	Fred Amini

# Course Timetable

## Early Afternoon Classes 1:10 – 2:10 p.m.

26-S203	The Beautiful North SK River & Its Watershed	David Trew
26-S205	Mineral, Rock & Earth's History	Long Li
26-S207	Marvels of Mathematics	Len Bonifacio
26-W202	Managing Difficult Emotions	Kim Silverthorn
26-W204	Bring Clarity to Life with Reflection Meditation	Suseela R. Kotawaye
26-H206	Human Worth & Wisdom Today: Lessons from Aristotle	Don Carmichael
26-H207	Religious Fundamentalism and Violence	Maryam Razavy
26-A203	All Things Music	Rebecca Schellenberg

## Midafternoon Classes 2:30 – 3:30 p.m.

26-S208	How Human Genetics Affects you, your Family	Heather McDermid
26-W208	Ease in Motion Therapeutic Yoga for the whole body	Lisa Workman
26-H203	Constitutional Controversies	Richard Mailey
26-H204	The History, Anatomy & Spirit of Jazz	Mboya Nicholson
26-H205	The Inevitability of Donald Trump - A Reconsideration of America's History	Alvin Finkel
26-A202	Playing With Speech: Oral Interpretation of the Written Word	Mabeau & Shewchuk

# Course Timetable

## Double-period Classes 1:10 – 3:30 p.m.

with 20-minute break

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## Noon Hour Presentations



**11:50 a.m. to 12:50 p.m.** to accommodate class schedules

Location: **Auditorium ED N2-115.**

To learn more, inquire at the ELLA Info Table or check "My Account" page online.

April 28	You are what you eat: how diet influences the gut microbiome and human health.	Anissa Arnet
April 30	BAAKFIL_respectful and affordable desification	Barry Johns
May 1	Saving the former Royal Alberta Museum. The next chapter!	Vedran Skopec
May 4	Elections and electoral systems	Dr. Feo Snagovsky
May 5	Lyme, CanLyme and Entomologists in action.	Dr. Janice Sperling
May 6	A Twisted History of the Edmonton Fringe	Gerald Osborne
May 7	Creak, crackle, pop: understanding osteoarthritis	Dr. Whitney Hung

# Registration

REGISTER ONLINE

To register, you must be a member of ELLA. The annual membership fee is \$25. You can purchase your membership [HERE](#)

## Cost structure\*

- **\$250 for up to two courses** (art instruction\* counts as 2 courses)
- **\$325 for three courses**
- **\$390 for four courses**

\*Art instructions count as 2 courses as they take place over 2 periods. In order to allow access to as many students as possible, we ask that you register in only one of the 4 half-day Art Courses.

## Thursday April 2 @ 9:00 a.m.

Online registration opens.

## Monday April 20 @ 3:00 p.m.

Last Day of Registration.

Deadline for course changes.

Deadline to withdraw and obtain a refund.

Please contact our **office** by **email** at [support@my-ella.com](mailto:support@my-ella.com) or by **phone** at **825-901-0515** (Mon-Fri 9:00 - 3:00 pm) if you encounter difficulty.

Course changes, withdrawals and refund requests should be sent to [support@my-ella.com](mailto:support@my-ella.com). All registrations are handled **online**.

\***Bursaries** are available. See full details on our [website](#)



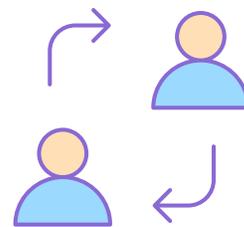
1, 2, 3, or 4

Register for the number of courses you want

## Course Changes

Changes to your selected courses can be made until Monday, April 20 at 3:00 p.m. if there is room in the class(es.) Contact [support@my-ella.com](mailto:support@my-ella.com).

Note: if you increase/decrease the number of periods you will be attending, additional charges/refund may be in order, based on the pricing structure for the Session.



