

A vibrant community offering lively events

Winter 2024 Programs Guide

Inside this issue

Join the Happy Hour Events
page 9

Celebrate the 265th Birthday
of Robbie Burns, Scotland's
best loved poet. *page 10*

Let's reflect on the Life and
Times of the Great Bob
Dylan. *page 19*

Brock House Society

3875 Point Grey Road,
Vancouver, BC V6R 1B3

We are open Mon to Fri: 9 am to 4 pm
except on special event days.
(Closed stat holidays)

Website: www.BrockHouseSociety.com

Phone: 604-228-1461

Email: [communications
@brockhousesociety.com](mailto:communications@brockhousesociety.com)

**BROCK
HOUSE**
Society

ROBBIE BURNS 265th Birthday

**Celebrate the birthday of
Scotland's best loved poet**

**Robbie Burns Day is a
celebration of tradition,
steeped in libations,
songs, tasty treats
and Scottish
entertainment.**

The Haggis
will be piped
in by Jamin
Kaiser followed
by Peter Scott
who will give the
Address to the Haggis.

Music by the Blackthorn Band.

**Gentlemen – this is a good opportunity
to wear your tam-o'-shanter!**



**Thursday, January 25, 2024
1:00 to 3:00 pm**

**Members \$25
Guests \$30**

**3875 Point Grey Road
Vancouver, BC. V6R 1B3**

Things You Need to Know



Please refer to our website's homepage during snow days to get a live update if classes are cancelled and the house is closed.

Registration opens on Friday, January 5 at 10 am

There are three easy ways to register:

- Online
 - Go to brockhousesociety.com
 - Remember that in order to register, you must log in as a member first.
- By Phone
 - Call 604-228-1461
- In Person
 - Come to the office on the third floor of Brock House.
 - Office hours are from 9:00 am to 3:30 pm

Things Can Change

- All information in this guide is accurate at the time of publication.
- Please note that if a program is changed, cancelled, or added after publication that information will not appear in this guide.
- To be sure you've got the latest information, visit the [Activities by Category](http://brockhousesociety.com) page on our website brockhousesociety.com.

Cancellations & Refunds

- Refunds will be given if cancellation requests are received prior to three days before the program starts (seven days for tours).
- The administration fee for each cancellation is \$10.
- If a program you've registered for has to be cancelled by Brock House, you will receive a full refund.

Please note

- Programs are for members only, unless otherwise stated.
- Popular programs do fill up quickly.
- Certain programs may be cancelled if there is insufficient enrollment.
- **Brock House** will be closed on
 - Friday, **December 22 to Monday, January 1** — Christmas Holidays (**Reopens on January 2**)
 - Monday, **February 19**—Family Day
 - Friday, **March 29** — Good Friday
 - Monday, **April 1** — Easter Monday



Table of Contents

About Brock House

- 31 [Brock House Bistro](#)
- 31 [Brock House Events/Peake Catering](#)
- 01 [Contact Information](#)
- 06 [Donate to Brock House Society](#)
- 05 [Management](#)
- 36 [Membership](#)
- 07 [Staying in Touch](#)
- 31 [Volunteer](#)
- 31 [Who we are](#)

Arts, Crafts & Hobbies

- 08 [Artists' Group](#)
- 08 [Brock House Gardeners](#)
- 08 [Computer Drop-in](#)
- 08 [iPad/iPhone](#)
- 08 [Needle crafts Group](#)
- 09 [Porcelain Painters](#)

Events

- 09 [Annual General Meeting](#)
- 09 [Cultural Dining](#)
- 09 [Happy Hour](#)
- 10 [Member Forum](#)
- 10 [New Member Welcome Event](#)
- 10 [Robbie Burns 265th Birthday](#)
- 11 [Special Presentation - The Veterans Other Journey](#)

Games & Puzzles

- 11 [Billiards Group](#)
- 11 [Billiards](#)
- 11 [Bridge — Duplicate](#)
- 12 [Bridge — Social](#)
- 12 [Chess](#)
- 12 [Cryptic Crosswords](#)
- 12 [Jigsaw Puzzle Exchange](#)
- 12 [Mah Jong](#)
- 12 [Scrabble](#)

Health & Recreation

- 13 [Balance, Posture & Strength](#)
- 13 [Chair Yoga](#)
- 13 [Hearing Screening Clinic](#)
- 14 [Hiking Group](#)
- 14 [Learn about Hearing Health and Hearing Loss](#)
- 15 [Move to Music](#)
- 15 [Pilates](#)
- 15 [Pole Walkers](#)
- 15 [Stretch & Strength](#)
- 16 [Table Tennis](#)
- 16 [Tai Chi Level 1 & 2](#)
- 16 [Yoga](#)
- 17 [Zumba](#)

Languages

- 17 [French Conversation Group Intermediate](#)
- 17 [French Conversation Group Advanced](#)
- 18 [French Class Intermediate \(Zoom\)](#)
- 18 [Scottish Gaelic for Beginners](#)
- 18 [Italian Conversation Group Beginner](#)
- 18 [Italian Conversation Group Intermediate](#)
- 19 [Beginners' Italian 01](#)
- 19 [Italian Class Advanced \(Zoom\)](#)
- 19 [Spanish Conversation Class Beginner & Intermediate](#)

Lectures & Discussions

- 19 [Art History: The Early Renaissance in Italy Part II – Six Major Artists](#)
- 20 [Bob Haxton Discussion Series](#)
- 20 [Legendary Performers](#)
- 20 [The Life and Times of Bob Dylan](#)
- 21 [Understanding Medical Decision-Making](#)
- 21 [You're much more than your stuff: heart-centered techniques to help you tidy up, declutter, and even downsize](#)
- 22 [Diversity Committee](#)
- 22 [Indigenous Studies](#)
- 23 [Travel Series](#)
- 23 [Tuesday Lecture Series](#)
- 24 [Wednesday Discussion Series](#)

● Movies

24 Friday Flicks

● Music Groups

25 Brock House Big Band

25 Brock House Chamber Players

25 Brock House Jazz Band

25 Brock House Kerrisdale Choir

26 Brock House Kerrisdale Handbell Ringers

26 Brock House Orchestra

26 Folk Singing Group

26 Sing-A-Long Group

● Things You Need to Know

03 Cancellations & Refunds

03 Brock House Closures

03 Registration

● Tours

27 Skagit Valley Tulip

27 Butchart Gardens High Tea

● Woodworking

28 Woodworking Group

28 Woodworking 101

● Written Word

29 Book Clubs

29 Guided Memoir

29 Library

29 Life Writing

29 Play Readin

29 Writers Circle

Land Acknowledgment

Brock House Society respectfully acknowledges that we live, work and play on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), skwxwú7mesh (Squamish), and selílwitlh (Tsleil-Waututh) nations.

Under the Distinguished Patronage of Her Honour, the Honourable Janet Austin, OBC, Lieutenant Governor of British Columbia.

