

2026 ELLA Spring Session – 27 April to 15 May Course Time Schedule

(H = Humanities; S = Science; W = Wellness and Leisure; A = Fine Arts and Art Instruction)

Period 1: 09:15 to 10:15am		
Course #	Title	Instructor
26-S202	Science and Culture: A Creative Interplay	Brian Martin
26-W205	Five Elements Qigong	Jaime Mattae
26-W206	Be Your Own Designer	Johanne Yakula
26-W209	Holistic Nutrition	Lisa Sebastian
26-H208	What Did the First Christians Believe?	Francois V. Pageau
26-A201	Solo Flight: The Concerto from Vivaldi to Ravel	Michael Roeder
Period 1A: 09:15 to 11:35am		
26-A205	Expressive Acrylic Landscapes	David Shkolny
26-A206	Drawing for Beginners: Rediscover Your Creative Self	Fred Amini
Period 2: 10:35 to 11:35am		
26-S201	Precision Medicine: A User's Guide (Part II)	David Wishart
26-S204	Muscle Matters! The Importance of Nutrition to Optimize Muscle Health During Aging	Stephanie Ramage
26-S206	Why is Cancer so Hard to Cure?	Mary Hitt
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. Patrouch
26-H202	When the Elephant goes Rogue: Canada-US Relations from 1945-2025	Elizabeth Smythe
26-A204	From Silence to Streaming: A Century of Cinema	Mike Perschon
Period 3: 1:10 to 2:10pm		
26-S203	The Beautiful North Saskatchewan River and its Watershed	David Trew
26-S205	Mineral, Rock and 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 and Wisdom Today: Lessons from Aristotle	Don Carmichael
26-H207	Religious Fundamentalism and Violence	Maryam Razavy
26-A203	All Things Music 6	Rebecca Schellenberg

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Period 3A: 1:10 to 3:30pm		
26-A207	Colourful Celebrations of Canada with Watercolours	Frank Haddock
26-A208	The Animal Kingdom in Pen and Ink	Susan Casault
Period 4: 2:30 to 3:30pm		
26-S208	How Human Genetics Affects You, Your Family and Society	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 and 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	Barb Maheu and Robyn Shewchuk