**Once the session begins**, we ask that you remain in your class for 2 days (April 27 – Apr 28). Change requests can be made in person on Wednesday April 29 on site from 9 a.m. – 12: noon or by email: [support@my-ella.com](mailto:support@my-ella.com). Please note the course number and title of the courses. Changes are dependent on classroom occupancy space and registration numbers at time of request.



## Course Cancellation Policy

In the event that a course does not meet the minimum requirements for enrollment, you will be advised of the decision to cancel the course and may either choose another course, or receive a refund based on the pricing structure for Spring Session.



## Refund Policy

At any time prior to Monday April 20 @ 3:00 p.m., you may withdraw your registration and receive a refund, but please note a \$75 administration charge will apply.



## Course Materials and Resources

To find course materials and resources, login to **My Account** on the [my-ella.com](http://my-ella.com) website, and select the blue button “**My Courses**”.

Course materials are added by the course instructor and are only available during Spring Session and for a short time after Spring Session ends. Course materials will be removed after **Friday May 22 at 11:59 p.m.** (7 days after the last instruction day).



## The Information Table

The Info Table, located in the hallway by the main-floor Euro Cafe in Education Centre North, is the primary place for information.

## First Day Check-In

Beginning at **8 a.m. Monday, April 27**, head to the **Registration Check-in** to pick up your name badge and find out where your classes are.

## Food

The Education Building's 'Euro Cafe' is open for food and beverage purchase. You can bring your own food and use the tables across from the cafe, or eat and relax in the seating area in the north wing on the 2nd floor. Short walk options are Earls or Booster Juice (south on 112 St to Campus Tower). HUB mall has a variety of kiosk eateries (walk N on 112 St to 89 Ave. Elevator thru LRT Station) and SUB (Students Union Building) (walk W on 89 Ave).



## Photos

ELLA volunteers take photos during Spring Session for use in our promotional material, newsletters, social media, and website. If you do not want your photograph taken, please let the photographer know and/or move aside so that you are not in the photograph.



**31** Classes are offered at Spring Session!

## Etiquette

Distance between classes, after-class discussions, mobility issues, and non-class responsibilities can make us late for a class or lecture. However, it is possible to minimize the effects on others. These suggestions will help foster an atmosphere of respect for both presenters and other students:



- Please wait for the class already in the room to vacate before entering
- Settle into your seat before the session.
- Front rows are generally reserved for those with limited mobility.
- If you need to leave your cell phone or other devices on, please place on silent or vibrate mode and leave the room if you have to answer it.
- Have to leave the session before it ends? Sit near the door and hold the door as you leave so it does not bang shut.
- Please refrain from side-conversations during the presentation.
- Remember to **have fun**, and enjoy the session and the camaraderie.

## Your Health

If you are unwell, please stay home. Take care of yourself as this helps keep our Spring Session campus community healthy. By taking care of yourself today you will be in better shape to return to classes.

**STAY HOME** when you are unwell.

**STAY**  
**HEALTHY**



**"Education is not limited to a specific age;  
it is a lifelong pursuit."**

**Anonymous**

# Course Evaluations

Course Evaluation responses are the fuel the Program Development team needs to plan next year's education program

On Wednesday May 13, course evaluations, instructor feedback and course host feedback surveys will be dropped into My Account – My Surveys.

- To locate: Login to **My Account** on the my-ella.com website and select the blue button "My Surveys".
- Once the survey is opened you cannot go back to finish or change responses.
- Responses are anonymous and collated for the course and then for the overall Spring Session.

Spring Session evaluations close on Tuesday May 19th at 5 p.m.

If you don't see your course listed in Available Surveys, send a message via [support@my-ella.com](mailto:support@my-ella.com), noting the course evaluation number and title you are not seeing.

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## Code of Conduct

ELLA is committed to providing an environment free of discrimination and harassment, and is supportive of the productivity, dignity, and self-esteem of every employee, volunteer, guest and participant in ELLA.

ELLA members, volunteers and guests are expected to conduct themselves in accordance with the Code of Conduct. Failure to do so may result in disciplinary action ranging from a simple discussion, to a warning, to revocation of membership including suspension from attending Spring Session.



