

Being a member at Brock House Society provides a place to build lasting friendships.

WHERE SENIORS STAY *Young.*

2018 WINTER PROGRAMS & EVENTS

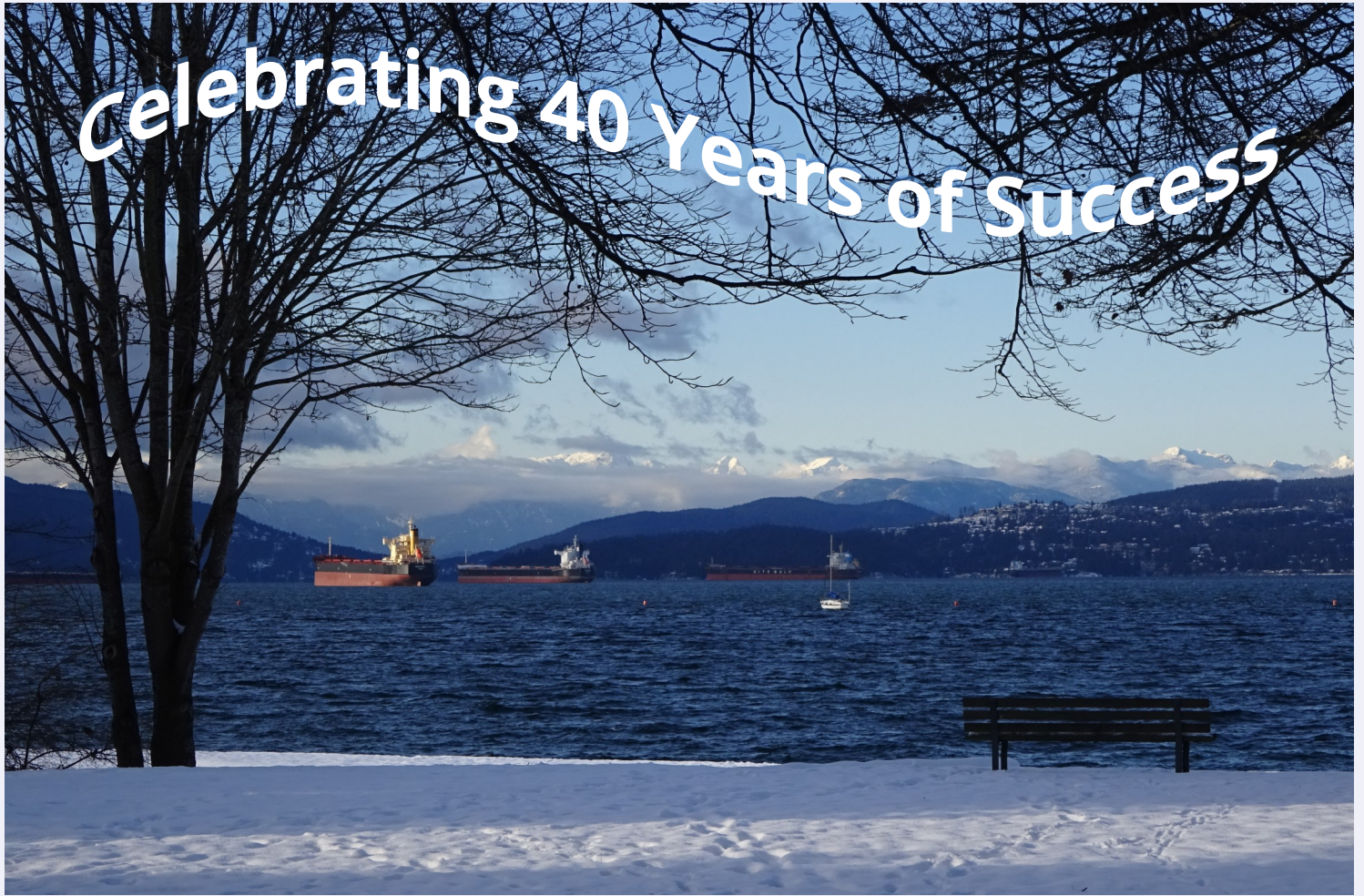


Photo of the view from the North Lawn - Courtesy Stan Hohnholz

**BROCK
HOUSE**
Society

We aim to encourage and enable seniors to live fuller lives.

