

2022

# SUMMER PROGRAM

**Registration for Summer 2022  
Programs starts on  
Wednesday, June 22nd at  
10:00am PST**

For more details on programs and registration, please visit our website at [www.brockhousesociety.com](http://www.brockhousesociety.com). You must login first to register. You can also visit or call the office at 604-228-1461. Office hours are Monday to Friday between 9:00am to 3:30pm.

## Refund Policy

- A \$10.00 processing fee will be charged for any cancellation for PAID courses. Refunds will be made for cancellations received up to 3 business days prior to the beginning of a course. There will be no refunds after a class has started.
- In the case that Brock House must cancel a PAID course due to low attendance, you will receive a full refund.

Photo taken by: Conrad Guelke

## **Arts & Crafts**

**Artists' Group:** **Fridays 9:00 AM - 12:00 PM** in the Art Room. Please contact Gillian Olson at [golson@telus.net](mailto:golson@telus.net).

**Needle Crafts:** **Mondays 9:30 AM - 11:30 AM** in the Meyer Room. Please contact Joanna Walentowicz at [joanna2662@gmail.com](mailto:joanna2662@gmail.com).

**Porcelain Painting:** **Wednesdays 10:00 AM - 12:00 PM** in the Art Room. Please contact Dianna Boyd at [diannabobboyd@gmail.com](mailto:diannabobboyd@gmail.com).

## **Computers**

**Computer Drop-in:** **First Monday of every month from 1:00 PM to 3:00 PM** in the Computer Room with David, John and Brian! They are available to assist any members with their computers, tablets or cell phones. They will also help with certain programs. Be sure to bring your questions to them every Monday during this drop-in class! Those interested should bring their own devices (eg. phones, tablets, laptops etc.) because we have so few computers at the present.

## **Woodworking**

The woodshop is free and open every day; available for members who have taken the safety orientation to the shop. For information, schedule or orientation, please contact Bill Ramey at [wramey@mail.ubc.ca](mailto:wramey@mail.ubc.ca) or Steve Norman at [bhww@heavyethics.com](mailto:bhww@heavyethics.com).

# Games & Puzzles

## Free & Almost Free

**Duplicate Bridge:** **Thursdays 12:00 PM - 3:30 PM** in the Begg & Art Rooms. Please come with a partner. Please contact Margareta at mshirkoff@telus.net or Sue at suzoos@telus.net. Sign-in starts at 10:45 AM on day of play. \$2/session.

**Social Bridge:** **Fridays 12:30 PM - 3:30 PM** in the Sun Room off the Begg Room. Please contact Mary Bliss at bliss@telus.net.

**Chess:** **Tuesdays and Thursdays 1:00 PM - 3:00 PM** in the Meyer Room. Please contact Roger at rogerwool77@gmail.com or Alejandro at pumaramirez@gmail.com.

**Cryptic Crosswords:** **Wednesdays 10:30 AM - 12:00 PM** in the Meyer Room. Please email Chris at chrspncr@gmail.com.

**Mahjong:** **Wednesdays 12:30 PM - 3:30 PM** in the Art Room. Please contact maajam@shaw.ca or pmccuaig@telus.net. No new members currently. \$1/session.

**Puzzle Exchange Cabinet:** Members can continue to exchange puzzles. Please visit the office between **9:00 AM and 3:00 PM Monday to Friday**.

**Scrabble:** **Thursdays 12:30 PM - 3:30 PM** in the Whittaker Conservatory. Please contact Cherie Wong at cheriewong99@hotmail.com.

# **Health & Fitness**

## **Free**

**Casual Croquet:** **Tuesdays 9:30 AM - 11:00 AM** (when weather permits) on the lawn by the woodshop. Come and join a group who plays a very casual version of "backyard" croquet. We usually play for an hour and follow it up with coffee in the Conservatory. Please contact Dorothy at dsimons2@gmail.com.

**Cyclists:** **Thursdays starting at 10:00 AM.** Rides are generally 20 - 30 km at a fairly gentle pace. We encounter hills, paved, and hard packed tracks. Weather dependent! Please contact David Morgan at davidmorgan@novuscom.net.

**Hikers:** **Saturdays**, please contact weekly hike leader for times. Any member of Brock House who is used to hiking is welcome to join our group. Hikers participate at their own risk and will be asked to sign a waiver. See website for more details. Please contact Margit at marart1@telus.net.

**Pole Walkers:** **Wednesdays 10:00 AM - 11:00 AM.** Meet in front of Brock House. Please contact Mona Kriss at mjkriss78@gmail.com.

**Table Tennis:** **Mondays, Wednesdays, and Fridays 12:30 PM - 3:30 PM** in the Activity Room. Please contact Lisa Smith at clansmith@telus.net.

# **Health & Fitness**

**Paid**

**HW301 Chair Yoga (Section 1): Tuesdays 8:45 AM - 9:45 AM from July 5th - July 26th** in the Tent. Continue with this popular exercise. Instructor: Allison Citynski. \$40/4 weeks.

