



# ENCORE WINTER 2020 PROGRAM

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

Information & registration - 613-937-1525

Payment: cash, cheque, Visa, Mastercard

Registration is now open

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*Please note that most Encore classes take place in the Encore classroom at 146 Chevrier Avenue, Cornwall (Room 122). However, occasionally a course will take place at another location. Please refer to the course descriptions for the correct location of your classes.*

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## **#01-THE TRUTH ABOUT BEING TRANSGENDER**

This talk will familiarize the participant with the basic various terminologies around gender and sex. The lived experience and journey of two transgender women will be shared and explored. The talk will have a particular focus on what daily life is like and what sorts of challenges are encountered. Of particular interest will be aspects around family issues and dynamics and how a trans person navigates this sensitive and difficult challenge. There will be an interactive question and answer session following the presentation.

**Rita OLink, Darlyn Hansen**

**Tuesday, Jan. 28, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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## **#02-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. 29-March 18**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$80 (8 sessions)**

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## **#03-ADVENTURES IN EVERYDAY NUMERACY**

Numeracy is the skill of estimating and calculating, much as literacy is the power of reading and comprehension. Using no more than pencil, paper and arithmetic we will work with the numbers behind populations, plants, potency and planets to understand continental drift and human migration, radioactivity and expiry dates, starlight and galaxies. Be prepared for some mind-bending and amusing mental challenges.

**David G Anderson**

**Wednesday, Jan. 29, 2:30 to 4:30 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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## **#04-WORLD WAR II AND BEYOND**

Coverage of World War II will begin with the invasion of Poland and the declaration of war against Germany, followed by the invasion of Norway, Holland, Belgium and France, up to Operation Dynamo (Dunkirk). Focus will then shift to the invasion of Russia, followed by Pearl Harbor and the war in the Pacific. Finally, we will look at the end period of the war; the battle of Stalingrad, the invasion of Sicily, North Africa, Dieppe, Normandy, and the Battle of the Bulge up to Berlin. We will also reflect on the aftermath of the war, the Nuremberg trials and all the wars that have occurred as a result of WWII. **Michel Billette**

**Fridays, 9:30 to 11:30 am, Jan. 31-March 6**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$65 (6 sessions)**

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*Looking for help with technology? Winter 2020 technology topics include . . .*

**Magic inside your Digital Camera  
Working with Excel Spreadsheets  
Windows 10 made Simple**

**Please see Page 6 for details**

### **#05-MORE FUN WITH THE MUSICAL 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. Note: For those who attended sessions this past winter and spring, please be aware that this session contains all new material.

**David Smith**

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

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#06-HOT TOPICS**

For many years Hot Topics has offered an opportunity to present and discuss ideas and events of interest. Join us and bring your ideas and concerns to the discussion. Not a formal debate with winners and losers; but a moderated open discussion between members of our community. Subjects are chosen by the members. Registrations are limited to 16 in order to guarantee every member an opportunity to speak on every topic. New ideas and voices are welcome.

**Dave Holford, Elaine Kennedy**

**Tuesdays, 2:30 to 4:30 pm, Feb. 4-March 24**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$80 (8 sessions)**

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### **#07-OSTEO WHAT?**

Are you curious and somewhat confused by the diagnostic terms that have been used to describe your condition? What is the difference between osteoarthritis, osteopenia and other systemic arthritis including rheumatoid arthritis? Please join **Shannon Marion** registered manual physiotherapist in learning the meanings of these terms. Bring your questions and details of your diagnosis and let the session apply to you.

**Friday, Feb. 7, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#08-ANTI-PERSONNEL LANDMINES HOW CANADA LED THE WORLD IN TACKLING THEIR ABOLITION**

It's not often that an international initiative in the armaments area is successful, and it's even rarer when the leadership of that kind of movement is not a major power and when its supporters are mainly drawn from non-governmental humanitarian organizations. But that's what happened in the late 1990s when Canada mobilized the global community of supporters to develop an international "ban" on anti-personnel landmines. The eventual treaty banning those mines, commonly called the Ottawa Convention, has been highly successful, with vast benefits to the international community. **Daniel Livermore**

**Wednesday, Feb. 12, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#09-SERVICE CANADA AND YOU**

Would you like to know what Service Canada is and how they can assist you in your day to day dealings with the Government of Canada? Look no further, a Citizen Service Specialist will provide all the information that you need to know about passports, social insurance numbers, the My Service Canada account and more.

