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## Program Information 2023

**Registration is scheduled to open March 21, 2023.**

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:*

- **Good Friday** - Friday, April 7, 2023
- **Easter Monday** – Monday, April 10, 2023
- **Victoria Day** – Monday, May 22, 2023

## 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 Neville at [nwest.4917@gmail.com](mailto:nwest.4917@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!

### **Artists' Group**

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

**Location:** Art & Games Room

**Dates:** Ongoing

**Cost:** Free

**Capacity:** 14+

To join this group, contact Beverly at [bgrice@alumni.sfu.ca](mailto:bgrice@alumni.sfu.ca)

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

**Capacity:** 14

For more information, please contact Truus: [truusk@hotmail.com](mailto:truusk@hotmail.com)

Members of this group knit, crochet and stitch handcrafted projects to sell at the Brock House Summer and Winter 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.

## Art Classes - Paid

### **AR401 Nature Sketchbook Journaling Workshop**

**Tuesday: 10:00 AM - 1:00 PM**

**Location:** Art Room/Jericho Park

**Dates:** May 16-June 6

**Cost:** \$80

**Capacity:** 12

Register for this class  
Instructor: Vicky Earle

Discover the joy and a deeper connection to nature through this introduction to nature sketchbook journaling. Basic principles, benefits, materials and techniques will be discussed including easy steps to begin/maintain a nature journaling practice. No previous art experience needed. The first half of the May 16 class will be held in the Art Room, the balance (weather permitting) will take place in Jericho Park.

## Computers

### Computer Drop-In

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

**Location: Computer Room**

**Dates:** Ongoing

**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.

## Games & Puzzles

### Billiards

**Location: Billards 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 Room**

**Dates:** Ongoing

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

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 [suzoos@telus.net](mailto:suzoos@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: Begg or Art Room**

**Dates:** Ongoing

**Cost:** Free

Please drop by if you are interested!

"Unserious bridge" - singles welcome.

## Bridge Classes - Paid

### BR401 Intermediate Bridge Seminar

**Monday: 1:00 PM – 3:00 PM**

**Location: Art Room**

**Dates:** April 17 – June 5

**Cost:** \$55

**Capacity:** 12

Register for this series  
Instructor: John Maunsell

### *Bid Better, Play Better*

In this 8 week seminar, we will cover the mechanics of the game, not the peripherals. You must be an **intermediate level player** to register. This series is **not** suitable for beginners.

### 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, some experience is necessary. We complete the set of four puzzles at home and bring the answers to the sessions. We then discuss why the answers are the answers. Good exchange and discussions ensue! 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 PM**

**Location: Office**

**Dates:** Year Round

**Cost:** Free

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



## Health and Fitness Classes

### **HF401 Balance, Posture & Strength: Level 1 (Session 1)**

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

**Location: Activity Room**

**Dates:** April 5 – May 10, 2023

**Cost:** \$70

**Capacity:** 12

Register for series.

Instructor: Kate Maliha

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.

### **HF402 Balance, Posture & Strength: Level 1 (Session 2)**

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

**Location: Activity Room**

**Dates:** May 17 – June 21, 2023

**Cost:** \$70

**Capacity:** 15

Register for series.

*A continuation of HF401 Balance, Posture & Strength*

### **HF403 Pilates (Session 1)**

**Tuesday: 10:15 AM - 11:15 AM**

**Location: Begg Room**

**Dates:** Apr. 4 – Apr. 25, 2023 (4 weeks)

**Cost:** \$45

**Capacity:** 15

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)

### **HF404 Pilates (Session 2)**

**Tuesday: 10:15 AM - 11:15 AM**

**Location: Begg Room**

**Dates:** May 16 – June 20 (6 weeks)

**Cost:** \$70

**Capacity:** 15

Register for series.

Instructor: Hanne Vieira

*A continuation of HF 403 Pilates*

### **HF405 Pilates (Session 1)**

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

**Location: Begg Room**

**Dates:** Apr. 14, 21, May 19, 26, 2023 (4 weeks)

**Cost:** \$45

**Capacity:** 15

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)

#### **HF406 Pilates (Session 2)**

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

**Location: Begg Room**

**Dates:** June 2 – June 23, 2023 (4 weeks)

**Cost:** \$45

**Capacity:** 15

Register for series.

*A continuation of HF405 Pilates*

#### **HF407 Stretch and Strength (Session 1)**

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

**Location: Tent**

**Dates:** April 5 – May 10, 2023

**Cost:** \$80

**Capacity:** 12

Register for series.

Instructor Kate Maliha

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.

#### **HF408 Stretch and Strength (Session 2)**

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

**Location: Tent**

**Dates:** May 17 – June 21, 2023

**Cost:** \$80

**Capacity:** 15

Register for series.

*A continuation of HF407 Stretch & Strength*

#### **HF409 Yoga: Monday Morning Yoga (Session 1)**

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

**Location: Begg Room**

**Dates:** April 3 – May 8, 2023 (5 weeks)

**Cost:** \$50

**Capacity:** 12

Register for series.

Classes by IntoYoga

Instructor: Cheryl

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.

### **HF410 Yoga: Monday Morning Yoga (Session 2)**

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

**Location: Begg Room**

**Dates:** May 15 – June 19, 2023 (5 weeks)

**Cost:** \$50

**Capacity:** 12

Register for series.  
Classes by IntoYoga

Instructor: Cheryl

This is a continuation of HF409 Yoga: Monday Morning Yoga (Session 1).

### **HF411 Yoga: Tuesday Morning Yoga (Session 1)**

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

**Location: Begg Room**

**Dates:** April 4 – May 9, 2023 (6 weeks)

**Cost:** \$60

**Capacity:** 12

Register for series.  
Classes by IntoYoga

Instructor: Cheryl

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.

