



# Class Calendar – Fall 2018

Look for full class descriptions online  
at [www.encorelearn.org](http://www.encorelearn.org)



[www.clatsopcc.edu](http://www.clatsopcc.edu)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga for Seniors</b> 10:00 – 11:00 am Ongoing offering at Astoria Senior Center 1111 Exchange Street, Astoria	<b>Writing Exchange</b> 10:00 to Noon 7 Sessions October 2 – November 13 Astoria Senior Center 1111 Exchange Street, Astoria	<b>Science Exchange</b> 10:30 am to Noon 7 Sessions October 3 – November 14 Astoria Senior Center 1111 Exchange Street, Astoria		<b>Book Discussion: “The Putin Interviews”</b> 10:00 to Noon 7 Sessions October 5 – November 16 Astoria Senior Center 1111 Exchange Street, Astoria
	<b>Common Birds of Clatsop County</b> 10:00 – noon 2 Sessions October 16, 23 CCC South Campus, Seaside			
	<b>Aquanastics</b> 10:00 – 11:00 am 6 Sessions (Tuesday & Thursday) November 1 – 20 KOA, Warrenton		<b>Aquanastics</b> 10:00 – 11:00 am 6 Sessions (Tuesday & Thursday) November 1 – 20 KOA, Warrenton	
<b>Board and Committee Meetings</b> 1 – 3 pm 1 <sup>st</sup> Mon. Trip Committee 2 <sup>nd</sup> Mon. Curriculum 3 <sup>rd</sup> Mon. Membership 4 <sup>th</sup> Mon. Board Astoria Senior Center 1111 Exchange Street, Astoria	<b>Literary Sharing</b> 1:30 – 3:30 pm 7 sessions October 2 – November 13 CCC Seaside Campus 1455 N Roosevelt Drive, Seaside Elevator equipped	<b>Senior Stitchery</b> 1:30 – 3:30 pm 7 Sessions October 3 – November 14 Astoria Senior Center 1111 Exchange Street, Astoria	<b>Forestry Perspectives in Oregon</b> 1:30 – 3:30 pm + field trips 6 Sessions October 4 – November 8 Astoria City Hall, 1095 Duane St, Astoria; field trips	Unless otherwise indicated, AM classes meet from 10:00 am – Noon, PM classes from 1:30-3:30 pm.

Details at [www.encorelearn.org](http://www.encorelearn.org)





## Fall 2018 Class Descriptions

Updated information online at  
[www.encorelearn.org](http://www.encorelearn.org)



### **Yoga for Seniors**

Day/Time – Monday, 10 – 11 am

Location – Astoria Senior Center, 1111 Exchange Street, Astoria

This is a regular class offered by the Senior Center. It is open to all ENCORE members, as well as all Senior Center members, every week — not just during our term. There will be no ENCORE registration or attendance sheet. You are welcome to start attending any time you choose!

### **Writing Exchange**

Instructor – Eric Anderson, 503-325-3131, [ericcander@aol.com](mailto:ericcander@aol.com)

Coordinator – Dale Rue, 360-581-101, [rocketman4764@yahoo.com](mailto:rocketman4764@yahoo.com)

Day/Time – Tuesday, 10 – noon; 7 sessions

Dates – October 2 – November 13

Location – Astoria Senior Center, 1111 Exchange Street, Astoria

Write your life's story, finalize chapters of your novel, or create insightful poetry. Encore's Writing Exchange class members optionally read from works in progress and solicit constructive feedback. A brief lesson on writing kicks off each session. Come join the fun! All writers welcome - Beginners Encouraged.

### **Common Birds of Clatsop County**

Instructor – Barbara Linnett

Coordinator – Sue Zerangue, 503-338-0313, [zerangue@hotmail.com](mailto:zerangue@hotmail.com)

Day/Time – Tuesday 10 – noon, 2 sessions

Dates – October 16, 23

Location – Clatsop Community College South Campus, Seaside

#### **October 16: Hummingbirds**

Please join Barbara Linnett, a local bird enthusiast, volunteer and bird lover, as she talks about hummingbirds.

Hummingbirds are considered the jewels of the sky. Lucky for us, a couple varieties make frequent appearances here in Clatsop County.

- Do you know that these two types of hummingbirds are very different?
- Do you appreciate their spectacular displays and colorful feathers but wonder why and how they are so flashy and speed around like rockets?
- Do you question your desire to feed them and wonder if you are harming them?

