

2022

# FALL PROGRAM

Registration for Fall 2022  
Programs starts on  
**Wednesday, August 24th at  
10:00am PST**

- For more detailed information on programs, please visit our website at [www.brockhousesociety.com](http://www.brockhousesociety.com).
- To register "log-in" as a member, visit the office or call 604-228-1461.
- Office hours: Mon. - Fri: 9:00am -3:30pm.

## Refund Policy

- To ensure that classes can go ahead as planned we cannot issue a refund for cancellations less than 4 days prior to an activity. The cut off for tours is 5 days, unless otherwise noted.
- There is a \$10.00 processing fee for all cancellations.
- If you drop out after the start date, we can not issue a refund.
- If Brock House needs to cancel a course due to low attendance, a full refund will be provided.

Program Information 2022.....	5
New (or New Topic) Activities in Fall 2022 .....	5
Changes to the Fall Program since Version 1 .....	5
Arts and Crafts.....	7
Porcelain Painters .....	7
Return to Collage .....	7
Artists' Group.....	7
Needle Crafts Group .....	7
Computers .....	8
Computer Drop-In .....	8
Special Events & Social Groups.....	9
Sunset Social Sept. 12, 2022.....	9
Sunset Social Sept. 28, 2022.....	9
Sunset Social Oct. 3, 2022 .....	9
Free Events for Members .....	9
Member Forum.....	9
Social Groups .....	10
Adventures in Dining .....	10
Cultural Dining.....	10
Special Events.....	10
National Day of Truth and Reconciliation Lunch.....	10
Diwali Celebration .....	10
Halpern Committee for the Performing Arts Performances .....	11
UBC Opera.....	11
Christmas Chronicles and Customs.....	11
Christmas Classic Carollers .....	11
Games & Puzzles .....	12
Billiards.....	12
Bridge - Duplicate.....	12
Bridge - Social .....	12
Event - Chicago Bridge & Lunch.....	12
Chess .....	12
Cryptic Crosswords .....	12
Jigsaw Puzzle Exchange .....	13
Mah Jong.....	13
Scrabble .....	13
Table Tennis.....	13
Health and Fitness Classes.....	14
HF401 Pilates (Session 1) .....	14
HF402 Pilates (Session 2) .....	14
HF403 Zumba Tuesdays (Session 1) .....	14
HF404 Zumba Tuesdays (Session 2) .....	15
HF419 Zumba Fridays (Session 1) .....	15
HF420 Zumba Fridays (Session 2) .....	15
HF405 Tai Chi – Level 1 .....	15
HF406 Tai Chi – Level 2 .....	15
HF407 Tai Chi – Level 3 .....	15
HF408 Yoga: Chair Yoga (Session 1).....	16
HF409 Yoga: Chair Yoga (Session 2).....	16
HF410 Stretch and Strength (Session 1).....	16
HF411 Stretch and Strength (Session 2).....	16

HF412 Balance, Posture, & Strength: Level 1 (Session 1).....	16
HF413 Balance, Posture, & Strength Level 1 (Session 2).....	17
HF414 Yoga: Monday Morning Yoga (Session 1) .....	17
HF415 Yoga: Monday Morning Yoga (Session 2) .....	17
HF416 Yoga: Tuesday Morning Yoga (Session 1) .....	17
HF417 Yoga: Tuesday Morning Yoga (Session 2) .....	17
HF418 Line Dancing .....	18
Health and Fitness Social Groups.....	18
Cyclists Group - Brock Cycle .....	18
Hiking Group .....	18
Pole Walkers .....	18
Language Classes.....	19
LG401 Italian Intermediate 1 (On Zoom) .....	19
LG402 French Intermediate .....	19
Language Groups (Free).....	20
Spanish Conversation (Beginners) .....	20
Spanish Conversation (Intermediate) .....	20
Advanced French Conversation.....	20
Introduction to French Conversation.....	20
Lectures and Discussions .....	21
IP401 Great Conductors: Toscanini, Furtwangler, Kleiber, Walter and Klemperer .....	21
IP402 Legendary Performers.....	21
IP403 Music: Motor City to Hitsville - The Story of Motown.....	21
IP404 An Introduction to Holistic Advance Care Planning.....	22
IP405 Stimulate, Advance, and Guide Education (SAGE) Discussion Group .....	23
IP406 Wine Lecture.....	24
FREE Lectures and Discussions.....	25
Discussion Group: Jungian Psychology: an Introduction .....	25
Diversity Lecture Series .....	25
Esther Birney Literary Arts Series.....	25
Indigenous Studies: Crossing the Divide: Anthropology and Indigenous Rights in 'British Columbia,' 1880s-1920 .....	25
Levelling Up: Video Games for a Better World .....	26
Travel Series .....	27
Tuesday Lecture Series .....	27
Wednesday Morning Discussion Series .....	27
Movies .....	27
Friday Flicks .....	27
Singing Groups.....	28
Folk Singing Group .....	28
Sing-A-Long Group .....	28
Performance Groups .....	28
Brock House Big Band .....	28
Brock House Chamber Players.....	29
Brock House Jazz Band.....	29
Brock House Kerrisdale Choir.....	29
Brock House Kerrisdale Handbell Ringers .....	29
Brock House Orchestra.....	29
Tours.....	30
Tour402 Historical Cumberland .....	30
Tour403 Mystery Tour .....	30

Tour404 Heritage Christmas .....	30
Woodworking .....	31
WW401 Woodworking 101 .....	31
Woodworking Group .....	31
Written Word Classes .....	32
W401 Guided Memoir 1: For Newcomers .....	32
W402 Guided Memoir 2 .....	32
W403 Write from the Heart .....	32
Written Word (Free classes or Groups) .....	33
Life Writing .....	33
Play Reading .....	33
Writers' Circle .....	33
Book Clubs .....	33
Book Club – Friday .....	33
Book Club – Thursday .....	33
Library .....	34

## **Program Information 2022**

Registration opens August 24, 2022

For more detailed information on programs, please visit our website at <https://www.brockhousesociety.com/>

### **Register:**

1. On-line. You must first "Log-In" as a member.
2. By phone: 604.228.1461
3. Or drop by the Office

### **Refund Policy:**

- There is a \$10.00 processing fee for ALL cancellations.
- To ensure that classes can go ahead as planned, we cannot issue a refund for cancellations less than 4 days prior to an activity. The deadline to cancel and get a refund for tours is 5 days unless otherwise noted.
- If you drop out after the start date, we cannot issue any refund.
- If Brock House needs to cancel a course due to low attendance, a full refund will be provided.

### **No Classes on holidays:**

- National Reconciliation Day - Friday, Sept. 30, 2022  
(morning classes only, Brock House will close for the Commemorative Program at 1:00pm and not resume for afternoon classes)
- Thanksgiving Day- Monday, Oct 10, 2022
- Remembrance Day - Friday, Nov. 11, 2022

## **New (or New Topic) Activities in Fall 2022**

### **Free Lectures and Discussions**

- Levelling Up: Video Games for a Better World
- Jungian Psychology: An Introduction
- Indigenous Studies: Crossing the Divide: Anthropology and Indigenous Rights in 'British Columbia,' 1880s-1920

### **Paid Lectures and Discussions**

- IP401 Great Conductors: Toscanini, Furtwangler, Kleiber, Walter and Klemperer
- IP403 From Motor City to Hitsville - The Story of Motown
- IP404 An Introduction to Holistic Advance Care Planning
- IP405 Stimulate, Advance, and Guide Education (SAGE) Study Group
- IP406 Wine Lectures: BC Wines

### **Language Studies (Free)**

- Introduction to French Conversation with Marlene
- Advanced French Conversation with Marlene

## **Changes to the Fall Program since Version 1**

\* sent August 19, 2022 in the Friday UP-Date PDF Document

- North Pender Island Tour Cancelled – Apparently staff shortages prevented the tour company from offering this tour

- Italian LG401 (with Francesca Brambilla) has now been scheduled: Wednesdays 5:00 until 6:30 PM
- French Intermediate LG402 on Zoom (with Monika Hastings) has now been scheduled: Mondays, 11:40 AM until 1:20 PM
- Spanish Classes (Free) were added. Spanish Conversation (Beginners) and Spanish Conversation (Intermediate)
- Zumba HF404 and Tai Chi Level 1 HF405 had a scheduling conflict, so after Oct. 18, 2022, one of these classes will be held in the Activity Room

## Arts and Crafts

### **Porcelain Painters**

**Wednesday: 10:00 AM - 12:00 PM**

**Location: Art Room**

**Dates:** Ongoing

**Cost:** Drop-in Fee

**Capacity:** Drop-in & Sign up

For more information, please contact, contact Dianna at diannabobboyd@gmail.com.

Registration is not required.

Learn to apply your painting skills to white china or refine your technique with the Brock House Porcelain Painters. We use powdered mineral colours which are ground into an oil base and then applied to china which is fired in the Brock House kiln. Our painters produce quality pieces for their own pleasure and for sale at Society fundraisers. Supplies are available to get you started and we can recommend sources for your specific needs. We take pleasure in helping each other and guiding beginners. Come and enjoy a lovely art form with experienced peers!