REGISTER ONLINE



To register for our 2018 Winter programs go to www.brockhousesociety.com, visit or phone the office

*Under the Distinguished Patronage
of Her Honour, The Honourable*

*Judith Guichon, OBC, Lieutenant
Governor of British Columbia*

Officers of the Society

BevAnn Lister Dean, President
Peter Phillips, 1st Vice-President
Michael Le Bas,
2nd Vice-President
Keith Service, Treasurer
Stanley Hohnholz, Secretary

Directors

Glenys Acland, Programs
Patricia Brady, Socials
Brenda Clark, Performing Arts
Adrian Gatrill, Property
Management
Tom Henry, Planning &
Business Development
Michael Le Bas, Marketing
Peter Phillips, Members
Jo Pleshakov, Governance
Peter Scott, Volunteer Services
Laurie Wilmot,
Information Systems
John Coupar, Park Board
Commissioner

Administration

Sophie Djordjevic, Administrator

Staff

Vera Enshaw, Administrative Asst.
Lee Murray, Maintenance
Nebojsa Stajcic, Maintenance

Contact Us

Brock House Society
3875 Point Grey Road
Vancouver, BC V6R 1B3

Save the Date

"Celebrate 40 Years of Success"

June 6, 2018

Watch for details in the
Gallimaufry newsletter
and on the notice boards

“Celebrate 40 Years of Success”

On December 3, 1977

Brock House was officially opened

as a Senior's Activity Centre

Please join us in the Conservatory

for a celebratory cake, coffee & tea

Monday, December 4, 2017

10:00 a.m. - 2:00 p.m.

What's On:

Acting..... Page 6

Members of Brock House Society who enjoy exploring the art and techniques of acting.

Arts & Crafts Pages 6-7

Brock House Society offers weekly drop-in sessions in painting and needlecrafts, and seasonal instructor-led courses.

- Artists' Group
- Doodle Art
- Winter Drawing Techniques
- Winter Watercolour Exploration
- Musqueam Weaving & Storytelling
- Porcelain Painting
- Yarns & Needlecrafts

Brain ChallengersPage 7-8

It's a cryptic world

Bridge Page 8

There are lots of opportunities to play bridge at Brock House. Duplicate on Thursdays, Social Bridge on Fridays, lessons for those who feel the need for instruction. Plus there's space to have a casual game with friends.

- Absolute Beginners Bridge
- Advanced Bridge
- Duplicate Bridge
- Intermediate Bridge
- Social Bridge
- Supervised Bridge Play

ComputersPages 8-11

Brock House has a computer lab with 9 Windows computers. There is a weekly drop-in session on Monday afternoons year-round, as well as classes for both PC and Apple/Mac devices.

- Android Phones & Tablets Explored Parts 1 & 2
- Calendar
- Computer Drop-In
- Dashlane Password Manager
- Digital Photography Part 1 & 2
- Everything SIRI
- Facebook for Seniors
- Files & Folders & Drives Parts 1 & 2
- Introducing Windows 10 Parts 1 & 2
- Notes for iPad & iPhone
- Organize Your Email
- Podcasts & Radio
- Safari
- Settings
- Text Messaging

Fitness & Health Pages 11-13

There are two member-led walking groups and many fitness courses.

- Balance, Posture & Strength
- Chair Yoga
- Hikers
- Music Therapy
- Osteofit
- Pole Walkers
- Stretch & Strengthen Body & Mind
- Tai Chi
- Yoga
- Zumba Gold

Games Page 13

Billiards and Table Tennis tables are located in the basement. There are weekly drop-in sessions for other games including Chess, Mah Jong and Scrabble.

Intellectual Pursuits..... Pages 14-17

Brock House Society prides itself on the quality of moderated discussions and lectures. There are several to choose from each week.

- Albania
- Discussion Series
- Esther Birney Literature Series
- Historic Melodies
- Lecture Series
- Legendary Performers
- Lunch with TED
- Philosophy Reading & Discussion Group
- The Ethereal Harp
- Travel Series
- Wicked Women

Languages..... Pages 17-18

Refresh your skill in speaking our second language, or take on something entirely new and learn Spanish!