Please come join Encore learners to learn all about hummingbirds, our favorite bird. Let's share experiences and problem solve concerns. We can and should help these beautiful and very important pollinators that inhabit our gardens and yards.

#### **October 23: Five Common Birds of Clatsop County**

A morning of birding from the comfort of your college room chair, no binoculars, hats or boots needed. Please join Barbara Linnett, a local bird enthusiast, volunteer and bird lover.

Our Clatsop skies and waterways are filled with amazing feathered wildlife most of the year. Do you often wonder what they are all doing zipping around out there?

This talk focuses on five favorite Clatsop birds-

- How to identify
- Behaviors
- Migration patterns
- Breeding and nesting behavior
- Feeding needs
- How and where to enjoy

Sharing experiences is always an important part of life. As we learn more about nature, the more we appreciate, protect and love our natural environment.

### **Aquanastics**

Instructor – Kathleen Hudson, 503-861-2802, khudson12g@gmail.com

Coordinator – Jim Hudson, 503-861-2802

Day/Time – Tuesday & Thursday 10 – 11 am, 6 sessions

Dates – November 1 – 20

Location – KOA, Warrenton

AQUANASTIC classes will be offered at KOA, Thursday's and Tuesday's November 1 to 20. There are 6 sessions from 10 to 11 AM. This water fitness class is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness.

Swimming ability is not required. The classes are conducted in a 3-to-5 feet deep heated 'salt water' pool at KOA located at 1100 Ridge Road in Hammond. This camp ground provides hot showers with shampoo and shower gels, restrooms and a hot tub. Students are requested to arrive with swim suits on and bring their own towels. Parking car tags need to be picked up at the main office at KOA. Students need to sign in before each class at the main office.

Only 12 students can attend. Please make a reservation with Kathleen Hudson at 503 861-2802. There is no charge for the use of the pool. Students are expected to provide their own 'noodle' for the class, water shoes are also recommend.

These classes will be led by Kathleen Hudson, a water exercise professional with certifications from American Red Cross and Arthritis Aquatic Training.

### **Literary Sharing**

Instructor – Nellie Hutchison

Coordinator – Sue Zerangue, 503-338-0313, zerangue@hotmail.com

Day/Time – Tuesday 1:30 - 3:30 pm, 7 sessions

Dates – October 2 - November 13

Location – Clatsop Community College South Campus, Seaside

Once again, ENCORE's own Nellie Hutchison will lead this class devoted to the art of reading aloud, and listening while others read. All students are asked to bring in their own choice of material...poetry, prose, personal writings or that of others...drama, humor, fiction or fact. Politics is neither focused on nor forbidden, though an effort is made to avoid the blatantly controversial. Group discussion follows each 5 to 10 minute reading, with background or biographical information greatly appreciated.

Although this is a long-established ENCORE class, with dedicated members from year to year, new friends are always welcome to join our group of readers, and we look forward to what each member brings to our lively discussions. Reading aloud is not required for this class, though participation is encouraged.

If you are the kind of reader who is willing to share with like-minded others what has amused, entertained, enlightened, provoked or sustained you... bring it in. We are eager to hear you. And sometimes... cookies!

### **Science Exchange**

Facilitators – Kit Ketcham, 503-717-5027, lilyloosy4@gmail.com  
Mike Kinney, 503-994-2080, woofwalker@yahoo.com  
Coordinator – Sue Zerangue, 503-338-0313, zerangue@hotmail.com  
Day/Time – Wednesday 10:30 am - noon; 7 sessions  
Dates – October 3 - November 14.  
Location - Astoria Senior Center, 1111 Exchange Street, Astoria.

Science Exchange, a staple and long-standing favorite class among ENCOREites, continues in its Wednesday morning time slot this term, starting at 10:30 am, meeting at the Astoria Senior Center's classroom. Facilitators Kit Ketcham and Mike Kinney look forward to hosting a lively class addressing a variety of interesting topics selected from the full range of science categories. Featuring videos, member-supplied topics and perhaps some brain teasers.

### **Senior Stitchery**

Facilitator / coordinator – Sue Zerangue, 503-338-0313, zerangue@hotmail.com  
Day/Time – Wednesday 1:30 – 3:30; 7 sessions  
Dates – October 3 – November 14.  
Location – Astoria Senior Center, 1111 Exchange Street, Astoria.

