



NEWSLETTER #7, April 2023

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WORD OF WELCOME

Dear members,

As we welcome spring, everyone is hopeful that 2023 will be a better year. The past year has been challenging with each of us confronted by the lingering effects of the pandemic still altering our lives.

The passion and commitment of our team are apparent in all ways by providing creative courses for you and by encouraging our members to return to our in-house classes in combination with digital technology through Zoom.

Our growth performance is dependent on our ability to add to our membership, which includes the participation of our members to share their E.N.C.O.R.E. experiences and invite friends to join our community.

We need to remain financially sustainable to continue to allow our creativity to thrive as we recover from the last three years of pandemic.

We wish once again to see each of you face to face in our E.N.C.O.R.E. classrooms and future social gatherings to celebrate the hope and renewal of spring.

To a bright and sunny spring.

Gwendolyn Goring (President)
Spring 2023.



FROM THE EDITOR

Greetings to all our members!

I was looking at our newsletter of April 2022 to see where we were at a year ago.

I found that in April 2022, we introduced our Hybrid classes!! We've come a long way since then.

KUDOS to our teachers – who have adapted their teaching methods to embrace this technology. Without their patience and perseverance, think of how much we would have missed!

Almost 80% of our courses being offered in Spring 2023 are now hybrid!

A year ago, our website was not even in the planning stage. It was still an item gathering dust on our wish list. Finally, Carole Bayard took the bull by the horns as they say and started working on revamping what we had. She quickly made progress and with a little help (very little) from her friends, ENCORE was able to launch its new website just in time for Xmas. Since then, here are some stats you might find interesting –

- a. 1007 views in Canada; 149 in the US; 12 in China; 7 in Mexico; 3 in the UK; 3 in South Korea and 1 in multiple other countries
- b. Most popular pages are Home, Courses and Registration
- c. 57% using a desktop; 32% mobile devices; 12% tablets

So be sure to visit it often for news on upcoming events and check the calendar for our schedules.

Here is the link - <https://www.encoreseniors.com/>

We have one more session Spring II, 2023 before we take a mini-summer break. Of course, our art classes and our exercise classes continue throughout but most of our members do take the summer off.

So Pat Kirk has come up with a list of suggestions on how you can take in the summer breezes and glorious days of sunshine! You will find these further in the newsletter.

We, members of the Board, all wish you wonderful, restful and playful days ahead!

Marie-Claire Zirpdji



SAVE THE DATE

E.N.C.O.R.E. POT LUCK / PICNIC LUNCH

June 20 at 12:30 pm

Westmount Park

**Sherbrooke Street West
between Strathcona and Melville Streets**

We are ALL invited to meet, greet and eat together.

Bring: food to share or bring your own lunch

Bring: a chair

Bring: a friend or spouse

Wear: a name tag



WHAT'S NEW and NOT SO NEW!!



Friendly Reminders:

1. We would like to remind you that when making an e-transfer payment, ENCORE no longer requires a security question and answer. However, if your bank still needs one, please use the standard ones established -
Question: What is the name of our organization?
Answer: encore (no caps, no periods)

2. For those of you who are paying by cheque, please remember to send your cheques to our downtown office -
ENCORE
110 – 1857 de Maisonneuve Blvd. West,
Montreal, QC
H3H 1J9

3. Some members have been asking whether they can register to a course both on Zoom and in person.

Technically speaking, the registration form does not allow you to do that. You must choose one or the other.

It is recommended that you choose the option that you will most often use.

If you choose to attend in person, this does not mean that you can never attend the class via Zoom. However, if you decide not to go in person, you should email the teacher to let him/her know out of courtesy.

If on the other hand, you have chosen to take the class via Zoom, but you happen to be downtown one week, you can drop in to the class – you will be more than welcome.

We are trying to be as flexible as possible for both our members and our teachers while at the same time, ensuring the survival of our organization.