- French Conversation—Beginners, Intermediate, Advanced
- Spanish Conversation—Beginners, Intermediate

Movies Pages 20-21

Weekly movies are a staple at Brock House. Enjoy them in the company of other Brock House Society members and, if you like, a friend or two.

Music Programs Page 18

Brock House Society has a distinguished history of great music, from choral singing to hand bell ringing.

Big Band
Chamber Players
Choir (Brock House/Kerrisdale)
Handbells (Brock House/Kerrisdale)
Jazz Band
Orchestra
Sing-a-Long

Services for Seniors Pages 18 & 19

Presentations which highlight some of the issues seniors face as we transition through our retirement years.

Social Groups Page 19

An After Hours social group for like-minded members.

Special Events Pages 21 & 22

Once or twice per month there are special events for members and guests.

Chinese New Year Celebration
Helen Hansen in Concert
I Divi
Robbie Burns Celebration
St. Patrick's Day Social Event
Saturday Night Live Opera Buffet

Tours Page 22

Be a day tripper and enjoy stress-free trips with other Brock House Society members and friends.

Audain Art Museum
Pacific Opera Victoria *for* La Bohème
Northwest Flower & Garden Show

BROCK HOUSE CLOSURES

Brock House Society will be closed on the following days:

Monday, December 25, Tuesday, December 26,
Monday, January 1
Monday, February 12

The cafeteria will be closed

December 18 to January 5, re-opening January 8

Coffee, tea and cookies will be available

Written Word Page 20

Book Club
Library
Lifewriting
Playreading
Reading Jam
Write from the Heart
Writers' Circle

Workshop Page 20

The woodwork shop is located on the east side of the grounds. Participating members are able to take advantage of tools and equipment to create items for themselves and for Brock House Society.

How to Register Online

Note: To register for our unique programs or social activities, you must first join Brock House Society.

The steps to register for a program or event online are:

1. Log on to www.brockhousesociety.com
2. Click on *What's On When*
3. Click on *View Schedule/Register*
4. Choose the program, tour or social event you wish to register for by using the month, week or day schedule option
5. Click on the event
6. Click in the View button and then follow the instruction.



Note: if in doubt, click the question mark on the floating widget.

Registering for No Charge Classes

There is often confusion about registering for classes that have no cost associated with them. Absolute Beginner's Bridge, Supervised Play and Spanish Conversation are just a few of the programs offered at Brock House that are free, but require registration. *If you are required to register for your class, it will be noted in the course description.* Please follow the registration steps above.

REGISTRATION INFORMATION & POLICIES

PLEASE NOTE the CANCELLATION POLICY:

How to Register

There are 3 easy ways to register:

- ♦ **Online:** Go to www.brockhousesociety.com
See page 5 for complete instructions
- ♦ **In Person:** Visit the Society office and a volunteer will help you
- ♦ **By Phone:** Call the Society office at 604-228-1461

You MUST have a 2018 membership to register for classes and events

You may register for one other member only.

WHEN TO REGISTER

Registration FOR ALL CLASSES will begin at 9:00 a.m. on **Wednesday, January 3.**

Fees for classes and events include GST.

We understand that sometimes it is necessary to withdraw from a course or activity. Please read the cancellation policy carefully prior to registering for classes or activities.

CANCELLATION POLICY

A **\$10.00 processing fee** will be charged when you withdraw from any course or activity.

There will be **no refunds** for cancellations made three business days prior to the beginning of a course or activity or as otherwise noted. There will be **no refunds** for cancellations made five business days prior to the date of any tours, unless otherwise noted.

REFUNDS FOR CANCELLATION OF CLASSES or ACTIVITIES

Classes which do not meet the minimum enrolment requirement by the designated deadline will be cancelled and the fee will be refunded. Cancellation fees do not apply in this case.

If you are unable to attend a session of a class you are registered in, you cannot make it up by attending another class on a different day.

DROP-IN POLICY

You must confirm space availability with the instructor prior to drop-in. Drop-in fee for ALL classes is **\$15.00** and must be paid prior to attending.