### **Return to Collage**

**Thursday: 9:30 AM - 11:30 AM**

**Location: Art Room**

**Dates:** Oct. 27 – Nov. 24, 2022

**Cost:** Free

**Capacity:**

Register for this activity.  
Instructor: Peter Phillips

Do you remember the joy of flipping through the old National Geographic and other magazines and cutting out pictures that had meaning for you as a keepsake? Did you then ever attempt to make them into a memorable theme by gluing them to a board for some kind of formal presentation.

If you did...well how about returning to College .....oh sorry... Collage and exploring this concept in more depth and see where it takes you both creatively and artistically.

Collage is a unique technique used in modern art and art therapy to explore the idea of connected imagery and as such can promote very personal expression and statements of self-interest.

So, bring any of those old magazines that you may still have, along with a pair of scissors to our new program. If you don't have material it will be supplied along with glue sticks for the final assembly.

So, let's start exploring together and see where it takes us. Hope to see you there. — Peter Phillips

Before retiring and becoming President at BHS from 2018-2020 Peter Phillips was a Vocational Rehabilitation Counsellor at Gastown Vocation Services.

### **Artists' Group**

**Friday: 9:00 AM - 12:00 PM**

**Location: Art & Games Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14+

To join this group, contact Gillian at golson@telus.net

All are welcome to visit and participate in any medium. In deference to those with chemical sensitivities, we avoid using art supplies that have strong chemical smells. No teacher, but advice, encouragement and friendship for beginners and the experienced.

### **Needle Crafts Group**

**Monday: 9:30 AM - 11:30 AM**

**Location: Meyer Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14

For more information, please contact, contact Truus: truusk@hotmail.com

Members of this group knit, crochet and stitch handcrafted projects to sell at the Brock House Summer and Christmas Fairs. Within the group, members share their expertise and enjoy the

companionship of working together to support Brock House.

We are always happy to welcome new members of all levels — including novices — who craft items using yarns, fibres or fabrics in any way, such as sewing, quilting, embroidery, weaving, etc.

## Computers

### Computer Drop-In

**Monday: 1:00 PM - 3:00 PM**

**Location: Computer Room**

**Dates: -**

**Cost: Free**

**Capacity: Drop-in**

For more information, please contact [computersatbhs@gmail.com](mailto:computersatbhs@gmail.com) to connect with one of the convenors Dave, John or Brian.

Or drop into the Computer Room on Mondays 1:00 - 3:00 for help with any computer questions or trouble shooting you need help with.



## Special Events & Social Groups

### **Sunset Social Sept. 12, 2022**

*\* Currently Full with a waitlist*

**Monday: 6:30 PM - 8:00 PM**

**Location: Tent**

**Cost: \$10;\$15 Guests**

**Capacity: 80**

Jericho Jazz is delighted to perform at the September 12th Sunset Celebration after a long COVID hiatus. The trio comprises Cathie Best (keys and vocals), John Greiner (sax and clarinet), and Don Ogden (bass and guitar). The performance will feature some beautiful tunes inspired by autumn, as well as other jazz and swing standards.

### **Sunset Social Sept. 28, 2022**

**Wednesday: 6:30 PM - 8:00 PM**

**Location: Tent**

**Cost: \$10;\$15 Guests**

**Capacity: 80**

Register for this event.

Brock House Society is pleased to once again feature "Four Strong Winds" at our Sunset Social.

Four Strong Winds, led by Brenda Clark, is a saxophone quartet of non-music professionals who got together six years ago to have fun and try out the interesting quartet repertoire. They now play regularly at garden parties and seniors residences and have a wide variety of music from classical to rags to marches. They are happy to be back playing at a Brock House Sunset Celebration.

Be sure to book early for this event. Sit back and enjoy being entertained while also socializing with your fellow Brock House members.

Wine, beer and soft drinks will be available for purchase.

### **Sunset Social Oct. 3, 2022**

**Tuesday: 6:30 PM - 8:00 PM**

**Location: Tent**

**Cost: \$10;\$15 Guests**

**Capacity: 80**

Register for this event.

Brock House Society is pleased to once again feature "5 Dog Ears" at our Sunset Social.

5 Dog Ears comprises five experienced, Vancouver-based musicians with a wide range of musical backgrounds and influences. The band plays a mixture of Jazz Standards, Swing, R & B and Blues.

Be sure to book early for this event. Sit back and enjoy being entertained while also socializing with your fellow Brock House members.

Wine, beer and soft drinks will be available For purchase.

## Free Events for Members

### **Member Forum**

**Thursday (4th Thursday of each month): 2:00 - 3:00 PM**

**Location: Halpern Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** Drop-in

2022 Forum Dates:

- Aug 25
- Sep 22
- Oct 27
- Nov 24

If necessary, use the Zoom link on the website.

Join our Executive Director, Director of Membership and member of the Board for this round table 60-minute session where you can ask questions, present new ideas and make suggestions. We welcome and value your input. Forums are held on the 4th Thursday of every month.

## Social Groups

### **Adventures in Dining**

Contact (only) one of the following conveners to join the mailing list.

- Christine Chou (2muffychou@telus.net)
- Lesley Dawson-Burns ([ldawsonburns@telus.net](mailto:ldawsonburns@telus.net))
- Jan Smith (4jannys@gmail.com)

This group provides a wonderful opportunity to meet other Brock House members while enjoying dinner at one of Vancouver's many fine restaurants. Restaurants are selected for their interesting menus, and members are emailed with event details and dates. Those interested reply by email to reserve a place and await confirmation. Member input as to the choice of cuisine and venue is welcomed. Groups may be limited to 6 - 8 people to facilitate service and conversation, as socializing is a focus.

### **Cultural Dining**

**\* normally the last Wednesday of the month**

- Thurs, Sep. 29
- Wed Oct 26
- Wed. Nov 30

Please come and join in creating a monthly cultural experience by dining out exploring various cuisines.

We plan to meet at designated restaurants at 5:30 pm, once a month to experience Vancouver's global fusion, and hope you will join us to explore our diverse cultures.

Limit of 10 participants per evening out.

Please contact Dalia daliagil6@gmail.com, or Donna kilgallinwebb@telus.net to sign-up. They will create a mailing group inform diners about the evening details.

## Special Events

### **National Day of Truth and Reconciliation Lunch**

**Friday, September 30: 12:00 – 1:00 PM, 1:00 PM - 4:00 PM**

**Whittaker Conservatory**

**Cost:** \$20; \$25 guest

**Capacity:** 50

Brock House Society is once again acknowledging National Day for Truth and Reconciliation. We are hosting a lunch at noon, which will be followed by a Commemorative Program at 1:00pm. If you want to attend a salmon lunch, there is a cost of \$20 for members and \$25 for guests, and you need to register for both the Lunch and the Commemorative Program. Note the Commemorative Program is free, but still requires registration.

These events were very well-attended last year. We encourage you to register as soon as you can. Registration cancellations will be accepted until September 26th for the lunch.

### **Diwali Celebration**

**Monday, October 24, 2022: 1:00 PM**

**Whittaker Conservatory**

**Cost:** \$20; \$25 guest

**Capacity:** 50

Diwali is celebrated by South Asians and many Canadians as the "Festival of Lights". It is a joyful celebration in Canada that symbolises the spiritual victory of light over darkness, good over evil and knowledge over ignorance.

This year Brock House Society's Diversity Committee and Social Events will once again celebrate Diwali. Lunch and entertainment will be offered

Submitted and organized by: Sheila Resels, Chairperson, on behalf of the Diversity Committee  
Patricia Brady, Chairperson, on behalf of Social Events"

## **Halpern Committee for the Performing Arts Performances**

\* Sponsored by the George Halpern Trust

### **UBC Opera**

**Tuesday: 1:00 PM - 4:00 PM**

***Location: Halpern Room or Whittaker  
Conservatory***

**Dates:** Oct. 4, 2022

**Cost:** \$8; \$10 guest

**Capacity:** 60

Register for this performance.

There will be a repertoire from beloved operas and operettas as well as excerpts from Hansel and Gretel, The Merry Wives of Windsor, Carmen and La Traviata. UBC Opera Ensemble, School of Music. Director Nancy Hermiston, Pianist, Wenwen Du.

### **Christmas Chronicles and Customs**

**Tuesday: 1:00 PM - 3:00 PM**

***Location: Halpern Room or Whittaker  
Conservatory***

**Dates:** Nov. 22, 2022

**Cost:** \$8; \$10 guest

**Capacity:** 60

Register for this performance.

Actors Anna Hagen and Bernard Cuffling (Western Gold) tell tales of productions they have been involved in over the years, and personal Christmases good and bad, They will read letters to Santa and look at customs observed and food served in Canada and around the world. Guaranteed to invoke the Christmas Spirit!

### **Christmas Classic Carollers**

***Location: Halpern Room or Whittaker  
Conservatory***

**Dates:** Dec. 13, 2022 Time TBD

**Cost:** \$8; \$10 guest

**Capacity:** 60

Register for this performance.

## Games & Puzzles

### Billiards

**Location:** Billiards Room

**Dates:** Ongoing

**Cost:** Free

**Capacity:** Drop-in

Drop in. Pick up the key in the office.

