



Fun for Seniors

ENCORE WINTER 2019 PROGRAM

Encore Education Centre, B-146 Chevrier Ave., Cornwall, ON K6H 1S1

All sessions take place at above address, Room 122

Information & registration - 613-937-1525

Payment: cash, cheque, Visa, Mastercard

Registration opens Jan. 8

#01-HOW TO READ MUSIC

This course will be especially useful for those who sing in a choir. Course content will include the following; **1)-** how a piano keyboard is structured and how notes are transferred to paper, **2)-** how to play a single line of written music on a keyboard, **3)-** scale structure and key changes, **4)-** how to count and different rhythms, **5)-** chords and basic harmony, **6)-** cadences and phrasing. **Note:** While it is not necessary for participants to have access to a keyboard, they are welcome to bring one with them if they wish. **David Smith**

Mondays, 1:00 to 3:00 pm, Jan. 28 & Feb. 4

Cost: \$30 (2 sessions)

#02-FINANCIAL BENEFITS PROGRAMS

Are you between the ages of 55 and 65 years old? Come and meet with a representative of Service Canada and learn about the Canada Pension Plan, Old Age Security including the allowances and Guaranteed Income Supplement for low-income seniors as well as the death benefits. Do not miss out on learning about the monies that are available to you and your family. **Paolo De Marchi**, Service Canada

Tuesday, Jan. 29, 9:30 to 11:30 am

Cost: no fee, however you must pre-register to attend

#03-HOT TOPICS

Even after all these years HOT TOPICS continues to provide an opportunity to freely exchange ideas on current events and hot button issues. Not a formal debate, but a discussion and exchange of ideas with others in our community. Come and explore the issues which matter to you, and perhaps hear other points of view! Topics will be chosen by the group; based on current events. Registrations are limited to 16 in order to ensure that everyone can be heard. **Dave Holford**

Tuesdays, 2:30 to 4:30 pm, Jan 29-March 19

Cost: \$80 (8 sessions)

#04-WRITE IT NOW-My Life Story

A course for ordinary people who wish to write their life stories as a gift to their children and grand-children. Our aim is not to correct spelling and grammar. We merely want writers to tell and write their stories if they so wish. Join us for a ride and share in a wonderful journey of writing. The group is there to encourage and facilitate writing in a friendly atmosphere. **Mary Thibeault**

Wednesdays, 9:30 to 11:30 am, Jan 30-March 20

Cost: \$80 (8 sessions)

#05-TWELVE RULES FOR LIFE: AN ANTIDOTE TO CHAOS

In the heat of today's culture wars there has emerged a champion of enlightenment values in the person of **Professor Jordan Peterson**, an evolutionary biologist and clinical psychologist at the University of Toronto. Peterson came into wide notice here in Canada last year over the explosive issue of compelled speech within the field of gender studies. His book, *12 Rules for Life: An Antidote to Chaos* has put him in the spotlight as a public intellectual around the world. His lecture audience is in the millions. We will review some video highlights and examine his central precepts. You may prepare by viewing in advance some of his public broadcast interviews on *YouTube*. **David Anderson**

Wednesday, Jan 30, 2:30 to 4:30 pm

Cost: \$20

#06-NEW DIMENSIONS

Finding life boring, empty, unfulfilling? Let the Quantum Messenger unlock the door to other dimensions. **David Rawnsley** has been exploring these areas for some years and is thought of as an expert in energy exploration. He will explain the simplicity of quantum thinking. He was an expert on postal systems in his business career, so, as he says "if I can understand it then anyone can!" You will leave the workshop with amazing new insights, many that provide answers to long asked questions, as well as a simple mechanism for change. David promises he will introduce you to a new dimension— your reciprocal-self.

Thursdays, 9:30 to 11:30 am, Jan. 31-Feb. 21

Cost: \$55 (4 sessions)

#07-THREE YEARS ONE MONTH

George Baker will give us a heartfelt talk about his family's life in China and the Philippines. The course title refers to the period when he and his family were interned by the Japanese in the Santo Tomas Internment Camp in Manila, capital of the Philippines. The last session will be about a highly valued artifact, a tablecloth made by an internee in camp, which was presented on Antiques Roadshow in October 2010. Its provenance could not be determined by experts at the time, but in a follow up series entitled Antiques Roadshow Detectives in 2014, with the help of George and two members of his family, the BBC discovered the amazing powerful story behind this unique tablecloth.