### **HF412 Yoga: Tuesday Morning Yoga (Session 2)**

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

**Location: Begg Room**

**Dates:** May 16 – June 20, 2023 (6 weeks)

**Cost:** \$60.00

**Capacity:** 12

Register for series.  
Classes by IntoYoga

Instructor: Cheryl

This is a continuation of HF411 Yoga: Tuesday Morning Yoga (Session 1).

### **HF413 Zumba Tuesdays (Session 1)**

**Tuesday: 9:30 AM – 10:30 AM**

**Location: Tent**

**Dates:** April 4 – May 9, 2023 (6 weeks)

**Cost:** \$60

**Capacity:** 15

Register for series.  
Instructor: Asal Nikoopour

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.

### **HF414 Zumba Tuesdays (Session 2)**

**Tuesday: 9:30 AM – 10:30 AM**

**Location: Tent**

**Dates:** May 16 – June 20, 2023 (6 weeks)

**Cost:** \$60

**Capacity:** 15

Register for series.  
Instructor: Asal Nikoopour

*A continuation of HF 413 Zumba*

### HF415 Zumba Fridays (Session 1)

**Friday: 9:30 AM – 10:30 AM**

**Location:** Tent

**Dates:** April 14 – May 19, 2023 (6 weeks)

**Cost:** \$60

**Capacity:** 10

Register for series.

Instructor: Asal Nikoopour

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.

### HF416 Zumba Fridays (Session 2)

**Friday: 9:30 AM – 10:30 AM**

**Location:** Tent

**Dates:** May 26 – June 23, 2023 (5 weeks)

**Cost:** \$50

**Capacity:** 10

Register for series.

Instructor: Asal Nikoopour

*A continuation of HF415 Zumba*

## Health and Fitness Social Groups

### Casual Croquet

**Friday: 9:30 AM - 11:00 AM**

**Location:** East Lawn

**Dates:** Ongoing *when weather permits*

**Cost:** Free

**Capacity:** unlimited

On Fridays between May to September from 9:30- 11:00 a.m. on the Lawn by the woodshop. Come and join a group who play a very casual version of 'backyard' croquet. We usually play for an hour and follow it up with coffee in the

Whittaker Conservatory. If you are interested, please contact Dorothy at dsimons2@gmail.com.

### Cyclists' Group - Brock Cycle

**Thursday: 10:00 AM** *when weather warms up*

**Location:** Outside

**Dates:** Ongoing

**Cost:** Free

**Capacity:** unlimited

Brock Cycle is a group that usually bikes on Thursdays. Presently we are waiting for warmer weather before we start our regular routine. Our rides vary. Sometimes our rides start in Vancouver: Brock House, Science World, etc. Sometimes our rides take place further afield: the PoCo trail, Richmond Dyke etc. We generally bike 25-35 km, sometimes further if the terrain is flat. The pace is fairly relaxed. We try to include a picnic lunch or bought lunch and sometimes a refreshment after. We have both e-bikes and regular bikes in our group. With the overcast winter many of us have cabin fever and are anxious to get out. We will likely have some "unofficial" Brock Cycle rides on days when the weather seems reasonable.

Anyone wishing further information should contact David Morgan at [davidmorgan@novuscom.net](mailto:davidmorgan@novuscom.net).

### Hiking Group

**Saturday: Out of House**

Any member of Brock House Society who is used to hiking is welcome to join our group. Please phone the coordinator or the hike leader prior to your first hike. Have appropriate footwear and bring your lunch including sufficient fluids. Hikers participate at their own risk and will be asked to sign a waiver. Dogs are not permitted on hikes. Hikes may be changed according to the weather or trail conditions. *Ideally, all hikes leave 12th and Larch at 9:00 A.M. sharp. The meeting place is on Larch Street between 10th & 12th Avenues. Please arrive 15 minutes early to arrange carpools.*

April 1 Sasamat Belcarra Crossover  
Katie 604-738-8189

April 8 Alice Lake 4 Lakes Trail  
Margit 604-224-6627

- April 15 Brohm Lake/Squamish  
*Katie 604-738-8189*
- April 22 Capilano Canyon, *Alida 604-657-8258,*  
*Lindsay 604-731-6946*
- April 29 Campbell Valley  
*Dorothy 604-736-2327*
- May 6 Whyte Lake *Katie 604-738-8189*
- May 13 Camosun Bog to Fraser River  
*Grace 604-261-4498*
- May 20 Varley Trail, Rice Lake  
*Katie 604-738-8189*
- May 27 UBC Research Forest  
*Josie 604-518-5763*
- June 3 5 Point Hill, Squamish  
*Josie 604-518-5763*
- June 10 St. Mark's Summit *Viv 778-875-2720*
- June 17 Two Rivers Loop *Josie 604-518-5763*
- June 24 Cheakamus Canyon  
*Tomina, 604-736-4874,*  
*Christine 403-825-1503*

Convenor: Margit Arthur, 604-224-6627

### **Pole Walkers**

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

**Location: Brock House Front Entrance**

**Dates:** Ongoing

**Cost:** Free

**Capacity:** unlimited

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

### **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)

## **Language Classes**

### **LG401 French Intermediate**

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

**Location: Zoom**

**Dates:** April 17 – June 12

**Cost:** \$110

**Capacity:** 12

Register for this activity.

Instructor: TBA, Little Sorbonne Language School

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.

### **LG402 Italian Advanced (On Zoom)**

**Wednesday: 5:30 PM- 7:00 PM**

**Location: Zoom**

**Dates:** Apr. 5 – May 24

**Cost:** \$100

**Capacity:** 10

Register for this activity

Instructor: Francesca Brambilla

Join Francesca for this 8-week continuation from last season's intermediate 1 course. If you are already fluent in Italian, consider joining us. This class is not suitable for beginners or intermediate level speakers.

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.