Management

Board of Directors

Joanne Haramia*, President

Joanna Walentowicz*, Vice-President & Volunteers Services Director

BevAnn Lister-Dean*, Board Secretary & Governance Director

Ted Robinson*, Treasurer & Finance Director

Conrad Guelke*, Past President

Adrian Gatrill, Property Management & Building Maintenance Director

Mari Matak, Membership Director

Peter Phillips, Marketing & Communications Director

Brenda Clark, Performing Arts Director

Jim Emmerton, Member at large

Mary Filippelli, Member at large

** Executive*

Staff

Eda Ertan, Executive Director

Paris Jebeli, Accounting Lead & Office Manager

Diana Pineda Blanco, Programs & Communications Lead

Sophie Djordjevic, Communications & Administrative Coordinator

Najia Elacel, Chef

Chris Lambert, Facility & Maintenance Coordinator

Nebojsa Stajcic, Maintenance Assistant



Donate to Brock House Society

Brock House Society is a registered charitable organization. Our revenue comes from members' fees, rental income from Brock House Events, interest income from our endowment fund at the Vancouver Foundation, as well as from programs, events, and donations. Together, it allows us to offer a wide range of programs and events, run a thriving bistro, and cover the costs of a small staff and the repair and maintenance of our Class A heritage building, Brock House.

Donate \$20 or more and you'll receive a receipt for income tax purposes.

You can contribute in several ways:

- Donate to our Trust Fund
- Donate to our Care & Conservation Fund
- Give in someone's name
- Unspecified donations
- Legacy giving

For details please visit the [donate](#) page on our [website](#).

For any other major gifts, bequests, or in-kind donations, please contact Eda Ertan, our Executive Director at 604-228-1461 or eertan@brockhousesociety.com

A Warm Welcome



Eda Ertan

Executive Director's Message

Dear Brock House Society Members,

As we embrace the winter season, and with gratitude to our team of staff and volunteers, I am delighted to introduce our 2024 Winter Program at Brock House Society – your hub for vibrant and engaging activities designed specifically for older adults.

The colder months provide the perfect opportunity for us to come together, and our Winter Program has been thoughtfully curated with your needs in mind. From cozy indoor gatherings to invigorating outdoor pursuits that support your holistic well-being, we offer a diverse array of activities to cater to every interest and preference.

This season holds the promise of not only the warmth that comes from shared experiences but also the joy of continuous learning and discovery. Whether you are interested in joining a creative workshop, participating in a fitness class, engaging in thought-provoking discussions, or volunteering your unique talents in areas of interest, our Winter Program is a celebration of the sense of community that defines Brock House Society. Your active participation has always been the heartbeat of our Society, and we are excited to continue this journey with you. Let's make this winter a season filled with laughter, new friendships, and the joy of exploration.

Thank you for being an integral part of Brock House Society. Here's to a winter filled with warmth and connection!

Sincerely,
Eda Ertan



Joanne Haramia

President's Message | Board of Directors

As we wind down our activities at the House and enjoy Holidays, we want you to begin thinking of January- there are opportunities to register for a fitness class to burn off some holiday indulgences, or travel back to the 80's and reconnect with Bob Dylan, or become more handy and take a woodworking class. As usual, there are opportunities to take up a new hobby, discuss current events, travel from a chair, or learn!

We welcome Diana, who is learning quickly how members ideas and connections can develop into new program offerings. And in recognition of how important social connection is, we are starting our popular Happy Hours on Tuesdays starting on January 16. Wishing you all a wonderful 2024 including a rich presence at Brock House in many ways.

Joanne Haramia

Staying in Touch

The Gallimaufry

The Gallimaufry is a monthly newsletter of news and information for and about Brock House members and events.

The email version of The Gallimaufry is free for members and non-members alike. To subscribe, please email communications@brockhousesociety.com.

You can also pick up a copy in our foyer or office for 25 cents or get it mailed to you (\$25 per year - 11 issues).

Weekly Email Updates

Weekly updates on upcoming events are sent to all members on Friday.





Arts, Crafts & Hobbies

Artist Group

All are welcome to visit and participate in any medium. We avoid using art supplies that have strong chemical smells in consideration of those who have chemical sensitivities. We have no teacher, but do have lots of advice, encouragement, and friendship for you no matter whether you're a beginning or skilled artist. For more information or to join, contact Beverly at bgrice@alumni.sfu.ca.

Friday	9 am to noon
Ongoing	Free*
Art Room	

Brock House Gardeners

Our main activities include gardening in our 100 sf garden at BH, outings and/or tours to gardens and nurseries (including out of country), preparing plants for the Summer Fair Plant Sale and wreaths for the Winter Fair, learning via speakers, and social time on the beach! Gardeners may choose their desired activities. If you want to join the Gardeners group and/or would like to ask questions, please contact Susan Lamb at bhsgardeners@gmail.com and/or visit our webpage [BH Gardeners](#) for the most up-to-date activities list.

Ongoing	Free*
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Computer Drop-in

Please drop into the Computer Room on Mondays between 1 to 3 pm for help with any computer questions. Convenors Dave, John or Brian will be standing by to troubleshoot.

Monday	1 to 3 pm
Ongoing	Free*
Computer Room	

iPad/iPhone

This class is for ALL user levels, whether you are brand new to Apple devices and would like to learn about their products and technology or for more experienced users looking to expand their usage of Apple products to more advanced applications and functions. After this term, you will be able to do advanced editing of your contact list, Block/unblock many scam callers, send/receive emails and Pictures, delete junk mail, Facetime with your family members, participate in group chats, and more. You must bring your own iPad or iPhone, a pen and a small notepad on the first day.

COM101	10:30 to 12 pm
Wednesday	\$20/3 sessions
January 17, 31 and February 7	Games Room

Needle Crafts Group

Group members share their expertise and enjoy the companionship of working together to support Brock House. We are always happy to welcome new members. Minimal expertise in your chosen craft is recommended.

For more info and/or to join this group, contact Truus at truusk@hotmail.com.

Mondays	9:30 to 11:30 am
Ongoing	Free*
Meyer Room	

Porcelain Painters

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! Registration is not required.

For more information, please contact Neville at nwest.4917@gmail.com.

Wednesday	10 am to noon
Ongoing	Free*
Art Room	

Events

ANNUAL GENERAL MEETING

The 2024 Annual General Meeting of the Members of Brock House Society will be held in the Whittaker Conservatory.

Wednesday, March 20



Cultural Dining

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. Members pay for their own meals. To be on the mailing group and get more information contact : daliagil6@gmail.com

Members pay for their own meal.



Happy Hour

Happy hours are back by popular demand enjoy a glass of wine and a chat with other members. New Winter time *



Tuesday Jan 16, 30 & Feb 13, 27

5:30 pm to 7pm

Free*

Member Forum

Join our Executive Director, Director of Membership, and members of the Board for this 60-minute roundtable to ask questions, present new ideas and make suggestions. We welcome and value your input. Drop-in. More information in our Friday UPdate. Every 4th Thursday of the month. For more info & House tours contact: brockhousemembership@gmail.com and in Friday UPdate



New Member Welcome Event

Did you join Brock House Society recently? We invite new members to join us at the New Member Welcome Event. Come meet our Executive Director, staff, board members, convenors and other new and current members; and to learn about the many programs at BHS. Light refreshments will be served. This program is sponsored by the Membership Committee. For further information please email brockhousemembership@gmail.com. Registration required.