Thursdays, 1:00 to 3:00 pm, Jan 31-Feb. 21

Cost: \$55 (4 sessions)

#08-LIFE & TIMES of NAPOLEON BONAPARTE

An in depth study on the life and times of Napoleon. We begin with his early life in Corsica including a look at his family members (parents and siblings), followed by his teenage years in France studying to become an officer in the army, then his early career as a young general, and finally his role as Emperor of France. We will examine his victories and defeats in war, his generals, his great army, and discuss his lasting legacy.

Michel Billette

Fridays, 9:30 to 11:30 am, Feb 1-15

Cost: \$45 (3 sessions)

#09-ALZHEIMER DISEASE & RELATED DEMENTIA

Have you ever wondered what the difference is between Alzheimer Disease and Dementia? Have you ever been concerned about where normal aging symptoms exist versus the symptoms that may be Dementia? Having some challenges figuring out the information between the risk factors and the warning signs? Let's start the conversation, learn more about dementia, and how to promote your Heads Up for Healthier Brains. **Josée Desrochers**, Alzheimer Society

Monday, Feb. 4, 9:30 to 11:30 am

Cost: \$20

#10-ACTIVE LISTENING

Do you listen actively? Active listening is an interactive presentation in which we will be exploring the attitudes and skills that allow us to truly hear what someone is saying, by listening with a compassionate heart and an open mind. **Sally Grant**

Tuesday, Feb. 5, 9:30 to 11:30 am

Cost: \$20

#11-THINGS IN THE SKY

What are those objects and lights we see in the sky? Contrails or chemtrails? Alien spaceships, secret military craft, or imagination? This presentation includes many amazing photographs of objects in the sky and out to deep space; real, sharp, clear ones of real things, not the fuzzy "saucers" found on the Internet. **Dave Holford**

Friday, Feb. 8, 1:00 to 3:00 pm

Cost: \$20

#12-EXPLORING DEMENTIA FRIENDLY COMMUNITIES

Our brains are the control center for our bodies. When dementia damages the brain, we see gaps in our ability to perceive and interact with the world around us. The vast majority of people who live with dementia live at home and when they misperceive the environment, they need dementia friends. Dementia friends are people who learn a bit more about what it's like to live with dementia and then turn that understanding into simple actions that can help people with dementia live well in our community. **Shelley Vaillancourt**, Executive Director, Alzheimer Society

Monday, Feb. 11, 9:30 to 11:30 am

Cost: \$20

#13-MUSIC-FUN WITH THE CLASSICS

We will listen to various pieces of music while being guided through each visually. Composers like to try out new ideas so sometimes deliberately do not obey the rules. Some performers introduce humour into serious music. This session is intended to be entertaining, educational with a very small 'e' and fun. **David Smith**

Monday, Feb. 11, 1:00 to 3:00 pm

Cost: \$20

#14-JANE MACMILLAN – ARTIST

A local artist, Jane, will be speaking about her experience of living in Cape Dorset, Nunavut, and how it inspired her to start painting, this will be accompanied by a short film of her art work during this period. Participants will then have the opportunity to illustrate something from the North as a memento; In addition to the course fee, there will be a \$10 charge for the materials.

Tuesday, Feb. 12, 9:30 to 11:30 am

Cost: \$20

#15-OPTIMIZING DIGESTION

This presentation will discuss the connection between gut health and the immune system, the mind-gut connection, common causes and symptoms of poor digestion, as well as ways to optimize your gut health.

Dr. Ashley Kowalski, HBSc, ND, (Naturopathic Doctor)

Wednesday, Feb. 13, 1:00 to 3:00 pm

Cost: \$20

#16-WALIPINI-Underground Greenhouses

Walipini, from the Amaraya, meaning place of warmth, is the underground greenhouse popping up all over North America. A new, yet old way to extend our growing season, without the costs of a traditional greenhouse. Come follow my progress as I experiment in my backyard, here in Cornwall and see firsthand a new and better way to grow all of our own food, locally, pesticide free as well as create jobs with this business.

