



E.N.C.O.R.E. FALL 2019 - SESSION I

WALKING GROUP – FRIDAY MORNINGS 9:30 AM

Off-Site: For meeting place & destination: Grace Thornley-Brown (514) 369-8628

ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#110 AM	MAKE USE OF YOUR MOBILE DEVICE <i>(Liz Perrin)</i>	BITS & PIECES OF CANADIAN HISTORY: SOME NAMES <i>(Bruno Stenson)</i>	ROARING TWENTIES & THE GREAT GATSBY <i>(George Wall)</i>	MONTREAL TOURS <i>(Off-site)</i> WHOLEBODY FOCUSING <i>(Patricia Manessy)</i>	UNsung HEROES OF ROCK 'N' ROLL <i>(George Wall)</i>
#500 AM	MONTREAL THEATRE <i>(Donna Davidson)</i>	BRIDGE - SOCIAL <i>(Bruce Horne)</i>	YOGA <i>(Shizuyo Okada)</i> TAI CHI <i>(Colin Young)</i>	BRIDGE - BEGINNERS I <i>(Bruce Horne)</i>	COLOURED PENCIL DRAWING <i>(Deanne Hall-Habeeb)</i>
#110 PM	AFRICA: ITS HISTORY & CULTURES <i>(F.X. Charet)</i>	BRIDGE - SUPERVISED <i>(Gilbert Starosta)</i>	CULTURE & FILM: BALI, INDIA, THE MAORI (N.Z.) <i>(Amrita Choudhury)</i>	BROADS OF OLD BROADWAY (The) <i>(Cynthia Jones)</i>	CINÉ CLUB <i>(Daniel Martel)</i>
#500 PM	YOGA <i>(Shizuyo Okada)</i> 4:00 LINE DANCING <i>(Jocelyne Kwok Choon)</i>	TAI CHI <i>(Colin Young)</i>	ACRYLIC PAINTING I & II (2 classes) <i>(Claire Cayer)</i>	TRANSFORMATIONS OF THE MID-CENTURY <i>(Neil Cameron)</i> 3:15 HAVING FUN COOKING FOR ONE <i>(Bonnie Hill)</i>	DOCUMENTARY FILM <i>(Irene Angelico)</i>



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#110 AM	MAKE USE OF YOUR MOBILE DEVICE <i>(Liz Perrin)</i>	MORE BITS & PIECES CANADIAN HISTORY: THIS TIME IT'S WAR <i>(Bruno Stenson)</i>	LOUIS ARMSTRONG ELLA FITZGERALD: JAZZ VOCAL TRAD. <i>(George Wall)</i>	CANADIAN CRIMINAL JUSTICE SYSTEM: PERSPECTIVES <i>(Deanna Barwick Wall)</i>	SINGER SONGWRITERS OF THE 60'S & 70'S
#500 AM	MONTREAL THEATRE <i>(Donna Davidson)</i>	BRIDGE - SOCIAL <i>(Bruce Horne)</i>	YOGA <i>(Shizuyo Okada)</i> TAI CHI <i>(Colin Young)</i>	BRIDGE-BEGINNERS II <i>(Bruce Horne)</i>	DRAWING WITH INK <i>(Deanne Hall-Habeeb)</i>
#110 PM	AFRICA: ITS HISTORY & CULTURES <i>(F.X. Charet)</i>	BRIDGE - SUPERVISED <i>(Gilbert Starosta)</i>	CULTURE & FILM: BALI, INDIA, THE MAORI, (N.Z.) <i>(Amrita Choudhury)</i>	BROADS OF OLD BROADWAY (The) <i>(Cynthia Jones)</i>	CINÉ CLUB <i>(Daniel Martel)</i>
#500 PM	YOGA <i>(Shizuyo Okada)</i> 4:00 LINE DANCING <i>(Jocelyne Kwok Choon)</i>	TAI CHI <i>(Colin Young)</i>	ACRYLIC PAINTING I & II (2 classes) <i>(Claire Cayer)</i>	EVOLVING MYTHS & HISTORY <i>(Neil Cameron)</i> 3:15 HAVING FUN COOKING FOR ONE <i>(Bonnie Hill)</i>	DOCUMENTARY FILM <i>(Irene Angelico)</i>