



# Winter 2019 Class Descriptions

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



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Morning classes are 10 – noon and afternoon classes are 12:30 – 3:30 **unless otherwise noted.**  
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**When at ENCORE functions,  
PLEASE  
turn your CELL PHONE OFF!**

## **Smooth and Easy Stretch for Seniors**

Instructor – Dave Stevens, 503-440-3554, info@riverszen.com  
Coordinator – Ellen Norris, 503-440-5667, ellendnorris@gmail.com  
Day/Time – Monday **10 - 11 am**; 8 sessions  
Dates – January 14 - March 4  
Location – RiversZen Astoria Studio, 1406 Marine Dr., Astoria

Smooth and Easy Stretch: The songs are smooth and easy, the movements are slow and easy. Designed to help improve movement, flexibility, balance, and strength. This easy moving class concentrates on stretches and exercises to improve your Balance, Alignment, and Motion; helping you become Strong, Flexible and Ageless.

Participants with mobility issues will be guided in alternate positions and movements if needed.

The RiversZen studio is on the river at the east end of 13<sup>th</sup> St. It has large windows with beautiful views, and frequently during final relaxation you can listen to the waves breaking under the building.

The studio is handicapped accessible.

## **Writing Exchange**

Instructor – Eric Anderson  
Coordinator – Dale Rue, 360-581-1701, rocketman4764@yahoo.com  
Day/Time – Tuesday, 10 - noon; 8 sessions  
Dates – January 15 - March 5  
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.

## **Everything Equine**

Instructor — Mary Kemhus

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

Day/Time – Tuesday 10 - noon, plus a Saturday; 7 sessions

Dates – Jan 22 - February 26; Saturday March 2 Horse Show

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

Take a journey with local equestrian Mary Kemhus, as we learn about everything horsey. Find out how the horse came to be, why there are so many shapes and sizes and the roles horses have played in world history as well as a little bit of local horse history. Also, untangle all those leather straps, boots and attire to understand their purposes. Be prepared to get dirty as we dig into an art project, games and general horse play. Then, put it all together with a scavenger hunt at the local Friends of Fair horse show at the Clatsop County Fairgrounds on March 2.

## **Literary Sharing**

Instructor – Nellie Hutchison

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

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

Dates – January 15 - March 5

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

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](mailto:lilyloosy4@gmail.com)

Mike Kinney, 503-994-2080, [wooferwalker@yahoo.com](mailto:wooferwalker@yahoo.com)

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

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

Dates – January 16 - March 6

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](mailto:zerangue@hotmail.com)

Day/Time – Wednesday **2 – 4 pm**; 8 sessions

Dates – January 16 - March 6

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 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 8 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, January 16th through March 6th. Embroidery, crewel, freehand patterns, beading, crochet edgings, blanket and blouse embellishment were some of the areas we explored the last several months.

Winter is 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 the days slowly start to lengthen again.

## **Drawing on the Right Side of the Brain**

Instructor – Nancy Carruthers

Coordinator – Gheri Fouts, 503-738-6434, [ghfouts@msn.com](mailto:ghfouts@msn.com)

Day/Time – Thursday 10 - noon, 6 sessions

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

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

This is a class for people who think they can't draw. It will be about learning to draw what we see. Therefore, the emphasis will be on learning to see – and learning to process visual information in the special way that artists do, which is different from the way we usually see the world. When we can make this mental shift, we will be able to draw.

Everyone will need a drawing pad, at least 8×10, several soft lead pencils (6B), and a kneaded eraser. (Available at the CCC bookstore).

## **Mediterranean Peoples and Places: 1000 BC to 600 CE**

Instructor – Art Limbird

Coordinator – Kay Limbird, 503-738-0257, [kaylimbird@yahoo.com](mailto:kaylimbird@yahoo.com)

Day/Time – Thursday 1:30 - 3:30; 8 sessions

Dates – January 17 - March 7

Location – Astoria City Hall, 1095 Duane St, Astoria, elevator equipped

This class will continue to explore the locations and extent of civilizations in the lands within and surrounding the Mediterranean Sea from the “Dark Ages” 1000 BC to about 600 CE. We

will begin by reviewing the period of turmoil when several invading groups disrupted the earlier empires. We will examine the Judaic Kingdoms, the Etruscans, the Classic Greeks and their westward expansion, the Scythians, the Carthaginians, Alexander the Great and Ptolemaic Egypt, the vast Roman Empire, the 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.