Stacy Lauzon

Tuesday, Feb. 19, 9:30 to 11:30 am

Cost: \$20

#17-THE PASSION of LIST-MAKING

Birders work on their 'Life List of Species Spotted.' **Hikers** tally the names of the Adirondack peaks they've bagged. **Golfers** search for the elusive hole-in-one. **Travelers** strive to complete the list of states, provinces and continents they have set foot upon. The **collector's** goal is to acquire 'the whole set'. **Nick Wolochatiuk** will attempt to explain his passion for getting **flights** in all kinds of aircraft, 356 different types so far, ranging from ultralights, vintage, military, gliders, helicopters, blimps and hot air balloons. During Nick's presentation, you will be invited to share your list passion, including your '**Bucket List**'.

Wednesday, Feb. 20, 1:00 to 3:00 pm

Cost: \$20

#18-HISTORY of MODERN EGYPT

This session will examine the history of modern Egypt which began with Mohamed Ali in 1805. We will observe the significant transitions that have taken place in Egyptian life during that time period. Aspects examined will include the changes in opinions, attitudes and beliefs which have had a significant impact on different characteristics of modern life in Egypt. **Maged Botros**

Monday, Feb. 25, 9:30 to 11:30 am

Cost: \$20

#19-FUNERAL PLANNING

Prepaying, and/or preplanning your funeral is about peace of mind and security for you and the loved ones you will leave behind. It facilitates the decisions that your loved ones must make, and eliminates assumptions that may, or may not meet with your wishes. At a time when everyone is heartbroken, it permits your loved ones to address your wishes and allows them to plan your funeral in accordance with your stated wishes, as opposed to the assumptions of how you want your funeral handled. This course will provide impartial information to help you plan your funeral and outline the many considerations involved in that process. **Ray Riley**

Monday, Feb. 25, 1:00 to 3:00 pm

Cost: \$20

#20-ALL ABOUT MOVING & DOWNSIZING

Many Seniors reach a stage in their lives, where they can no longer maintain a house and must consider moving to a maintenance free dwelling such as a condo or an apartment. This session will deal with many of the factors that should be taken into consideration when making the decision to downsize including the various housing options, what you can expect to pay and how to get there. Whether you're thinking about moving or you have a family member who has to move, you won't want to miss this course. **Sally Stata**

Tuesday, Feb. 26, 9:30 to 11:30 am

Cost: \$20

#21-YOUR POLITICAL COMPASS

When an election is in the near future, how do you decide whom to vote for? Habit? The Person? the Party? Join **Elaine Kennedy** to look at the different parties in Canada, their platforms, and how a person could decide. Let's discuss ideas and policies. Elaine will try to remain neutral!!!!

Wednesday, Feb. 27, 1:00 to 3:00 pm

Cost: \$20

#22-FRAUD SEMINAR

Consumer fraud is among today's fastest growing crimes with seniors being prime targets. In this session you'll learn to recognize a scam and how to prevent yourself from becoming a victim. Discussion topics will include; safe guarding your identity, banking dos and don'ts and current scams in the community. **Crystal MacLennan, Jacquelyn Standing, Laurie Hagan, RBC, Constable Dan Clouthier, Cornwall Police**

Thursday, Feb 28, 9:30 to 11:30 am

Cost: \$20

#23-HEALING THROUGH ART

Art speaks to our souls and in many cases becomes a form of healing. Many communities have begun Art Therapy programs because they work. Art takes your mind off of your worries or ailments and gives you a much needed break. In many cases, the healing process can begin with just putting pencil to paper and exploring your own creativity. Join **Bob Taylor** to discover the benefits of art as therapy, and then have fun learning to create a mandala.

Friday, March 1, 9:30 to 11:30 am

Cost: \$20

#24-THE WEIGHT of SHOULDER PAIN

What's up with shoulder pain? It hurts when you put your coat on. It hurts when you take off your sweater. It hurts when you sleep on it. Crickey, it hurts when you don't sleep on it. You rest it and it starts to feel better but the minute you reach too far with something heavy the cycle starts all over again. Is it arthritis? Is it the rotator cup??? Rotator cuff??? Which is it anyway? Frustrated and looking for answers? Join me, **Shannon Marion**, Registered Manual Physiotherapist for an informative session on shoulder pain and pathology and some tricks to treat yourself.