Tuesday, March 12	1 to 3 pm
Whittaker Conservatory	

Robbie Burns 265th Birthday

Robbie Burns Day is a celebration of tradition, steeped in libations, songs, tasty treats and Scottish entertainment. The Haggis will be piped in by Jamin Kaiser followed by Peter Scott who will give the Address to the Haggis. Music by the Blackthorn Band.

Thursday, January 25	1 to 3 pm
Whittaker Conservatory	



Special Presentation - The Veterans Other Journey

As a follow-up to our Nov 11 commemoration event, Brock House is pleased to collaborate with the UBC Institute for Veterans Education and Transition to present an educational session. It will include the video scheduled for Nov 10 and two veteran students sharing their transition experience.

Brock House welcomes the opportunity to reach out and offer members and guests information on how veterans are supported while entering post-secondary education, the challenges, potential personal benefits and resulting contributions to Canadian Society. There may be further opportunities to work with veteran students at Brock House Society.

Tuesday, January 23	6:30pm to 8 pm
Cost	\$6*
Whittaker Conservatory	

Proceeds will contribute to a Veteran bursary fund



Games and Puzzles

Billiards Group

The Billiards Group usually plays with four players, two per side, on Monday and Wednesday. A notice goes out Friday evening inviting members to play, and members sign up for the day they want. Experience is helpful but not essential, and workshops can be arranged. Contact Adrian@gatrill.com to get on the play invite list.

Monday & Wednesday	10 to noon
Ongoing	Free*
Billiards Room	

Billiards

Drop in. The key to the billiards room may be signed out in the office.

Weekdays	9 to 3 pm
Ongoing	Free*
Billiards Room	

Bridge - Duplicate

Sign-up starts at 10:45 am. Play starts at noon. Limited to ten tables. It is necessary to come with a partner. Contact Margaretta at mshirkoff@telus.net, or Sue at suzoos@telus.net.

Thursdays	Noon to 3:30 pm
Ongoing	Sign-up starts at 10:45 am
Begg Room	Drop-in fee \$2

Bridge - Social

Unserious bridge. Singles welcome. Please drop by if you are interested!

Fridays	12:30 to 3:30 pm
Ongoing	Free*
Begg Room or Art Room	

Chess

All levels of play, including beginners. Come and join us. We do have some chess sets, but you can bring one along if you like. Limited to 10 people. Contact Roger at rogerwool77@gmail.com.

Tuesdays & Thursdays	1 to 3 pm
Ongoing	Free*
Meyer Room	

Cryptic Crosswords

Do you enjoy solving cryptic crosswords but sometimes struggle with the clues? We do about three puzzles. If you're a real beginner, you will have a chance to observe how people tackle cryptic crosswords. There are no prerequisites for joining other than an interest in and love of cryptic crosswords. Contact Chris Spencer: chrspncr@gmail.com

Wednesdays	10:30 to noon
Ongoing	Free*
Meyer Room	

Jigsaw Puzzle Exchange

Come up to the Brock House Office anytime to drop off or borrow a jigsaw puzzle. Puzzles of all levels of difficulty are available.

Weekdays	9:00 to 3:30 pm
Ongoing	Free*
Office	

Mah Jong

Enjoy an afternoon playing Mah Jong Hong Kong style. Play and learn at the same time. We offer no instruction at the moment but will allow Brock House members who know how to play the option of dropping in around 1 pm and if there is a seat available. This group is now full. If you would like to join a waiting list please contact maajam@shaw.ca or pmccuaig@telus.net.

Wednesdays	12:30 to 3:30 pm
Ongoing	Free*
Art Room	

Scrabble

Scrabble is a lot of fun, and members who love to play have organized this weekly gathering. Feel free to join us and enjoy the many mental benefits of Scrabble. There are several Scrabble sets (including one in French) available in the games cupboard of the Brock House Office. To sign-up, contact Cherie at cheriewong99@hotmail.com

Thursdays	12:30 to 3:30 pm
Ongoing	Free*
Whittaker Conservatory	





Health & Recreation

The many Brock House exercise and recreation programs are great ways to be physically active while getting involved with your fellow members. But before you decide to enroll, please be sure that you are physically well enough to take part in the program. If you're not sure, check with your doctor. Please understand that by participating, you are agreeing that you do so at your own risk, that your participation is voluntary, and that you assume all risk of injury yourself.

Balance, Posture & Strength

This is a moderate-to-challenging 60-minute class. We begin with a low-impact cardiovascular segment, interspersed with exercises to improve balance, strength, posture, and body alignment, and finish up with stretching. If you are at high risk for falls, it's not recommended that you take this class. If in doubt, please contact the instructor through the office for more information. Limited to 10. Registration required.

Instructor: Kate Maliha, with Love Your Age

<u>HR101</u>	9:15 to 10:15 am
Wednesdays	\$60/5 sessions
Jan 17- Feb 14	Tent or Activity Room
<u>HR102</u>	9:15 to 10:15 am
Wednesdays	\$48/4 sessions
Feb 21- Mar 13	Activity Room

Chair Yoga

This class will help you improve your strength, balance, concentration and flexibility. We start in the chair then move on to standing poses, breath work and yoga dance in a safe and fun environment. Open to all levels. Limited to 12. Registration required.

Instructor: Hanne Vieira

<u>HR103</u>	10:15 to 11:15 am
Fridays	\$65/5 sessions
Jan 19 to Feb 16	Begg Room
<u>HR104</u>	10:15 to 11:15 am
Fridays	\$65/5 sessions
Feb 23 to Mar 22	Begg Room

Hearing Screening Clinic

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.

The hearing test will take 15 minutes. Limited to 9. Registration required.

Conducted by: Dr. Katarina Vavrovicova, registered doctor of audiology from Echo Hearing Care

Tuesday February 6	12pm - 2pm
Activity Room	Free*





Hiking Group

Experienced hikers are welcomed. Please phone the convenor or the hike leader prior to your first hike (see list below). 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. Hikes may be changed according to weather or trail conditions.

Convenor: Margit Arthur, 604-224-6627

Saturdays	9 am
Jan 6 to March 30	Free*

- Jan 6** Everett Crowley and Fraser Foreshore
Katie 604 738 8189
- Jan 13** 41st Ave & Camosum to Fraser River
Grace 604 261 4498
- Jan 20** Burnaby Mountain
Maria 604 682 7482
- Jan 27** La Farge Lake
Cathie 604 683 1083
- Feb 3** Minnekhada
Joann 604 433 1044
- Feb 10** Deer Lake
Katie 604 738 8189
- Feb 17** Buntzen Lake
Susan 604 329 1124
- Feb 24** Burnaby Lake
Grace 604 261 4498
- Mar 2** Madrona Whytecliff
Dorothy 604 736 2327
- Mar 9** Burnaby Mountain
Katie 604 738 8189
- Mar 16** Mundy Park Ramble
Margit 604 224 6627
- Mar 23** Lynn Headwaters Debris Chute
Maria 604 682 7482
- Mar 30** Nelson Creek
Cathie 604 683 1083

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. 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. Registration required.

Presented by:

Dr. Katarina Vavrovicova, registered doctor of audiology from Echo Hearing Care.