4. Classrooms - improve the look of our space – encourage fellow members in keeping the rooms tidy and stacking the chairs if you are able to.

Marie-Claire Zirpdji





OUT AND ABOUT IN THE CITY: "HOT TOWN, SUMMER IN THE CITY"



Theatre: Our Montreal Theatre instructor, Sharon Malone, recommends the following plays coming up:

- "King Dave" at the Centaur, Mar 26 to April 16
- "Landscape Grindr" at La Chapelle Theatre, Apr. 13 to Apr. 15.

If you want more plays, more info or a partner to go with you, give her a call (514) 448-1405.

Also keep your eyes open for Shakespeare in the Park which comes every summer. www.repercussiontheatre.com to a park near you.

Music: Jazz Festival – June 29.- July.8

Get together and wander about listening to the free events around Place des Spectacles, get tickets for some of the shows or buy a T-shirt.

It is an international explosion of music with many Montreal musicians being headlined, e.g., Raneé Lee, Chet and Jim Doxas & other international stars. www.montrealjazzfest.com

The "**Yellow Door Choir**" will be performing under the direction of Roxanne Martel at 7:30 pm on June 2nd and 3rd at the Unitarian Church, corner of de Maisonneuve & Claremont in Westmount. You can call her for more info (514) 293-6632 or roxannemarlene@yahoo.ca

Parks: Make yourselves a picnic and head out with your friends to one of the many parks in the city. Sometimes you could get lucky and see some little leaguers playing baseball or soccer or hear some music.

Sports: Watch some tennis at Jarry Park when Montreal hosts the women this summer for the National Bank Open - International stars including Bianca Andreescu, Leyla Fernandez and many others in action, Aug 4 – Aug 13. <https://omniumbanquenationale.com/en>

Watch some Montreal Alouettes football games at the Percival Molson Stadium.

There are a zillion more things to do but these are a few ideas. Get out and have fun. Here is the Montreal tourism website: www.mtl.org/en/what-to-do

Submitted by Pat Kirk



Discover a new you! Volunteer with us today!



According to the *Stanford Center on Longevity*, volunteering has many benefits:

- 1) Brings fun and fulfillment to life
- 2) Combats depression and increases happiness
- 3) Increases self-confidence
- 4) Provides a sense of purpose
- 5) Helps you stay physically healthy
- 6) Can lessen symptoms of chronic pain and risk of heart disease
- 7) Decreases loneliness
- 8) Is good for mind and body

Research has shown that while over 90% of people want to volunteer, only 1 out of 4 actually do. Please be one of those who actually does and come forward to become an ENCORE volunteer.

E.N.C.O.R.E needs you - particularly you “younger seniors”, recently retired, energetic people with new ideas, to bring your expertise and enthusiasm to help this club grow and thrive in the coming years.

Make it yours!

Here are a few areas where you could make a difference and enjoy yourself as well. Get a few of your friends together and join the Board or just come alone. We will welcome you.

1. **Courses** - ideas for new courses and instructors to give them
2. **Communications** - assistance with phone calls
3. **Hospitality** – organize dinners and special events for our members
4. **Montreal Tours** – ideas on where and what to visit in the city
5. **Newsletter** – editor; additions and items of interest for our members
6. **Publicity** – how to promote E.N.C.O.R.E. – get it known and visible to the public and to new people about to retire.
7. **Registration** - assistance with getting people registered during office hours
8. **Speakers** - to promote E.N.C.O.R.E. to groups around the city, e.g., Retired Teachers Assn., Montreal Women’s Club.
9. **Technology** – help in all things requiring techie expertise – assist instructors in hooking up to zoom, the tv and computers. Starting and monitoring a new Facebook page.

- 10. **Trips** - organize day trips or out of town trips (members have loved these excursions in the past)
- 11. **Website**. – ideas for improving the website; starting or contributing to a blog.