## **Promise of Pragmatism**

Instructor — Seth Tichenor

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

Day/Time – Friday 10 - noon; 8 sessions

Dates – January 18 - March 8

Location – Astoria Sr. Center, 1111 Exchange Street, Astoria.

William James said the term “Pragmatism” was simply “a new word for an old way of thinking”. It was, from James’ point of view, a philosophy for meaningfully resolving otherwise irreconcilable differences in our ideas and values in the world. Far from being a philosophy of ‘compromise’ to these ideas and values, it incorporated and reconciled them, and worked to open up their possibilities – again, to quote James, “a way of resolving metaphysical disputes”. This class will look at the roots, evolution, and legacy of Classical Pragmatism as a philosophical movement in the United States, primarily through the philosophies of its three great advocates – Charles Sanders Peirce, William James, and John Dewey. And, from there, the role pragmatism can have, when used skillfully, to help us through many of the problems we face today.

- January 18: What is “Pragmatism” (and why it’s not just being ‘practical’)
- January 25: Ralph Waldo Emerson & others – Influences and ancestors to the “American Philosophy”
- February 1: C.S. Peirce – The Logic of Pragmatism
- February 8: William James – The Humanity of Pragmatism
- February 15: William James – The Wisdom of Pragmatism
- February 22: John Dewey – The Intelligence of Pragmatism
- March 1: John Dewey – The Beauty of Pragmatism
- March 8: John Dewey – The Promise of Pragmatism

**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



# Class Calendar – Winter 2019

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   |
|--|--|---|--|--|
| <p><b>Smooth and Easy Stretch for Seniors</b><br/><b>10:00 – 11:00 am</b><br/>8 sessions<br/>January 14 – March 4<br/>RiversZen, 1406 Marine Drive, Astoria</p>                    | <p><b>Writing Exchange</b><br/>10:00 to Noon<br/>8 Sessions<br/>January 15 – March 5<br/>Astoria Senior Center, 1111 Exchange Street, Astoria</p>                                    | <p><b>Science Exchange</b><br/><b>10:30</b> am to Noon<br/>8 Sessions<br/>January 16 – March 6<br/>Astoria Senior Center, 1111 Exchange Street, Astoria</p> | <p><b>Drawing on the Right Side of the Brain</b><br/>10 – noon<br/>6 sessions<br/>January 24, 31, February 7, 14, 28, March 7<br/>Astoria Senior Center, 1111 Exchange Street, Astoria</p> | <p><b>Promise of Pragmatism</b><br/>10:00 to Noon<br/>8 Sessions<br/>January 18 – March 8<br/>Astoria Senior Center, 1111 Exchange Street, Astoria</p> |
|  | <p><b>Everything Equine</b><br/>10:00 – noon<br/>7 Sessions<br/>Jan 22 – February 26;<br/>CCC Seaside Campus<br/>1455 N Roosevelt Drive,<br/>Seaside<br/>Sat. March 2 Horse Show</p> |   |  | <p>When at ENCORE functions,<br/><b>PLEASE turn your CELL PHONE OFF!</b></p>   |
| <p><b>Committee Meetings</b><br/><b>1 – 3 pm</b><br/>2<sup>nd</sup> Mon. Curriculum<br/>3<sup>rd</sup> Mon. Membership<br/>4<sup>th</sup> Mon. Board<br/>Astoria Senior Center</p> | <p><b>Literary Sharing</b><br/>1:30 – 3:30 pm<br/>8 sessions<br/>January 15 – March 5<br/>CCC Seaside Campus<br/>1455 N Roosevelt Drive,<br/>Seaside</p>                             | <p><b>Senior Stitchery</b><br/><b>2 – 4 pm</b><br/>8 Sessions<br/>January 16 – March 6<br/>Astoria Senior Center, 1111 Exchange Street, Astoria</p>         | <p><b>Mediterranean Peoples and Places:</b><br/><b>1000 BC to 600 CE</b><br/>1:30 – 3:30 pm<br/>8 Sessions<br/>January 17 – March 7<br/>Astoria City Hall, 1095 Duane St, Astoria</p>      | <p>Unless otherwise indicated, AM classes meet from 10:00 am – Noon, PM classes from 1:30-3:30 pm.</p>   |

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**ENCORE/CLATSOP COMMUNITY COLLEGE**

“Exploring New Concepts of Retirement Education”

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