Tuesday January 30	11-12pm
Begg Room	Free*



Move to the Music

Move to the Music is a fun way to stay fit. We will move to great oldies music from the 50's and 60's. Each song will have easy to follow simple choreographed steps to the music. We will begin with some fun moves to warm up and then keep dancing to increase our heart rate. Then we will do a bit of strengthening and end with some nice stretches and a final relaxation sitting on a chair. The class is low impact and moderate. You'll be required to sign a waiver. Limited to 15. Registration required.

Instructor: Lena Morissette

HF105	11 to noon
Mondays	\$84/7 sessions
Jan 15,22 & Feb 12 to Mar 18	Begg Room

No class on Jan 29, Feb 5 &

*No class on Feb 19 - Brock House Society closed.

Pilates

Are you looking for low-impact exercise that can improve your strength, flexibility, and balance? A class designed for older adults of all fitness levels and abilities? Join our Seniors Pilates class and discover the benefits of this gentle but effective workout. Pilates focuses on core stability, posture, and breathing. It can help reduce stress, prevent injuries, and enhance your well-being. You'll learn the basics in a supportive and friendly environment. Please bring a mat. 10 minutes of gentle warm-up, 40 minutes of exercises, 10 minutes of stretch and release. Limited to 12. Registration required.

Instructor: Hanne Vierira

HR106 Class A	11:15am to 12:15 pm
Fridays	\$60/5 sessions
Jan 15 to Feb 12	Begg Room
HR107 Class B	11:15am to 11:15 pm
Fridays	\$60/5 sessions
Feb 23 to Mar 22	Begg Room

Pole Walkers

We meet in front of Brock House, and, after walking, often go back in for tea or coffee.

Contact Mona Kriss at mjkriss78@gmail.com.

Wednesdays	10 to 11 am
Ongoing	Free*
Meet at the front entrance of Brock House.	

Stretch & Strength

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. Limited to 10.

Registration required.

Instructor: Kate Maliha, with Love Your Age

HR108 Class A	10:30 to 11:45 am
Wednesdays	\$75/5 sessions
Jan 17 to Feb 14	Activity room
HR108 Class B	10:30 to 11:45 am
Wednesdays	\$60/4 sessions
Feb 21 to Mar 13	Activity room





Table Tennis

Come and join other members for a fun game of table tennis. Generally thought of as a leisure activity, table tennis actually has many health and wellness benefits. Playing regularly can strengthen the muscles of the arms, back and abdomen.

Contact Lisa at manxfam@gmail.com.

Mon, Wed, Fri	12:30 to 3:00 pm
Ongoing	Free
Activity Room	

Tai Chi Level 1(Class A & B)

Tai Chi is a Chinese martial art widely practiced for the health benefits it confers. The slow and gentle movements of the art have been shown to improve concentration, circulation of blood and qi, as well as physical and mental balance. Suitable for beginners. Participants are required to sign a waiver.

Instructor: Kelly MacLean

<u>HR111 Class A</u>	9:35 to 10:35 am
Thursdays	\$60/5 sessions
Jan 18 to Feb 15	Whittaker Conservatory

<u>HR112 Class B</u>	9:35 to 10:35 am
Thursdays	\$60/5 sessions
Feb 22 to Mar 21	Whittaker Conservatory



Tai Chi Level 2 (Class A & B)

This class is for those who already know the 24 Form and are interested in studying the 48 Form. The 48 Form combines the 4 most important styles of Tai Chi: Yang, Chen, Wu, and Sun. Participants are required to sign a waiver. Limited to 15.

Instructor: Kelly MacLean

<u>HR113 A</u>	8:30 to 9:30 am
Thursdays	\$60/5 sessions
Jan 18 to Feb 15	Whittaker Conservatory

<u>HR114 B</u>	8:30 to 9:30 am
Thursdays	\$60/5 sessions
Feb 22 to Mar 21	Whittaker Conservatory

Yoga Monday & Tuesday-Class A & B

Practicing yoga reduces stress and pain and is effective in maintaining good physical and mental health, including increased energy, strength and mobility. This yoga program for seniors 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 own level and pace. Please bring your own yoga mat. Limited to 12.

Instructor: Into Yoga

<u>HR115 Class A</u>	9:15 to 10:15 am
Mondays	\$60/5 sessions
Jan 15 to Feb 12	Begg Room

<u>HR116 Class B</u>	9:15 to 10:15 am
Mondays	\$48/4 sessions
Feb 20 to Mar 19	Begg Room

<u>HR117 Tuesday Class A</u>	9 to 10 am
Tuesday	\$60/5 sessions
Jan 16 to Feb 13	Begg Room

<u>HR118 Tuesday Class B</u>	9 to 10 am
Tuesday	\$60/5 sessions
Feb 20 to Mar 19	Begg Room



Zumba (Tuesday & Friday, A& B)

Zumba Gold® is perfect for active older adults who are looking for a lower intensity workout. The class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and leave feeling empowered and strong. The class focuses on all elements of fitness: cardiovascular, muscle conditioning, flexibility & balance. Limited to 10.

Instructor: Asal Nikoopour

HR119 Tuesday Class A	9:30 to 10:30 am
Tuesdays	\$60/5 sessions
Jan 16, 23, 30 & Feb 6 & 13	Whittaker Conservatory

HF120 Tuesday Class B	8:45 to 9:45 am
Tuesdays	\$84/7 sessions
Feb 20, 27 & Mar 5 & 12	Whittaker Conservatory

HF121 Friday Class A	9:30 to 10:30 am
Fridays	\$60/5 sessions
Jan 19, 26 & Feb 2, 9 & 16	Whittaker Conservatory

HF122 Friday Class B	8:45 to 9:45 am
Fridays	\$84/7 sessions
Feb 23 & Mar 1, 8 & 15	Whittaker Conservatory

Languages



French

French Conversation Group - Intermediate

This group is intended for members who wish to expand their French vocabulary and increase their ability to carry out a conversation in French. Provides participants with an opportunity to practice speaking in French in a fun and supportive atmosphere.

Registration required. Limited to 16

Convenor: Marlene Karnouk.

Wednesdays	1 to 2 pm
Jan 10 to Mar 20	Free*
Meyer Room	

French Conversation Group - Advanced

A friendly group that meets weekly for a cup of coffee and French conversation. This group is for people who are fluent in French. Participation is free but donations to Brock House are welcome. A bientôt.

Limited to 16. Registration required: sresels@gmail.com

Fridays	1 to 2 pm
Jan 5 to Mar 22	Free*
Meyer Room	





French Class - Intermediate (Zoom)

For those who have a working knowledge of French at a low-intermediate or intermediate level, this course offers an exciting way to improve or refresh your skills. We will study grammar and vocabulary and do dynamic and fun speaking exercises. All materials will be provided. Students should be able to speak comfortably in the present tense and have a reasonable knowledge of both past and future tenses. *Brock House will release member emails to the instructor after registering for the course. The instructor will be sending out Zoom information directly to members
Limited to 10. **Instructor:** Agnes Pytko.