## Language Groups (Free)

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

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

**Location: Games Room**

**Dates: April 11 – May 16**

**Capacity: 10**

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: April 11 – May 16**

**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**

**Friday: 1:00 PM - 2:00 PM**

**Location: Meyer Room**

**Dates: April 14 – June 16**

**Cost: Free**

**Capacity: unlimited**

Drop-in.

Instructor: Marlene Karnouk

Meeting for a cup of coffee and French Conversation in the Meyer Room. This group is for people who are fluent in French and wish to converse with a friendly group. Participation is free but donations to Brock House are welcome. A bientôt.

### **Introduction to French Conversation**

**Wednesday: 1:00 PM – 2:00 PM**

**Location: Games Room**

**Dates: April 5 – June 14**

**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 Legendary Performers**

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

**Location: Halpern Room**

**Dates:** April 14 – May 12

**Cost:** \$75.00

**Capacity:** 60

Instructor: Neil Ritchie  
Register for this activity.

- Apr. 14 Burt Bacharach  
An appreciation of this extraordinary songwriter who died in February age 94.
- Apr. 21 Beverly Sills  
A unique career combining opera, comedy administration and a challenging family life.
- Apr. 28 Thelonious Monk  
This eccentric pianist had a unique technique and wrote jazz standards that are beloved by jazz musicians to this day.
- May 5 Dorothy Fields  
A tin pan alley lyricist who sometimes felt like the only female in the fraternity.
- May 12 Gloria Estefan  
The Cuban born singer/songwriter and husband Emilio introduced their islands infectious dance rhythms.

#### **IP402 Lessons From Life's Greatest Teacher**

**Tuesday: 10:30 AM - 12:00 AM (May 2 & 9)**

**Tuesday: 1:00 PM - 2:30 PM (May 16)**

**Location: Begg Room**

**Dates:** May 2 – May 16

**Cost:** \$50

**Capacity:** 30

Instructor: Christa Ovenell  
Register for this activity

#### **May 2 Medical Assistance in Dying: past, present, & future directions**

Join us for a thought-provoking exploration of Medical Assistance in Dying (MAiD) in Canada. We will explore historical legislation, present-day practices and future directions--including what some see as the "some-day, one-day" inevitability of advance requests for MAiD. As you may expect from a presentation from "The Apprentice", we will get beyond simply exploring the facts and dive into the heart of this tender, tough, and important topic.

#### **May 9 Alzheimer's isn't an enemy: easing anxieties and exploring aspirations about dementia**

Dementia is a terrifying possibility for many of us as we age. The language we use in modern society to describe people living with this disease is dismissive at best and extremely damaging at worst. Join me for a workshop where we will be introduced to a new perspective on dementia, and explore ways to ease anxieties and embrace positive aspirations for those living with--or fearing they might one day live with--this condition. We will also focus on a few practical steps you can take today to manage the possibility of cognitive changes in your future.

#### **May 16 What you need to know about donating your body to science: a disposition primer**

This comprehensive presentation will help you understand what it really means to donate your body to science. We will explore the differences between whole-body scientific donation,

"BodyWorks" displays, and organ donation. You'll learn everything you need to know about the process, including how to make a back-up decision (because you might just face the ultimate rejection at the end of life...). We will also do some myth-busting about disposition methods, including green burial, aquamation, and human composting!

***Please remember that this class runs from 1:00-2:30***

### **IP403 The Music of Brahms, Performed by Great Conductors**

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

**Location: ZOOM**

**Dates:** April 17 – May 15

**Cost:** \$85.00

**Capacity:** 20

Instructor: Nicolas Krusek  
Register for this activity.

The symphonies, concertos and overtures of Johannes Brahms (1833-97) are among the most beloved works in the repertoire. Join us as we explore the output of this great German composer in performances by legendary maestros such as Arturo Toscanini, Karl Bohm, Herbert von Karajan, Leonard Bernstein, Sergiu Celibidache and Carlos Kleiber.

Week 1: Serenades for Orchestra and Piano  
Concerto No. 1

Week 2: Haydn Variations and Symphony No. 1

Week 3: Symphony No. 2, Violin Concerto and Academic Festival Overture

Week 4: Tragic Overture, Piano Concerto No. 2 and Symphony No. 3

Week 5: Symphony No. 4 and Concerto for Violin and Cello

### **IP404 The Roots and History of American Music - Part One - THE BLUES**

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

**Location: Halpern Room**

**Dates:** May 8 – June 19, 2023

**Cost:** \$80

**Capacity:** 60

Instructor: John Mitchell  
Register for this activity.

The Blues began in the fields of the "Deep South" of the United States, evolving from the shouts and chants of the field workers and the spirituals sung in church on Sundays. Its origins can be traced back to the rhythms of Africa, brought to America by the slaves. It is a true American music. Although the Blues originated in the Mississippi Delta, its influences were felt throughout the United States and different forms and sounds of the Blues developed differently in various areas of the U.S.

#### **Week 1 - The Delta Blues**

Delta Blues is one of the earliest forms of the Blues style. Identified by acoustic slide and open tuning guitar, harmonica and gut-bucket bass. The Mississippi Delta follows the river south from Memphis, Tennessee down to Vicksburg, Mississippi and encompassed the vast cotton fields of the US south. We'll look at some of the greatest early blues artists like Robert Johnson, King Solomon Hill, Lead Belly, Mississippi John Hurt, Fred McDowell and Sonny Boy Williamson and see where the Blues began.

#### **Week 2 - The Memphis Blues**

The Northern-most point of the Mississippi Delta was Memphis, Tennessee and it developed its own style with artists such as B. B. King, Albert King, Howling Wolf, John Lee Hooker and Junior Wells, adding the electric guitar and a little more bite to the mix. These were Blues howlers who let their guitars wail. We'll look at how the electric guitar influenced their particular brand of the Blues and we'll see how W.C. Handy actually invented the Blues.