This class began early last spring with Embroidery, and continued through the summer, welcoming a variety of Stitching projects... that class members took great pride in displaying at ENCORE's Annual meeting in June. I'd like to ask all who plan to attend our first class on Oct. 3rd, to bring in your favorite Stitchery projects, both done and just begun. If you don't have a current project, please come anyway... we have donated materials that may inspire you. We'll each make plans for the 7 weeks of class - what we'd like to do, and how long might it take us to do it?

This class is open to all seniors interested in Stitching. Please join us in the ASC Billiard room, Wednesday afternoons, October 3rd through November 14th. Embroidery, crewel, freehand patterns, beading, crochet edgings, blanket and blouse embellishment were some of the areas we explored through the summer.

Now...Autumn...a perfect time for renewing dormant interests and fireside pursuits. Hand stitching useful, beautiful items, or creating works of fiber and fabric art, are very ancient skills, and certainly not seasonal, but shorter days lend themselves to indoor crafts. Come share your personal interests and aspirations with ASC's Senior Stitchers - as green turns to gold.

### **Forestry Perspectives in Oregon**

Instructors – Art Limbird, Erhard Gross, and others  
Coordinator – Kay Limbird, 503-738-0257, kaylimbird@yahoo.com  
Day/Time – Thursday, times will vary; 6 sessions  
Dates – October 4 – November 15  
Location – Astoria City Hall, 1095 Duane St, Astoria; field trips

October 4 -- 1:30 – 3:30 pm Erhard will discuss the history of Shore Acres; Astoria City Hall

- October 11 to 13 -- Field Trip to Shore Acres State Park and Coos Bay History Museum. (On the return trip, we will stop at the Newport Aquarium and Hatfield Marine Science Center)
- October 18 -- Day-long Forestry Tour sponsored by the ODF (details will follow)
- October 25 -- 1:30 – 3:30 pm Presentation by Department of Forestry (DOF) on forest fire management; Astoria City Hall
- November 1 -- Afternoon trip to Hampton Lumber in Hammond (details will follow)
- November 8 -- Afternoon trip to Warrenton Fiber in Warrenton (details will follow)

Astoria City Hall will be the venue for October 4 and October 25 only; the afternoon trips will be on Thursday afternoons, but the times will be adjusted to fit the schedules of the two companies involved (the specific arrangements will be announced as soon as possible). The October 25 presentation by Department of Forestry (DOF) will depend on the fire conditions in October.

**BOOK DISCUSSION: *The Putin Interviews***

Instructor – Steve Berk

Coordinator – Frank Spence, 503-325-4233, frspence@bellsouth.net

Day/Time – Friday 10 - noon, 7 sessions

Dates – October 5 - November 16

Location – Astoria Senior Center, 1111 Exchange St., Astoria

This fall Steve Berk will be introducing us to "*The Putin Interviews*" with Oliver Stone, through a book of the transcripts and as a documentary film. Being a major player in international politics, both before and after Donald Trump's rise to power, Vladimir Putin has remained one of the world's most controversial figures. In that regard, Oliver Stone, writer and filmmaker, states, "...at least we should try to understand him." If you have an interest in doing just that, this seven-week class is for you. Filmed in four parts in 2017, Stone's objective and personable approach reveals perhaps a more accurate picture of the Russian leader than can be obtained through media simplification. Putin emerges as a gifted, pragmatic leader, interested in engaging the West, and addressing difficult world issues. You be the judge as to motives and possible outcomes. This promises to be a class offering intense discussion and reassessment of our own political views.

Sue Zerangue, (503-338-0313, or zerangue@hotmail.com) has 5 new copies of this book for \$10/each. New and used copies may also be obtained online; ISBN: 978-1-51073-342-8.

**Closure Policy:** In the event of inclement weather or other unforeseen event, ENCORE will follow CCC decisions regarding class cancellation and school closure. ENCORE members should check the college website and/or radio announcements for information regarding possible closure. In the event of class cancellation for other reasons such as instructor illness, the class coordinator is responsible for student notification in consultation with the instructor.

Dear Members of ENCORE,

Your Curriculum committee is trying to put together programs and courses that appeal to a broad audience. Whereas some of these offerings may be as tame as crocheting, others can be controversial. And where we encourage our instructors, old and new, to give our members a fair advance notice of the contents of their presentations, under the principle of Academic Freedom, we neither require an absolutely unbiased presentation nor censure our instructors and facilitators.

If you are exposed to subject matter and instructors whose bias you can't share, you have the option of leaving. Short of that, we request that you respect the opinions of others just as you would expect others to respect yours.

For the Curriculum committee,

Reta Lindstrom, Chairperson, October 19, 2015