ACTING

ACTING 101—BROCK HOUSE PLAYERS

Director: Eva Lister

Tues. 10:00-12:00

Meyer Room

Members of the Players plan to meet most Tuesday mornings at 10 am in the Meyer Room to explore the technique and practice of acting and performance. Under the direction of Eva Lister, they will learn stage etiquette, and how to move on stage, among other things. For the time being, they will not be staging any plays, however this may change in the future. Please come and see if you are interested.

ARTS & CRAFTS

ARTISTS' GROUP

Fri. 9:00-12:30

Convenor: Gillian Olson

Art Room

All welcome to visit and participate in any medium. No teacher, but advice, encouragement and friendship for beginners and the experienced.

DOODLE ART

Thurs. Feb. 15-Mar. 22

Convenor: Joan Ellis

9:30-11:30

Art Room

No charge

Have fun designing and colouring your own "Doodle Art". Bring a sketch book, a black permanent marker, a few pencil crayons and your imagination to this drop in class. We will start with several simple, inspiring projects that create exciting results.

Pre-registration required.

AR101 Winter Drawing Techniques - Frosted Patterns + Shadowed Forms

Wed. Jan. 17-Mar. 7

Instructor: Jennifer Fenske

1:00-3:00

Art Room

\$100/8 weeks

Winter inspires us with its sharp contrasts and deep shadows! Draw inspiration from the season - its stark forms, frost covered flora and low angle light. Understand the basics of colour - primary, secondary, intermediate and complimentary - and why warm colours advance and cool colours recede. Advance your own personal style through developing a fluency with natural and linear perspective - one, two and three point - while exploring a range of techniques for creating form, depth, texture and tonal value. The creative process of Zentangle doodle pattern design will be explored. A few simple

rules can open the door to creating more expressive compositions.

All levels welcome. Students are encouraged to provide their own subject materials or photographs to be used for their compositions. With guidance from the instructor, these individual projects will be developed into finished compositions during class, enabling students to draw subjects that inspire them. A detailed supply list will be provided with your receipt upon registering for the class. Please come prepared to the first class with all of your supplies to start drawing!

AR102 Winter Watercolour - Frosted Patterns and Dappled Forms Mon. Jan. 15-Mar. 12
Instructor: Jennifer Fenske 9:30-11:30
Art Room \$100/8 weeks

Capture the essence of Winter in watercolour with its stark forms, frost covered flora and low angle light. Breathe new life into your composition through expressing unique patterns, textures and hues with basic watercolour techniques and painting mixes. Learn the role of colour and value as key components of the layering process to achieve paintings that glow with a broad range of colours, light and depth. The creative process of Zentangle doodle pattern design will be explored. Students can work from photographs or still life.

All levels welcome. Students are encouraged to provide their own subject materials or photographs to be used for their compositions. With guidance from the instructor, these individual projects will be developed into finished compositions during class, enabling students to draw subjects that inspire them. A detailed supply list will be provided with your receipt upon registering for the class. Please come prepared to the first class with all of your supplies to start painting!

AR103 MUSQUEAM WEAVING & STORYTELLING Tues. Jan. 23-Mar. 13
Instructor: Debra Sparrow 1:00-3:00
Begg Room \$110/8 weeks

Take part in a very special class with Debra Sparrow, a Musqueam weaver, artist and knowledge keeper. Using the unique Musqueam loom you will be instructed in the technique of Salish weaving, while Ms. Sparrow shares stories. It is Debra's hope to educate others about the beauty and integrity of her people's history through her art.

Debra is an acclaimed weaver who has been weaving for twenty years and is deeply involved with the revival of Musqueam weaving. Her Musqueam blankets are displayed at the Vancouver Airport, and at UBC. She is active in a program at

the Museum of Anthropology designed to teach grade four children about Musqueam culture and history. She helped with the design of the Queen of the Night costume in the Vancouver Opera production of The Magic Flute. We consider ourselves very fortunate to be able to offer this class to Brock House Society members.

The cost of the loom is included in the class fee. Please bring the yarn you wish to work with to class. The instructor does not supply materials.

PORCELAIN PAINTING Wed. 10:00-Noon
Convenor: Merva Cottle Art Room

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. When possible, we schedule a visit from a professional artist/instructor. Come and enjoy a lovely art form with experienced peers!

