

Winter 2017 Class Descriptions



THE AGING BRAIN

Facilitator/Coordinator – Ellen Norris (503 440 5667) ellendnorris@gmail.com

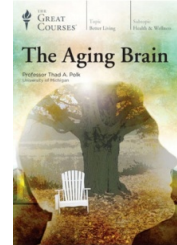
Day/Time – Monday 10 am - noon; 6 sessions

Dates – January 23, 30, February 6, 13, 20, 27

NO CLASS January 16

Location - Astoria Senior Center 1111 Exchange Street, Astoria.

This class will be based on the Great Courses videos, *The Aging Brain* by Professor Thad Polk, Ph.D., University of Michigan. Each week we will watch a 30 minute lecture followed by 20 minutes for discussion, a break, then a second 30 minute lecture followed by 20 minutes for discussion. There are 12 lectures, so this will be a 6-week course.



Excerpted from the course description:

The science behind the aging brain tells a fascinating - and often counterintuitive - story. Is "aging" a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to "cure" aging altogether? Delve into these questions and more in *The Aging Brain*. Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, these twelve eye-opening lectures will give you a wealth of new insights into what happens to the brain over time - as well as strategies to mitigate the effects of aging and enhance your quality of life into old age.

With a mix of scientific research and practical applications, Professor Polk brings cutting-edge science to life. He takes you down to the cellular and even molecular level of the brain to show you why certain functions decline, how some aspects of brain aging are under genetic control, and what you can do to prolong your health and keep your mind sharp. Aging affects us all, but as you will learn in *The Aging Brain*, you have some control over how it affects you.

AGING GRACEFULLY

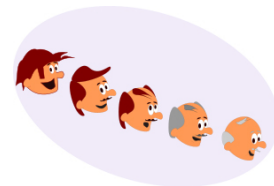
Instructor – Angela Sidlow, 503 338 9921

Coordinator – Ellen Norris (503 440 5667) ellendnorris@gmail.com

Day/Time – Monday 10 am - noon; 1 session

Dates – March 6

Location - Astoria Senior Center 1111 Exchange Street, Astoria.



Description to come.

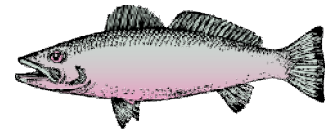
OUR LOCAL SEAFOOD INDUSTRY

Instructor – Art Limbird, 503 738 0257 artlimbird@yahoo.com

Coordinator – Kay Limbird, 503 738 0257 kaylimbird@yahoo.com

Day/Time – Tuesday 10 am - noon; 6 sessions

Dates – January 17, 24, 31, February 7, 14, 21



Location Field trips, locations to be announced.

Visit varied businesses that are integral to the success of our local seafood industry. Including:

- Seafood research
- Hatcheries
- Boat building
- Equipment supply
- Seafood and fish processing

BRIDGE INSTRUCTION

Instructors – Ann Marie Gramson 503 861 1133

Sandra Baker 503 738 0782

Day/Time – Tuesday 9:30 am - noon; 8 sessions

Dates – January 17, 24, 31, February 7, 14, 21, 28, March 7

Location – Astoria Senior Center 1111 Exchange Street, Astoria



This ACBL-certified teaching team has worked together since they were both young instructors in elementary schools, and now both team-teach Bridge classes locally. A primary goal of this class is to introduce new players to the game of Bridge and to encourage social Bridge players to learn to play Duplicate. Bridge is a competitive and challenging social activity, known to enhance mental abilities - especially important for senior players. Appropriate texts available through instructors: "Bidding in the 21st Century" and "The Play of the Hand."

TALKING ABOUT WRITING

Instructor – Nellie Hutchinson, 503 717 9838

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

Day/Time – Tuesday 1:30 – 3:30 pm; 8 sessions

Dates – January 17, 24, 31, February 7, 14, 21, 28, March 7

Location – CCC South Campus, 1455 N Roosevelt Drive, Seaside



Bring in writing that amuses, inspires, or sparks your interest. This may be poetry, short stories, essays, or excerpts from a favorite book. We will share and discuss. If you don't have anything to share, come anyway and participate. I will try to gently lead and direct the discussion.

AARP SMART DRIVING COURSE

Instructor – Di Stuppy, 503 869 2390, didyado.di@gmail.com

Coordinator – Ellen Norris (503 440 5667) ellendnorris@gmail.com

Day/Time – Tuesday 9 am – 4 pm; 1 session

Dates – March 7

Location – CCC South Campus, 1455 N Roosevelt Drive, Seaside



From the AARP website:

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day.

Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from brushing up on their driving skills.

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you

can manage and accommodate common age-related changes in vision, hearing and reaction time. In addition, you'll learn:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cellphone

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

AARP membership is not required to take the course and there are no tests to pass.

There will be a charge of \$15 for AARP members and \$20 for non AARP members, payable on the day of the class. Checks should be made payable to AARP. Bring your AARP card or other proof of membership to the class.

Call Evy at 503-338-2566 to register for the AARP Smart Driving Course.

