



ENCORE FALL 2019 PROGRAM

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

Information & registration - 613-937-1525

Payment: cash, cheque, Visa, Mastercard

Registration opens August 28, 2019

#01-FALL PREVENTION WORKSHOP

Independence is a key word for all of us. Being healthy as we age is also very important. The Eastern Ontario Health Unit is offering you an interactive talk on the prevention of falls. We will discuss together that falls are not a normal part of aging and that most falls are preventable. Resources will be available to all participants.

France Brunet

Tuesday, Sept 24, 9:30 to 11:30 am

Encore Education Centre, 146 Chevrier Ave., Room 122

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

#02-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

Tuesdays, 2:30 to 4:30 pm, Sept. 24-Nov. 12

Encore Education Centre, 146 Chevrier Ave., Room 122

Cost: \$80 (8 sessions)

#03-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, Sept. 25-Nov. 13

Encore Education Centre, 146 Chevrier Ave., Room 122

Cost: \$80 (8 sessions)

#04-THE SAINTLY TAPESTY OF QUEBEC

Next to us in nearby Quebec is spread a tapestry of sacred placenames whose fascinating meanings can escape even the most patient of motorists passing through. We intend to draw upon the depths of historical and saintly allusions to open the curious minds among us. Join us for a two-hour workshop on this topic and emerge with a spritely smattering of classic Greek and Latin etymologies, not to mention a travelogue of the familiar settlements between Glengarry and Montreal. A hint: we begin at the striking wayside cross south of Glen Nevis and head easterly.

David Anderson

Wednesday, Sept. 25, 2:30 to 4:30 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#05-WHAT IS PLAYBACK THEATRE?

Shakespeare said, "all of life is a stage and we are merely actors upon it" and in Playback Theatre this is really true! Playback is a form of spontaneous theatre in which the players act out true stories from the audience, right on the spot! We will learn how to do this in a fun atmosphere by doing warm-ups, playing theatre games, learning the basic forms and winding up the course by putting on our own live theatre show! Playback is practiced in many countries by people of all ages. No prior theatre experience is necessary. Just a willingness to ease out of your comfort zone!

Christine Lavoie

Thursdays, 10:00 am to Noon, Sept. 26-Nov. 14

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$80 (8 sessions)

#06-GARDENS IN AUTUMN

Well, summer is over. Fall is bringing its own unique colours, smells and responsibilities. How do we prepare our gardens for the coming winter? **Anna Varnava**, the manager of Harvest Greenhouse on Power Dam Road is going to give us some advice on what to do in the garden in the fall, how to cope with plants in containers, when and how to overwinter some garden plants indoors, etc. She will bring in and discuss the care of fall plants and be ready to answer questions you may have.

Thursday, Sept. 26, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#07-THE WORLD WARS- 1918 TO TODAY AND BEYOND

History is about the past with facts, the present with the impacts, and a projection of the future. Starting with World War I, we will look at; 1918-38-from Versailles to Munich, 1938-41-Munich to the invasion of Russia, 1941-42-the turning point-Stalingrad, 1942-44-the beginning of the end- Dieppe & Normandy, 1944-April 1945-the end- from Normandy to Berlin, 1945 & beyond-the consequences-from Berlin to Hiroshima. Learn what happened, why and how it changed the world. **Michel Billette**

Fridays, 9:30 to 11:30 am, Sept 27- Nov 8

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$75 (7 sessions)

#08-AIR TRAFFIC CONTROL WITHOUT WINDOWS

When someone mentions ATC most of us visualize the Control Tower – that tall building on the airport surrounded by windows. But most of the action takes place in windowless shielded, secure facilities full of people managing the airspace over Canada, and the western half of the North Atlantic Ocean. Thousands of aircraft in the most strategically important airspace on the planet. Flying from the Mid-East to Mexico, or New York to Paris? Then you will spend hours under the care of Canadian controllers. **Dave Holford**

Friday, Sept. 27, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#09-REVERSE MORTGAGES

