

ENCORE EDUCATION CENTRE- WINTER/SPRING 2024

M F **LAST NAME** **FIRST NAME**

NAME _____

PHONE # _____

DATE OF BIRTH Month ____ Day ____ Year ____

EMAIL _____

Please indicate your mailing address:

ADDRESS 1 _____

ADDRESS 2 _____

CITY/TOWN:

POSTAL CODE _____

☐ CHECK COURSE CHOICES

PRICE

01	<input type="checkbox"/> WWII-It's Aftermath Part II	Mar.5	\$55
02	<input type="checkbox"/> Hot Topics	Mar.5	\$80
03	<input type="checkbox"/> Write it Now	Mar.6	\$80
04	<input type="checkbox"/> Altern. Appr. To Genealogy	Mar.7	\$20
05	<input type="checkbox"/> Evolution of Popular Music	Mar.11	\$20
06 A	<input type="checkbox"/> Cognitive Vitality	Mar.13&27	\$30
06 B	<input type="checkbox"/> Cognitive Vitality	Apr.10&24	\$30
07	<input type="checkbox"/> Coping with Change	Mar.14	\$45
08	<input type="checkbox"/> Loyalist Cemeteries	Mar.14	\$20
09	<input type="checkbox"/> Normal/Healthy Aging	Mar.18&25	\$30
10	<input type="checkbox"/> De-Mystifying Self-Publishing	Mar. 20	\$20
11	<input type="checkbox"/> Tax Efficient Retirement Income	Apr. 4	\$20
12	<input type="checkbox"/> Hitchhiking Adventures	Apr.11	\$20
13	<input type="checkbox"/> World of Birds	Apr.11	\$20
14	<input type="checkbox"/> Artificial Intelligence	Apr.15	\$20
15	<input type="checkbox"/> Diefenbunker	Apr.17	\$20
16	<input type="checkbox"/> Martin Luther	Apr.18	\$20
17	<input type="checkbox"/> Understanding Your Pain	Apr. 25	\$20
18	<input type="checkbox"/> Blood Tests	Apr. 29	\$20
19	<input type="checkbox"/> Heart Rate Variability	Apr.30	\$20
20	<input type="checkbox"/> Fun with Dave	May.2	\$20
21	<input type="checkbox"/> Android for Smartphones	May.6&13	\$30
22	<input type="checkbox"/> Dealing with Health Issues	May.7	\$20
23	<input type="checkbox"/> Apps with Your I-Pad	May.8	\$55

PAYMENT

AMT DUE FOR COURSES \$ _____

Patron contributions \$ _____

Less Credit note # _____ \$ _____

TOTAL AMT DUE \$

PLEASE CHECK PAYMENT METHOD:

☐ Cheque (payable to Encore)

☐ MasterCard ☐ Visa (please call office with cc #)

REGISTRATION INFORMATION-

Registrations must be accompanied by payment

Payment options: cheque, credit card (Mastercard, Visa)

Telephone registration: call 613-937-1525

(Payment by credit card only)

Postal mail registration: mail to:

Encore Education Centre

864 Chelsea Cres. Cornwall ON K6H 6Y6

(Payment by cheque only)

REFUNDS/CREDITS- A full refund will be issued if your course choices are not available. Requests for refunds or credits for other reasons must be received at least one week prior to the start date of the course

FOR OFFICE USE ONLY

REFERENCE #

REG.DATE TIME

☐ payment pending ☐ payment received

Notes:

CREDIT CARD APPROVED ☐

PROCESS DATE

Cc Reversal Date

☐ D-Base



ENCORE WINTER/SPRING 2024 PROGRAM

Encore Education Centre, Cornwall, Ontario - www.encorecornwall.com

Information & registration-613-937-1525, info@encorecornwall.com

Payment: cheque, credit card (Visa, Mastercard) for details see registration form

All sessions take place at 800 Twelfth St East, Cornwall unless otherwise indicated

01-WORLD WAR II AND ITS AFTERMATH-Part II

After having previously examined World War II in Europe and its aftermath, these sessions will cover the war in the Pacific. We will look at the situation in Japan from the beginning of the century until its capitulation in 1945. We will also examine further consequences of WWII with the independence of India, followed by the wars in Korea and in Vietnam. It is not necessary to have taken Part 1 in order to benefit from Part 2 of this course. **Michel Billette**

Tuesdays, 9:30 to 11:30 am, March 5-26

Cost: \$55 (4 sessions)

02-HOT TOPICS – WHAT DO YOU THINK!