Book a time to come play billiards with a friend! For more info, please contact James Sexton at [James.sexton@ubc.ca](mailto:James.sexton@ubc.ca)

### Bridge - Duplicate

**Thursday: 12:00 PM - 3:30 PM**

**Location:** Begg & Art

**Dates:** Ongoing

**Cost:** Drop-in Fee \$2.00

**Capacity:** Drop-in & Sign up

No Registration required, sign-up starts at 10:45. Play starts at noon.

Contact Margaretta at [mshirkoff@telus.net](mailto:mshirkoff@telus.net) or Sue at [suзоos@telus.net](mailto:suзоos@telus.net)

It is necessary to come with a partner. Capacity at 52 with 13 tables max.

### Bridge - Social

**Friday: 12:30 PM - 3:30 PM**

**Location:** Art Room

**Dates:** Ongoing

**Cost:** Free

Please drop by if you are interested!

"Unserious bridge" - singles welcome - in the Arts and Games Rooms.

### Event - Chicago Bridge & Lunch

**Friday: 10:00 AM - 3:30 PM**

**Location:** Begg Room

**Dates:** Nov. 18, 2022

**Cost:** \$20.00

**Capacity:** 40

Come for a great day of bridge and prepare to have fun! It's been two years since this event! There is a delicious lunch, prizes and great company. You must have a partner who is a member of Brock House Society.

Register for this event.

Need to register with a partner (both need to be Brock Members), and be sitting, ready to play at 10AM. For competent and confident players.

Lunch is part of the event fee.

### Chess

**Tuesday & Thursday: 1:00 PM - 3:00 PM**

**Location:** Meyer Room

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 10

Contact Roger at [rogerwool77@gmail.com](mailto:rogerwool77@gmail.com)

All levels of play including beginners. We have some chess sets, but if you want, you can bring one along. Come and join us in the Meyer Room.

There is a limit of 10 people.

### Cryptic Crosswords

**Wednesday: 10:30 AM - 12:00 PM**

**Location:** Meyer Room

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14

Contact Chris Spencer: [chrspncr@gmail.com](mailto:chrspncr@gmail.com)

Do you enjoy solving cryptic crosswords but sometimes struggle with the clues? This group may be what you're looking for. We usually bring a favourite clue of the week or a clue that has proven difficult to parse... based on the theory that two or more heads are better than one. After that, we hand out copies of cryptic crosswords which we work on individually - then share our experience on how to approach the tougher clues. It's an opportunity to

improve your skills by observing and learning from other lovers of cryptic crosswords.

### **Jigsaw Puzzle Exchange**

**everyday: 9:00 AM - 4:00 AM**

**Location: Office**

**Dates:** year round

**Cost:** Free

Come up to the office on the 3rd floor to drop off or borrow a jigsaw puzzle.

Jigsaw puzzles of all levels are available for members to drop off or borrow.

### **Mah Jong**

**Wednesday: 12:30 PM - 3:30 PM**

**Location: Art Room**

**Dates:** Ongoing

**Cost:** Drop-in Fee \$1.00

This group is now full. If you would like to join a waiting list please contact [maajam@shaw.ca](mailto:maajam@shaw.ca) or [pmccuaig@telus.net](mailto:pmccuaig@telus.net)

Enjoy an afternoon playing Mah Jong Hong Kong style. Play and learn at the same time. Instruction given.

### **Scrabble**

**Thursday: 12:30 PM - 3:30 PM**

**Location: Whittaker Conservatory**

**Dates:** Ongoing

**Cost:** Free

To sign-up, contact with Cherie at [cheriewong99@hotmail.com](mailto:cheriewong99@hotmail.com)

Scrabble is a lot of fun and members who love to play have organized this weekly gathering. Feel free to join them, and receive some of the many mental benefits that Scrabble players enjoy. There are several Scrabble sets in the Office "Games Cupboard"—even one in French.

### **Table Tennis**

**Monday, Wednesday & Friday: 12:30 PM - 3:00 PM**

**Location: Activity Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** Drop-in & Sign up

To sign-up, contact Lisa at [manxfam@gmail.com](mailto:manxfam@gmail.com)

## Health and Fitness Classes

\*\* Some Fitness classes start a week earlier than the other Brock House Fall Programs in order to take advantage of the tent – so right after Labour Day.

### **HF401 Pilates (Session 1)**

**Friday: 11:15 AM - 12:15 PM**

**Location: Begg Room**

**Dates:** Sept. 16 - Oct. 21, 2022

**Cost:** \$60.00

**Capacity:** 13

Register for series.

Instructor: Hanne Vieira

This series is designed to get your health back on track with low impact Pilates exercises to tone, connect and release tension.

We will use an elastic band to build strength, improve posture and learn stabilization to prevent injuries and body pains. All levels welcome.

Pilates increases mobility, flexibility and helps building bone density. It is the best rehabilitation program to keep you feeling strong and invigorated.

Participants will learn to use their inner resistance to build strength; stabilize their bodies and move within a healthy range of motion.

Learn to release aches and pains through gentle exercises and stretching using somatic principles.

Through teaching the Pilates method, students will learn the fundamentals to optimize posture, endurance and balance. They will learn to better engage their muscles during any activity such as walking, climbing, sitting.

(10 min gentle warm-up, 40 min exercises, 10 min stretch and release)

### **HF402 Pilates (Session 2)**

**Friday: 11:15 AM - 12:15 PM**

**Location: Begg Room**

**Dates:** Oct. 28 - Dec. 9, 2022

**Cost:** \$60.00

**Capacity:** 13

Register for series.

Instructor: Hanne Vieira

This series is designed to get your health back on track with low impact Pilates exercises to tone, connect and release tension.

This is a continuation of HF401 Pilates.

### **HF403 Zumba Tuesdays (Session 1)**

**Tuesday: 10:00 AM - 11:00 AM**

**Location: Tent**

**Dates:** Sept. 6 - Oct 11, 2022

**Cost:** \$60.00

**Capacity:** 15

Register for series.

Instructor: Asal Nikoopour

\*\* This Fitness class starts a week earlier than other programs, so right after Labour Day. Note: Sept. 6, 2022 = 1<sup>st</sup> Class.

Zumba Gold© is perfect for active older adults who are looking for a lower-intensity workout. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

#### **HF404 Zumba Tuesdays (Session 2)**

**Tuesday: 8:45 AM - 9:45 AM**

**Location: Conservatory or Activity Room**

**Dates:** Oct. 18 – Dec. 6, 2022

**Cost:** \$80.00

**Capacity:** 10

Register for series.

Instructor: Asal Nikooupour

This course is a continuation of HF403 Zumba Tuesdays (Session 1).

#### **HF419 Zumba Fridays (Session 1)**

**Friday: 10:00 AM - 11:00 AM**

**Location: Tent**

**Dates:** Sept. 9 – Oct. 14, 2022

**Cost:** \$60.00

**Capacity:** 15

Register for series.

Instructor: Asal Nikooupour

\*\* This Fitness class starts a week earlier than other Brock House Programs, so right after Labour Day. Sept. 9, 2022 = 1<sup>st</sup> class.

Zumba Gold© is perfect for active older adults who are looking for a lower-intensity workout. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

#### **HF420 Zumba Fridays (Session 2)**

**Friday: 8:45 AM - 9:45 AM**

**Location: Whittaker Conservatory**

**Dates:** Oct. 21 - Dec. 9, 2022

**Cost:** \$70.00

**Capacity:** 10

Register for series.

Instructor: Asal Nikooupour

This class is a continuation of HF419 Zumba Friday (Session 1)

#### **HF405 Tai Chi – Level 1**

**Tuesday: 8:45 AM - 9:45 AM**

**Location: Conservatory or Activity Room**

**Dates:** Sept. 27 – Dec. 6, 2022

**Cost:** \$110.00

**Capacity:** 12

Register for series.

Instructor: Kelly Maclean

Tai Chi is a Chinese martial art, a gentle form of exercise, and a moving meditation. The slow and graceful movements improve balance, coordination, and concentration. In this course, we will begin our study of the 24 Form, also known as the simplified Yang style.

#### **HF406 Tai Chi – Level 2**

**Thursday: 9:50 AM - 10:50 AM**

**Location: Begg Room**

**Dates:** Sept. 29 - Dec. 8, 2022

**Cost:** \$110.00

**Capacity:** 8

Register for series.

Instructor: Kelly Maclean

In this course we will continue our study of the 24 Form. Participants should have some experience with the first half of the routine.

#### **HF407 Tai Chi – Level 3**

**Thursday: 8:45 AM - 9:45 AM**

**Location: Tent or Whittaker Conservatory**

**Dates:** Sept. 29 - Dec. 8, 2022

**Cost:** \$110.00

**Capacity:** 12

Register for series.

Instructor: Kelly Maclean

In this course, the class will continue to review the whole 24 Form and its mirror image. The class will also continue to learn the 48 Form. Participants should know the 24 Form, and (more or less) the first 4 sections of the 48.



### **HF408 Yoga: Chair Yoga (Session 1)**

**Tuesday: 8:45 AM - 9:45 AM**

**Location: Tent & Begg Room**

**Dates:** Sept. 6 - Oct 11, 2022

**Cost:** \$60.00

**Capacity:** 10

Register for series.