Friday, March 1, 1:00 to 3:00 pm

Cost: \$20

#25-TEACHING IN NORTHERN CANADA

I did not know anything about Canada's isolated north in spite of all my education. After teaching and working for 35 years in the south, I wanted to go to where children needed an education. I saw an opportunity to go for a short time replacement in northern Quebec. What a shock! The culture, the language not just French or English, the geography, no trees, the stars, the northern lights, the cold, the white outs, the blizzards, the flowers, 24 hours of darkness, and 24 hours of light, the isolation, no restaurants or theatres, the fishing and hunting, traveling by plane or skidoo, the warmth of the fun loving people and friends. **Gladys Lockhart (Gagnon)** will share her 15 years' experience living in Northern Canada.

Monday, March 4, 9:30 to 11:30 am

Cost: \$20

#26-ART of JEWELRY MAKING

Have you always admired beautiful jewelry? Do you enjoy sparkling stones? Let your interest and creativity come alive. Learn the art of jewelry making. This class is perfect for beginners, who may want to make a jewelry set for themselves or for a gift. Create a gorgeous beaded necklace, bracelet and matching earrings. All materials are supplied; however, bring extra lighting and eyeglasses if required. Note: in addition to the course fee, a materials charge of \$20 will be collected at time of class. **Ann Bruni & Elaine Bissonnette**

Tuesday, March 5, 9:30 to 11:30 am

Cost: \$20

#27-SUPERSIZE YOUR BRAIN-Part II

Bob Taylor will be back with a continuation of Supersize Your Brain. In Part II, he will dispel five myths about your brain; provide new insights and delve into more techniques that will help you continue on your journey to maximize using your mind to tell your brain what you want it to do instead of letting your brain control you! He will also have the latest on new brain studies. What is happening is amazing and he wants you to know.

Friday, March 8, 9:30 to 11:30 am

Cost: \$20

#28-LAW ENFORCEMENT EXPERIENCES

Corporal (Ret'd) Mark Bourgon will relate events in his police career from training to retirement. He will talk of specific cases, both major as well as humorous. Topics to be covered will include drug enforcement, customs enforcement as well as white collar crime. He will also relate some stories on security details he was on. Mark will invite questions from the audience and answer them to the best of his ability. He will also speak on the emotional and psychological strains that police work places on officers and their families.

Friday, March 8, 1:00 to 3:00 pm

Cost: \$20

SEVENTH ANNUAL MARCH CHICKEN DINNER

Don't forget to mark your calendar, and join us for our Seventh Annual Chicken Dinner Fundraiser

Tickets \$15 each available through the Encore office at: 146 Chevrier Ave., Cornwall, Room 130

Sunday, March 10, 4:30 to 6:30 pm at Royal Canadian Legion, 415 2nd Street West, Cornwall, Ont.

For more information call 613-937-1525

#29-THE STORY of COFFEE

The legend and history of coffee will be covered in this session from the discovery of the coffee bean in Ethiopia to how it ended up being grown around the world. In addition the economic impact of coffee trading and production on world culture and economies will be briefly described. The session will also include a primer on the varieties of coffee available and various methods to produce a good brew. Even if you don't drink coffee you will be amazed at humankind's obsession with coffee and how it transformed the world. **Reginald Coffey**

Tuesday, March 12, 9:30 to 11:30 am

Cost: \$20

#30-ALTERNATIVE APPROACHES TO GENEALOGY

Genealogy has risen in recent decades to become the second most popular hobby in North America (next to gardening) and the second most frequented category of Internet sites (next to "Adults Only"!)