**Paolo De Marchi**

**Thursday, Feb. 13, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**No fee, however you must pre-register to attend**

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### **#10-A PRIMER ON POWERS OF ATTORNEY FOR PROPERTY AND PERSONAL CARE**

A comprehensive review of Powers of Attorney for property and for personal care: how they work; why they're necessary; and what you should consider before you make one.

**Shelley C Adams, B.A., L.L.B (Queens University)**

**Friday, Feb. 14, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

### **#11-LIVING WITH GRIEF**

**Katherine M. MacDonald** from Munro & Morris Funeral Homes will provide a brief overview of living with grief. How we can integrate and embrace the grief that is in our life in a way that can support our needs while still being present and supportive for others within our family who need us in their grief. Grief needs to be felt, seen and heard in order for our soul to survive the depth of our loss.

**Tuesday, Feb. 18, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**No fee, however you must pre-register to attend**

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### **#12-THE ALASKA HIGHWAY-THEN AND NOW**

The Alaska Highway runs 2,232 kilometres from Dawson Creek, BC to Delta Junction, Alaska. It was built by 10,000 men of the US Army Corps of Engineers between March and October, 1942 following the Japanese attack on Pearl Harbor and invasion of the Aleutians. Its landscape was among the most hostile and unforgiving in North America. The highway was given to Canada after the war and opened to the public in 1948. Once infamous as rough, challenging, and dusty, it has been infinitely improved over the years. While many visitors to Yukon and Alaska arrive by cruise ship, the Alaska Highway is still a more adventurous, scenic, and rewarding alternative. **Murray Barkley**

**Wednesday, Feb. 19, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#13-WHAT AM I TO DO NOW?**

Frequently life events such as; job loss, loss of friend or spouse, or illness, leave us with a mixture of emotions, often not very pleasant. In this session we will look at and discuss the many ways that we can turn these challenges into an opportunity for growth. **Gary Brennan**

**Thursday, Feb. 20, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#14-MACHU PICCHU!**

Peru's geology forms the peoples, informs their art, and shakes things up regularly. Lofty Cuzco, the Sacred Valley, and Machu Picchu in the clouds ... only three sites that show how exuberant, colourful life crowds a land where the present co-exists with an astonishing past. **Carley Foulds**

**Friday, Feb. 21, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#15-NAMES & THEIR ORIGINS**

Whether it be the name of a person, a place on a map, or an item you purchase, did you ever wonder where a name comes from? This course led by **Gerald Lauzon**, "Wordwise" columnist of many years with the Cornwall Standard-Freeholder, will be an exploration of historical sources behind the name forms of people, places, and products.

**Mondays, 9:30 to 11:30 am, Feb. 24-March 16**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$55 (4 sessions)**

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### **#16-RHYTHMS & TOE-TAPPING**

Why do we like to tap our toes? Do we do it right? Rhythm (and lack of) will be examined and everyone will be involved in toe-tapping. We also expect to do a lot of laughing. Presenter **David Smith**, accomplished classical, jazz and orchestral musician has many years of experience with the Glen Orchestra, the Centennial Band, as well as Cornwall and Ottawa Symphony Orchestras

**Monday, Feb. 24, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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**Encore Education Centre is always looking for new course ideas and additional course leaders. If you have a suggestion for a new course topic or have an outline for a course you would like to lead, then please give us a call at 613-937-1525 or email your idea to [encore@bellnet.ca](mailto:encore@bellnet.ca)**

### **#17-SCHOOL DAYS AND SCHOOL BOARD NIGHTS**

This session will take a casual look at the history of Ontario public education and school board history. Audience session participants' memories of "the good old hickory stick school days" will be encouraged. Getting elected to a school board is a challenge, particularly with present boundaries and multiple boards. Meeting discussion is administratively initiated, but "Over the Table" and "Under the Table Politics" are involved in Board decisions. Some provinces have eliminated elected school boards and the ultimate question, "do school boards serve any purpose?" will be considered. **Art Buckland**, long time member on three school boards and retired St. Lawrence College prof.