# Getting Around



## Location:

Classes and noon-hour presentations will be held in the **Education Centre** located at 11210 – 87 Avenue on the University of Alberta main campus (North campus) in Edmonton.



## Getting to the U of A

The Education Centre is easily accessible by **LRT and bus**. See [routes and schedules](#) .

**Bicycle** racks are located near most doors. **Bicycle cage parking** is available through **Parking Services** for \$15.50 or bicycles can be locked to the bicycle stands outside the south and east doors of the Education building.



## Parking:

Car Parking Permits are available for the three weeks of Spring Session for \$114.00 for full days for the three weeks. ELLA will submit a list of ELLA registrants to the University of Alberta Parking Services at the end of each week of April.

# Parking Details:



Parking Pass applications are open depending on the date that you register:

When did you register for Spring Session?	When can you apply for a Parking Pass?
April 2 - 10	April 14
April 11 - 18	April 21
April 19 - 20	April 23

## Purchase U of A Car Parking Pass:

1. Check the schedule above to see when your name has been submitted to Parking Services.
2. On the date indicated, go to <https://www.ualberta.ca/parking-services/permits/student-permits/index.html>
3. Scroll down the page and click on the green button “Manage Your Parking Permit.” This will take you to the parking portal.
4. If you have a CCID and password with the University, choose the first button “UAlberta Login.” If you do not have a CCID choose the Guest Login.
5. Follow the simple instructions to:
  - a. Enter your email address and password if you have purchased a parking pass in the past.
  - b. If you forgot your password or login information, choose “retrieve account information.”
  - c. If you do not have an account, choose “create one.”

Education Carpark has **accessible** parking. The second floor of the carpark has a pedestrian walkway to the 2nd floor of the Education Building.

## Hourly parking:

Pay for hourly or daily parking from your phone, tablet or computer with [HonkMobile](#).

## Purchase a U of A Bicycle Parking Pass:



1. Check the schedule in the table above to see when your name has been submitted to Parking Services.
2. Purchase bike parking passes for \$15.50 for secure bike cages from the Parking Services Office located at 1-051 Lister Centre: open from 7:30 am through 3:30 pm, Monday through Friday. 780-492-7275 . [More info](#)
3. There are also free bike racks across campus. Info on storing your helmet will be posted on the ELLA Info board on April 30.

# Special Events



**Tuesday April 28 11:40 a.m.**

**President Welcome hosted by Vivian Mattia, Vice President**  
**Auditorium (ED-N2115)**

**Wednesday April 29 11:40 a.m.**

**ELLA 25<sup>th</sup> Anniversary Kick-off hosted by Steve Chambers, Past-President**  
**Auditorium (ED N2-115)**

**Tuesday April 28 - Friday May 15** (closes at 12:45 p.m. May 15)

**'Bring a Book, Take a Book' - table beside the ELLA Info Desk**

**Friday May 08 11:40 a.m.**

**Volunteer Celebration Lunch**

A special thank you for our wonderful volunteers.

**Education Atrium 4-110**

**Monday May 11 11:45 a.m. to 12:50 p.m.**

**Volunteer Information Session**

Explore the many volunteer opportunities with ELLA and enjoy a coffee and treat while getting acquainted with fellow ELLA members!

**Education Atrium 4-110**

**Tuesday May 12 4:00p.m. to 6:00 p.m.**

**25<sup>th</sup> Anniversary Celebration**



**Education Atrium 4-110**

**Wednesday May 13 11:50 am - 12:50 p.m.**

**Annual General Meeting and Introduction of New Board Members**

Find out about, and participate in, the running of ELLA.

**Auditorium (ED N2-115)**

**Thursday May 14 11:40 to 12:50 p.m.**

**Art and Craft Showcase**

**Education Atrium 4-110**

**Enjoy your classes, and the on-campus experience.**

## CONTACT ELLA

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