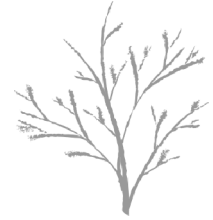




www.encorelearn.org

Winter 2018 Class Descriptions



StretchYo (Yoga)

Instructor - Stephanie Reibold

Coordinator - Marjie Spence, 503-325-4233, marjspence@msn.com

Day/Time - Monday 9:45 - 10:45; 8 sessions

Dates - January 15 - March 5, 2018

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. You are welcome to start attending any time you choose!



This class is particularly good for seniors. The description of StretchYo from the RiverZen website is:

"Gentle Yoga Stretch (StretchYo) is about feeling great all over. Simple movement that opens and strengthens your body while calming your mind. You'll create a healthy balance between strength and flexibility, stability and mobility. It's not about hard or easy poses. It's about learning how to connect your breath and move with ease. It's about listening to your own body and giving it exactly what it is looking for at a particular time. StretchYo combines the Ease of Strala Yoga, The Strength and Flexibility of Ki-Hara and the Functional Alignment of Strong Posture Exercises ... with our own personal touch for optimum results."

OpenClipart.com Female Yoga Pose Silhouette 16 by GDJ

Geographical and Cultural Changes in the Mediterranean Region: 2000 BC to 500 CE

Instructor - Art Limbird

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

Day/Time - Monday 1:30 - 3:30; 6 sessions

Dates - January 22 - February 26

Location - Astoria Senior Center, 1111 Exchange Street, Astoria



The class will explore the locations and extent of civilizations in the lands within and surrounding the Mediterranean Sea during the 'Classic Period' from 2000 BC to about 500 CE. The most well know are the Greeks and Romans. We also will investigate civilizations such as the Minoans, Mycenaeans, Etruscans, Phoenicians, Byzantines and other groups around the Mediterranean Region. We will examine both locations and time periods to express the geographical changes and illustrate these changes via evidence (such as structures, ruins, and museum collections) where possible.

Map of the Mediterranean from Google maps

Writing Exchange

Instructor – Eric Anderson

Coordinator – Jean McGonigle, 503-325-7725, jeanjaderiver@gmail.com

Day/Time – Tuesday 10 – noon; 8 sessions

Dates – January 16 - March 6

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.

Image from OpenClipart.com Plumier by Presquesage

Literary Sharing

Instructor – Nellie Hutchison

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

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

Dates – January 16 - March 6

Location – CCC Seaside campus, 1455 N Roosevelt Drive, Seaside; elevator equipped



Bring in samples of your favorite writers, poetry, short stories, short essays or excerpts from longer literary pieces. We will read and discuss. If you don't have anything to bring, come anyway... share your opinions and ideas. I will try to gently lead the discussion.

open clipart image: reader

AARP Smart Driving Course

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

Coordinator – Ellen Norris, 503-440-566, ellendnorris@gmail.com

Day/Time – Tuesday 9 – 4; 1 all-day session

Date – March 13

Location – CCC South Campus, 1455 N Roosevelt Drive, Seaside; elevator equipped



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.

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.**

Image from the AARP website

[Science Exchange](#)

Facilitators – Kit Ketcham, 503-717- 5027, lilyloosy4@gmail.com

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

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

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

Dates – January 17 - March 7

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.

Photo taken by Kay Limbird

[Walking Track](#)

Facilitator - Ellen Norris, 503-440-5667,
ellendnorris@gmail.com

Day/Time - Wednesday 1:30 - 2:30; 8 sessions

Dates - January 17 - March 7

Location - CCC Patriot Hall, 1651 Lexington Ave.
Astoria; 3rd floor; elevator equipped



Come join your friends in an active walking group INSIDE on the beautiful indoor walking track at the Community College. You can walk at your own pace. Walk as much as you are comfortable with during the hour. All levels of walking ability welcome! Please check with your physician before starting any exercise class if you have concerns about your activity level.