LG101	11:45 to 1:15 pm
Mondays	\$170/9 sessions
Jan 15 - Mar 18	On Zoom only

Scottish Gaelic for Beginners

Scottish Gaelic is considered to be the founding language of Scotland, and it is one of that country's official languages. It is spoken throughout Scotland, in parts of Nova Scotia, and in an on-line community. Gaelic is enjoying a resurgence in recent decades, with increasing numbers of people taking an interest in the language and in its rich cultural heritage. This program is designed for learners who are new to Gaelic. We will focus on conversational skills for everyday situations -- listening and speaking -- and on some basic aspects of grammar. Limited to 8. **Instructor:** Sìne Nic'Eoghainn (Jane McEwan)

Tuesday	10:30 to noon
Feb 13 to Apr 2	Free*
Meyer Room	

Italian

Italian Conversation Group - Beginner

Have you ever wanted to just learn or speak very basic Italian without expectations of perfect grammar and pronunciation? Join our weekly 60-minute of casual social absolute/beginners Italian discussion group for members who want to share and practice their very own (limited) Italian. Spaces are limited. Registration required. To register, wojciech.ostrowski@yahoo.ca or brockhousemembership@gmail.com

Convenor: Wojciech Ostrowski

Tuesday	10 to 11 am
Jan 16 to Mar 19	Free*
Art Room	

Italian Conversation Group - Intermediate

Already have a basic understanding and speak Italian? Want to practice your existing Intermediate Italian without expectations of perfect grammar and pronunciation? Join our weekly 60-minute of casual social Intermediate Italian discussion group for members who want to share and practice their very own (limited) Italian. Spaces are limited. Registration required. **Convenor:** Wojciech Ostrowski

Tuesday	11:15 to 12:15 pm
Jan 16 to Mar 19	Free*
Art Room	





LG102 Beginners' Italian 1

Topics covered include greetings and salutations; asking and responding to personal questions; pronouncing the Italian alphabet and Italian words; numbers and seasons; vocabulary around travel and geography plus foundational tools for expanding one's vocabulary in Italian; and foundational verbs. We will also enjoy selections of Italian music, film, and literature (especially children's literature) together, based on the interests of participants. No textbook required. All course materials are provided electronically and can be printed (if desired) by individual participants. Limited to 15. Registration required.

Instructor: Jennifer Mackenzie

LG102	1:30 to 3 pm
Thursday	\$160/ 8 sessions
Jan 25 to Mar 14	Art Room

Italian Class - Advanced (Zoom)

Ciao! Are you ready to embark on an exciting linguistic journey while mastering the intricacies of Italian expressions? Our advanced Italian course is not just about language proficiency; it's a vibrant exploration of idiomatic expressions, impossible grammar structures, and cultural immersion that makes learning Italian a thrilling experience! Limited to 12. Ci vediamo presto!

Instructor: Francesca Brambilla

LG402 - Part 1	1:30 - 3 pm
Wednesdays	\$210/8 sessions
Jan 17 to Mar 6	On Zoom only

Spanish

Spanish Conversation Class - Beginner

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America. Limited to 10. Registration required. **Instructor:** Carlos Rabago

Tuesdays	11 am to noon
Jan 23 to Feb 27	Free*
Games Room	

Spanish Conversation Class - Intermediate

Conversation and pronunciation in an informal setting for learners of Spanish who are ready to converse at a level more advanced than the beginners level. Excellent experience for those planning to travel to Mexico and South America. Limited to 10. Registration required.

Instructor: Carlos Rabago

Tuesdays	Noon to 1 pm
Jan 23 to Feb 27	Free*
Games Room	

Lectures & Discussions

Art History:

The Early Renaissance in Italy, Part 2 – Six Major Artists

The artists of the Quattrocento [Early Renaissance] in Italy, benefitting from Classical Greco-Roman architecture and sculpture, the works of Giotto and Sienese painters and sculptors, Flemish art, paint supplies from the near east, and their own genius, laid the foundation for the High Renaissance. We'll explore each artist's work. Limited to 65.

Instructor: Justin Newell, art historian and artist.

Week 1: Sandro BOTTICELLI

Week 2: PIERO della Francesca

Week 3: Andrea MANTEGNA

Week 4: Orvieto Cathedral

Week 5: Quercia, Della Robbia, Settignano

Week 6: Domenico GHIRLANDAIO

LD101	10 to noon
Friday	\$125/6 sessions
Jan 19 to Feb 23	Halpern Room





Bob Haxton Discussion Series

Topics we have covered include: free will, the tyranny of thinking, meditation, artificial intelligence, problems associated with analysis, the prevalence of trauma and its effects, psychedelics and microdosing. In the new session we will start with a brief review of meditation, then a requested topic: “a guaranteed basic income for Canadians” and a more detailed look at a new scientific discovery which holds out the promise of regeneration of body parts. Limited to 30. Drop-in.

Convenor: Bob Haxton

LD102 Tuesday	12:30 to 2 pm
Jan 16 to Mar 19	Free*
Halpern Room	

Legendary Performers

Some performers are simply born great. It is their combination of talent and charisma which makes them legendary. Neil Ritchie examines what makes a performer great and looks at how their early lives, family, education, career choices, mentoring, integrity, musicality, direction, timing, and of course luck impacted their careers.

Neil Ritchie was a producer in CBC radio Music for over 30 years. For the past 15 years he has been sharing his passion and knowledge of music with many students wanting to join in his enthusiasm.

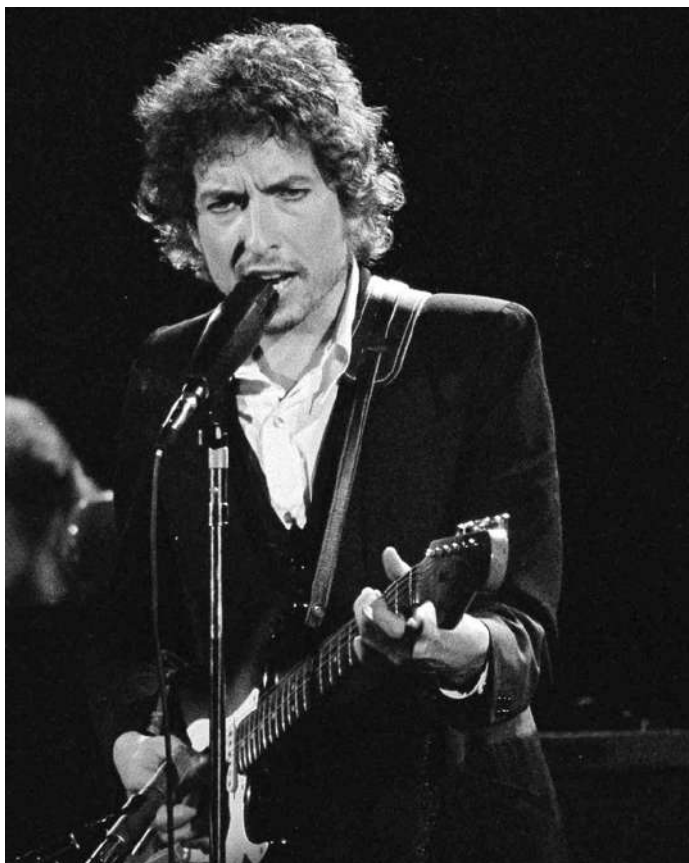
Limited to 65. **Instructor:** Neil Ritchie