What are reverse mortgages and how do they work? Learn about the advantages and disadvantages of different home equity access options. Based on individuals needs for cash flow, or potential on interest savings, there can be several ways to access the equity in your home according to your individual needs or plans. Your questions will also be welcomed. Presented by **RBC Financial Services**

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

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#10-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**

Monday, Sept. 30, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20 + material fee (see above)

#11-UNDERSTANDING STRESS AND STRIVING WITH IT

During this four week stress management program you will learn to identify what stress is, how you respond to stress and more importantly some practical strategies to help you manage your day to day stress much better. These seminars are interactive, and designed to help you understand and apply what you've learned. Come to the sessions, with an open mind and leave with a renewed sense of living well with stress. By the end of the 4 session program you'll have learned various techniques to add to your own stress management plan.

Linda Robert

Tuesdays, 9:30 to 11:30 am, Oct. 1- 22

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$55 (4 sessions)

#12-Modern Bridge Bidding: Opening Bids & Responses

All One level Opening Bids and some suggested responses for each. This series of bids will provide the necessary rational to make the best choice to open the bidding at this level. Each lesson will stand alone but all will combine for a complete understanding of one level bids and prepare players for a series on the responses to these bids. All will benefit from the hands and quizzes but newer or intermediate players will be especially interested. **Stan Marshall**

Thursdays, 1:00 to 3:00 pm, Oct. 3-31

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$60 (5 sessions)

#13-Bridge-Directed Declarer And Defensive Play

Hands will be bid, played, and then analyzed. Players, through guided stages of thinking, can then better assess their hands to achieve their objectives either: make their bids as Declarer, or, defeat the hand as a Defender. The thinking involved, while similar, is critical. These lessons will benefit all levels of players whether new or experienced. **Stan Marshall**

Thursdays, 1:00 to 3:00 pm, Nov 7-21

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$45 (3 sessions)

#14-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. Prerequisite: Basic computer knowledge.**

Thursday, Oct. 3, 3:30 to 5:30 pm

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

Cost: \$20

#15-PAIN, PAIN GO AWAY

Do you have persistent pain? This would feel like an ongoing, continuous pain usually in one area of the body but it could be more than one. The pain might not be the same everyday but at its worst it grinds and affects your mood. The baseline is probably something you can live with but would really rather not. This may have been diagnosed as chronic pain. There are peculiarities about persistent pain that are different from the healing properties of let's say a broken bone or an acute knee sprain. Please join me, **Shannon Marion**, Registered Manual Physiotherapist in discussing what the pain science of the last 30 years has taught us that is noteworthy and applicable.

Friday, Oct. 4, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#16-NEW DIMENSIONS II

Had you considered that life had dimensions? Were babyhood?...childhood?...adolescence?...adulthood? all different dimensions of the same life? Then might not "seniordom" be also a new dimension for us all to explore if given the right tools. Last season **David Rawnsley**, Quantum Messenger, explored the science of New Dimensions, this season he brings it all to life in the opportunities that new dimensions present us with.

Mondays, 9:30 to 11:30 am, Oct. 7-28 (No class Oct. 14)

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$45 (3 sessions)

#17-PHOTOGRAPHY Q & A: I Always Wanted to Know

A Q&A session on digital cameras and creative photography. Have a question about your digital camera or creative photography? **Tom Cooper** taught photo-composition and digital cameras at Okanagan College and through Red Deer College's Digital Photography Certificate Program. Tom's images have been featured in print and on the Internet and his online blogs have helped numerous others who wanted to dig into the creative aspects of their own photography and/or the technical aspects of their cameras.

Monday, Oct. 7, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#18-WALIPINI-UNDERGROUND GREENHOUSES-PART II

Walipini, from the Amaraya, meaning place of warmth, is the underground greenhouse popping up all over North America. Discover a new, yet old way to extend our growing season, and grow all of our own food, locally, pesticide free without the costs of a traditional greenhouse. **Stacey Lauzon** will provide an update on her progress as she experiments in her own backyard, here in Cornwall.