### **Week 3 – Chicago Blues**

The Blues followed the migration of farm workers as they moved north along the Mississippi river and from rural to urban America, seeking work and a better life in the industrialized north. The predominantly black neighbourhood of South Chicago became the home of Chicago Blues artists like Muddy Waters, Buddy Guy, Willie Dixon, James Cotton and Otis Rush. Now we had big city pushy blues with that relentless shuffle or skip beat. We'll look at how the stockyards and South Michigan Avenue influenced the sound of the Blues.

### **Week 4 – Texas Blues**

Texas Blues originated, again, from the African Americans who worked the oilfields, ranches and lumber camps in the South West of the United States. Texas Blues incorporates the old time swing and jazzy feel that comes from the cowboy swing music of Bob Wills and the Texas Playboys. Some of the artists from the Lone Star State that we'll look at are Blind Lemon Jefferson, Lightnin' Hopkins, T-Bone Walker, Freddie King and Albert Collins, and of course some of artists that have ignited a revitalization of Texas Blues, like Stevie Ray Vaughn and ZZ Top.

### **Week 5 – The British Blues**

No one quite knows why the British took to the Blues so much and so well. Maybe it was the industrial working class that gave them the same feeling as the farm and field workers in the Deep South, but they took to the blues and embraced it with a passion. The likes of Eric Clapton, Jimmy Page, John Mayall and Jeff Beck, all white boys from the south of England, put their stamp on the Blues. They paid homage to the originators, but added their own flair.

### **Week 6 – The New Young Blues Guitarist**

Although the Blues have been played for nearly 100 years, they have not lost their energy. The old time players may have left us, but there is a whole new generation of great new young Blues players who pay homage to the roots of the Blues and carry the torch to a new generation. We'll look at the new young guitar slingers who hope to join the legacy of great Blues guitar

players. People like, Jon Bonamassa, Johnny Lang, Robert Cray, Brendan McFarlane and John Mayer. Will they keep the Blues alive!!!!?????

## **Free Lectures and Discussions**

### **Bob Haxton Discussion Group: What Motivates Our Actions?**

**Friday: 10:00 AM – 11:30 PM**

**Location: Halpern Room**

**Dates:** May 19 – August 4

**Cost:** Free

**Capacity:** 50

Robert Haxton

Registration is advised but not mandatory

Investigating why we act the way we do causes us to re-examine beliefs which seem fundamental to the integrity of our selves and society, but this re-evaluation holds the promise of dramatic benefits for both. This enquiry is not new, Boswell and Samuel Johnson argued about it 300 years ago, but recently Science has added its authority to the debate.

In this series of talks and interviews gleaned from YouTube we will watch a number of well-respected scientists and authors elaborate on the following topics: the illusion of free will, the illusion of self, the tyranny of thinking, the influences that shape our actions, and contending with these situations. Each session will end with discussion.

### **May 19 Sam Harris**

One could argue that the refutation of the illusion of free will is more threatening to the fabric of society than the refutation of the illusion of the sun going around the earth. Dr. Sam Harris is a Neurophysiologist, author, meditator and host of the podcast "Waking Up" which has become a mission for him. In his own words "its purpose is to radically transform your sense of what life is about" and "who and what you are".

"Free Will Lecture" (58 minutes).

### **May 26 Susan Blackmore**

The illusion of free will, the scientific proof: the Libet experiment. Dr. Blackmore is a British lecturer and journalist who has written extensively for *The Guardian* and is the author of many books, most notably *"The Meme Machine,"* *"Conversations on Consciousness"* and *"Consciousness: An Introduction,"* which became a text book, and after having the experience herself, *"Parapsychology and out - of - the - body experiences."*

*"Free Will is an Illusion" (10 minutes) and "Living Without Free Will" (70 minutes) (this lecture may be edited to allow adequate time for discussion).*

### **June 2 David Bohm**

Dr. David Bohm's doctoral thesis was instrumental in the production of the atom bomb but he wasn't allowed to read it as it had been branded top secret and he was a Communist. Oppenheimer facilitated him getting his doctorate and Einstein asked him to be his assistant, but in the face of the growing opposition to Communism both men persuaded Bohm to leave the country, which he did, taking a position in Brazil.

*"Thought creates the thinker; we distort everything to protect the ego" (60 minutes).*

### **June 9 David Suzuki, David Bohm, Jiddu Krishnamurti**

David Suzuki asks Bohm how it came to pass that an eminent physicist ended up having a long and close relationship with an Indian mystic, Jiddu Krishnamurti.

*"Dr. David Suzuki interviews Dr. David Bohm, physicist, on The Nature of Things" (40 minutes); "David Bohm on Krishnamurti and the problem of thought" (5 minutes) "Thought has to find security" Jiddu Krishnamurti (10 minutes)*

### **June 16 Jiddu Krishnamurti**

Jiddu Krishnamurti was groomed to be the new "World Teacher" by the Theosophical Society (founded by Helen Blavatsky in New York in 1875) but later rejected this mantle and withdrew from the organization. He traveled the world speaking to large and small groups, as well as individuals.

Krishnamurti answers questions:

*"How do I deal with my deep-rooted emotions?" (36 minutes); "If there were no me, would there be suffering?" (15 minutes); "To live with what is" (10 minutes)*

### **June 23 Eckhart Tolle**

German born Eckhart Tolle decided at age 13 that he was not going to school anymore, so his mother shipped him off to his father, who was living in Spain. His father was less concerned about this decision and let him pursue his own interests of philosophy and languages. By 1977, at age 29, he had managed to enrol in a post-graduate program at the University of Cambridge. After a night of severe depression, followed by an epiphany, he stopped studying for his doctorate and spent his time sleeping rough on Hampstead Heath and "watching the world go by". Oprah Winfrey promoted his best-known book *"The Power of Now"* and eight years later partnered with him for a series of webinars focusing on chapters from his books.