LD103	10 to Noon
Friday	\$65/4 sessions
March 1 to March 22	Halpern Room

The Life and Times of Bob Dylan

Is Bob Dylan a poet or a song-writer? Did he re-name himself after Dylan Thomas? Did he nearly die in a 1966 motorcycle accident? What do his lyrics mean? There are more questions than answers about the enigmatic Mr. Zimmerman, but the only things that do matter, are his music and his lyrics. He doesn't care for labels like the “voice of a generation” and accolades like the Nobel prize for literature, but there is no doubt that Bob Dylan had a monumental impact on the struggle for Civil Rights and the Anti-War movement of the 1960s. Journey with us from Duluth Minnesota, down Highway 61 and to Greenwich Village and Newport and we'll explore the life and music of “His Bobness”. Limited to 65. **Instructor:** John Mitchell

LD104	1 to 3 pm
Mondays	\$110/6 sessions
Jan 15 to Feb 26*	Halpern Room
*No classes on Monday February 19 — Brock House closed.	



Understanding Medical Decision-Making

A must for anyone who plans on getting old, this 3 part series will help you become familiar with medical decisions that may need to be made at the end of your life. The series will help you understand “heroic measures”, palliative care options and how to write a letter of medical instruction.

Session 1 (Feb 8) "Medical care decisions at end of life: what you need to know about "heroic measures.

Session 2 (Feb 15) “What is palliative care and when will I know if I’m ready for it?”.

Session 3 (Feb 22) “Making your wishes known: how to write a letter of medical instruction”

<u>LD105 - Session 3</u>	1 to 2:30 pm
Thursday	\$85/3 session
Feb 8, 15, and 22	Halpern Room

Three sessions. Limited to 65.

Christa Ovenell founded Death’s Apprentice Education & Planning with a mission to make people comfortable thinking about death as nothing other than a part of life. She is a funeral director, end-of-life doula, and death educator.



You're much more than your stuff: heart-centered techniques to help you tidy up, declutter, and even downsize

In this interactive workshop, we'll explore what keeps us from getting started (or finished) on decluttering projects. Come prepared to explore and share! We'll have practical tips galore, but you might be surprised just how heartfelt it can be to dive into your relationship with your "stuff & things". If you took the fall decluttering session, you're welcome to come back: we'll add a focus on digital decluttering and managing hard-to-handle collections.

Instructor: Christa Ovenell

<u>LD106</u>	1 to 2:30 pm
Thursday	\$25/1 session
March 7	Halpern Room





Diversity Committee

The purpose of the Brock House Society Diversity Committee is to implement policies and programs that promote the representation and participation of different groups of individuals, including people of different ages, race and ethnicity, ability and disability, gender, religion, culture and sexual orientation. Our four pillars are: education, celebration, outreach, and invitation.

Indigenous Studies

As part of our response to reconciliation, Brock House strives to provide better opportunities for members to become informed about Indigenous culture, worldview, politics, and governance. This is achieved through lectures by Indigenous speakers, reading and discussing literature (fiction, story-telling and nonfiction) from Indigenous and non-Indigenous sources. The Indigenous Studies Group is a sub-group of the Diversity Committee.



We will keep members informed about offerings from the Diversity Committee & Indigenous Studies.



Travel Series

Photographers share their travel experiences. To receive a weekly email reminder and Zoom instructions, contact John Smith at brock.house.point.grey@gmail.com.

Please include your membership number. Limited to 65 in the Halpern Room, unlimited on Zoom.

Convenors: John Smith & Rose Taylor

Mondays	10:30 am to noon
Jan 15 to Mar 25	Free*
Halpern Room or via Zoom	

Jan 15 North and Central Scotland Including the NC 500 (Stuart Miles)

Jan 22 Morocco - A Foodie's Journey (Anisa Kassam)

Jan 29 South Korea and Scout World Jamboree (Carol Flynn)

Feb 05 Iraq. 12 Years After the End of the War - The North (Sheila Page)

Feb 19 Family Day NO Presentation

Feb 26 North Korea, the Hermit Kingdom (Patrick Davies)

Mar 04 Parish Walk on the Isle of Man (Lisa Smith)

Mar 11 Southern Africa - 24 days in the back of a truck , Part 1 (Peter Ballin)

Mar 18 Northern Australia and Queensland; a nature tour (Donna Hogge)

Mar 25 Iceland cruise (Heather Friesen)



Tuesday Lecture Series

Knowledgeable specialists lecture on diverse topics on ZOOM or in the Halpern Room at Brock House. To register to receive a weekly email reminder and ZOOM instructions, contact Allan Strain at bhtuesdaylectures@gmail.com or Mike at bhstuesdaylectureseries@gmail.com

Please include your membership number. Limited to 65 in the Halpern Room, unlimited on Zoom.

Convenor: Allan Strain

Tuesdays	10:30 am to 11:30
Jan 9 to Mar 19	Free*
Halpern Room or via Zoom	

Jan 9 Fact or Fiction: Navigating online Brain Information. Dr. Julie Robillard Assistant Professor, Neurology, UBC; Scientist, Patient Experience, BC Children's and Women's Hospital

Jan 16 Can the BC Housing Conundrum be solved? Anne McMullin President & CEO, Urban Development Institute)

Jan 23 Whatever Happened to the 3D Printing Revolution ? Christy Michalak Director, Advanced Manufacturing Development Programs, NGen

Jan 30 Inuit artist Ningiukulu Teevee Napatsi Folger Inuit Art Foundation

Feb 06 Virtual tour of the Lord Beaverbrook Art Gallery and lecture on the Life of Lord Beaverbrook (Max Aitken) Joelle Richard Lord Beaverbrook Art Gallery, Fredricton NB

Feb 13 Vancouver as an Indigenous City: Strategies and Implications for Reconciliation Gordon Price former Vancouver Councillor

Feb 20 Berlin as City and Symbol, 1700 - 2024 Dr. Chris Friedrichs

UBC Professor Emeritus of History

Feb 27 The Rise of On-Line Journalism David Beers

Editor, The TYEE, an independent on-line news magazine based in Vancouver

Mar 5 Since 1989, the Sanford Housing Society has been building quality housing in Metro Vancouver for those with mental illness, and addictions. Hear about the model and successes of this unique organization.

Jaffer Freezah

Mar 12 Understanding Wildfire Fire Suppression in BC - Justin Malcahy

Assistant Chief, Vancouver Fire Rescue Service

Mar 19 The Pros and Cons of Deep Sea Mining
Catherine Hercus -Freelance mining writer for Canadian Mining Journal and others

Wednesday Discussion Series

Drop in on Wednesday mornings if you'd like to join some interesting discussions. New members always welcome. **Convenor:** Suzzette Walsh

Wednesdays	10:30 am to noon
Jan 3 to Mar 27	Free*
Halpern Room	

Jan 3 Should the Federal Govt establish a special agency to deal with disasters and emergencies

Jan 10 "Hot, Newsworthy Topics"

Jan 24 The Right to Live at Risk, thoughts?

