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Winter 2016 Class Descriptions



FOLK DANCING

Instructor - Drew Herzig (503-325-1895) drewherzig@gmail.com

Coordinator - Charles Schweigert (503-325-1895) schweigertstudio@yahoo.com

Day/Time - Mondays; 10:00 am to Noon; 8 sessions

Dates - Jan 11, 18, 25; Feb 1, 8, 15, 22, 29

Location - Astoria Senior Center (former Yacht Club) 1555 W. Marine Drive, Astoria

Sample the wide world of folk dance. This class will introduce you to some of the beautiful traditional dances from around the world, from Bolivia to Wales, from Greece to Japan. Students will learn simple line, circle and mixer dances. The historical and cultural backgrounds of these communities will be discussed. No experience needed, no partner required. Wear comfortable clothing and shoes. Be ready to have lots of fun, and get a fair amount of exercise.

BRIDGE LESSONS R US

Instructors - Sandra Baker (503-738-0782) bakerss@q.com

Anne Marie Gramson (503-861-1133) gilandannegramson@charter.net

Coordinator - Michael McGonigle (503-325-7725) dmmnurse@yahoo.com

Day/Time - Tuesdays; 9:30 am to Noon *(Note early start time...no class on Feb 16 and extra session on March 8 & 15); 9 sessions

Dates - Jan 12, 19, 26; Feb 2, 9, 23; Mar 1, 8, 15

Location - Port of Astoria Mooring Basin, Administrative Office Building, 2nd floor, room 209

We offer duplicate bridge lessons for interested new, social or rusty bridge players. This class will instruct and give playing opportunities for the bidding in the current bridge circles. We will use the ACBL series book called "Bidding in the 21st Century," available through the instructors. This is a beginning bridge class for duplicate and social bridge players with basic instructions. Bridge is a competitive and challenging social activity, known to enhance mental abilities - especially important for senior players.

PHILOSOPHICAL FOUNDATIONS OF BUDDHISM

Instructor - Seth Tichenor (971-237-6995) stichen@gmail.com

Coordinator - Frank Spence (503-325-2365) frspence@bellsouth.net

Day/Time - Tuesdays; 10:00 am to Noon; 7 sessions

Dates - Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 1

* Please note the late start date, hoping our NEW Senior Center will be open.

Location - Astoria Senior Center, 1111 Exchange Street, Astoria

This course will look at some of the central concepts and practices of Buddhism. We will begin by looking at the philosophical, cultural, and spiritual milieu that gave rise to the original teachings of Gautama Siddhartha (the name of the historical Buddha) in Northern India in the 5th century BCE.

Then we will look at just how and why these ideas are understood to work as they do, both philosophically and psychologically. Finally, we will consider how and why these initial ideas evolved into the enormous, and sometimes disparate, diversity of Buddhist schools of philosophy that exist today.





NEEDLECRAFT: CAST ON AND KNIT

Instructor – Evy Berger (503-338-2566) eberger@clatsopcc.edu

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

Day/Time - Tuesdays; 1:30 to 3:30 pm; 8 sessions

Dates - Jan. 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 1

Location - Columbia Hall - Room 117, CCC - Astoria campus, 1651 Lexington Ave.

Knitting is the new yoga (after you have learned). You will learn how to cast on 2 different ways, what is gauge, types of knitting, needles and yarns. We will learn how to read a pattern and what the abbreviations stand for. You should be able to leave the class with a washcloth or the beginnings of a scarf. Please bring to class... scissors, tape measure, knitting needles and inexpensive yarn, to start.

COOKING FOR 1 OR 2

Instructor - Merianne Myers (503-791-2602)

meriannemyers@gmail.com

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

Day/Time - Wednesdays; 10 am to Noon; 5 sessions

Dates - Jan. 13, 20, 27; Feb. 3, 10

Location - North Coast Food Web building, 577 18th Street, Astoria

We'll be cooking healthy, affordable meals appropriate for one or two person households. Learn to create delicious, easy dishes with a few simple ingredients guaranteed to leave you with tempting, but not endless, leftovers. Classes are limited to ten persons, are hands-on, and end by sharing the meal we have made together. All materials and ingredients are supplied. Cooking tips and recipes included. Fee: \$30. Scholarships available.

Please register online at: northcoastfoodweb.org Go to their fascinating website, look for the ENCORE cooking class; scroll down to the registration option, then, if you like, use PayPal to cover the cost of the class. Real easy, but if you have further questions, please call Sue Zerangue, 503-338-0313. This is gonna be so good for us. Limited enrollment, though, so better hurry!



WOMEN'S HEART HEALTH



Instructor - Leslie Morgan ([503-803-5931](tel:503-803-5931)) leslie_mor@msn.com

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

Day/Time - Wednesday; 10 am to Noon; 1 session

Date - Feb. 17

Location - Duncan Law Building, (above the Seafood Center) 2001 Marine Drive, Astoria. Steelhead Room, 2nd floor; enter from parking lot near Exchange **This**

location is elevator-equipped.

Pay attention to your heart! This class will first review "Women's Risk Factors for Heart Disease" and "Symptoms of Women's Heart Attacks." Then we'll discuss activities and steps you can take to create your own heart-healthy lifestyle. Included will be interactive demonstrations on stress-reducing yoga and meditation, nutritious healthy cooking, and coordinating a regular walking program for achieving and maintaining physical health.

This seminar is brought to you by Leslie Morgan, Community Educator for WomenHeart, a national coalition for women with heart disease, and is sponsored by the Cardiology Clinic at Columbia Memorial Hospital. Men are also welcome to attend.