*"Stop Your Mind From Using You: How Mindfulness Can Bring Balance To Your World" (80 minutes)*

### **June 30 Eckhart Tolle at Google**

*"Eckhart Tolle Digital Age: Living with Meaning, Purpose, Wisdom" (90 minutes) (this lecture may be edited to allow adequate time for discussion)*

### **July 7 Yuval Noah Harari**

Harari is an Israeli public intellectual, historian, and professor at the Hebrew University of Jerusalem. He has written several best sellers including *"Sapiens"* where he shows how we beat out competing hominids by virtue of being able to tell stories and *"Homo Deus"* where he shows us how our technological expertise has given us God-like power. He is also a meditator who meditates every day and for a month every year and maintains that meditation was instrumental in his writing of these books.

Yuval Noah Harari and Mark Salms  
*"Dawn of Future Consciousness" (77 minutes)*

### **July 14 Yuval Noah Harari in conversation with Sam Harris**

*"Meditation, Religion and God" (18 minutes)*  
*"Sam Harris and Yuval Noah Harari on Meditation" (10 minutes) (sound only, no video)*

“Yuval Noah Harari - Meditation is Not the Solution to Your Problems” (2 minutes)

“The Politics of Consciousness” a lecture (31 minutes)

### July 21 Michael Pollan

Pollan never got a Science degree but has nevertheless gained a number of prestigious titles in the field. He is best known for his books that explore the socio-cultural impact of foods. Books such as “The Botany of Desire”, “The Omnivore’s Dilemma”, “How to Change Your Mind” and “This is Your Mind On Plants”

“How to Change Your Mind” (45 minutes)

“Psilocybin and MDMA Will Be Legal Therapeutics ...” (10 minutes)

### July 28 Gabor Maté

Dr. Maté spent two years as a high school teacher before becoming a doctor, working in palliative care at Vancouver General Hospital and then with drug addicts in the Downtown East Side of Vancouver, an area probably unrivalled in its concentration of drug addicts. He has earned an international reputation for his views on the causes of drug addiction, seeing it as stemming from trauma caused by a toxic culture.

“The Myth of Normal: Dr. Gabor Maté on Trauma, illness and....” (40 minutes)

### August 4 Gabor Maté

“Dr. Gabor Maté on Love, Trauma, Disillusionment and Creativity” (56 minutes)

## Discussion Group: Jungian Psychology: Owning Your Own Shadow and Inner Gold – Understanding Psychological Projection; A Discussion

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

**Location: Begg Room**

**Dates:** April 3 – June 19

**Cost:** Free

**Capacity:** 50

Michael D'Arcy

Register for this activity.

The discussion will cover Robert A. Johnson's short books as referred to in the course title. If

there is time we will also discuss his book “*Understanding the Psychology of Romantic Love*”

*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.

## Esther Birney Literary Arts Series

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

**Location: Halpern Room/Zoom**

**Dates:** April 6 – June 1

**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.

If you were already registered for the series during the Winter 2023 program you do not have to re-register. Otherwise, please contact [bevannld@gmail.com](mailto:bevannld@gmail.com)

### April 6 – Rosella Leslie – “A Survival Guide to Dementia Caregiving”

Rosella will talk about the challenges of caring for someone suffering from dementia and share some of the insights and strategies she learned on her own journey as the caregiver for her late husband, John.

The presentation is based on her new book, *Losing Us*, which documents the tragedies, triumphs and support that she and John encountered as they navigated the heartbreaking path of dementia. Rosella's goal in both writing the book and presenting her talk is to help other caregivers survive their journey with their health and well-being intact, and to let anyone connected to a caregiver know what they can do to help make that happen.

*Rosella Leslie's awards for her excellence in writing include winner of the Federation of BC Writer's Best of BC Writing Competition (1986), co-winner of third prize for the BC Historical Writing Competition (1997); co-winner of the Roderick Haig-Brown Regional Prize (2004); and honourable mention in Prairie Fire's 2016 fiction contest.*

**April 20 – Dr. Georgia Sitara – “What Film Adaptations of 19th Century Women’s Novels Teach Us about Women’s Lives, Past and Present”**

Before the advent of the field of women’s history, we had women’s literature. Novels written by women in the nineteenth century about women’s lives, families, and communities are historical documents that illuminate the everyday lives of ordinary women in the past. These novels also tell us about the authors’ hopes and aspirations for their heroines. Their popularity reveals our deep attachment to and the continued relevance of these stories in our own day.

*Georgia Sitara (PhD) is an Assistant Teaching Professor with the Departments of History and Gender Studies at the University of Victoria.*

**May 4 - Gloria Levi – The Hotelkeeper’s Daughter**

This creative memoir tells the gripping story of the Hamerov family from 1938-1948. They lived in a religious Eastern European Jewish immigrant community in Brooklyn, New York. To break the cycle of poverty, the parents decide to become hotelkeepers. Leo, the father, a Talmudic scholar, has serious health problems. Ida, the mother, is a resilient, driven woman, determined to succeed financially. All four children struggle with the expectations and demands made upon them.

*Gloria Levi was born and raised in New York and New Jersey. A gerontologist of more than thirty years, she worked as a recreation therapist, social worker, trainer/consultant, and coordinator of volunteers. She is the mother of four, an ardent grandmother of eleven and great-grandmother of eight.*

**May 18 - Geoff Mynett - River of Mists: People of the Upper Skeena, 1821-1930**

Geoff will be talking about the history of the small but important town of Hazelton on BC’s Skeena River. Drawing on his new book, *River of Mists: People of the Upper Skeena, 1821-1930*, he will be telling the stories of people who have contributed to its remarkable history in the hundred years before 1930.