The tracing of ancestral lines has certainly benefitted from accepted procedures and standards of documentation; the increased reliability of DNA tests; and the burgeoning availability of historical records on the Internet. But while a science, family history is also an art: employing informed intuition on circumstantial evidence; using deductive reasoning on family names, logic on potential sources, tutored imagination in following leads, and detective work in one's own primary research. And frequently blind luck! **Murray Barkley**

Wednesday, March 13, 1:00 to 3:00 pm

Cost: \$20

#31-HEARING AID TECHNOLOGY

From the ear to the brain – learn how hearing loss effects subjective perception and changes that occur at the brain level as a result of an untreated hearing loss and after rehabilitation. How do co-existing problems influence hearing and the importance of setting aids accordingly? New technical developments in the different types of aids available and their programming will be discussed. **Barbara Reynolds**

Thursday, March 14, 9:30 to 11:30 am

Cost: \$20

#32-THE IMPACT of WWI TODAY

As we look back upon the 20th century many things stand out: from the development of the automobile and airplane to the development of the computer and numerous other inventions, and other positive achievements. The 20th century was also one of the most horrendous centuries ever. Two "World Wars" and continuous fighting in one form or another took place. Please join me to learn more about the effects of WWI on the problems of today. **Gord Goddard**

Friday, March 15, 1:00 to 3:00 pm

Cost: \$20

#33-TAKE 5 YEARS OFF YOUR LOOK

Take 5 years off your look in a morning! Updates on the best in wrinkle and age-spot technologies. Makeup artists to teach and demonstrate youthful make-up techniques. Samples! Door prizes! Makeovers! **Cindy Cleary** (Shoppers Drug Mart)

Tuesday, March 19, 10:30 am to 12:30 pm

Cost: \$20

#34-ESSETRICS

Essentrics is a dynamic no impact workout based on the theories of Miranda Esmonde-White that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles. Instructor **Sylvie Lebel** will first describe the workout, and then participants will do the workout, with pauses for explanations along the way. A question and answer period will follow. People should wear clothing that they are very comfortable moving in, as the exercise is done in bare feet. You can bring your own yoga mat if you prefer. **Sylvie Lebel**

Thursday, March 21, 2:30 to 4:30 pm

Cost: \$20

#35-FUN WITH DAVE - EDITION X

This, Tenth edition, with a plan to entertain and maybe amaze you with the things people, and other animals, do for the FUN of it; or sometimes with a serious intent gone wrong. A collection of videos, pictures, documents and stories designed to provide a, hopefully, interesting and entertaining end to the week. **Dave Holford**

Friday, March 22, 1:00 to 3:00 pm

Cost: \$20

#36-BRIDGE SEMINAR- NO TRUMP BIDDING AND PLAY

This seminar will demonstrate how these no trump bidding conventions will cover all major suit distributions, and fit into a pattern if used in conjunction with each other: Stayman both 4 and 5 card major versions, cue bids, Smolen, Transfer bids, Texas transfers, Puppet Stayman, Slam bidding and no trump play of the hand. Set hands will cover each of these bidding situations and offer suggestions on how to play the hand as well. This seminar is open to all bridge players who wish to improve their knowledge of Bridge and these conventions, to improve their overall game. **Stan Marshall**

Saturday, March 23, 10:30 am to 2:00 pm

Cost: \$20

REGISTRATION INFORMATION

Registrations must be accompanied by payment

Payment options: cash, cheque, credit card (Mastercard, Visa)

You can register by telephone, by mail, or in person

If you make payment by telephone, please call: 613-937-1525 (Payment by credit card only)

If you make payment by mail: see Page 1 for mailing address (Cheques payable to "Encore")

If you make payment in person, our office is located at: 146 Chevrier Ave., Cornwall, Room 130

(Please call first to ensure someone will be in the office)

REFUNDS/CREDITS

A full refund will be issued if your course choices are not available. Requests for refunds/credits for other reasons must be received at least one week prior to the start date of the course.

Please note that all information, material and advice provided and any views expressed by Encore course presenter(s) during Encore sessions are solely and exclusively those of the course presenter(s) and do not necessarily reflect the views of the *Encore Education Centre*.

INCLEMENT WEATHER

There will be a recording on the Encore office phone (613-937-1525) if Encore activities are cancelled due to inclement weather. However, due to time constraints, we **cannot guarantee** that you will be called on an individual basis to inform you of class cancellations