The way politics, finance, health care, education, etc. are going, you must have some thoughts you would like to share. For many years, Hot Topics has offered an opportunity to present and discuss ideas and events of interest. Join us and bring your ideas and concerns to the discussion. Topics are chosen by the members. Not a formal debate with winners and losers; but a moderated open discussion between members of our community. Registrations are limited in order to guarantee every member an opportunity to speak on every topic. New ideas and voices are welcome. **Dave Holford**

Tuesdays, 2:00 to 4:00 pm, March 5-April 23

Cost: \$80 (8 sessions)

03-WRITE IT NOW

A course for ordinary people who wish to write their life stories as a gift to their children and grandchildren. Our aim is not to correct spelling and grammar. We merely want writers to tell and write their stories if they so wish. Join us for a ride and share in a wonderful journey of writing. The group is there to encourage and facilitate writing in a friendly atmosphere. **Mary Thibeault**

Wednesdays, 9:30 to 11:30 am, March 6-April 24

Cost: \$80 (8 sessions)

04-ALTERNATIVE APPROACHES TO GENEALOGY

Genealogy has risen in recent decades to become the second most popular hobby in North America (next to gardening) and the second most frequented category of Internet sites (next to "Adult Only") [It's pretty hard to compete with those two categories!] The tracing of ancestral lines has certainly benefitted from the burgeoning availability of historical records on the internet and the growing reliability of DNA tests. It can be both fun and rewarding to bring your ancestors to life [not exactly literally!], through logic, informed intuition, and detective work, and through realizing that names and dates are only the beginning of learning about them, and indeed, about your own heritage! **Murray Barkley**

Thursday, March 7, 1:30 to 3:30 pm

Cost: \$20

05-EVOLUTION OF POPULAR MUSIC

Celtic music that goes back a few hundred years was a testament of the times in Ireland and Scotland – the music of the people, just as country music of the 30's and 40's was the music of the people in the States. But at the same time there was what people called folk music, which you could say was the very same thing as the above, but sung in a different way. Very few people could sing opera, for example, but just about anyone could sing those country and folk tunes. And not everyone liked old country, or folk music or the Celtic tales, but they all fell into the realm of one of those styles. And then, of course, you have good old rock and roll, or pop music, which was the music of the youth, and has been ever since. We will not get into rap or hip hop. **Mike Mcanany**

Monday, March 11, 1:30 to 3:30 pm

Cost: \$20

Please note that all information, material and advice provided and any views expressed by Encore course presenter(s) during Encore sessions are solely and exclusively those of the course presenter(s) and do not necessarily reflect the views of the Encore Education Centre.

06-PROMOTING COGNITIVE VITALITY

This two-part interactive seminar will focus on the bio-psycho-social aspects of healthy aging and staying mentally fit. We will address a number of topics including attention, sensation, perception, motivation and memory. Please bring a note pad as we will be doing lots of exercises. **Louise Jarrold**

This course is offered on two separate occasions

Section A: Wednesdays, 1:30 to 3:30 pm, March 13 & 27

Cost: \$30 (2 sessions)

Section B: Wednesdays, 1:30 to 3:30 pm, April 10 & 24

Cost: \$30 (2 sessions)

07-COPING WITH CHANGE

Change is boundless, change is inevitable, and change is essential. The future we seek requires change. Change does not come easily to us. We resist it because it is uncomfortable. To be successful we must embrace change and seek within the change the greater good that outshines our current measures of success. David and Lorna's methods draw on sound business practices with an overlay of intuitive sensitivity; they are designed to make change exciting and desirable. They are surprisingly simple, and it requires no special skill or knowledge for anyone to implement real change in their life.

David Rawnsley. Lorna Foreman

Thursdays, 9:30 to 11:30 am, March 14-28

Cost: \$45 (3 sessions)

08-SACRED GROUND: LOYALIST CEMETERIES OF EASTERN ONTARIO

Historian and author **Stuart Lyall Manson's** illustrated session will outline the fascinating history of Stormont, Dundas & Glengarry's oldest cemeteries. Stuart will describe their origin and development, and he will describe the trials and tribulations of the Loyalists buried at those sites. The Loyalists were the region's first non-Indigenous settlers, who arrived in the area in 1784. They were formerly residents of Britain's Thirteen Colonies, who remained loyal to the British Crown during the American Revolutionary War (1775-1783). The session will also explore general themes such as heritage cemetery preservation and historical research.