*Geoff Mynett qualified as a Barrister in the UK and, after emigration in 1973, as a Barrister and solicitor in British Columbia. He was in-house counsel for over twenty-five years. Married, with two sons. Retired. Artist. Reader. Lives in Dunbar. He has been a member of Brock House for several years and participates in the Brock House Art Group.*

**June 1 - John Leblanc – A film presentation: The Dead – note 9:30 start time.**

Continuing with his series of film versions of classic literature, John Leblanc will present John Huston’s 1987 film of the Irish writer James Joyce’s short story “The Dead,” part of his acclaimed short story collection, *Dubliners*. This story is set in early 20th century Dublin during the Christmas season, which is perhaps an unusual choice for a June presentation, but the film is such a classic that he knows you will enjoy it. One advantage of the film is that it is only 83 minutes long, giving us more time for discussion. *Dr. John Leblanc is professor emeritus, UBC.*

## Hearing Health Seminars

**Tuesday: 1:00 PM - 2:00 PM**

**Location: Halpern Room**

**Dates:** Seminars - April 18, May 2

Hearing Clinic – May 9, 12:30-3:30

**Capacity:** 60 (Apr. 18, May 2) 12 (May 9)

Register for this activity.

**April 18 Learn About Hearing Health & Hearing Loss**

Hearing health is closely connected to our overall well-being. Learn why understanding how hearing works can help you to preserve it.



Hearing loss is not an isolated disease and often is connected to other chronic conditions.

This topic will include:

Types and causes of hearing loss, early signs of hearing loss, hearing loss linked to other diseases and conditions (diabetes, vascular disease, depression, balance, dementia, tinnitus etc.), the impact of hearing loss and treatment.

## **May 2 Management of Hearing Loss and Treatments**

Ear-related problems are more common than many realize but fortunately, there are also more options for treating hearing loss today than ever before.

This topic will include:

Living with hearing impairment and quality of life, improving social interaction, the latest research in hearing loss treatment, how hearing technology works, and hearing styles.

## **FREE HEARING SCREENING CLINIC**

**Tuesday: 12:30 PM – 3:30 PM**

**Location: Begg Room**

**Date: May 9**

**Capacity: 12 (15 minute sessions)**

Register for this activity.

Do you have hearing loss?

Many people don't realize they have hearing loss. Now it's easy to check. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. If you are not sure about your hearing health or others have noticed that you are not hearing well come and have your hearing tested.

Credentials and Bio: My name is Katarina Vavrovicova and I am a clinical Doctor of Audiology, registered with the College of Speech and Hearing Health Professionals of British Columbia and certified by Speech-Language & Audiology Canada. I graduated from Bloomsburg University of Pennsylvania in the USA with

a doctoral degree in Audiology in 2006 and relocated to practice in Beautiful British Columbia. I have been working with physicians and the medical community in the Vancouver area for several years and my focus is on restoring hearing and communication with a passion for helping people and improving their well-being state. I recognize the importance of being able to hear well, and how the quality of one's hearing can have a direct influence on a person's social life, physical well-being, and emotional state.

I also serve on the Board of the College of Speech and Hearing Health Professionals of BC. My previous experience includes working as a clinical supervisor at the School of Audiology & Speech Sciences, and participating in a multi-year research study at the University of British Columbia. In addition, I am actively involved in the community and teaching the public about hearing health.

## **Indigenous Studies: Exploring Reconciliation: Conversations About Reconciliation and UNDRIP**

*Co-sponsored by the Diversity Committee*

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

**Location: Halpern Room/Zoom**

**Dates: April 26 – May 17**

**Capacity: 60**

Register for this activity.

Kerry Baisley, a member of the Metis Nation of BC and a Missioner for Indigenous Justice at the Anglican Church Diocese of New Westminster, has curated this series of 4 talks from the Nanaimo-Ladysmith School District response to the TRC Call to Action 57 - Duty of Reconciliation with Indigenous Peoples for all Public Servants. ***Kerry will not be able to be present but will provide us with questions for discussion.***

## **April 26 Jerry Fontaine**

Jerry Fontaine speaks from his experience and his book "Our Hearts Are as One Fire" as he shares an Ojibwe-Anishinaabe interpretation of the role of traditional leadership and governance today.

### May 3 Lindsay Keegitah Borrows

Keegitah's love for the Land, Water and Storytelling inspired her to explore law as a way to strengthen relationships between humans and non-humans in the spaces we call home. She will share stories from her book *"Otter's Journey"* to explore how Indigenous Language revitalization can inform the emerging field of Indigenous legal revitalization.

### May 10 Paulette Regan

Paulette draws on her work in *'Unsettling the Settler Within'* and the TRC's reconciliation vision and framework to reflect on the problematic concept of settler-colonial allyship. The need for non-Indigenous allies to forge 'unsettling' or decolonizing pathways, principles and practices of truth-telling remains critical post-TRC for reconciliation and transformation.

### May 17 Sa'ke'j Youngblood Henderson

As one of the strategists and members of the drafting team for the creation of UNDRIP, Sa'ke'j will share stories from the generation-long struggle that led ultimately to the adoption of the Declaration of the Rights of Indigenous Peoples by the United Nations General Assembly.