SCIENCE EXCHANGE

Instructor - Judith Schlecter (510-220-4070) judith.schlecter@gmail.com

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

Day/Time - Wednesdays; 1:30 to 3:30 pm; 8 sessions

Dates - Jan. 13, 20, 27; Feb. 3, 10, 17, 24; Mar. 2

Location - Educational Service District (ESD bldg.), Clatsop Room

3194 Marine Drive, Astoria* Please park on 32nd, enter on Marine.



Sheldon Cooper from The Big Bang Theory would move to Astoria to be part of this class... if he were old enough to join ENCORE. Lightly facilitated, with open discussion of current scientific topics, students are invited to bring in an article or video of anything they've found interesting to share with the class. We've mulled over subjects as diverse as water on Mars, dark matter and energy, the use of LIDAR in archaeological research, slime molds, gene-editing, or how your intestinal biome might influence your emotions. If any of this sounds appealing to you, please join us for weekly, wide-ranging, round-table discussions of the latest scientific headlines. Sheldon would be jealous, but no need for you to be!

BUILDING WEBSITES and USING FACEBOOK



Instructor - Mary Carpenter (503-861-8280) marycbythesea@gmail.com

Coordinator - Anne Gant (503-741-3050) argentina.anne2@gmail.com

Day/Time - Thursdays; 10 am to Noon; 6 sessions

Dates - Jan. 14, 21, 28; Feb. 4, 11, 18

Location - CCC South County Campus, Computer lab, 1455 N. Roosevelt, Seaside

This class will be presented in 2 parts of 3 sessions each. Students are welcome to take one or both parts, though registration is the same. They will be taught with a simple, easy, non-technical method, and all students will be given full instructions to take home.

Participants in the website building class (Jan. 14, 21, 28) should come prepared with an idea to offer a service or a product on the WWW in an area of personal expertise. Know what your website will be about, and have a few possible titles that will identify your site. You will be instructed to sign up with GoDaddy for a one-year hosted site and access to Build Your Websites software to develop up to a 3-page site. Each participant will pay \$12 to GoDaddy with a credit card.

Students will have access to 16 computers, all PCs. If your laptop is an Apple, you will receive assistance in accessing GoDaddy & building your website, but not in using your Apple.

There is no charge for the social media part of this class, exploring Facebook (Feb. 4, 11, 18). Features of the site will be explained, such as setting up your username and password, uploading content, replying to messages, use of like & unlike, plus posting messages and photos. Tips to retain some privacy on Facebook will be discussed, including how to revise your settings for increased safety. You may bring an Apple computer, but must be able to navigate to Facebook without assistance.

WHAT'S IN THE NEWS?

Instructor - Bernie Thomas (503-861-2695) berniet@q.com

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

Day/Time - Thursdays; 1:30 to 3:30 pm; 6 sessions

Dates - Jan. 14, 21, 28; Feb. 4, 11, 18

Location - CCC South County Campus, Room 1, 1455 N. Roosevelt, Seaside (elevator equipped)

Everybody's talking about...sex, politics & religion, then there's war, violence and a changing climate. In this interactive participant class we'll cover all that and more. Being an election and Olympics year, we'll never run out of current topics to discuss in our wide-ranging, no-holds-barred conversations.

Please bring your news items, questions, opinions, open mind & respect for each other. We'll share as many subjects as time allows, and track how important situations develop over the course of our class.

Guaranteed to be engaging. Hope to see you there!



ROAD SCHOLAR



Instructors - Rex and Nancy Anderson (503-738-5206)

thecove@theoregonshore.com

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

Day/Time - Thursday; 1:30 to 3:30 pm; 1 session

Date - Feb. 25

Location - CCC South County Campus, Room 1, 1455 N. Roosevelt, Seaside (elevator equipped)

In this single session class we will learn about Road Scholar, a non-profit group created by Elderhostel, founded in 1975, which offers educational travel tours aimed primarily at older adults. According to their website, roadscholar.org, their mission is "to inspire learning, discovery, and travel." They offer 5,000 educational tours, with excellent instructors, in all 50 states and 150 countries. That covers a lot of territory!

Original ENCORE members, Rex and Nancy Anderson, have completed 32 Road Scholar programs and will share their experiences with these excellent travel options for senior citizens. Programs they have attended include both land and shipboard adventures in the U.S., Canada and Costa Rica.

Please see the Road Scholar website for more detailed information, and don't miss the Andersons' travel tales via this program.

BOOK GROUP: ON CARE FOR OUR COMMON HOME by POPE FRANCIS

Instructor - Steve Berk (503-791-0120) peace1@wwestsky.net

Coordinator - Frank Spence (503-325-2365) frspence@bellsouth.net

Day/Time - Fridays; 10 am to Noon; 6 sessions

Dates - Jan. 15, 22, 29; Feb. 5, 12, 19

Location - Educational Service District (ESD building), River Room, 3194 Marine Dr., Astoria*

Please park on 32nd, enter on Marine.



Papal encyclicals are usually on Catholic doctrinal matters and are not of much interest to the general public. Once in a great while, however, a pope recognizes the need to address world crisis. In "Laudato Si, On Care for Our Common Home," visionary Pope Francis addresses climate change and world ecological crisis. In line with some of the most prescient secular thinkers of the twentieth century, Francis indicts the throwaway consumer culture, the massive inequality caused by "raw capitalism", and the need for a new world consensus to address the common good. Written in the style of good journalism, Laudato Si urges nothing less than a revolution in predominant economics and cultural values to meet the crisis at hand.

Prof. Emeritus Steve Berk will lead the discussion of this short (168 page) but vital book. Widely available through Amazon, the Catholic book source, Our Sunday Visitor, and other internet sources, with numerous editions (and prices) offered. Sue Zerangue will have five copies of Laudato Si for \$12 each, after Dec. 15th. Please call 503-338-0313 to reserve.

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