Instructor: Allison Citynski

\*\* This Fitness class starts a week earlier than other Brock House programs – so right after Labour Day. Sept. 6, 2022 = 1<sup>st</sup> class.

This 60-minute chair yoga class will help you improve your strength, balance, concentration and flexibility. The class will start in the chair and include standing poses, breath work and yoga dance! Open to all levels in a safe and fun environment!

### **HF409 Yoga: Chair Yoga (Session 2)**

**Tuesday: 10:30 AM - 11:30 AM**

**Location: Begg Room**

**Dates:** Oct. 18 – Nov 22, 2022

**Cost:** \$60.00

**Capacity:** 10

Register for series.

Instructor: Allison Citynski

\* This is a continuation of HF408 Yoga: Chair Yoga (Session 1).

### **HF410 Stretch and Strength (Session 1)**

**Wednesday: 10:30 AM - 11:45 AM**

**Location: Tent**

**Dates:** Sept. 7 - Oct. 12, 2022

**Cost:** \$75.00

**Capacity:** 12

Register for series.

Instructor: Kate Maliha

\*\* This Fitness class starts a week earlier than other Brock House programs – so right after Labour Day. Sept. 7 2022 = 1<sup>st</sup> class.

This 75-minute mostly moderate-level class can be adapted to suit a variety of levels and physical limitations. The class begins with a short

cardiovascular component that can be adapted for chair as needed. The last 2/3rds can be seated or standing, and includes 'Brain Muves' balance work, and exercises for strength, agility, stability, and stretching/mobility. The last part of the class is all seated and may include posture/body alignment, stretching, visualization, and deep relaxation. This class is suitable for all levels, including those with some mobility and balance restraints wishing to safely challenge themselves.

### **HF411 Stretch and Strength (Session 2)**

**Wednesday: 10:30 AM - 11:45 AM**

**Location: Activity Room**

**Dates:** Oct. 19 - Dec. 7, 2022

**Cost:** \$100.00

**Capacity:** 10

Register for series.

Instructor: Kate Maliha

\* This is a Continuation of HF410 Stretch and Strength (Session 1) Tent.

### **HF412 Balance, Posture, & Strength: Level 1 (Session 1)**

**Wednesday: 9:15 AM - 10:15 AM**

**Location: Tent**

**Dates:** Sept. 7 - Oct. 12, 2022

**Cost:** \$60.00

**Capacity:** 12

Register for series.

Instructor: Kate Maliha

The course starts earlier than the regular Brock House Fall Program, in order to take advantage of the Tent. First class Sept 7, 2022.

This is a moderate/challenging 60-minute class. Class begins with a low-impact cardiovascular segment, followed by exercises to improve balance, strength, posture, and body alignment, and ends with stretching. Folks who are at high risk for falls are not recommended to take this class. If in doubt, please contact the instructor through the office for more information.



### **HF413 Balance, Posture, & Strength Level 1 (Session 2)**

**Wednesday: 9:15 AM - 10:15 AM**

**Location: Activity Room**

**Dates:** Oct. 19 – Dec. 7, 2022

**Cost:** \$80.00

**Capacity:** 10

Register for series.

Instructor Kate Maliha

\*This is a continuation of HF412 Balance, Posture, & Strength: Level 1 (Session 1),

### **HF414 Yoga: Monday Morning Yoga (Session 1)**

**Monday: 9:15 AM - 10:15 AM**

**Location: Begg Room**

**Dates:** Sept. 12 - Oct. 24, 2022

**Cost:** \$60.00

**Capacity:** 12

Register for series.

Classes by IntoYoga

Instructor: Christine

Practicing yoga reduces stress and pain and is effective in maintaining good physical and mental health, including increased energy, strength and mobility to name a few. This seniors' yoga program is a basic-level hatha class and will include modifications and adjustments to help you feel comfortable and stable in your practice. All levels are welcome. Everyone can work at their level and pace. Please bring your own yoga mat to participate in this program.

### **HF415 Yoga: Monday Morning Yoga (Session 2)**

**Monday: 9:15 AM - 10:15 AM**

**Location: Begg Room**

**Dates:** Oct. 31, - Dec. 5, 2022

**Cost:** \$60.00

**Capacity:** 12

Register for series.

Classes by IntoYoga

Instructor: Christine

This is a continuation of HF414 Yoga: Monday Morning Yoga (Session 1).

### **HF416 Yoga: Tuesday Morning Yoga (Session 1)**

**Tuesday: 9:00 AM - 10:00 AM**

**Location: Begg Room**

**Dates:** Sept. 13 - Oct. 18, 2022

**Cost:** \$60.00

**Capacity:** 12

Register for series.

Classes by IntoYoga

Instructor: Christine

Practicing yoga reduces stress and pain and is effective in maintaining good physical and mental health, including increased energy, strength and mobility to name a few. This seniors' yoga program is a basic-level hatha class and will include modifications and adjustments to help you feel comfortable and stable in your practice. All levels are welcome. Everyone can work at their level and pace. Please bring your own yoga mat to participate in this program.

### **HF417 Yoga: Tuesday Morning Yoga (Session 2)**

**Tuesday: 9:00 AM - 10:00 AM**

**Location: Begg Room**

**Dates:** Oct. 25 – Nov. 29, 2022

**Cost:** \$60.00

**Capacity:** 12

Register for series.

Classes by IntoYoga

Instructor: Christine

This is a continuation of HF416 Yoga: Tuesday Morning Yoga (Session 1).

### **HF418 Line Dancing**

**Monday: 1:00 PM- 2:00 PM**

**Location: Art Room**

**Dates:** Sept. 12 - Nov. 7, 2022

**Cost:** \$80.00

**Capacity:** 8

Register for series.

Instructor: Alfred Serfas

Alfred began teaching line dancing back in 1989 and has been teaching since then - from beginners to advanced, but more recently he has been teaching seniors. Alfred has taught on cruise ships, at conventions, weddings, birthday parties, special line dance events and charity events. Presently Alfred is teaching 3 beginner/improver classes every week. He feels he is well qualified to teach line dance classes.

Alfred is a retired elementary teacher and a senior. He enjoys teaching line dancing, and enjoys the many people and friendships made over the years.

## **Health and Fitness Social Groups**

### **Cyclists Group - Brock Cycle**

**Thursday: 10:00 AM**

**Location: Outside**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** unlimited

Join this group on Thursday mornings for a local ride, with a stop for lunch - pub/restaurant/picnic - before returning. We are usually back between 2:00 and 3:00. Sometimes our rides are out of town.

If you are member of Brock House Society, and wish to receive information or advance notification of these rides please email:  
davidmorgan@novuscom.net

Rides vary in length from 20 km to as much as 50 km. We cycle at a gentle pace. At this time, about half of our riders use electric bikes. We usually do two local rides then an away ride and we try to plan rides so they are accessible to most riders. Our

group cycles for health and fitness, social aspects and the enjoyment of new experiences.

### **Hiking Group**

**Saturday: noon**

**Location: tbd**

**Dates:** Ongoing 12:00 AM

**Cost:** Free

**Capacity:** unlimited

To join a hike, click the specific hike from the list on the right, and contact the hike leader for details. For more information about the hiking group, contact Margit at 604-224-6627.

List of Hikes - listed on our website.

### **Pole Walkers**

**Wednesday: 10:00 AM - 11:00 AM**

**Location: Brock House Front Entrance**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** unlimited

To join a hike, click the specific hike from the list on the right, and contact the hike leader for details.

For more information about the hiking group, contact Margit at 604-224-6627.

Meets in front of Brock House every Wednesday. We often come in for tea and coffee after our walk.

## Language Classes

### **LG401 Italian Intermediate 1 (On Zoom)**

**Wednesday: 5:00 PM- 6:30 PM**

**Location: Zoom**

**Dates:** Sept. 14 - Oct. 12, 2022

**Cost:** \$90.00

**Capacity:** 10

Instructor: Francesca Brambilla  
ZOOM only

Join Francesca for this 5-week continuation from last season's intermediate 1 course.  
Benvenuti!

Our journey into Italian language and culture continues.

In this course we will master the foundational elements of Italian language. You will enhance your listening, reading, speaking and writing skills in the context of everyday situations in the present and past tenses.

You will be able to use simple vocabulary, structures and formulas in order to engage an everyday conversation with an Italian native speaker.

Ci vediamo presto!

Francesca was born and raised in Lecco, a small city on beautiful lake Como. She studied in Milan at Statale University and in Rome at Tor Vergata University. She also holds a Master's degree in Speech Language Pathology. She has worked for over 10 years in Italy as a Speech Language Therapist with both children and adults.

Francesca moved to Vancouver in September 2018, a dream from when she was young. She enjoys helping people overcome language barriers and successfully communicate. She enjoys teaching Italian because she can share her culture and learn about other cultures as well.

### **LG402 French Intermediate**

**Monday: 11:40 AM - 1:20 PM**

**Location: Zoom**

**Dates:** Sept. 12 - Nov. 7, 2022

**Cost:** \$100.00

**Capacity:** 12

Instructor: Monika Hastings, Little Sorbonne  
Language School

Register for this activity.