**HW302 Chair Yoga (Section 2): Tuesdays 8:45 AM - 9:45 AM from August 2nd - August 23rd** in the Tent. Continue with this popular exercise. Instructor: Erica Levy. \$40/4 weeks.

**HW303 Balance, Posture & Strength: Wednesdays 9:15 AM - 10:15 AM from June 29th - August 17th** in the Tent. Instructor: Kate Maliha \$80/8 weeks.

**HW304 Stretch & Strength: Wednesdays 10:30 AM - 11:45 AM from June 29th - August 17th** in the Tent. Instructor: Kate Maliha \$85/8 weeks.

**HW310 Pilates: Fridays 10:45 AM - 11:45 AM from July 8th - August 19th** in the Begg Room. This series is designed to get your health back on track with low impact Pilates exercises to tone, connect and release tension. Instructor: Hanne Vieira. \$70/7 weeks. \*Yoga mat required\*

**HW307 Monday Morning Yoga: Mondays 9:30 AM - 10:30 AM from July 4th - August 29th** in the Begg Room. Basic-level Hatha yoga class to help you maintain good physical and mental health. Instructor: Into Yoga. \$70/7 weeks. \*Yoga mat required\* (No classes Aug. 1 or Aug. 8)



## **Health & Fitness**

**HW305 Tai Chi Level 2:** **Thursdays 9:50 AM - 10:50 AM from July 7th - August 11th** in the Tent. Instructor: Kelly Maclean. \$60/6 weeks.

**HW306 Tai Chi Level 3:** **Thursdays 8:45 AM - 9:45 AM from July 7th - August 11th** in the Tent. This popular class is a continuation of Tai Chi level 2. Instructor: Kelly Maclean. \$60/6 weeks.

**HW308 Zumba:** **Tuesdays 10:00 AM - 11:00 AM from July 5th - July 26th**. Join this popular exercise class while in the Tent. Instructor: Asal Nikoopour. \$40/4 weeks.

**HW309 Creative & Expressive Dance Class:** **Wednesdays 9:00 AM - 10:00 AM from July 6th - August 10th** in the Begg Room. Experience the joy of moving in an expressive and creative dance class, accompanied by an eclectic music playlist. You will be guided to explore and create your own unique expressive movement in a class that is playful and fun. No experience is required- everyone can dance!. Instructor: Cheryl Prophet. \$60/6 weeks.

## **Languages**

**LG301 Italian Intermediate to Advanced:** **Wednesdays 5:00 PM - 6:30 AM from August 3rd - August 31st**. Continuing from the previous term, Francesca Brambilla will be delivering this course via Zoom. \$90/5 weeks.

# **Lectures & Discussions**

## **Free**

**Discussion Series:** **Wednesdays 10:30 AM - 12:00 PM** in the Halpern Room (In-Person Only). Upcoming topics include: "Is there a double standard in Canada's attitude to refugees?" and "Why do people distrust experts so much?" Please contact Suzette at swk57@icloud.com.

## **Paid**

**IP301: Richard Wagner's Music: An Introduction:** **Mondays 1:30 PM - 3:30 PM from July 18th - August 29th** over zoom. Instructor: Nicolas Krusek. \$108/6 weeks. (No class Aug. 1)

**IP302: Legendary Performers (IN HOUSE ONLY):** **Fridays 10:00 AM - 12:00 PM from July 15th - August 19th** in the Halpern Room. Instructor: Neil Ritchie. \$108/6weeks.

# **Written Word**

## **Free**

**Writer's Circle:** **Fridays 10:00 AM - 12:00 PM** in the Meyer Room. Please contact Tony Swain at copaguy@vcn.bc.ca.

## **Paid**

**WR301: Write from the Heart:** **Thursdays 11:15 AM - 1:15AM from July 14th - August 11th** in the Tent. Join Ruth Kozak with new prompts in memoir writing. \$60/5 weeks.

# **Music Performance & Lessons**

## **Free**

**Sing-A-Long: Mondays at 1:30 PM** in the Whittaker Conservatory. If you can tickle the ivories and would like to have some fun, please contact: Nassrin Farquharson at [nassrinfarquharson@gmail.com](mailto:nassrinfarquharson@gmail.com).

**Folk Singing Group: Every 2nd and 4th Friday from 1:00 PM - 3:00 PM** in the Art Room or Tent (Weather dependent). Please contact John at [johnwade1948@gmail.com](mailto:johnwade1948@gmail.com).

**Brock House Chamber Players: Wednesdays from 10:30 AM - 12:00 PM** in the Begg Room. The group is welcoming string instruments only at this point. Please contact Christine Barker through the office.

## **Tours**

**Malahat Skywalk Tour: Monday, July 18th from 7:30 AM - 7:30 PM.** Experience Vancouver Island's newest attraction! Malahat SkyWalk is an accessible 600 m TreeWalk through a beautiful arbutus forest leading to a spectacular sightseeing lookout. This package includes the SkyWalk, ferry, lunch at Jack's Place, and a forest walk.