## Travel Series

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

**Location:** Halpern Room

**Dates:** Mar. 27 – June 12

**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.

Mar. 27 Portugal – from Lisbon to Porto by bus  
*Jim Leggott*

Apr. 3 The Tribes of the Omo Valley, Ethiopia  
*Sheila Page*

Apr. 10 Easter Monday – *No presentation*

Apr. 17 Antigua *Doug Davidson*

Apr. 24 London's Postal Museum & Underground Mail Train plus Southwark Surprises *Rose Taylor*

May 1 Wildlife of Rwanda & Uganda  
*Patrick Davies*

May 8 The 18 Faroe Islands, Seemingly Covered in Green Velvet. From Sod-Covered Homes to Modern Day, it's a Country Rich in History  
*David and Diane Reesor*

May 15 Above the Arctic Circle – Central West Coast of Greenland, Nunavut & Ice Bergs Galore *Dorothy Glover*

May 22 Victoria Day – *No presentation*

May 29 Cuba 2012 – A Half-Century after the Revolution *John Smith*

June 5 Circumnavigation of Newfoundland  
*Marion Dodds*

June 12 Hiking in Japan: Nakasendo Way, Kumano Kodo Pilgrimage Trail, and Yakushima Island *Nancy Marchant*

## Tuesday Lecture Series

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

**Location:** Halpern Room

**Dates:** Mar. 28 – June 6, 2023

**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).

Mar. 28 Uplifting Stories from Hospice, *Jane Slemon, RN, MA*

Apr. 4 Under Milk Wood: Putting a Village on the Stage, *Joan Bryans, Producer, Actor, Director and Playwright*

Apr. 11 History and Future of Kits Point and Kitsilano, *Michael Kluckner, Local Historian, President, Vancouver Historical Society*

Apr. 18 What do we expect from our Armed Forces and how well are we funding them to do the job? *Hal Klepak,*

- Professor Emeritus of History and Strategy at the Royal Military College of Canada*
- Apr. 25 Removing carbon dioxide from the atmosphere - a Squamish startup on the world stage, *Doug Rae, Engineer, Carbon Engineering*
- May 2 The Impact of Melting Permafrost, *Professor Chris Burn, Chancellor's Professor of Geography, Carleton University and President, International Permafrost Association*
- May 9 Life of an Emergency Room Physician, *Dr. Michael O'Neil, Retired Emergency Room Physician at UBC and Lion's Gate Hospitals, adjunct professor at UBC*
- May 16 The Aga Khan Museum in Toronto, *Dr. Ulrike Al-Khamis Museum Director and CEO*
- May 23 Brain Wellness, *Dr. Matthew Sacheli, Research Program Manager, BC Brain Wellness Team, UBC*
- May 30 Decluttering, *Leslie Wilshire, Professional organizer*
- June 6 Ancient Forests - the Role of Conservation and Community in Establishing BC's Newest Provincial Park, *Dr. Darwyn Coxson, Ecosystem Science, UNBC*

### Wednesday Morning Discussion Series

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

**Location:** Halpern Room

**Dates:** Jan. 11 – Mar. 22

**Cost:** Free

**Capacity:** 60

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

- Mar. 29 What are the most important issues, personal and social, related to aging?
- Apr. 5 Hot, Newsworthy Topics
- Apr. 12 Religious decline in BC – is it good, bad or indifferent?
- Apr. 19 What are the main threats to free speech?

- Apr. 26 How can we effectively enforce laws against war crimes?
- May 3 Hot, Newsworthy Topics
- May 10 Reform suggestions for our BC Healthcare, e.g. Could a two-tier system be better?
- May 17 Is it cultural appropriation or cultural evolution?
- May 24 When should the public trust scientists? When should they not?
- May 31 Hot, Newsworthy Topics
- June 7 Should Ukraine be admitted to NATO?
- June 14 Benefits of a continuing globalization versus growing problems with it?

## Movies

### Friday Flicks

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

**Location:** Halpern Room

**Dates:** ongoing

**Capacity:** 60

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

Mar. 17 **The Dig:** Based on a true story. In 1939, a wealthy landowner (Carey Mulligan) hires an archaeologist (Ralph Fiennes) to investigate burial mounds on her property in England. While digging, he and his team discover a ship and important artifacts from Anglo-Saxon times. (Period drama)

Mar. 24 **One Flew Over The Cuckoo's Nest:** Classic. In 1963, a war veteran and criminal (Jack Nicholson) who, when sentenced, pleads insanity to avoid labour duties in prison. He is admitted to a mental institution where he rallies the scared patients against the tyrannical nurse. (Psych/Com)

Mar. 31 **The Red Violin:** The red-coloured violin, an inspiration for musicians, makes its way through four centuries, several

owners and five countries. Eventually, it finds its way to an auction in Montreal. (Drama/Music)

Apr. 14 **Phantom Of The Open:** True story. A dreamer and total optimist (Mark Rylance) gains entry to the qualification round of the British Open Golf Championship, despite being a complete golf novice. He becomes a folk hero and shows his family the importance of pursuing their dreams. (Bio/Com/Drama)

Apr. 21 **The Gardener:** Frank Cabot, a horticulturist, philanthropist and an eccentric, cultivated one of the world's foremost private gardens. This award-winning documentary describes the four seasons in his extraordinary twenty-acre garden in Quebec. (Doc)

Apr. 28 **Before And After:** In a small Massachusetts town, the lives of a mother (Meryl Streep) and father (Liam Neeson) are shaken up when their son (Edward Furlong) is accused of murdering a local girl. (Mystery)

*The Flicks will continue to mid-June. Watch the Gallimaufry and the Friday email Updates for May and June movies.*

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

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

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.

## **Performance Groups**

### **Brock House Big Band**

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

**Location: Offsite**

**Dates:** Ongoing

Contact: Brenda Clark, 604-842-8581,  
[bclarkca@gmail.com](mailto: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

### **Brock House Kerrisdale Choir**

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

**Dates:** Ongoing

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

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.

## **Singing Groups**

### **Folk Singing Group**

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

**Location:** Art Room or Games Room or, as the weather gets warmer, in the tent.

**Cost:** Free

Drop-in

Contact: John Wade [johnwade1948@gmail.com](mailto: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. There are thirty people on the emailing list, and about 10 turn up at each meeting.