For those who have a working knowledge of low intermediate or intermediate French, this program offers an exciting way to improve or refresh your skills. We will study various aspects of grammar and vocabulary and tie them together with dynamic and fun speaking exercises for communicating in French-speaking countries and provinces. All materials will be provided. If you wish to travel to France or Quebec, communicate with French-speaking friends or refresh your knowledge of French, this course is for you. Students should be able to speak comfortably in the present tense and have reasonable knowledge of the past and future tenses.

Monika has a Bachelor of Arts degree in Modern Languages (French and Russian) from the University of Oxford, UK. She spent several years living in France as a child and then later lived in Paris for 4 years as an adult. She has taught French for many years, in companies, the government, community centres and to private individuals in various countries. She has a very strong knowledge of the intricacies of French grammar and likes to teach grammar and vocabulary in a structured way and follow it up with lots of speaking practice to consolidate what has been studied. She likes to make sure that students have the opportunity to speak as much as possible and uses different techniques to help them to assimilate the material studied.

## Language Groups (Free)

### **Spanish Conversation (Beginners)**

**Tuesday: 11:00 AM - 12:00 PM**

**Location: Games Room**

**Dates:** Sept. 20 - Oct. 18, 2022

**Cost:** Free

**Capacity:**

Drop-in.

Instructor: Carlos Rabago

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America.

### **Spanish Conversation (Intermediate)**

**Tuesday: 12:00 PM - 1:00 PM**

**Location: Games Room**

**Dates:** Sept. 20 - Oct. 18, 2022

**Cost:** Free

**Capacity:** 10

Drop-in.

Instructor: Carlos Rabago

More advanced conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America.

### **Advanced French Conversation**

**Wednesday: 12:30 PM - 1:30 PM**

**Location: Whittaker Conservatory**

**Dates:** Sept. 14 – Dec. 7, 2022

**Cost:** Free

**Capacity:** unlimited

Drop-in.

Instructor: Marlene Karnouk

Meeting for a cup of coffee and French Conversation in the cafeteria. This group is for people who are fluent in French and wish to converse with a friendly group. We will meet on Wednesdays in the Conservatory. Participation is free but donations to Brock House are welcome. A bientôt.

### **Introduction to French Conversation**

**Wednesday: 1:30 PM- 1:30 PM**

**Location: Games Room**

**Dates:** Sept. 14 – Dec. 7, 2022

**Cost:** Free

**Capacity:** 10

Instructor: Marlene Karnouk

Register for this activity, so Marlene can prepare accordingly.

This group is intended for you if you wish to develop your French vocabulary and conversation skills. We will meet on Wednesdays. Participation is free but donations to Brock House are welcome.

## Lectures and Discussions

### PAID COURSES

#### **IP401 Great Conductors: Toscanini, Furtwangler, Kleiber, Walter and Klemperer**

**Monday: 1:30 PM- 3:30 PM**

**Location: ZOOM**

**Dates:** Sept. 12, 2022 - Oct. 24, 2022

**Cost:** \$110.00

**Capacity:** 20

Instructor: Nicolas Krusek  
Register for this activity.

Week 1: The history of conducting in the 19th century (Mendelssohn, Berlioz, Wagner, Liszt) and early audio and video recordings of great conductors (including Richard Strauss).

Week 2: Arturo Toscanini (New York Philharmonic, NBC Symphony Orchestra)

Week 3: Wilhelm Furtwangler (Berlin Philharmonic, Vienna Philharmonic)

Week 4: Erich Kleiber

Week 5: Bruno Walter (Columbia Symphony Orchestra)

Week 6: Otto Klemperer (Philharmonia Orchestra)

#### **IP402 Legendary Performers**

**Friday: 10:00 AM - 12:00 PM**

**Location: Halpern Room**

**Dates:** Oct. 28 - Dec. 9, 2022

**Cost:** \$60.00

**Capacity:** 60

Instructor: Neil Ritchie  
Register for this activity.

OCT 28 k d lang  
The Alberta born singer whose beautiful voice and musical curiosity have taken her on many musical journeys.

NOV 4 Cole Porter

The witty composer of music and lyrics and lavish lifestyle made him a tin pan alley icon.

NOV 18 Maria Callas

Although she died in 1977, she is still the legendary soprano who brought drama and charisma to the stage.

NOV 25 Michael Tilson Thomas

The American conductor shared his love of music with his inclusive personality and desire to bring a younger audience into the classical world.

DEC 2 Singer/pianists

Many singers prefer to accompany themselves at the piano, some give it up to concentrate on singing. We'll meet Nat King Cole, Shirley Horn, Diana Krall, Michael Feinstein, and many others.

DEC 9 Jerome Robbins

The American dancer and choreographer is best known for the electrifying dancing in the Broadway and film versions of West Side Story, but the list of Broadway hits included Pajama Game, Bells Are Ringing, Gypsy and so many others.

#### **IP403 Music: Motor City to Hitsville - The Story of Motown**

**Wednesday: 1:00 PM- 3:00 PM**

**Location: Halpern Room**

**Dates:** Sept. 14 - Oct. 19, 2022

**Cost:** \$110.00

**Capacity:** 60

Instructor: John Mitchell  
Register for this activity.

The year was 1959 and a young songwriter from Detroit Michigan named Berry Gordy Jr. decided to take his career into his own hands, so he created his own record label Tamla Motown, and from a small photography studio on West Grand Boulevard in Detroit, he launched one of the worlds most successful independent record companies and broke down racial barriers by becoming the most successful African-American owned business in America. The hits of Motown dominated the charts for the 60s and 70s with 110 top 10 hits and were the soundtrack of a generation. We'll look at the artists, the song writers, the producers and the musicians

that brought us the "Motown Sound" and turned Detroit into "Hitsville."

#### Week 1 - How it Began

The huge success of the auto industry in Detroit attracted many African-Americans who migrated up from the south. In 1922, Berry Gordy Sr. whose grandmother had been a slave, followed the migration north and in 1929 the seventh of his eight children was born named Berry Gordy Jr. After returning from the Korean War Berry Jr. settled into a job on the assembly-line but never gave up on his dream of song-writing and in 1957 he wrote "Reet Petite" for Jackie Wilson which started one of the most successful record labels in history.

#### Week 2 - The Assembly-line

Berry Gordy learned a lot from the assembly line. He absorbed the two central principles of Fordist production he would apply to great effect at Motown. The first of these is vertical integration, the consolidated management control of all aspects of production and the second was, "Create, Make, Sell"; artists, performed, writers wrote and producers produced. Gordy controlled every facet of the image and marketing of Motown, as well as the musical production.

#### Week 3 - The Guy Groups

Berry Gordy modelled the 3, 4 or 5-piece male groups on the traditional male Gospel groups that were popular in the South. He took the Gospel format and substituted secular lyrics to appeal to a modern audience. Matching suits, catchy melodies and smooth choreography helped these groups appeal to a wide audience but especially young teens, and especially young white teens. In this way, Motown broke down many racial barriers while on their way to being one of the most successful music labels.

#### Week 4 - The Girl Groups

Like the male groups Berry Gordy, modelled the girl groups on the traditional women groups that performed gospel songs. Again he substituted secular lyrics for the religious lyrics and dressed the women in evening gowns with sedate choreography. This was years before the Civil Rights Act of 1968 and he knew that to reach a broad audience with Motown acts, he had to tread carefully.

#### Week 5 - The Solo Stars

Although he preferred the groups, some artists' popularity just outgrew the group format, but Berry Gordy always demanded the elegant and controlled presentation and the catchy songs. Some of music's most iconic performers came to stardom as solo artists, Marvin Gaye, Smokey Robinson, Diana Ross, Darlene Love, Lionel Richie, David Ruffin, Stevie Wonder, Eddie Kendricks and of course Michael Jackson.

#### Week 6 - The Move to LA.

In 1972 Berry Gordy whisked the label's operations off to Los Angeles on a whim, leaving most of his "family" of musicians and support staff stranded. A few weeks later, the L.A. office revealed the next wave of its plan: \$15 million budgeted for TV and theatrical projects. Motown had gone Hollywood and though it continued to make hits, it was the end of a fantastic Detroit tradition.

### IP404 An Introduction to Holistic Advance Care Planning

**Thursday: 10:00 AM - 11:00 AM**

**Location: Begg Room**

**Dates:** Sept. 22, 2022

**Cost:** Free

**Capacity:** 50

Register for the free Introduction session. After the Introduction class, we will open registration for Christa's 5-week session.

In the September 22 Introduction Session, Christa Ovenell will introduce the Four Pillars of Holistic Advance Care Planning.

- Legal, Administrative, & Financial documentation
- Medical & Philosophical decision-making (2 sessions)
- Disposition & Ceremony planning
- The "Most Important Paperwork": from love-letters to legacy projects

Topics for the following 5 classes:

1. Oct 6: Understanding the legal, administrative & financial documentation needed to truly have your affairs in order.
2. Oct 13: Medical & philosophical decision-making part 1: when there's no "what-ifs".