**Wednesday, Feb. 26, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#18-THE UNIVERSAL MESSAGE OF ISLAM**

This session focuses on Islam and how its values have transcended cultures and borders. We will take a look at how many regions of the world (south east Asia, the Arab world, Turkey and Iran, and more recently the West) adopted to the message of Islam and how both the religion and the cultures influenced one another. Furthermore we can explore the traditions and customs and how they are rooted in these values. Lastly we can take a look at the Last Sermon of Prophet Muhammad and how it crystallized these values. **Yousef Vakily**

**Thursday, Feb. 27, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#19-UNCOVERING CORNWALL'S HISTORY**

Cornwall's Little Historian, **Sara Lauzon**, will be back to uncover more of Cornwall's past. We will take a virtual walking tour of Cornwall, to discuss the history of the city's properties and buildings, and how Cornwall has changed in different ways over the years. The presentation will be supplemented with a detailed look at numerous items from Sara's large photo collection.

**Friday, Feb. 28, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#20-TFSA vs RSP/RIF-WHICH IS RIGHT FOR YOU?**

There is often a lot of talk and confusion around TFSA investing and RSP/RIF investing. Both offer tax benefits and savings, but are treated very differently upon withdrawal, and for estate purposes. This session will cover how these plans work, and the significant differences between them. Your questions will be welcome.

Presented by **RBC Financial Services**

**Monday, March 2, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#21-YOUTH CULTURE**

What occupies the headspace of today's youth and what does common sense mean to a generation without the common experience of yesteryear? Today's youth culture is "lightyears" from what you may have experienced, but their needs are identical. Let's explore how to bridge the divides of generations. **David Wood**

**Tuesday, March 3, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#22-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 10, 10:30 am to 12:30 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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**We would ask that our participants please silence their cell phone while classes are in session. Your cooperation is appreciated. Thank-you**

### **#23-FORGED IN THE FLAMES OF WAR: CAPTIVE ANCESTORS OF NORTH AMERICA**

Do you have a captive ancestor in your family tree? In fact, many North Americans can count at least one captive ancestor! Riveting, complex and heartbreaking, the captive story is one of tragedy and triumph. As the battle for the continental supremacy over the colonies in North America raged over generations, people were swept up in its wake – many of them children. The audience will be taken on a treacherous journey, exploring the many complexities of life in ancient lands, and the result of French and English claims to its riches.

**Jennifer DeBruin**

**Wednesday, March 11, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#24-PANAMA & COSTA RICA**

Although she has decided to stick a little closer to home, **Elaine Kennedy** is still going to travel off the usual tourist routes. Panama and Costa Rica will be seen through a different lens—curiosity in our natural environment.

**Thursday, March 12, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **ENCORE EIGHTH ANNUAL MARCH CHICKEN DINNER & Silent Auction**

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

**Sunday, March 15, 2020, 4:30 to 6:30 pm at:**

**Royal Canadian Legion, 415 2nd Street West, Cornwall**

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

**For more information call 613-937-1525**



### **#25-TAP INTO THE HEALER WITHIN**

We all have the capability to lessen and resolve issues and manage stress and pain. Learn new techniques and practice tried and true ways to bring ease and relaxation into our lives. By opening ourselves up to the mind/body connection allows us to acknowledge the opportunity for change and to live a more enhanced life.

**Heather Lindquist**

**Wednesday, March 18, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#26-FUN WITH DAVE**

An exploration of the many, and strange, things people - and other animals - will do for the sheer FUN of it; along with some serious things that did not work out quite as hoped for. All presented in short videos, pictures, documents and stories with the aim to provide a, hopefully, interesting and entertaining end to the week.

