

Seniors College Course List

2025-2026

Queens County Fall 2025-2026

Course

Hidden Community - creating a liveable space in time and space.

A Guide to Thrifting & Gifting

Art Gallery Tour and Ways of Looking at Art

Bach: Suites and Partitas for Keyboard

Bog Tour in Charlottetown

Bridge - Basic Beginner Bridge

Canada's Smartest Kitchen - Site Tour 1

Canada's Smartest Kitchen - Site Tour 2

Cultural Diversity of PEI

Dance - Introduction to Argentine Tango Dancing

Dealing with Storms and Weather on PEI

Democracy-How Trump broke it in the USA - what Canada needs to do to protect our democracy

Down By the Bay: Where the Watershed Flows

Drawing: Fundamentals of Drawing

E-BIKES - Don't knock them until you try them!

Ecstatic dance

Fall Hiking – *Back by popular demand*

Finance - Saving, Investing and Protecting Your Money for Older Adults

Financial Wellness for Seniors - Each One, Teach One Program

First Aid Workshop

Gentle Hatha Yoga

Happy Course - Emotional Resilience and Mindfulness

Hearing Loss and Hearing Aids: Topics in Audiology

Historic Tours: Farmers' Bank, Doucet House, St. Augustine's Church and Barachois Inn

How the Human Body Works in Health and Disease Part 1

Identity Theft and Fraud Protection - Each One, Teach One Program

Introduction to Heritage Retrofit Carpentry

Introduction to Machine Embroidery

Introduction to Machine Quilting

Introduction to Origami Art

Landscaping with Native Plants: Restoring Biodiversity and Beauty

Law and Your Life

Line Dancing (Level 1 - Beginners)

Meeting the Artist - A Studio visit - Mary Robertson

Music and Movement

My Journey of Faith: How is yours?

Origami Art (Level 2)

Painting Watercolours: Beginner

Painting: Art Studio 1

Painting: Art Studio 2

Painting: Beginner Acrylics

Painting: Watercolour Studio

Photograph and Edit!

Pituamkek: Canada's Newest National Park Reserve. A Story of Place, Partnership, and Protection

Politics and Government: Canada, PEI, and the United States

Public Art Tour of Charlottetown

Science, History and Adventure in the Rugged North

Selected Short Stories by Nick Joaquin (always a different short story!)

Shared Stewardship: Co-Managing PEI National Park and Historic Sites

Sharing Our Research (new speakers)

So... You Want To Write A Novel

Talk and Tour of the PEI Regiment Museum

The Nature of English

The Power of AI Programs

Writing From Life

Yoga Nidra

Queens County Winter 2025-2026

Course

A Photographic Tour of Great Gardens of the United Kingdom

Art Gallery Tour and Ways of Looking at Art

Criminal Law and the Court Process

Ecstatic dance

Finance - Housing and Related Financial Issues for Older Adults

Finance - Tax Planning for Older Adults

Financial Wellness for Seniors - Each One, Teach One Program

Gentle Hatha Yoga

Happy Course - Self Compassion

Identity Theft and Fraud Protection - Each One, Teach One Program

Introduction to Machine Embroidery

Island History (new topics and speakers)

Island Way of Life through Industries (new topics and speaker)

Line Dancing

Line Dancing (Level 1 - Beginners)

Meet Your Independent Officers

Music and Movement

O Brother, Where Art Thou?

Painting - Intermediate Painting Acrylic & Watercolour Art

Painting Watercolours: Beginner

Painting: Art Studio 1
Painting: Beginner Acrylics
Painting: Watercolour Studio
PEI Human Rights Act and Commission
Personal History - It's YOUR Legacy
Selected Short Stories of Mavis Gallant
Six Weeks to Better Scrabble
The Power of AI Programs
Yoga Nidra

Queens County Spring 2025-2026

Course

Art Gallery Tour and Ways of Looking at Art
Climate Change - Impacts and Programs for Islanders
Ecstatic dance
First Aid Workshop
Friday Afternoon at the Movies
Gardening in Spring
Gentle Hatha Yoga
Happy Course - Meditation
History of the Charlottetown Driving Park and tour of Red Shores Racetrack and Casino
How the Human Body Works in Health and Disease Part 2
Painting: Art Studio 1
Painting: Art Studio 2
Painting: Mixed Media
PEI's Natural Environment Series (some new topics and speakers)
Samba, Island Style
So... You Want To Write A Novel
The Dubliners by James Joyce
The Odyssey of Homer
Writing From Life
Yoga Nidra

Prince County Fall 2025-2026

Course

Finance - Estate Planning and Related Financial Advice for Older Adults
Historic Tour: Acadian Museum of PEI
Meteorology

Prince County Winter 2025-2026

Course

Finance - Housing and Related Financial Issues for Older Adults

Finance - Tax Planning for Older Adults

Prince County Spring 2025-2026

Course

Historic Tour: Acadian Museum of PEI

Kings County Fall 2025-2026

Course

Classic Musicals from Stage and Screen

Eight Operas in Eight Weeks

Rug Braiding

Yoga - Gentle for Active Seniors

Zumba Gold: Dance For Fun & Fitness

Climate Adaptation on PEI

Financial Wellness for Seniors - Each One, Teach One Program

Identity Theft and Fraud Protection - Each One, Teach One Program

Visit with the Buddhist Nuns at GWBI

Kings County Winter 2025-2026

Course

Classic Musicals from Stage and Screen

Eight Operas in Eight Weeks

Finance - Housing and Related Financial Issues for Older Adults

Rug Braiding

SitFit

SitFit - Online

Yoga - Gentle for Active Seniors

Zumba Gold: Dance For Fun & Fitness

Kings County Spring 2025-2026

Course

A Course of Chakras

Seated Yoga

Visit with the Buddhist Nuns at GWBI

Yoga - Gentle for Active Seniors