3. Oct 20: Medical & philosophical decision-making part 2: planning for sudden serious illness or incapacitation.

4. Oct 27: Disposition & ceremony planning: understanding the decisions beyond cremation or burial.

5. Nov 3: The "most important paperwork": simple steps to create a lasting emotional legacy.

Planning for any of life's transitions isn't something that comes easily. But anyone who has experienced a sudden loss or even an unexpected temporary incapacitation knows that not having a plan in place makes something that's already hard seem nearly impossible. Join CBC columnist Christa Ovenell (AKA Death's Apprentice) in this engaging, enlightening series designed to help you think about, talk about, and plan for life's ONLY certainty. She can even help you plan for life's myriad uncertainties, too.

Every session is accompanied by fillable PDF notebooks which, once completed will provide a roadmap to see you and those you love through all life's journeys.

### **IP405 Stimulate, Advance, and Guide Education (SAGE) Discussion Group**

**Monday: 1:00 PM- 3:00 PM**

**Location: Halpern Room**

**Dates:** Oct. 24 - Dec. 5, 2022

**Cost:** \$50.00

**Capacity:** 12

Participate in researching and sharing your expertise on a topic. Led by David and Anne Ehret, UVIC. Register for this activity.

Do you enjoy life-long learning? Then come join our small group of curious-minded people. You will be given the opportunity to research a topic of your choice within a broadly based theme. Then after sharing what you've discovered, enjoy a lively and thought-provoking discussion. Sessions are friendly, respectful and informal. A facilitator will coordinate the topics and moderate the discussion. Expect to learn, and to have fun in the process!

Background (paraphrased from UVic Continuing Studies) - SAGE, an acronym for Stimulate, Advance, and Guide Education, is an approach to education designed for those adult learners who wish to actively participate in the learning process by pursuing their favourite subjects in depth. SAGE members work cooperatively so that their own individual study, as well as their group interactions, is productive and enjoyable. As they learn, they also contribute to the education of others.

The most active component of SAGE is our study groups. (Link: <https://continuingstudies.uvic.ca/humanities-and-social-sciences/series/sage-study-groups>). Study groups are not taught by instructors; rather, a facilitator assists in coordinating the presentations of group members and in moderating the discussions. An important aspect of study groups is their small size (maximum 14 participants). Group members quickly get to know each other, and learning takes place in a relaxed, friendly atmosphere.

David and Anne's experience:

In our experience, participants would first research their chosen topic within the theme, then give a 40 minute presentation to the other participants. Everyone was provided the theme weeks in advance so we could all get a good start on our research! PowerPoint was often the chosen medium, but some people read from notes or used a flip chart. A lively discussion usually followed to round out the hour for each presentation. There were two presentations for each session (2 hour total). The class size was limited to 14 to keep it informal and to allow people to get to know each other. This course would be a perfect fit for seniors who enjoy learning in a relaxed environment.

Examples of some themes that Anne and David participated in:

Secrets and Lies: Sometimes things are not what they seem. History, nature and the news media are full of examples. What do we know of the whole story? How was the truth discovered? If it is still a secret, what efforts have been made to find out? Why did it take so long? What were the impacts? Each participant will choose a secret or lie, find out about it, and make a presentation to the group in a form intended to stimulate discussion in a friendly and supportive environment. Some examples are Piltdown Man, Grey Owl, Chevalier d'Éon, Anna

Anderson, the Manhattan Project, how to keep milk from spoiling, Banksy, the Marie Celeste.

Just in Time: Plan a trip using the time machine that you won in a raffle. The device will carry up to four people, will go anywhere, anytime in the past and can return to the present, but will not go into the future. Where in space and time will you go? Why did you choose that destination? How will you prepare? What will you do when you get there? How do you expect the inhabitants, if any, to react? How long will you stay? What will you take with you? Who will you take as companions, if any? What dangers do you foresee?

“Isms”: Words ending in “-ism” include the names of distinctive systems, schools of thought and theories, e.g. Buddhism, Sadism, existentialism; the names of behaviours, and actions e.g. tourism, nudism; the names of practices and opinions resulting from beliefs or principals, e.g feminism, minimalism; and the names of medical conditions e.g rheumatism. Each participant will choose an “ism” and discuss its history and significance in a presentation intended to stimulate discussion.

Please bring your own personal charcuterie board so when we sample the wine you can notice the huge difference when you pair wine with food.

Water, crackers and bread for your own consumption highly recommended.

### **IP406 Wine Lecture**

**Tuesday: 1:30 PM- 3:15:00 AM**

**Location: Conservatory & Halpern Room**

**Dates:** Sept. 13 - Oct. 18, 2022

**Cost:** \$110

**Capacity:**

Dr. Clinton Lee

Register for this activity.

This engaging course will take you on an exciting wine adventure where you will discover and learn about the wines of British Columbia. Learn about the:

- The wine regions of BC
- The different climatic influences
- The grape varieties grown
- The difference between the wine regions
- How to select BC wines from cellared in BC
- How to pair the local wines with food
- The challenges for BC wine in the international wine scene
- The future for the BC wine industry



## **FREE Lectures and Discussions**

### **Discussion Group: Jungian Psychology: an Introduction**

**Monday: 10:30 AM - 12:00 PM**

**Location: Begg Room**

**Dates:** Sept. 19 – Nov. 21, 2022

**Cost:** Free

**Capacity:** 50

Michael D'Arcy

Register for this activity.

A 9-week discussion that will cover the first eight chapters of Murray Stein's book "Jung's Map of the Soul" published in 1998 and available at Banyon Books on Fourth near Alma.

The discussion (from which the topics are taken) will cover the first eight chapters of Murray Stein's book.

1. Intro
2. Ego Consciousness
3. Complexes
4. Psychic Energy
5. Instincts, Archetypes and the Collective Unconscious
6. Persona and Shadow
7. Animus and Anima
8. Psyche's Transcendent Centre and Wholeness
9. Individuation-the Emergence of the Self

About Michael D'Arcy:

I became interested in Jungian psychology in 2007 and attended the International School of Jungian Psychology (ISAP) in Zurich, for the Spring semester of 2012 and the Spring semester of 2013. One of the requirements of ISAP attendance is a certain number of dream analysis sessions with a Jungian Analyst. I have continued this practise to this day.

### **Diversity Lecture Series**

Stay tuned for the Diversity Committee's stimulating and inspiring Diversity Lecture Series.

Details will be provided in our Brock House Friday UPdates.

Diversity Committee Chair: Sheila Resels

Please contact Sheila Resels at sresels@gmail.com

### **Esther Birney Literary Arts Series**

**Thursday: 10:30 AM - 11:45 AM**

**Location: Halpern Room**

**Dates:** Sept. 15, 2022 - Dec. 8, 2022

**Cost:** Free

**Capacity:** 60

Drop in.

Please make room on your calendar for this exciting Literary Series! Each session has a knowledgeable presenter and the topics are intriguing. You will be sure to enjoy this well-curated series.

Lectures occur at 10:30 - 11:45 unless noted otherwise.

See the list of topics on our website.

### **Indigenous Studies: Crossing the Divide: Anthropology and Indigenous Rights in 'British Columbia,' 1880s-1920**

**Wednesday: 1:00 PM- 2:30 AM**

**Location: Halpern Room**

**Dates:** Oct. 26 – Nov. 16, 2022

**Cost:** Free

**Capacity:** 60

Register for this activity.

Lecturers: Wendy Wickwire and Angie Bain

This four-part series will survey the cultural and political landscape of late 19th and early 20th century 'British Columbia' through the writings, letters, audio-recordings, publications, maps and photographs of James Teit who arrived in BC from Shetland in 1884 and saw the gross inequities endured by his Nlaka'pamux neighbours and friends. He decided to challenge them. His contributions to the chiefs' political campaigns, his copious field notes on songs, stories, spiritual practices, hunting practices, land-tenure systems and leadership structures, and his efforts to create an employment niche for Indigenous people will be discussed.

#1: Ethnographic Eyes on 'British Columbia', 1870s -1910s

During the late 19th and early 20th centuries, Indigenous peoples across North America endured

extensive ethnographic reporting by government agents, missionaries, travel writers, amateur anthropologists and others. This talk will highlight examples of this work to show its role in supporting the settler colonial agenda.

**#2: Missing in History: The Extraordinary Life and Legacy of Indigenous Rights Activist, James Teit (1864-1922)**

Every once in a while, an important figure makes an appearance, makes a difference, and then disappears. James Teit (1864-1922) was such a figure. This talk will draw from Wendy Wickwire's 2019 book, "At the Bridge": James Teit and an Anthropology of Belonging to show how Teit's journeys fostered cultural bridges that were rare even by today's standards.

**#3: Museum-building and its Impacts on Indigenous Communities, 1895-1920. (This talk will be shared with Angie Bain, co-author of a forthcoming book on James Teit).**

Nlaka'pamux communities in south central British Columbia experienced a surge of interest in their culture between 1895 and 1920. Much of it was in response to the establishment of museums in major cities across North America and Europe. This talk will interrogate the Indigenous peoples' responses to the curators' appeals for their cultural creations.