**Dave Holford**

**Friday, March 20, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#27-MEMORY LANE**

As Baby Boomers gradually become senior citizens they are taking more than a fleeting glance in life's rearview mirror. As the lyrics in the song Memory Lane put it, "Let's take a ride down memory lane and try to see where we've all been. It's been so long and everything's changed." Presenter **Claude McIntosh** writes a weekly Seaway News column which takes a look at the "good old days."

**Thursday, March 26, 9:30 to 11:30 am**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#28-YOUR CARBON FOOTPRINT**

Are you concerned with the amount of garbage you put out each week? Would you like to reduce your carbon footprint (or wonder what is a carbon footprint)? Come to a discussion of ideas to help us be better inhabitants of this our finite planet. **Elaine Kennedy**

**Thursday, March 26, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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## **TECHNOLOGY COURSES**

### **#29-WORKING WITH EXCEL SPREADSHEETS MADE EASY**

This course is for beginners or complete novices of MS Excel spreadsheets. We will teach you how to create spreadsheets for managing your personal expenses, to create budgets and record data. You will also learn how to generate charts and you will see the power of entering simple formulas into spreadsheets of any type. We have hands-on exercises throughout the course and easy to understand hand-outs of all the subjects we cover. **Hans Schutz, Jack Seguin. Prerequisite: Basic computer knowledge is required.**

**Thursdays, 3:30 to 5:30 pm, Jan. 30-Feb. 20**

**St. Lawrence Secondary School, 1450 2nd St. E., Room 12**

**Cost: \$55 (4 sessions)**

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### **#30- SHEDDING LIGHT ON THE TECHNOLOGICAL “MAGIC” INSIDE YOUR DIGITAL CAMERA.**

This mini-workshop looks into the features, functions and advances that are incorporated into almost every digital camera with an emphasis on the newer technologies that you will, in many cases, not be aware of... but will absolutely want to know about! Facilitator **Tom Cooper**, will guide you using easy to understand terms. What is the technology in simple terms? Why would you want to know it? When would you use it (or not use it)? Where would you find it on your own camera? And, how do you set it up on your camera? Students should bring along digital cameras to benefit from this hands- on workshop and ensure your camera's battery is charged and memory card installed. **NOTE: This workshop is not intended for iPhone, iPads, Android or similar devices.**

**Monday, Feb. 10, 1:00 to 3:00 pm**

**Encore Education Centre, 146 Chevrier Ave, Room 122**

**Cost: \$20**

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### **#31-WINDOWS 10 MADE SIMPLE**

Still find it difficult navigating Windows 10? Then this course is for you. We will go through the many features of Windows 10 and make you feel comfortable when using the program. We will also explore the various security options embedded in WIN 10 such as virus protection, parental controls etc. We have hand-outs of all the subjects we cover. **Hans Schutz, Jack Seguin. Note: Basic computer knowledge required.**

**Thursday, March 5, 3:30 to 5:30 pm**

**St. Lawrence Secondary School, 1450 2nd St. E., Room 12**

**Cost: \$20**

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## **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** please make cheques payable to “Encore”, and mail to:

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

**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)**

**Please note that we do NOT mail registration confirmation notices. Please attend the first session of your classes unless otherwise notified.**

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

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**DISCLAIMER-** 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*.