YARNS & NEEDLECRAFTS Mon. 9:30-11:30
Convenors: Meyer Room
Dorothy Simons, Carol Jackson

Members of this group knit, sew and crochet hand-crafted projects to sell at the Brock House Summer and Christmas Fairs. We welcome new members of all experience levels - including novices - who weave, quilt, embroider, or do any type of needle crafts to join the group.

BRAIN CHALLENGERS

CRYPTIC CROSSWORDS for BEGINNERS (Really)
Instructor: Maggie Sherlock Thurs. 9:30-11:00
Games Room Feb. 1-Mar. 22

"These puzzles are for super smart people only": true or false? Join us for the first class to find out how cryptic crosswords work. Count yourself in for the entire course to enjoy the satisfaction of finding out that you too can learn to do them. It is a chance to be stimulated and to have fun. This introductory course is designed to teach people who have no previous experience in solving cryptic crossword puzzles. People with experience are welcome to join us. **Please register online or through the office.**

Learning materials are provided but having a three-ringed binder is recommended. If you wish to drop in on the first class to see if this is your cup of tea please let the office staff know that is your intention.

CRYPTIC CROSSWORDS GROUP Wed. 10:30-noon
Convenor: Maggie Sherlock

This activity is for those who know how to solve cryptic clues and enjoy doing so with others. Meeting place is in the Conservatory by the door to the sunroom (west end).

BRIDGE**ABSOLUTE BEGINNERS Mon. Jan. 15-Mar. 19**
Instructor: Glenda Affleck 12:00-2:00
Begg Room

This class is for people who have never played bridge before. We will cover opening and responding to bids of 1 no trump and 1 of a suit. (No overcalls, doubles or competitive bidding.) The Stayman convention will be introduced, although there may be no time to practice. There will be practice hands after each lesson so you can practice what you have learned. Required for this class: "Bidding in the 21st Century", available online at amazon.ca or chapters.ca.
Pre-registration required.

BR101 ADVANCED BRIDGE Tues. Jan. 16-Mar. 20
Instructor: Barry Yamanouchi \$90/9 weeks
Art Room 12:30-2:30
(no class March 6)

This course is designed to teach some basic tools to bid in a more competitive game that typically occurs in duplicate bridge. This will include takeout doubles, cue bid raises, balancing and sacrificing. Classes will involve a lesson followed by supervised play on lesson hands. Social bridge players will also benefit from this class, though a knowledge of the basics of bridge will be expected of the players.

BR102 INTERMEDIATE BRIDGE Tues. Jan. 16-Mar. 20
Instructor: Barry Yamanouchi \$90/9 weeks
Art Room 10:00-noon
(no class March 6)

These lessons are aimed at players who know the basics of bridge and now are looking to add a few conventions and new techniques to their game. The bidding section will cover some of the basic conventions of bridge such as takeout doubles, negative doubles and pre-empts, among other similar conventions. The declarer play section will cover several types of finesses and various methods of developing tricks. On defense, we will

look at the various guidelines such as "second hand low" and "third hand high" with an emphasis on understanding the principles behind these sayings. A large portion of each lesson will be devoted to supervised play.

BRIDGE TOUR to HARRISON HOT SPRINGS

We are once again getting ready to prepare for another successful Brock House **Harrison Hot Springs Bridge Tournament**. The dates for 2018 are **April 17, 18 and 19**. We were completely booked within a few days for the 2017 tour, so please put a reminder to check off these dates on your 2018 calendar. We will be providing more detailed information early in the new year.

DUPLICATE Thurs. 12:15-3:30
Convenors: Begg, Art & Games Rooms
Margaretta Shirkoff, Sue Girling \$1/Session
Sign-up available from 10:45. No seating after 12:00. Maximum number of tables will be seventeen (17).
It is necessary to come with a partner. On-going unless otherwise advised.**SOCIAL Fri. 12:30-3:30**
Convenor: Mary Bliss Begg Room
"Unserious bridge" - singles welcome. On-going unless otherwise advised.**SUPERVISED PLAY Mon. Jan. 15-Mar. 19**
Instructor: Glenda Affleck 2:05-3:35
Begg Room

Beginners 2: Play of the hand and bidding review. We will attempt to have at least four constructed deals and hopefully more. The target will be to introduce transfer bids by the end of the nine weeks. Students should attempt to purchase and bring to class any "Play of the Hand" book. **Pre-registration required.**

COMPUTERS**COMPUTER DROP-IN Mon. 1:00-3:00**
Convenors: Computer Room
John Dent, David Harding, Brian Luchak

These sessions are available for any member who wants assistance in using computers or needs help with certain programs. You must know how to use computers. Members can use the computers on their own or with help when needed. Volunteers will discuss problems and offer advice on computer topics as required. The lab has laptop computers with Windows 10 operating system and high speed Internet access. We can also help you with your tablets.