Jan 31 "Hot, Newsworthy Topics"

Feb 7 Benefits and risk of AI

Feb 14 How will we deal with current and future trash disposal?

Feb 21 Should male and female athletes receive equal funding and prize money?

Feb 28 Why is the cost of living going up around the world and some possible solutions?

Mar 6 "Hot, Newsworthy Topics"

Mar 13 Are we losing trust in our institutions (political, media, scientific, education). If so, why?

Mar 20 Should the descendants of slave owners pay reparations?

Mar 27 Would you eat "artificial" food products if cheaper than traditionally grown?



Movies

Drop in and enjoy movies every Friday afternoon at Brock House. Members may bring up to three non-member guests.

Fridays	1 to 3 pm
Ongoing	\$2 suggested donation*
Halpern Room	*at the door

Jan 12 GOOD WILL HUNTING: Will Hunting (Matt Damon) a 20-year-old janitor at MIT, is a self-taught mathematics genius. A professor (Robin Williams) posts a math problem on a blackboard to challenge his graduate students. Will solves the problem anonymously. The professor posts a second problem but finds Will writing the solution and thinks he is vandalizing. The police become involved. (Drama)

Jan 19 THE BEST EXOTIC MARIGOLD HOTEL: British retirees (inc. Judi Dench, Bill Nighy, Maggie Smith) travel to India to take up residence in what they believe is a newly restored hotel. Much less luxurious than advertised, the Marigold Hotel slowly begins to reveal unexpected discoveries. (Com)

Jan 26 LIVE IN DUBLIN: A full-length concert of old favourites and newer selections, performed by the popular Andre Rieu Orchestra at the Point Theatre in Dublin. (Music/Concert)

Feb 2 FAR FROM THE MADDING CROWD: Classic. In Victorian England, the independent and headstrong Bathsheba (Carey Mulligan) inherits a farm and attracts three very different suitors: a sheep farmer (Matthias Schoenaerts), a reckless army Sergeant (Tom Sturridge) and a mature bachelor (Michael Sheen). Bathsheba marries but life becomes complicated. (Rom/Drama)

Feb 9 WOMAN IN GOLD: True story. Just before WWII, a Jewish refugee (Helen Mirren) and her young lawyer (Ryan Reynolds) fight the Government of Austria to reclaim an iconic painting stolen by the Nazis. (Bio/Drama)

Feb 16 FISHERMAN'S FRIENDS: Based on true story. Danny, a cynical London music executive (Daniel Mays) heads to Cornwall to sign up a group of fishermen who perform sea shanties. The group is sceptical about the music business and values relationships over fame. Danny finds the meaning of friendship. (Com/Some music)

Feb 23 PAST LIVES: Semi-Autobio. Two childhood friends (Greta Lee/Teo Yoo) are forced apart when one family emigrates from South Korea to Canada. They lose contact. Decades later, they reconnect through video calls and finally meet to talk about their life choices. (Rom/Drama)

Check your Friday Email UPdates for more upcoming shows.....

Music Groups



Brock House Big Band

We are an 18-piece band with a repertoire designed for swing dances. We perform about 16 times a year for community centres, hospitals and seniors residences. Our programming changes according to major holidays such as Valentine's Day, Easter, Remembrance Day, and Christmas. **Director:** Andrew Clark.

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

Tuesdays & Fridays	10:30 am to noon
	Off-site

Brock House Chamber Players

At this time, the group is welcoming string instruments only. Contact Mary Ann Carter,
cartermaryann72@gmail.com

Wednesdays	1:00 to 2:30 pm
Ongoing	Begg Room

Brock House Jazz Band

The Brock House Jazz Band is dedicated to playing old-style jazz standards. We are four soloists, a four-piece rhythm section and a vocalist. We entertain regularly for dances at Brock House, seniors centres, and care homes. We're currently looking for new members. if you're interested, please contact Rob Arseneau at roba.pops@gmail.com.

Thursdays	1 to 3 pm
Ongoing	Halpern Room or Activity Room

Brock House Kerrisdale Choir

Each year, we perform two fully ticketed concerts and several sing-outs at seniors homes and community centres. Our repertoire includes a variety of music including gospel, folk, classical and jazz. If you'd like to join, contact Diana Bragg, Membership Chair, 604-224-3897.

Tuesdays	1 to 3 pm
Ongoing	Kerrisdale Community Centre Rm 226

Brock House Kerrisdale Handbell Ringers

Join this enjoyable and rewarding group. No handbell experience required, but you must be able to read music. Feel free to attend a rehearsal to find out what we do. Directors: Grace Lau (Mondays) and Amy Poon (Wednesdays). Contact Grace Lau, 604-323-8131. For the Beginners Class, contact Amy Poon, 604-306-2923.

Jan 8 to Mar 25	
Mondays	9:15 am to noon
Wednesdays	1:30 to 4:30 pm
Offsite at Kerrisdale Seniors' Centre, South Room	

Brock House Orchestra

We are an orchestra of 25 to 30 musicians led by a professional conductor, playing a varied classical repertoire. We perform at the Brock House Summer Fair and give a number of concerts at seniors residences throughout the year. We rehearse from mid-September to early July with a two-week break for December holidays. We welcome any interested musicians and are currently looking for a trombone, French horn, bassoon and first violin. For more information, contact Barb Duzy at duzybarb@gmail.com.

Wednesdays	10:30 am to 12:30 pm
Ongoing	Begg Room

Folk Singing Group

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

This is a drop-in gathering for fun and enjoyment. We sit in a circle and take turns singing songs, playing our instruments (mostly guitars), or just listening. We may do Broadway musicals, 1970s pop songs, scandalous sea shanties, social commentaries, Bob Dylan, Leonard Cohen, old Irish and Scottish ditties, or a new song by one of our own. Nothing is off limits. Several organized souls send us the words and chords of songs in advance so that we can learn them and sing lustily. There are 50 Brockites on our email list, with about ten turning up for each meeting. Graham Baldwin, Charles West, Larry Moore and John Wade are the convenors.

2nd & 4th Friday of the month	1 to 3 pm
Ongoing	Free*
Begg Room/Art Room	

Sing-Along Group

Brighten your day, leave your worries on the doorstep, and come on over to the sunny side! Sing along or swing along with the gleeful Brock House Society songsters. Everyone benefits from singing with others in a friendly and encouraging setting. We hope the fun we have together will improve your well-being, your joy, and of course your singing. We do some sing-alongs at Brock House events, and our monthly visits to seniors residences are popular with both residents and Sing-Along Group members. Currently we are enjoying karaoke-style singing. All voices are welcome.

Mondays	1:30 to 3:30 pm
Ongoing	Free*
Whittaker Conservatory	

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. Members can bring up to 3 non-member guests on each tour.

Unless otherwise indicated, day tours include a private 24-seat bus for Brock House members and their guests with pick up and drop off at Brock House.



You can now book your tour for the **Spring** 2024. More details about these tours will be shared.