**#4: James Teit and a Politics of Resistance, 1908-1922**

(This talk will be shared with Angie Bain)

James Teit pioneered a line of political anthropology that was leagues ahead of its time. Instead of treating Indigenous peoples as 'dying' peoples Teit pursued and celebrated a living indigeneity in all its contexts. From 1909 until his death in 1922, Teit served as a core member of his Indigenous colleagues' campaign to fight the federal and provincial governments' autocratic stand on their land-title question and turned the village of Spences Bridge into a thriving "capital of resistance." Teit's early death in 1922 was a huge loss.

Wendy Wickwire is an emeritus professor in the Department of History at the University of Victoria. In addition to teaching courses in oral history and Indigenous history, she authored several award-winning books, most recently, "At The Bridge": James Teit and an Anthropology of Belonging.

Angie Bain is Nlaka'pamux (Ing-thla-cap-muh) from the Lower Nicola Indian Band of Merritt, BC. She works for the Union of Indian Chiefs as an historical researcher and has worked in a similar capacity for many First Nations in BC and Alberta. Angie works with First Nations communities as an advisor, trainer and researcher on traditional land use and occupancy projects and many other projects. She is a Director with Heritage BC, a member of the Library and Archives Canada's BC Indigenous Research Forum and a member of several advisory councils.

**Levelling Up: Video Games for a Better World**

**Monday: 1:00 PM- 3:00 PM**

**Location: Halpern Room**

**Dates:** Sept. 26, 2022

**Cost:** Free

**Capacity:** 60

David Ehret - There's no doubt that video games are entertaining, but these days, they can be so much more. This lecture will introduce you to the new, exciting possibilities for video games. Games which educate, inform, inspire, heal, and spur people to

In 2019 the United Nations Environment Programme (UN Environment) released a report documenting how video games are empowering people around the world to protect the environment and, in fact, contribute to every one of the 17 UN Sustainable Development goals.

This is a tremendously encouraging sign because it shows that the most ubiquitous form of entertainment on the planet can also be harnessed to promote justice, equality, and conservation. And on a grand scale.

This lecture will demonstrate the value of video games in promoting a more sustainable and just planet. Examples of games will be provided to counter the common misconception that video games are useless or bad.

Games are entering a new era, and just how they got to this point will be explained. Video games are now used to help with medical and psychological issues, promote good health and well-being, solve important puzzles in science, and motivate people towards climate action and other worthy causes. And the demographic for gamers is broadening – their

age, gender, and personal circumstances are getting more diverse. Games can be truly transformative for individuals and for societies.

*\*Note: This lecture is also found in the Diversity Series.*

### Travel Series

**Monday: 10:30 AM - 12:30 PM**

**Location: Halpern Room**

**Dates:** Sept. 12 – Dec. 19, 2022

**Cost:** Free

**Capacity:** 60

Drop in.  
Photographers share their travel experiences. To receive a weekly email reminder and Zoom instructions, contact John Smith at [brock.house.point.grey@gmail.com](mailto:brock.house.point.grey@gmail.com). Please include your membership number.

See the list of topics on our website.

### Tuesday Lecture Series

**Tuesday: 10:30 AM - 11:30 AM**

**Location: Halpern Room**

**Dates:** Sept. 13 - Dec. 6, 2022

**Cost:** Free

**Capacity:** 60

Drop in.  
Knowledgeable specialists lecture on diverse topics. If you're interested in weekly email reminders and/or Zoom instructions, contact Allan Strain at [bhtuesdaylectures@gmail.com](mailto:bhtuesdaylectures@gmail.com)

See the list of topics on our website.

### Wednesday Morning Discussion Series

**Wednesday: 10:30 AM - 12:00 PM**

**Location: Halpern Room**

**Dates:** year round -

**Cost:** Free

**Capacity:** 60

Drop in on Wednesday mornings if interested. New members welcome.

See the list of topics on our website.

## Movies

### Friday Flicks

**Friday: 1:00 PM- 3:00 PM**

**Location: Halpern Room**

**Dates:** ongoing -

**Cost:** Drop-in Donation \$2

**Capacity:** 60

Suggested donation of \$2 at the door to help us to continue bringing these very popular movies to Brock House.

See the list of topics on our website.

## Singing Groups

### **Folk Singing Group**

**Fridays, the 2nd and 4<sup>th</sup> of every month: 1:00 PM- 3:00 PM**

**Location: Tent then Art Room**

**Cost:** Free

**Capacity:** Drop-in

Drop-in

Contact: John Wade johnwade1948@gmail.com

*"All music is folk music. I ain't never heard a horse sing." (Louis Armstrong)*

There is a group of people (Brockites) who have met for the last few years on every 2nd and 4th Friday of each month, for two hours. Thirty people on the emailing list, and about 10 turn up at each meeting. We meet when we can under the beautiful tent at the back of Brock House. What a view!

What do we do? Following the traditions of various other music groups in Vancouver and around the planet, we sit in a circle. Then we take turns around the circle to sing a song, play an instrument, tell stories. Some just listen. One tends to sing Broadway musicals; another resurrects pop songs from the 1970s; another scandalous sea shanties; another social commentaries; another reminds us of the treasury from Bob Dylan and Leonard Cohen; another likes Irish and Scottish ditties from the past; composers test their new satirical numbers. Nothing is off limits. Those who know the tunes sing and play along (mostly guitars); and ask questions about the history of songs. Several organized souls send us the words and chords of "their" songs in advance, so that we can learn and sing lustily. Others sit and listen.

The loose organising group currently consists of Graham Baldwin, Charles West (technician extraordinaire), Larry Moore and John Wade. Everyone is welcome, including listeners; no musical experience is necessary; a gathering for fun and enjoyment.

### **Sing-A-Long Group**

**Monday: 1:00 PM- 3:00 PM**

**Location: Whittaker Conservatory**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** Drop-in

Brighten your day; leave your worries on the doorstep; come on over to the sunny side and sing along or swing along with the Brock House Society's gleeful senior songsters.

The benefits of ensemble singing in a non-threatening social setting are unique for each individual. We hope the fun we have will improve your sense of joy and overall well-being and, of course, your singing. All voices are welcome. We do some sing-alongs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

Peter Merry will be playing the piano on alternating weeks.

## Performance Groups

### **Brock House Big Band**

**Tuesday & Friday: 10:30 AM - noon**

**Location: Offsite**

**Dates:** Ongoing

**Cost:** Free

Contact: Brenda Clark, 604-842-8581, bclarkca@gmail.com

Director: Andrew Clark

The Brock House Big Band is an 18-piece band with a repertoire designed for swing dances. The band performs about 16 times a year, delivering big band music to community centres, hospitals and seniors' residences. The repertoire changes to match major public holidays, such as Valentine's Day, Easter, Remembrance Day, and Christmas.

### **Brock House Chamber Players**

**Wednesday: 1:00 PM- 3:00 PM**

**Location: Begg Room**

**Dates:** Ongoing

**Cost:** Free

The group is welcoming string instruments only at this time.

Contact: Christine Barker through the office

### **Brock House Jazz Band**

**Thursday: 1:00 PM- 3:00 PM**

**Location: Halpern Room**

**Dates:** Ongoing

**Cost:** Free

Contact: Robert Arseneau

The Brock House Jazz Band consists of 4 soloists, a 4 piece rhythm section and a vocalist, dedicated to playing old style jazz standards. We entertain regularly for dances at Brock House, seniors' centres, and care homes. At present, there are no vacancies in the Band, but, if you are interested in our music, you are welcome to come and listen-in to our weekly practices in the House.

### **Brock House Kerrisdale Choir**

**Location: Off-site Kerrisdale Seniors Centre**

**Dates:** Ongoing

**Cost:** Free

A few vacancies are expected. If you'd like to join, contact: Membership Chair, Diana Bragg, 604-224-3897.

- Rehearses each Tuesday afternoon at the Kerrisdale Seniors' Centre
- Performs 2 fully ticketed concerts annually
- Performs several sing-outs at seniors' homes and community centres annually
- Performs a variety of music including gospel, folk, classical and jazz

### **Brock House Kerrisdale Handbell Ringers**

**Monday & Wednesday: 10:00 AM - 11:30 AM**

**Location: Offsite**

**Dates:** Ongoing

**Cost:** Free

Come to the Begg Room on Wednesday mornings if you are interested. If you play an orchestral instrument, particularly brass or woodwind, please join us. New members welcome.

Mon. Morning Director: Grace Lau

Wed. Afternoon Director: Amy Poon

Join this enjoyable and rewarding group activity. No handbell experience required but you must be able to read music. Please contact Grace Lau, 604-323-8131, before registering. Please come and listen any time in the South Room at the Kerrisdale Seniors' Centre, West 42nd Ave. & West Blvd. This activity takes place outside of Brock House.

### **Brock House Orchestra**

**Wednesday: 10:00 AM - 11:30 AM**

**Location: Begg Room**

**Dates:** Ongoing

**Cost:** Fee to cover Conductor's Honorarium

Come to the Begg Room on Wednesday mornings if you are interested. If you play an orchestral instrument, particularly brass or woodwind, please join us. New members welcome.

We are a symphony orchestra playing a mainly classical repertoire. We have a professional conductor and rehearse once a week.

We perform at the Summer Fair and, in normal times, at senior homes.

## **Tours**

\* Sorry the North Pender Island tour was canceled.

Prices vary depending on the tour.