COMPUTER CLASSES - PC & ANDROID**CP101 FILES & FOLDERS & DRIVES (Oh My!)****Wed. Jan. 17
9:30-12:30****Instructor: Alan Zisman
Computer Room****\$50/3 hours**

This class is an introduction to organizing files on your personal computer (laptop or desktop) - saving files, naming files, organizing them, and backing them up - and being able to find them when you need them. It is primarily - but not entirely - focused on Windows computers; feel free to bring your laptop to this workshop. The techniques taught in this class are not applicable to iPads, iPhones or to email. A handout and webpage will include all notes from this class.

CP102 FILES & FOLDERS & DRIVES Part 2**Wed. Jan. 24
9:30-12:30****Instructor: Alan Zisman
Computer Room****\$50/3 hours**

Take your file management to a higher level - practice find a folder structure that reflects your needs and activities and see how to organize your computer so that it can be easy to find your saved documents, photos, and more - and easier to work with in the future. It is primarily - but not entirely - focused on Windows computers; feel free to bring your laptop to this workshop. Note however, the techniques taught in this class are not applicable to iPads and iPhones or to email. A handout and webpage will include all notes from this class.

CP103 INTRODUCING WINDOWS 10 Wed. Jan. 31**9:30-12:30****Instructor: Alan Zisman
Computer Room****\$50/3 hours**

If you buy a new computer it probably has Windows 10 on it, and if you're running Windows 7 or Windows 8, you've probably been deluged with messages urging you to move to Windows 10. Learn how the new version of Windows is different from - and the same as - previous versions, how to find what you need and how to get what you want done. Feel free to bring your Windows laptop along to this workshop. A handout and webpage will include all notes from this class.

CP104 INTRODUCING WINDOWS 10 Part 2**Wed. Feb. 7
9:30-12:30****Instructor: Alan Zisman
Computer Room****\$50/3 hours**

Learn how to make your Windows 10 computer better meet your needs - from customizing the colours and desktop wallpaper to exploring the new

Windows Preferences. Learn how to get and install apps and programs and how to protect yourself from malware. Feel free to bring your Windows laptop along to this workshop. A handout and webpage will include all notes from this class.

CP105 ANDROID PHONES AND TABLETS EXPLORED**Instructor: Alan Zisman****Wed. Feb. 14****Computer Room****9:30-12:30****\$50/3 hours**

In this class you will get more comfortable with your Android phone, learning to explore it's look and feel to discover 'hidden' options and settings. You will also learn how to shop for a new phone and transfer your apps, settings and photos to it, and how to adjust your smartphone to use less battery power and less data consumption. Feel free to bring your phone or tablet to this class. (Note: Apple's iPhone and iPad do not use Android and won't be covered in this class.) A handout and webpage will include all notes from this class.

CP106 ANDROID PHONES AND TABLETS Part 2**Instructor: Alan Zisman****Wed. Feb. 21****Computer Room****9:30-12:30****\$50/3 hours**

Learn to customize your Android phone - explore the Android settings, learn to customize the Home Screen and Lock Screen. Discover how to find and install apps and explore some commonly-used Google apps including Gmail, Google Maps, Google Translate and more. You will also get tips on traveling with a smartphone, including avoiding high charges for travel outside BC. Feel free to bring your phone or tablet to this class. (Note: Apple's iPhone and iPad do not use Android and won't be covered in this class.) A handout and webpage will include all notes from this class.