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 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

**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. Currently we are enjoying karaoke-style singing.

## Woodworking

### **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**

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

**Location:** Meyer Room

**Dates:** April 5 – May 10

**Cost:** \$60.00

**Capacity:** 7

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.

There are many good reasons for writing memoir. First, the delight of visiting your past. Next, the companionship that flourishes as we come together and share our stories. Then, the new sense you will make of your life. Finally, your kids and grandkids will thank you. Each week, you'll write on a different theme at home—a theme that is designed to help you unearth memories and reflect on your life. When we meet, we'll read our stories aloud to the group.

This program follows the approach developed by gerontologist James Birren at UCLA and The University of Southern California.

### **W402 Write from the Heart**

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

**Location:** Art Room

**Dates:** April 6 – May 4

**Cost:** \$60

**Capacity:** 8

Register for this activity.

Ruth Kozak

Besides the fun of sharing stories, there's always something new to learn about writing. In this 5 week session the challenges will be: Exploring and developing plot; building tension (keeping your readers on the edge of their seats) and writing dialogue (short play or skit scripts). We'll also be trying out a couple of different poetry forms (haiku and tanka verse). There will be opportunities to write your stories as memoirs or fiction (your choice). Join us for five fun sessions!

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:** April 6 – June 8

**Capacity:** 10

Coordinator: Margo Brown. Continuing participants register for this activity. If you are new and interested, please contact the Office for more info.

The Life Writing group meets once a week to share their 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

**Capacity:** 14

Come to read and enjoy plays in a friendly and supportive atmosphere. English reading and speaking skills are required. No acting experience is necessary. If you are interested, please contact Wendy, 604-324-0130

### **Writers' Circle**

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

**Location: Meyer Room**

**Dates:** Ongoing

**Capacity:** 14

Drop-in  
Contact Jay Storey at [jastorey@shaw.ca](mailto: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:** 11

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](mailto:ahiggs@me.com) or

Donna Ornstein: [dornstein@telus.net](mailto: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: 10:00 AM – 11:30 AM**

**Location: Games Room**

**Dates:** Second Thursday of the month

**Cost:** Free

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](mailto:tominadj@shaw.ca)

## Library

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

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

Members are invited to use the Library on a regular basis. Borrow books (so many to choose from), browse our reference books or read one of several newspapers (both the dailies and weeklies) as well as current-events magazines. It's a comfortable space created just for Brock House Society members – enjoy it!

## Special Events and Social Groups

### **Brock House Celebrates Mothers**

**Friday, May 12**

**1:30 PM - 3:00 PM**

**Location:** *Marquee*

**Cost:** \$25 Members; \$30 Guests

**Capacity:** 80

Register for this event.

Enjoy Afternoon Tea with yummy tea sandwiches and tasty sweets. Share a toast to mothers past and present while we delight in the beautiful surroundings of the Brock House

Purchase online or through the Brock House Society office.

## Free Events for Members

### **Bob Tuckey on Gardening**

**Date/time** TBA

**Location:** *Brock House, outside*

**Cost:** Free

Bob Tuckey has offered to give a one day gardening workshop at Brock House. Watch the Gallimaufry, the Friday UPdates and the Notice Board in the foyer for complete information – date, time and topic.

### **Member Forum**

**Thursday (4th Thursday of each month):**

**2:00 PM- 3:00 PM**

**Location:** *Halpern Room*

**Dates:** Ongoing

**Cost:** Free

**Capacity:** Drop-in

2023 Spring Forum Dates:

- March 23

- April 27
- May 25
- June 22

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

### **Cultural Dining**

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

- March 29
- April 26
- May 31
- June 28

Please come and join in creating a monthly cultural experience by dining out and 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 ([daliaagil6@gmail.com](mailto:daliaagil6@gmail.com)) or to sign-up. She will create a mailing group inform diners about the evening details.

## Tours

Enjoy Tour and Travel serves local tourists looking to explore their own backyard. Enjoy the journey and the destination with exciting tours focused on bucket list adventures and unique experiences. The following are available for the Spring term:

### Skagit Valley Tulip Festival (USA)

**Monday April 17**  
**7:45 AM – 5:45 PM**

Cost: \$119 (Members and guests)  
Capacity: 24

Register for this activity.

Every spring the Skagit valley area comes alive with a blaze of colour. Tip-toe through the tulips at Roozengarde in Mt. Vernon and visit the charming seaside town of La Conner for lunch and exploration. Activity Level: Easy

**\*USA travel documents required\***

Package includes:

- Admission to Roozengarde show gardens
- Roozengarde tulip field walk
- Lunch at the Waterfront Cafe, La Conner
- La Conner, free time

### North Pender Island

**Tuesday May 16**  
**8:15am - 7:00pm**

Cost: \$149 (members and guests)  
Capacity: 24

A beautiful ferry ride through the gulf islands transports us to Otter Bay. We visit the island's charming homestead museum, lunch at an idyllically situated restaurant and finish with a sweet treat and hot drink at Pender Chocolates in Hope Bay. Activity Level: Easy

***\*Additional \$36 ferry fee for 64 years and under\****

Package includes:

- Museum admission
- Local Step On Guide
- Lunch at Port Browning Marina
- Chocolates Pender Chocolates
- All ferry fees, admission fees and taxes

### Secret Cove - Sunshine Coast

**Monday June 5**  
**8:00am - 6:45pm**

Cost: \$139 (Members and guests)  
Capacity: 24

Explore the Sunshine Coast, aka the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest and the 5-star Rockwater Secret Cove Resort for lunch. Activity Level: Easy

***\*Additional \$10 ferry fee for 64 years and under\****

Package includes:

- Lunch at Rockwater Secret Cove Resort
- Boardwalk Rockwater Secret Cove Resort
- Hidden Groves, Davis Bay, Gibson's Landing
- All ferry fees, admission fees and taxes