# ENCORE EDUCATION CENTRE- WINTER 2020

M F LAST NAME FIRST NAME  
**NAME** \_\_\_\_\_  
**PHONE #** \_\_\_\_\_  
**DATE OF BIRTH** Month \_\_\_\_ Day \_\_\_\_ Year \_\_\_\_  
**EMAIL** \_\_\_\_\_

Please indicate your mailing address:  
**ADDRESS 1** \_\_\_\_\_  
**ADDRESS 2** \_\_\_\_\_  
**CITY/TOWN:** \_\_\_\_\_  
**POSTAL CODE** \_\_\_\_\_

**CHECK COURSE CHOICES**    **START DATE**    **PRICE**

01 <input type="checkbox"/> Truth about Being Transgender	Jan. 28	\$20
02 <input type="checkbox"/> Write it Now	Jan. 29	\$80
03 <input type="checkbox"/> Adventures in Numeracy	Jan. 29	\$20
04 <input type="checkbox"/> World War II and Beyond	Jan. 31	\$65
05 <input type="checkbox"/> More Musical Classics	Feb. 3	\$20
06 <input type="checkbox"/> Hot Topics	Feb. 4	\$80
07 <input type="checkbox"/> Osteo What?	Feb. 7	\$20
08 <input type="checkbox"/> Abolition of Landmines	Feb. 12	\$20
09 <input type="checkbox"/> Service Canada and You*	Feb. 13	free
10 <input type="checkbox"/> Power of Attorney	Feb. 14	\$20
11 <input type="checkbox"/> Living with Grief*	Feb. 18	free
12 <input type="checkbox"/> The Alaska Highway	Feb. 19	\$20
13 <input type="checkbox"/> What am I to do Now?	Feb. 20	\$20
14 <input type="checkbox"/> Machu Picchu!	Feb. 21	\$20
15 <input type="checkbox"/> Names & their Origins	Feb. 24	\$55
16 <input type="checkbox"/> Rhythms & Toe-Tapping	Feb. 24	\$20
17 <input type="checkbox"/> School Days and Board Nights	Feb. 26	\$20
18 <input type="checkbox"/> Universal Message of Islam	Feb. 27	\$20
19 <input type="checkbox"/> Uncovering Cornwall's History	Feb. 28	\$20
20 <input type="checkbox"/> TFSA vs RSP/RIF Which One?	Mar. 2	\$20
21 <input type="checkbox"/> Youth Culture	Mar. 3	\$20
22 <input type="checkbox"/> Take 5 years off your Look	Mar. 10	\$20
23 <input type="checkbox"/> Captive Ancestors	Mar. 11	\$20
24 <input type="checkbox"/> Panama & Costa Rica	Mar. 12	\$20
25 <input type="checkbox"/> Tap Into the Healer Within	Mar. 18	\$20
26 <input type="checkbox"/> Fun with Dave	Mar. 20	\$20
27 <input type="checkbox"/> Memory Lane	Mar. 26	\$20
28 <input type="checkbox"/> Your Carbon Footprint	Mar. 26	\$20
<b>More courses on next column</b> ➡ ➡ ➡ ➡		

**CHECK COURSE CHOICES**    **START DATE**    **PRICE**

29 <input type="checkbox"/> Working with Excel	Jan.30	\$55
30 <input type="checkbox"/> Magic Inside Your Digital Camera	Feb.10	\$20
31 <input type="checkbox"/> Windows 10 Made Simple	Mar. 5	\$20

**PAYMENT**

**AMT DUE FOR COURSES**                        \$ \_\_\_\_\_  
**Patron Contributions**                        \$ \_\_\_\_\_  
**Less Credit note #** \_\_\_\_\_                \$ \_\_\_\_\_  
**TOTAL AMT DUE**                                \$ \_\_\_\_\_

**PLEASE CHECK PAYMENT METHOD:**

- Cash
- Cheque (payable to Encore)
- MasterCard     Visa (please call office with cc #)

**Is this your first time at Encore?**     yes     no  
**If yes, what made you decide to attend?**

**(use reverse of form if extra space required)**    ⇔⇔

**FOR OFFICE USE ONLY**

**REFERENCE #** \_\_\_\_\_  
**REG.DATE** \_\_\_\_\_ **TIME** \_\_\_\_\_  
 payment pending                                 payment received

**Notes:**

**CREDIT CARD APPROVED**   
**PROCESS DATE** \_\_\_\_\_  
**Cc Reversal Date** \_\_\_\_\_                         D- Base

\*registration required for "no fee" courses