CP107 DIGITAL PHOTOGRAPHY PART 1**Working with your camera****Wed. Feb. 28****Instructor: Alan Zisman****9:30-12:30****Computer Room****\$50/3 hours**

This introductory class aims at helping you take better photos, whether you use your smartphone's camera, a 'point and shoot' pocket-sized digital camera, or a larger digital-SLR. Learn basic photography terms and what they mean and the parts, buttons, and settings on your camera. Learn to navigate the settings of your camera's menus. Learn to set your focus, flash, to take advantage of the lighting at different times of day and the basics of composition to take better pictures. (This is a stand-alone class).

CP108 DIGITAL PHOTOGRAPHY PART 2

You've taken your pictures - Now What?

Instructor: Alan Zisman

Computer Room

Wed. Mar. 7

9:30-12:30

\$50/3 hours

This class aims at helping you organize and work with your digital photos. Learn how to get photos from your camera, smartphone, or tablet onto your computer (Windows or Mac), how to use basic photo album software (iPhoto or Photos on a Mac, Picassa or Windows 10 Photos on Windows) to organize your photos into albums. We'll look at the basic tools built into these programs to rotate and crop photos, fix red-eye and more common errors. Learn some strategies for backing up your photos and for storing and backing up photos 'in the cloud' (online). We will also look at sharing photos using email and services like Facebook. (This is a stand-alone class)

CP109 FACEBOOK FOR SENIORS

Instructor: Alan Zisman

Computer Room

Wed. Mar. 14

9:30-12:30

\$50/3 hours

Come and find out what Facebook is and how it works. You will learn how to create a free account, how to use the safety, security, and privacy settings, how to share your posts only with people who want to see them, how to send private messages and how to create and maintain a free page for groups you may be active with. Feel free to bring your laptop, tablet or smartphone to this workshop.

COMPUTER CLASSES APPLE/MAC

CP110 SAFARI

Instructor: Andrea MacDonald

Meyer Room

Wed. Jan. 17

12:30-3:30

\$50/3 hours

Become a Safari power user! In this class we will learn how to create and file bookmarks, how to use the Bookmarks Bar, the Reading View, Reading List, when and how to use Private Browsing, how to manage tabs, deal with cookies, and more. We will also take a look at Safari alternatives for even more privacy online.

CP111 TEXT MESSAGING

Instructor: Andrea MacDonald

Meyer Room

Wed. Jan. 24

12:30-3:30

\$50/3 hours

If you love to text or just want to join in on all the fun, this class is for you. We begin with texting basics and then get creative with emoji, special effects, sending photos, videos, animated GIFs and audio recordings, using handwriting, adding bubble comments and more. **This class is for iPad, iPod Touch, and iPhone only. Please bring your charged device.**

CP112 CALENDAR

Instructor: Andrea MacDonald

Meyer Room

Wed. Jan. 31

12:30-3:30

\$50/3 hours

Are you having trouble managing your social events, volunteering, and family obligations? Are you stressed out and late for or even forgetting appointments? If you live and die by the calendar then this class is for you! After going over the basics we will learn how to manage schedules using colour coding, deal with recurrent events, birthdays, set alarms, get directions to appointments, invite others to events, demystify mismatched calendars and more. **iPad and iPhone only. iOS 11. Bring your charged device.**

CP113 SETTINGS

Instructor: Andrea MacDonald

Meyer Room

Wed. Feb. 7

12:30-3:30

\$50/3 hours

Have you ever wondered what all the things in the Settings area are for? I rarely teach this class but here we go! We'll start at the top and work our way through as much of the list as we can get to in the time we have. We may not make it through all of it (we didn't last time) but I'll answer as many of your questions as possible. **iPad and iPhone. iOS 11. Bring your charged device.**

CP114 PODCASTS & RADIO

Instructor: Andrea MacDonald

Meyer Room

Wed. Feb. 14

12:30-3:30

\$50/3 hours

In this class you will learn how to subscribe to audio and/or video podcasts (programs on demand) from all over the world. There are many shows from CBC and other radio sources - with podcasts you will never miss an episode. You will also learn how to find internet radio from anywhere. Get the news from home when home isn't where you are. All FREE and perfectly legal. This class is for iPhone, iPad, & iPod Touch users. **Bring your charged device and your Apple ID & Password.** A set of headphones is very helpful!