Thursday, March 14, 1:30 to 3:30 pm

Cost: \$20

09-NORMAL/HEALTHY AGING

This 2-part presentation aims to demystify some of the long-held beliefs about what is "normal" in order to determine whether I/you are aging "normally" and to discuss what (if any) ways we can positively impact our own health and aging process. Please email me in advance with any particular aspects of aging that you wish to have included in the presentation and discussion. **Terri Hill** (*email provided upon registration*)

Mondays, 1:30 to 3:30 pm, March 18 & 25

Cost: \$30 (2 sessions)

10-DE-MYSTIFYING SELF-PUBLISHING

Our Write it Now (WIN) program has enabled a number of its participants to complete the writing of their life stories. Some have converted their manuscript into a book and somehow self-published it.

Unfortunately, the remaining majority report feeling somewhat overwhelmed/immobilized by it all "stuck in the mud" with their wheels spinning". Come, and hear our presenters share lessons learned re- self-publishing. Get unstuck, decide what's best for you and get traction back in your writing life. **Note: This session will build upon the one offered a few years ago. Wayne Barnett, Wendy Grant**

Wednesday, March 20, 1:30 to 3:30 pm

Cost: \$20

11-THE IMPORTANCE OF TAX EFFICIENT RETIREMENT INCOME PLANNING

Often times people delay converting their tax deferred investments until the age 71. This can have a substantial negative impact on your estate, if something happens to you whilst having a large balance inside your Retirement Income Fund. We have a strategy, called de-Registration of registered savings that can clearly provide outside ways to get your own savings, tax efficiently, back in your pocket. Often times people hold Tax Free Savings Accounts, and have those assets sitting in cash. This is not the intention of this type of Investment Plan. There can be many ways to invest your savings to give you the best income stream, maintaining your investment objectives, and reducing the amount of taxes owed on your income.

Crystal MacLennan, Brittany McClements, RBC Financial

Thursday, April 4, 1:30 to 3:30 pm

Cost: \$20

12-HITCHHIKING ADVENTURES

Do's and don'ts, pros and cons, why's, when, where, how, essentials, memorable experiences, from where to where, since when until when, legalities and disclaimers, by land, sea and air, from sea to sea. Biggest assets: bicycle and a cute dog. **Nick Wolochatiuk**

Thursday, April 11, 9:30 to 11:30 am

Cost: \$20

13-WONDERFUL WORLD OF BIRDS

With **Mike Chegrenic** you will explore the world of birds through their song, their appearance, their nests, their breeding habits, and much more. You will also find out what you need to go bird watching. You will get close to birds by "show and tell" as you will see and touch feathers, nesting boxes, nests, and magazines. It will be a virtual immersion into the world of birds. We are very fortunate to live in this area as it is one of the prime migration routes as well as a prime birding location.

Thursday, April 11, 1:30 to 3:30 pm

Cost: \$20

14-AI & I- ARTIFICIAL INTELLIGENCE

Embark on a captivating journey into the world of Artificial Intelligence (AI) with our interactive talk designed to demystify this new cutting-edge technology. This talk will explore the fundamentals of AI, its real-world applications, ethical implications and its potential to revolutionize industries. Participants will dive into hands-on activities that showcase AI in action, from image recognition to natural language processing. Through demonstrations, attendees will gain a deeper understanding of how AI algorithms learn and make decisions. Join us as we unravel the mysteries of AI and discover how this transformative technology is shaping your experience today and in the future. **Winton Cape**

Monday, April 15, 1:30 to 3:30 pm

Cost: \$20

15-THE DIEFENBUNKER

What's the Diefenbunker, and why would it be of interest? The Diefenbunker museum is Canada's Cold War Museum, and it's located in Carp at Canada's most important historic site associated with the Cold War. The bunker was constructed and opened in the 1960s, and for twenty years was the communications hub of the Canadian Forces. It was the emergency centre for Canada in the event of nuclear war. Let's examine the era, the building and its heritage.

Daniel Livermore, Board of Directors, Diefenbunker Museum.