SCIENCE EXCHANGE

Facilitators/Coordinators – Kit Ketchum, 503 717 5027, lilyloosy4@gmail.com

Mike Kinney, 503 994 2080, wooferwalker@yahoo.com

Day/Time – Wednesday 10:30 am - noon; 8 sessions

Dates – January 18, 25, February 1, 8, 15, 22, March 1, 8

Location - Astoria Senior Center, 1111 Exchange Street, Astoria.



Science Exchange, a staple and long-standing favorite class among ENCOREites, returns to its Wednesday morning time slot this term, with a slight change in time: 10:30 a.m.-12:00 p.m., meeting at the Astoria Senior Center's classroom. Facilitators Kit Ketcham and Mike Kinney look forward to hosting a lively class featuring videos, member-supplied topics, and offering a vintage idea from the days of Meg Weaver --- a weekly list of possible discussion items to pique folks' interest.

PHILOSOPHY WITH SETH TICHENOR

The Sage as Seeker: Religious Philosophers Philosophize about Religion

Instructor – Seth Tichenor, stichenor@clatsopcc.edu

Coordinator – Frank Spence, 503 325 2365. frspence@bellsouth.net

Day/Time – Thursday 10 am - noon; 6 sessions

Dates – January 26, February 2, 9, 23, March 2, 9

NO CLASS January 19, February 16

Location – Astoria Senior Center, 1111 Exchange Street, Astoria



Philosophy and religion are often seen as being at odds with one another when it comes to the deeper questions of the cosmos and humanity. But what happens when professionally trained 20th century philosophers, enmeshed within religious traditions, begin to philosophize about cosmic, existential, and humane questions within those

traditions? How do they articulate and navigate religious concepts in light of modern science, philosophy and culture? This course will look at the work of some of the most prominent 20th century religious thinkers and the fruits of their philosophizing.

- Week 1) Paul Tillich - A Christian Philosopher
- Week 2) Martin Buber - A Jewish Philosopher
- Week 3) Seyyed Hossein Nasr - A Muslim Philosopher
- Week 4) Ramchandra Gandhi - A Hindu Philosopher
- Week 5) Keiji Nishitanti - A Buddhist Philosopher
- Week 6) David Abram - An Animist Philosopher

WATERCOLOR PAINTING

Instructor – Gheri Fouts, 503 738 6434, ghfouts@msn.com
Coordinator – Sue Zerangue (503-338-0313) zerangue@hotmail.com
Day/Time – Thursday 1:30 – 3:30 pm; 4 sessions
Dates – January 19, 26, February 2, 9,
Location – The Art Loft, 106 3rd St., Astoria



This class is centered around a journal which would be used for writing notes and painting various subjects that would illustrate the elements discussed in class.

For the first class, the students will need:

- a journal of unlined 140 pound paper, 5x7 inches or larger;
- pencil and/or pen.

For the other three classes the student will also need 3 colors of watercolor paint.

Class 1: We will start with drawing for painting. How can we train our eyes to see shapes, tone values, and dimension? We will begin a journal.

Class 2: Let's paint! We will look at brushes, paints and papers. We will experiment with watercolor techniques, using a basic palette. Painting a still life, in our journal.

Class 3: Floral and landscapes and the illusion of distance. Painting this week is "tulips". Maintain journal.

Class 4: Let's look at abstracts and try one ourselves. Bring a couple simple tools, like scissors, or forks and spoons, or 2 small objects. We will analyze these and paint, then discuss framing and display. This final class is a mini show of our works.

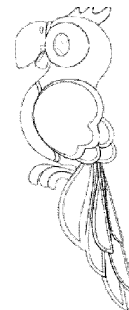
SHADING AND COLORING WITH PENCILS

Instructor – Jo Pomeroy 503 325 4442 AstoriaArtLoft@gmail.com
Coordinator – Sue Zerangue (503-338-0313) zerangue@hotmail.com
Day/Time – Thursday 1:30 – 3:30 pm; 2 sessions
Dates – February 16, 23,
Location – The Art Loft, 106 3rd St., Astoria

This class shows how to shade with colored pencils and graphite pencils. It also addresses combining and layering colored pencil to create beautiful hues and add depth to the artwork.

Supplies needed:

- colored pencils
- graphite pencil (#2 or HB pencil)
- Art gum eraser
- Paper or sketch book
- Your favorite coloring book



If you don't have some or all of these supplies, come anyway! There will be plenty available that you can borrow for the class, to help you decide what you like.

COMPARATIVE LITERATURE

Instructor – Sharon Klauser 503 836 2522 sklauser22@gmail.com
Coordinator – Sue Zerangue (503-338-0313) zerangue@hotmail.com
Day/Time – Friday 10 am - noon; 8 sessions
Dates – January 20, 27, February 3, 10, 17, 24, March 3, 10
Location – Astoria Senior Center 1111 Exchange Street, Astoria



In this class I intend to explore the idea that, as Joseph Campbell has identified the Monomyth in his explorations of the mythologies of ancient cultures, perhaps there is also a similar thread in the stories of our modern world view as expressed in the novel, movies, or even in our own personal stories.

I would like for each student to choose a subject, topic, favorite novel, movie, or even family story and identify with the theme of one story thread, or refute the idea.

I believe we will bring to the class many new, and probably some old information that may be unexplored, or perhaps re-remembered.

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