Patriot Hall: view from the walking track

Investments for a Changing World

Instructor – Anne Gant

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

Day/Time – Thursday 10 – 11:30; 6 sessions

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

Location – Astoria Senior Center, 1111 Exchange Street, Astoria



Important events such as inclusion of Chinese stocks on US stock market indexes, using crypto-currencies to make purchases online, emergence of Asian markets on the world scene, a decreasing middle class in the US, increasing wealth among citizens in China and India, massive debt in the US and European economies, and the threat of a debt "Jubilee" are changing the financial world. How do these changes affect you, the senior investor, whether your "investments" are a CD, savings account, IRA, stocks, bonds or collectibles? Concepts of diversification, safety, risk, and asset allocation will guide teams of class members as they "invest" \$100,000. Speakers from banks, credit unions, brokerages, financial advisers, coins / collectibles dealers, and CPA businesses will participate.

OpenClipart.com "Treasure" by gnokki

The Other Slavery

Instructor – Erhard Gross

Coordinator – Elfi Gross, 503-468-0752, unihorn@charter.net

Day/Time – Thursday 1:30 – 3:30; 6 sessions

Dates – January 18 - February 22

Location – Astoria City Hall, 1095 Duane St., 2nd floor. **elevator equipped**



When we hear the word slavery, we generally think of blacks. Yet, black slavery was instituted in North America (Virginia, 1619) much later than that of the Indian population. Almost all slaves held in the Americas prior to 1619 were of Native American origin -- Indians as they were referred to by the Spanish discoverers of the New World. This Other Slavery persisted well into the 20th Century. After a brief survey of slavery in history, we will focus on the nature and extent of the Other Slavery in North America.

Image from OpenClipart.com

Confucius: Learning to be a Sage

Instructor – Seth Tichenor

Coordinator – Dave Zunkel, 503-861-8539, davezunkel@gmail.com

Day/Time – Friday 10 – noon; 8 sessions

Dates – January 19 - March 9

Location – Astoria Senior Center, 1111 Exchange Street, Astoria



This course discusses the legacy of the disciples of **Confucius** in ancient and medieval China.

No philosophical or moral tradition can be said to have had the impact on Chinese civilization that Confucius had. However, what we have come to call "Confucianism" in the West can hardly be said to be the results of the Master's teachings alone. Many philosophers have commented upon, forwarded, and transformed this tradition of philosophical reflection and moral cultivation centuries after Confucius.

This course will look at the work of some of the most prominent of these scholars as they strove to follow in the footsteps of the Master and as the phrase goes, "learned to be a Sage".

Week 1: **Confucius** (551 BCE - 479 BCE) The Master

Week 2: **Mencius** (371 BCE - 289 BCE) The Humanist

Week 3: **Xunzi** (c. 280 BCE - 238 BCE) The Naturalist

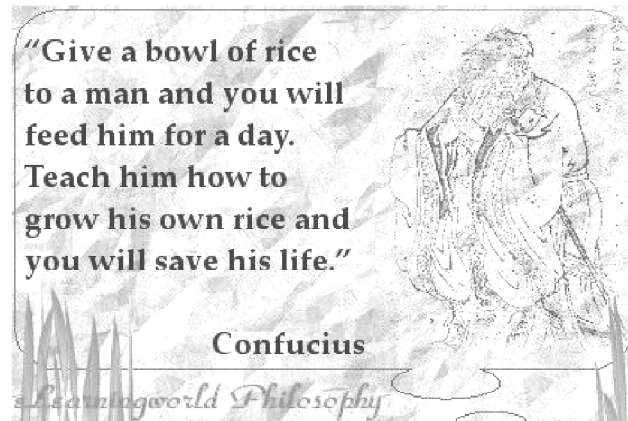
Week 4: **Zhou Dunyi** (1017 CE) Teacher of the "Supreme Ultimate"

Week 5: The **Cheng brothers** (**Cheng Hao**, 1032 CE; **Cheng Yi**, 1033 - 1107 CE) The Great Proponents

Week 6: **Zhu Xi** (1130 CE - 1200 CE) The Rationalist & Second Master

Week 7: **Lu Xiangshan** (1139 CE - 1193 CE) The Counterpoint

Week 8: **Wang Yang Ming** (1472 CE - 1529 CE) The Idealist



images from quotesblog.net

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