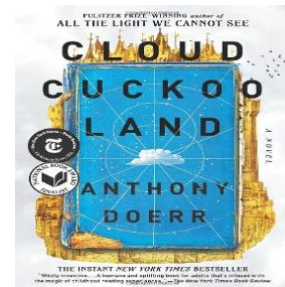
These are some of the areas where your input would be so valuable. So please, jump in with both feet and participate. It truly can be rewarding and fun as well.
 Call the ENCORE line (514) 543-0629 or write infoencore9@gmail.com



BOOK RECOMMENDATIONS

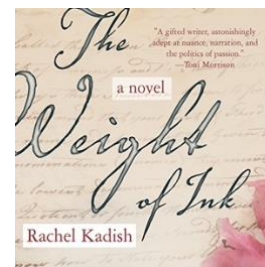
Cloud Cuckoo Land

An imaginative novel about young people growing up in different eras – the present day, 15th C, and the future by an amazing writer, Anthony Doerr.



The Weight of Ink

A beautifully written novel about a woman who was the scribe for a blind rabbi in the 1600s and an intelligent female historian and scholar from the 2000s who discovers these hidden documents and enlists a young graduate student to assist in discovering the identity of the writer. The stories in both ages are fascinating and compelling. By Rachael Kadish.



The Garden of Small Beginnings

A sweet and tender novel about gardening, love, and starting over. It is a witty and a delightful read, especially for summer when you are in your garden or wish you were. By Abbi Waxman



Submitted by Pat Kirk



MOVIE RECOMMENDATIONS



“Goodbye Christopher Robin” – available on STARZ movie channel

A wonderful historic drama based on the autobiography of A.A. Milne recounting the story of the writing of ‘Winnie the Pooh’. The acting is superb and the story is so astounding. Who knew this about ‘Winnie the Pooh’? I highly recommend it.

Submitted by Marie-Claire Zirpdji



“The Elephant Whisperer” – available on Netflix

This film recently won an Oscar for best documentary/ short. It follows an indigenous couple, Bomman and Bellie, who devote their lives caring for an orphaned baby elephant named Raghu. The film highlights their tireless work as well as the beauty of the wild spaces in south India, and the people and animals who share this space.



“Extraordinary Attorney Woo” – available on Netflix

This is a popular Korean legal drama series about an extremely smart female rookie attorney with autism who is hired by a major law firm in Seoul. While working there, she faces prejudice and irrationality against her, but she solves cases with her own unique perspective and grows as a lawyer. I was hooked by the charming actor who plays this role as it offers humour, emotion, legal procedural and moral dilemmas.

Submitted by Joy Jude.





Riddles and Other Games.



1. I cannot speak, but I will always tell the truth. What am I?
2. I have no feet, no hands, and no wings, but I always climb higher. What am I?
3. If a blue house is made of blue wood and a pink house is made of pink wood, what is a greenhouse made of?
4. People have me to eat, but I never get eaten. What am I?
5. If an electric train is travelling south and the wind is blowing from the east, which way is the smoke going?

Sudoku

Here is your puzzle. Good luck!

				3	6		
4			2			7	
	9	6		1	3		
5			3			2	
	6		5			9	
	7		1				6
		4	1		2	5	
	1			6			4
		8	3				

Here is the solution to the last newsletter's sudoku

9	7	6	5	8	2	4	3	1
2	5	8	3	4	1	7	9	6
3	4	1	9	6	7	8	5	2
8	3	4	7	1	9	6	2	5
7	6	2	4	3	5	1	8	9
1	9	5	8	2	6	3	7	4
4	2	3	1	9	8	5	6	7
5	1	9	6	7	3	2	4	8
6	8	7	2	5	4	9	1	3

Solutions to today's riddles

1. Mirror (other answers from the volunteers: Bible, clock, compass, a lie detector)
2. Smoke (other answers from volunteers: your age, the sun, climbing ivy, vine, worm, balloon)
3. Glass
4. A plate (other answers: dinner guests, a fork, a mouth)
5. There is no smoke, the train is electric.