### **Tour402 Historical Cumberland**

**Thursday: 8:30 AM - 5:30 PM**

**Dates:** October, 20, 2022

**Cost:** \$164

**Capacity:** 24

Register for this event.

Tours are offered by "Enjoy The Journey"

Once a bustling coal mining island community Cumberland is home to a fascinating period of BC history. Discover the original company buildings and hear the stories of the rich, the poor, the powerful and the rebellious. Level: Easy

\*Additional \$20 ferry fee for 64 years and under\*

Package includes:

- Lunch at 4 Quarters Restaurant
- Cumberland Museum & Archives guided tour
- Ice cream cone at Loves real fruit ice cream

### **Tour403 Mystery Tour**

**Thursday: 9:00 AM - 4:45 AM**

**Dates:** November 10, 2022

**Cost:** \$144

**Capacity:** 24

Register for this event.

Tours are offered by "Enjoy The Journey"

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes!

- Mystery attraction
- Lunch
- Mystery stops
- Prizes

### **Tour404 Heritage Christmas**

**Friday: 2:30 PM- 9:30 AM**

**Dates:** December 16, 2022

**Cost:** \$134

**Capacity:** 24

Register for this event.

\*Additional \$20 ferry fee for 64 years and under\*

Tours are offered by "Enjoy The Journey"

Step back in time at Burnaby Museum's Heritage Christmas. Stroll through the village and take a ride on the carousel! After dinner take a walk around Lac Lafarge, where spectacular light displays comprise the biggest Xmas display in the Lower Mainland.

Level: Easy

Package includes:

- Heritage Museum tour + carousel ride
- Dinner Saint St Grill Port Moody
- Lights at Lafarge Lake



## Woodworking

### **WW401 Woodworking 101**

**Wednesday: 1:00 PM - 3:00 PM**

**Location: Woodshop**

**Dates:** 5-Oct-22 - 11/9/2022

**Cost:** \$160.00 + Cost of materials

**Capacity:** 6

Register for this course.

(Most projects using pine boards should be less than \$30 but special woods could cost more.)

Note: all participants must be double vaccinated against Covid 19.

The woodworkers are offering an introductory class for novices to learn the fundamentals of woodworking and for more advanced woodworkers that wish to refresh their skills. The course includes a workshop orientation that will allow participants to work independently in the workshop when the course is finished. The class will be limited to six participants. Be aware that woodwork does create dust so you must be able to tolerate wood dust.

The course will introduce basic skills, project design, safety, techniques and planning the successive steps for completing your project and achieving your project goals. The class will be organized around individual projects selected by each student who will be mentored and supervised by the instructors. Potential projects on the list include: bird houses for chickadees or swallows, cutting boards, small benches, small tables, plant stands, planters, turned bowls and wooden toys. Other projects can be discussed with the course coordinator and approved if they are suitable for your skill levels.

### **Woodworking Group**

**Location: Woodshop**

**Dates:** Ongoing

**Cost:** Free

Woodworker volunteers are usually in the workshop Monday and Thursday mornings between 8:30 and noon. You can drop by and talk to one of the members, or you can reach us by email at this address: [bhwworkers@gmail.com](mailto:bhwworkers@gmail.com)

Any member of the Brock House Society with some experience with woodworking tools and machinery is eligible to join the Woodworkers group. If you have no previous experience with woodworking, but would like to learn the basics, contact us so we can discuss your options.

All new members must attend an orientation to the shop, the tools and equipment, and the rules that govern the use of the shop. This will take between 1 and 2 hours.

Some tools present extra risks to safety, or are easily damaged with misuse, and the use of these tools requires additional training.

Woodworkers are also required to sign a release form before using the shop, and are asked to review the shop rules.

To arrange orientation, contact us by email at this address.

## **Written Word Classes**

### **W401 Guided Memoir 1: For Newcomers**

**Wednesday: 1:30 PM- 3:20 PM**

**Location: Meyer Room**

**Dates:** Sept. 14 - Oct. 19, 2022

**Cost:** \$60.00

**Capacity:** 6

Register for this activity.

Instructor: Arlene Higgs

If you'd like to register but find that the program is full, please email [ahiggs@me.com](mailto:ahiggs@me.com) to be put on the waitlist.

Guided Memoir 1 is intended for newcomers to Guided Memoir.

In this small, supportive group, we'll share stories from our lives. Every week you'll write two pages based on a theme carefully designed to evoke memories and help you reflect on your life. When we come together, you'll read your story and your listeners will tell you how it affected them. We'll also do some writing exercises to get our ideas flowing. As the weeks pass, our stories will show us just how alike and connected we all are. And you might even notice that you have gained a better perspective on your own life.

In this small, supportive group, we'll share stories from our lives. Every week you'll write two pages based on a theme carefully designed to evoke memories and help you reflect on your life. When we come together, you'll read your story and your listeners will tell you how it affected them. We'll also do some writing exercises to get our ideas flowing. As the weeks pass, our stories will show us just how alike and connected we all are. And you might even notice that you have gained a better perspective on your own life.

Guided Memoir follows a structured approach based on methods developed at the University of Southern California. Arlene is certified by the Birren Center for Autobiographical Studies.

### **W402 Guided Memoir 2**

(Recommended: Guided Memoir 1, or some other life-story writing.)

**Wednesday: 1:30 PM- 3:30 PM**

**Location: Meyer Room**

**Dates:** Nov. 2 – Dec. 7, 2022

**Cost:** \$60.00

**Capacity:** 6

Register for this activity.

Instructor: Arlene Higgs

If you'd like to register but find that the program is full, please email [ahiggs@me.com](mailto:ahiggs@me.com) to be put on the waitlist; spots do sometimes open at the last minute.

Guided Memoir 2 is a natural for members who have done Guided Memoir 1, but is also open to people who have other memoir-writing experience.

In this small, supportive group, we'll share stories from our lives. Every week you'll write two pages based on a theme carefully designed to evoke memories and help you reflect on your life. When we come together, you'll read your story, and your listeners will tell you how it affected them. We'll also do some writing exercises to get our ideas flowing. As the weeks pass, our stories will show us how alike and connected we all are. And you might even notice that you have gained a better perspective on your own life.

Guided Memoir follows a structured approach based on methods developed at the University of Southern California. Arlene is certified by the Birren Center for Autobiographical Studies.

### **W403 Write from the Heart**

**Tuesday: 10:30 AM - 12:30 PM**

**Location: Meyer Room**

**Dates:** Sept. 13 - Oct. 18, 2022

**Cost:** \$60.00

**Capacity:** 8

Register for this activity.

Ruth Kozak

Autumn is a beautiful time of year, evoking many past memories. There are important holidays celebrated in autumn, from a child's point of view when they start a new school year, family holidays such as Thanksgiving, and the ancient celebration of Hallowe'en.



In this six week Write from the Heart class, we'll explore memories of autumn as well as new experiences. For our poetry session I hope to invite a guest poet to do a mini workshop.

Come and share your autumn memories with us!

Minimum number of students required for this course is 6.

## Written Word (Free classes or Groups)

### Life Writing

**Thursday: 10:00 AM - 12:00 PM**

**Location: Meyer Room**

**Dates:** Sept. 15 – Nov. 17, 2022

**Cost:** free

**Capacity:** 10

Coordinator: Margo Brown. Continuing participants Register for this activity.

If you are new and interested, please contact the Office for more information.

"Life Writers" meet once a week to share a short piece of autobiographical writing on the assigned topic. We listen, comment, support and encourage each other. Many, after feedback and rewrites, have combined all their weekly efforts into a book which tells about their life. This is a well-organized class which requires commitment.

### Play Reading

**Monday: 1:00 PM- 3:00 PM**

**Location: Meyer Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14

If you are interested, please contact Penny at 604-224-1490.

Come to read and enjoy plays in a friendly and supportive atmosphere. English reading and speaking skills are required. No acting experience is necessary.

### Writers' Circle

**Friday: 10:00 AM - 12:00 PM**

**Location: Meyer Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14

Drop-in

Contact Jay Storey at jastorey@shaw.ca for more info.

An opportunity for writers to meet, discuss and critique each others' work-in-progress.

## Book Clubs

### Book Club – Friday

**Friday: 1:15 PM- 3:15 PM**

**Location: Meyer Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14

This Book club is presently full, but you can put your name on the waiting list by contacting the

Coordinators:

Arlene Higgs: ahiggs@me.com or

Donna Ornstein: dornstein@telus.net

Maximum of 11 regular members. Members nominate and vote on both fiction and non-fiction books for the following year. Each member presents and leads a discussion of one book.

### Book Club – Thursday

**Thursday: 12:00 AM - 12:00 AM**

**Location: Games Room**

**Dates:** Ongoing

**Cost:** Free

**Capacity:**

This Book Club may be full, but you can put your name on the waiting list by contacting the Coordinator Tomina de Jong: tominadj@shaw.ca

Second Thursday of every month. Please contact Tomina de Jong to get on the waitlist.

## **Library**

**Open every day: 9:00 AM - 3:30 PM**

***Location: 2<sup>nd</sup> floor***

Members only Library. Open Daily.

Members are invited to use the Library everyday. Borrow books, read the daily newspaper, use our reference books and more. See more.