Wednesday, April 17, 1:30 to 3:30 pm

Cost: \$20

16-THE PERSON, WORK, AND IMPACT OF MARTIN LUTHER, 16th Century Reformer

In this talk, **Lutheran Pastor Connor Longaphie** will speak on the person (who he was), work (what he did), and impact (what it meant for the world) of Martin Luther, the 16th-century Reformer. Here included will be everything from the medieval-renaissance context, Luther's childhood, his monastic, priestly, and professorial vocations, and all of his work from the start to the end of the Lutheran Reformation. Regarding his impact, we will look at how his life and work shaped Christianity globally, education, civil law, and power dynamics in all of society.

Thursday, April 18, 1:30 to 3:30 pm

Cost: \$20

17-UNDERSTANDING YOUR PAIN

Are you trying to understand your pain better? What is pain? Why does it sometimes not go away? Why does it present so differently amongst us yet sometimes similar? What is it about pain that is unique to us or universal to all? Are you trying to figure out what your pain means to you from a diagnostic perspective and also from individual experience? We are here to help you. Please join **Shannon Marion, Registered Physiotherapist** and **Meghan Cafferky Therapeutic Pilates Instructor** for an education session with an active recovery component focused around pain. Bring your smile for some fun and laughs!

Thursday, April 25, 1:30 to 3:30 pm

Cost: \$20

CELL PHONES- We would ask that our participants please silence their cell phone while classes are in session. Your cooperation is appreciated. Thank-you

18-BLOOD TESTS-What did the Doctor order?

Let's review your doctor's order: What are the common blood tests? Do they check everything? What is a CBC? What do the doctors learn from your blood tests? Why do we have to wait quite a long time for results? Is my result in range, what does that mean? Why can't they do the new test on the blood taken the day before? Why am I being picked three times in one day? Get the answer to these questions.

Linda Mercer

Monday April 29, 1:30 to 3:30 pm

Cost: \$20

19-HEART RATE VARIABILITY AND YOUR HEALTH

HRV is quickly becoming a big player in the world of health care. It is a measure of nervous system health and adaptability, impacting physical, mental, and emotional health. This workshop will explore what Heart Rate Variability is, why it is important, and learn fast and efficient ways to improve it. A live measurement and demonstration will be included. **Dr. Thorin Gault**

Tuesday, April 30, 9:30 to 11:30 am

Cost: \$20

20-FUN WITH DAVE

An exploration of the many, and strange, things people - and other animals - will do for the sheer FUN of it; along with some serious things that did not work out quite as hoped for. All presented in short videos, pictures, documents and stories with the aim to provide a, hopefully, interesting and entertaining afternoon.

Dave Holford

Thursday, May 2, 1:30 to 3:30 pm

Cost: \$20

21-ANDROID FOR SMARTPHONES

During this course, we will present an overview of the Android operating system - the brain of your cell phone. We will discuss applications (apps) and demonstrate how to download and safely use them. We will show you the many uses of your device's camera and how to organize your photos. You'll learn to create a contact list and how to make / receive phone calls and messages. We will also discuss specific issues and concerns students might have. The subjects of our presentation are re-enforced with hand-outs.

Hans Schutz, Jack Seguin

Mondays, 6:15 to 8:15 pm, May 6 & 13

Cost: \$30 (2 sessions)

Location: St. Lawrence Secondary School Library, 1450 Second St E, Cornwall

22-DEALING WITH HEALTH ISSUES

This session will cover the various options for dealing with general health issues. Discussion will include diabetes and cardiovascular concerns. We will also look at cholesterol and its impact on your health in many aspects. **Maged Botros**

Tuesday, May 7, 9:30 to 11:30 am

Cost: \$20

23-UNDERSTANDING APPS THAT COME WITH YOUR IPAD

This four-session course will take a detailed look at some apps such as Notes, Messages, Mail, Contacts, Reminders, Safari, App Store, Camera, Photos and others as time permits including related sections of the Settings app. There will be opportunities for hands-on exercises. Basic knowledge of the iPad is recommended. **Marc Schaefer**

Wednesdays, 6:15 to 8:15 pm, May 8-29

Cost: \$55 (4 sessions)

Location: St. Lawrence Secondary School Library, 1450 Second St E, Cornwall

ANNUAL GENERAL MEETING

AGM 2024- End of Year Get-together & Annual General Meeting

Receive reports of the Board of Directors & Treasurer

Election of Board of Directors & recognition of course leaders.

Wednesday, May 15, 1:30 pm, Encore Education Centre, 800 Twelfth St East, Cornwall

For registration information please see the registration form