SKAGIT VALLEY TULIP

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 docs required*

Package includes:

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

BUTCHART GARDENS HIGH TEA

A beautiful, colourful garden with an interesting history and over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy an afternoon tea lunch. Don't forget to save time for the gift shop! Level: Easy

Additional \$36 ferry fee for 64 years and under

Package includes:

- Admission to Butchart Gardens
- Afternoon Tea lunch
- Sidney waterfront

Wednesday, April 17

\$129



Monday, May 20

\$169





Woodworking

Woodworking Group

To be eligible to join the Brock House Woodworking Group, you must have some previous woodworking experience and you must attend the orientation. If you have no woodworking experience, contact us to discuss your options. The orientation covers the shop itself, the tools and equipment, and the workshop rules. It takes up to three hours. Certain high-risk tools will require additional training. To arrange an orientation, contact us at bhwworkers@gmail.com. You can often find the woodworker volunteers in the shop on Monday and Thursday mornings.

Weekdays	8:30 am to 3:45 pm
Ongoing	Free*
Woodwork Shop	

Woodworking 101

An introductory class for novices to learn the fundamentals of woodworking and more advanced woodworkers to refresh their skills. It will introduce basic skills, project design, safety and techniques, as well as planning the steps for completing your project and achieving your project goals.

The class is organized around individual projects selected by each student. Students will be mentored and supervised by the instructors. When possible there has been three or four instructor mentors at each class.

The course includes a workshop orientation that will allow participants to work independently in the workshop by the time the course is completed.

The class will be limited to six participants. Woodwork does create dust so you must be able to tolerate wood dust. Registration required.

Contact Bill Ramey & Steve

Normanbhwworkers@gmail.com for more information.

WW101	1 to 3 pm
Tuesdays	\$175*/6 sessions
Jan 30 to Mar 5	Woodwork Shop

*The cost of the wood and materials for the selected project is not included in the course fee. Projects using pine boards should be less than \$30.00 but special woods could cost more.



Written Word

Book Club Friday

Limited to ten regular members. In the fall of each year, regular members nominate and vote on both fiction and non-fiction books for the Reading List for the following year. This book club is currently full, but you can put your name on the waiting list by contacting the coordinator, Donna Ornstein at dornstein@telus.net.

4th Friday of the month	1:15 to 3:15 pm
Ongoing	Free*
Games Room	

Book Club Thursday

This book club may be full, but you can put your name on the waiting list by contacting the Convenor, Tomina de Jong, at tominadj@shaw.ca.

2nd Thursday of the month	10:00 to 11:30 am
Ongoing	Free*
Games Room	

Guided Memoir

Why write your life stories? For the fun of re-visiting your past. For fresh insights into your life. For the way we connect when we share our stories. And because it might mean a lot to your kids and grandkids. Each week at home, you'll write on a theme designed to get you remembering and reflecting. When we meet, we'll hear and discuss each other's stories, and if there's time, do a writing exercise to get our ideas flowing. This friendly, encouraging program follows the approach developed by gerontologist James Birren at The University of Southern California. Registration priority will be given to those who attended last term. If program is full, email ahiggs@me.com to get on the waitlist. Openings do sometimes occur at the last minute. Limited to 7. **Instructor:** Arlene Higgs

WR401	1:30 to 3:30 pm
Wednesdays	\$65/6 sessions
Jan 17 to Feb 21	Games Room

Library

You're invited to use the Brock House Library regularly. Borrow books (so many to choose from!), look something up in our reference books, or read a newspaper or magazine. This is a comfortable space created just for Brock House Society members – enjoy it!

Weekdays	9:00 am to 3:30 pm
Ongoing	Free*
2nd floor	

Life Writing

The Life Writing group meets once a week to share short pieces of autobiographical writing on an assigned topic. We listen, comment, support and encourage each other. Many of us, after receiving feedback and rewriting, have combined all our weekly efforts into a book. This is a well-organized class that requires commitment. Limited to 9. If you're interested, contact the convenor, Margot, at tomarmar8@gmail.com before joining. Registration required.

Thursdays	10 am to noon
Jan 11 to Mar 7	Free*
Meyer Room	

Play Reading

Come to read and enjoy plays in a friendly and supportive atmosphere. English reading and speaking skills are required. No acting experience necessary. Contact Wendy at 604-324-0130.

Mondays	1 to 3 pm
Ongoing	Free*
Meyer Room	

Writers Circle

An opportunity for writers to meet, discuss and critique each others' work-in-progress. Contact the convenor, Jay Storey, at jastorey@shaw.ca for more info. Limited to 15. Drop-in.

Fridays	10 am to noon
Ongoing	Free*
Meyer Room	



Do you have any comments or program suggestions?

Please let us know at communications@brockhousesociety.com or write your comments below and return it to the suggestion box in the foyer.



**BROCK
HOUSE**
Society

Brock Bistro

Food services

(staffed by volunteers after 10 am)
are available for members
and up to 3 guests.

Coffee and Tea

9 am to 1 pm

(self service before 10 am, with
payment on the honour system)

Baked goods

10 am to 1 pm

**Hot meal, light fare,
sandwiches, and soup**

11 am to 1 pm

Volunteer

When you join Brock House Society, there's no better way of meeting people and making new friends than by getting involved. Also, we depend on the active participation of our members who volunteer in countless ways to strengthen our operations, diversify our programs and keep our operating costs low. If you are interested, please contact Joanna at joanna2662@gmail.com.

"... When my hubby died, I immediately joined Brock House because I needed to be around people and wanted to expand my mind. Thanks for helping me do that. The benefits are many..." -BHS Member

Special event bookings after 4:30 pm Monday to Friday and all-day on weekends are available through Peake Catering | Events at brockhouseevents.ca

BROCK HOUSE
events

PEAKE
CATERING | EVENTS



Exceptional West Coast Cuisine. Breathtaking Water Views

604-872-8431

www.brockhouseevents.ca

brockhouseevents@peakeofcatering.com



About Brock House

Who we are

Brock House Society (BHS) is a older adults activity centre serving Vancouver, BC., operating out of a sensational heritage building at Jericho Beach. We offer a variety of high-quality programs, events and activities to our members, including health & recreation, games, lectures, music, art, social events. Members also have access to our library, bistro, pottery kiln and woodworking shop.

Our Mission is to provide a variety of intellectual, creative, social, and recreational activities and programs for adults aged 55 and over in Greater Vancouver.

A Brief History

Philip Gilman purchased our beachfront property in 1906, moving into his newly constructed "dream home" in 1912. Bankruptcy looming, Philip sold in 1922 to Mildred Brock who named it "Brockholm". Tragically, she and her husband Reginald died in a plane crash in 1935, and Brockholm was sold to David and Emily Tait in 1938. After David died suddenly in 1952, Emily sold the property to the Federal Government for use by the RCMP, who renamed it Brock House. Vacated and boarded up in 1971, the house remained empty and a target of squatters and vandals until 1975, when the City of Vancouver purchased and transferred the property to the Vancouver Park Board, who awarded the property to the Brock House Society that same year.

Membership

Memberships are from January 1 to December 31 (calendar year). They are non-refundable, and are not prorated. For 2024, the membership fee is \$95.

There are four types of memberships:

- Annual
- Annual Under 55
- Annual Subsidized
- Life Membership

Please visit BrockHouseSociety.com for more details.