Wednesday, Oct. 9, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#19-THE GUITAR BY DAVID SMITH

The guitar is the easiest instrument to play with no knowledge of music and the most difficult instrument to play well. David will explain the four different types of guitar and what to consider before buying one. David played jazz guitar professionally for many years and still struggles to play classical guitar. He will demonstrate the various types of guitar technique

Friday, Oct 11, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#20-THE BLACK DEATH: The Great Mortality, 1347-1352

The Bubonic Plague, which devastated Europe in the mid-14th century, was the greatest disaster in human history before the Second World War. Europe lost more than 25 million of its 75 million inhabitants, and the Plague worldwide ultimately claimed an estimated 200 million victims, many of whom "had lunch with their friends and dinner with their ancestors." But the Black Death was also a watershed for the Middle Ages, leading to the transformation of western science, economic development, religious beliefs, and cultural expressions. We examine its causes, severity, and immediate consequences, and the world it ultimately changed forever. **Murray Barkley**

Wednesdays, 1:00 to 3:00 pm, Oct. 16 & 23

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$30 (2 sessions)

#21-737 MAX 8 – WHAT WENT WRONG?:

The media and political furor over the "problems and failures" of the Boeing 737 Max 8 aircraft. What is wrong with the aircraft? Why did the accidents happen? How could they have been avoided or prevented? Who is responsible? What should happen now? **Dave Holford**

Friday, Oct. 18, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#22-WHAT IS BLOOD BY DAVID SMITH

This session will explain what your blood consists of and its many functions. David will explain how it fights infections and how your blood pressure is controlled. What is your blood group and what happens if you need a blood transfusion. David has an undergraduate degree in microbiology and masters degree in hematology and blood transfusion technology.

Monday, Oct. 21, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#23-DISCOVER THE GEISHA

For 400 years the Japanese Geisha have existed, once the favourites of the shoguns and the samurai and then the sweethearts of the American GIs. This lecture will clarify some of the misconceptions Westerners have about the Geisha, and enter into their forbidden world shrouded in secrecy. Exotic, sensuous and exquisitely mysterious, their true profession devoted to music, dancing and conversation will be explained in detail. **Irene Waller**

Friday, Oct. 25, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#24-Photos & Bios of Cornwallites Who Served In WWI

Join **Lily Worrall** as she shares photos, documents and stories of local WWI soldiers. An impactful and compelling look at the men who fought "the war to end all wars". A time when families were devastated by the loss of fathers, brothers, uncles and nephews and the lives of generations of Canadians were forever altered by the war experiences of returning veterans.

Monday, Oct. 28, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#25-ITALIAN FOR TOURISTS

This three session course introduces potential tourists to Italy (or to a nearby Little Italy) the basics of pronunciation and grammar as well as useful phrases and expressions. Practice time will enable people with little knowledge of Italian to better communicate in likely situations such as: asking for directions or speaking to people at customs, car rentals, restaurants, stores, and hotels. This course also includes an overview of the culture, history and geography of the country to provide future tourists with useful information as they navigate the country and its people. **Yvan Lavoie**

Tuesdays, 9:30 to 11:30 am, Oct 29-Nov 12

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$45 (3 sessions)

#26-What You Need to Know to Use Medications Safely

The talk will cover how drug interactions happen, what is being done to prevent them and how consumers can protect themselves. The safe use of over the counter medications and common mistakes which happen when we self medicate will also be covered. **Hilary Blackburn** B.Pharm University of London , former consultant pharmacist Medical Arts Pharmacy and co-director of pharmacy CGH.

Wednesday, Oct. 30, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#27-CLINE HOUSE GALLERY TOUR

Here's a chance to take a private tour of the Cline House Gallery, owned and operated by artists **Tracy-Lynn Chisholm** and **Emily MacLeod**. The gallery highlights the beauty of this historically elegant space and features a regular rotation of fine art exhibits by professional established and emerging Canadian artists. The attached studio allows budding artists to experience specialty workshops taught by professional artists from across Ontario as well as weekly classes with Emily and Tracy-Lynn. Duration of the tour is approximately one hour, after which participants can have lunch at a location of the group's choice. **Karen Torrie-Racine**

Saturday, Nov 9, 11:00 am

Cline House Gallery, 204 Second St. East, Cornwall

Cost: \$10

#28-BALANCE FOR LIFE

Did you know adults aged 65 years and older should accumulate at least 150 minutes of moderate to vigorous intensity exercising per week in order to achieve health benefits and improve functional abilities. This can reduce chronic disease such as HPB and heart disease and premature death, improve posture, prevent falls plus many other benefits which we will elaborate on. We will also demonstrate different types of exercises from low mobility to high mobility, incorporate balls and other aids for functional mobility and balance. Please join us for a fun, exciting and informational workshop on the benefits of exercising by integrating an exercise routine in your daily life with activities you enjoy. **Helene Shaver, Rick Marceau**

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

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

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*.

#29-SUPERSIZE YOUR BRAIN PART III

Bob Taylor will be back with Supersize Your Brain Part III. In this presentation, Bob will talk about whether retirement is becoming an obsolete concept; maximizing longevity, maintaining the balance between your body and the outside world, the benefits of living mindfully, the illusion of reality, and consciousness outside the brain. He will also bring us up to date on the latest medical studies and findings regarding Alzheimer's / Dementia and other brain conditions. Did you know that you actually have traces of gold in your brain that may predate the Big Bang? Bob will tell us about that too so don't miss this presentation!

Friday, Nov. 15, 9:30 to 11:30 am

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#30-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, Nov. 15, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#31-UNDERSTANDING THE ROLE OF AN EXECUTOR

Anyone who has ever been named an estate executor will likely tell you it is an honour to be entrusted with the role. But, an executor faces many duties and responsibilities. It can be a complicated undertaking to settle an estate according to the deceased's wishes - one that can seem overwhelming when you're also grieving.

Whether you're asking someone to be an executor, or whether you yourself are being asked to take on the job, it's important that you understand the time, effort and expertise required to do the job effectively. Presented by

RBC Financial Services

Monday, Nov. 18, 9:30 to 11:30 am

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#32-THAILAND: SMILES AND SPIRITS

Bob Taylor has put together another exciting presentation based on his latest trip to Thailand. Thailand is called the "Land of 1000 Smiles" because that is how many you will see every day. He will tell us about his experiences in Sukhothai - the 700-year-old first capital of Thailand. As well, Bob will take us to Khao Yai (which means big mountains), then to a hilltop temple in Kanchanaburi plus an incredible new tourist attraction in Pattaya and a trip on Bangkok's amazing waterfront – the Chao Phraya River (River of Kings). He may also tempt us with some Thai treats. You don't want to miss this one!

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

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#33-TRAVEL TIPS & ADVICE

We will look at booking options – online versus brick and mortar, documentation,- do I need a passport/visa/tourist card, I'm at the airport now what? Insurance options – medical, cancellation and am I covered with my credit card? We can share travel stories – good, bad or ugly and have some laughs. **Barb MacLean** of Algonquin Travel has made travel her career since 1972.

Tuesday, Nov. 19, Noon to 2:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

#34-PALESTINE-ISRAEL

The land of Palestine has a long and complex history. Since before the Christian era, Palestinians, both Jew and Arab shared the land. This land has been occupied by many, most recently the Ottomans, and the British. This discussion will include the more recent history of the Middle East, the formation of Israel as a country, and the resulting impact on Palestinians, with an emphasis on what it is like to be a Palestinian living in the area today. **Ruth Pollock**

Friday, Nov. 22, 1:00 to 3:00 pm

Encore Education Centre, 146 Chevrier Ave, Room 122

Cost: \$20

ENCORE EDUCATION CENTRE- FALL 2019

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33 <input type="checkbox"/> Travel Tips & Advice Nov.19 \$20																																			
34 <input type="checkbox"/> Palestine-Israel Nov.22 \$20																																			

More courses on next column ⇔ ⇔ ⇔ ⇔

*registration required for "no fee" courses