CP115 EVERYTHING SIRI

Instructor: Andrea MacDonald

Meyer Room

Wed. Feb. 21

12:30-3:30

\$50/3 hours

Siri is a fantastic tool for getting things done on your device. From dialling your phone, to searching Google, to even reading and writing your text messages for you, Siri is indispensable. In this class we will delve deeply into how Siri can make your experience with your device easier and more fun with her huge list of concierge services. We will also learn how to dictate rather than type anywhere on your device. This class is for iPad/iPhone/iPod Touch with Siri. If you are unsure if you have Siri, please contact the instructor prior to class.

CP116 NOTES FOR IPAD and IPHONE Wed. Feb. 28
Instructor: Andrea MacDonald 12:30-3:30
Meyer Room \$50/3 hours

Notes is the built-in memo taking app for your device. Learn how to create notes, format text, file notes in folders, add photos, links, videos and maps, and share your notes with others. We'll also review the sketching tools and learn how to add tables. **This class is for iPad and iPhone users. iOS 11. Please bring your charged device.**

CP117 DASHLANE PASSWORD MANAGER
Instructor: Andrea MacDonald Wed. Mar. 7
Meyer Room 12:30-3:30
 \$50/3 hours

You don't need to remember your passwords any more. That paradigm has changed. In this class you learn to use Dashlane, a free password vault for all devices. Using Dashlane means you only ever need to remember one password; the software will take care of the rest, including filling out forms, logging you in, and even saving credit card info and receipts for online purchases. This class is for all devices. **Please install Dashlane on your charged device prior to class or contact the instructor for assistance.**

CP118 ORGANIZE YOUR EMAIL Wed. Mar. 14
Instructor: Andrea MacDonald 12:30-3:30
Meyer Room \$50/3 hours

Email is the most popular form of communication today. We begin by reviewing the basics and then move on to advanced skills like: sending photos and attachments, saving photos and documents you have received, creating folders to sort and store mail, using signatures, saving contact information, receiving notifications and more. **Please bring your charged device.**

FITNESS & HEALTH

FITNESS CLASSES

BALANCE, POSTURE & STRENGTH

Activity Room

Instructors provided by Love Your Age Fitness Inc.

This is a moderate/mid-level 60 minute class. Class begins with a low-impact cardiovascular segment, followed by exercises to improve balance, strength, posture, and body alignment, and ending with stretching. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more.

FH101 Mon. Jan. 15-Mar. 19
 8:30-9:30 \$90/9 weeks

FH102 Wed. Jan. 17-Mar. 21
 8:30-9:30 \$100/10 weeks

OSTEOFIT

Halpern Room

Instructors provided by Love Your Age Fitness Inc.

Osteofit is designed and run by BC Women's Hospital for individuals with osteoporosis, low bone density or who are at risk of falls and fractures. This is a mild level exercise class suitable for new exercisers or those returning from illness or injury. Participants should attend twice per week as recommended by Osteofit BC.

FH103 Tues. Jan. 16-Mar. 20
 1:30-2:30 \$100/10 weeks

FH104 Fri. Jan. 19-Mar. 23
 1:30-2:30 \$100/10 weeks

STRETCH & STRENGTHEN BODY & MIND

Activity Room

Instructors provided by Love Your Age Fitness Inc

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. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more.

FH105 Mon. Jan. 15-Mar. 19
 9:35-10:50 \$112/9 weeks

FH106 Wed. Jan. 17-Mar. 21
 9:35-10:50 \$125/10 weeks

FH107 CHAIR YOGA Tues. Jan. 16-Mar. 20
 Begg Room \$80/10 weeks

Instructor: Annette Wertman 11:30-12:30

Yoga with a chair is for students of all ages and abilities who find traditional yoga uncomfortable for various reasons. The chair sometimes replaces the mat and sometimes is used as a prop. This allows for greater accessibility and stability. Yoga with a chair increases your strength, balance, concentration and flexibility; encompasses all aspects of an individual: physical, emotional, mental and spiritual. Come and explore the benefits of yoga with a chair in a safe and fun environment.

HIKERS **Sat. Out of House**
Convenors: Margit Arthur, 604-224-6627
Jane McDonald, 604-264-1250

Any member of Brock House Society who is used to hiking is welcome to join our group. Please phone the coordinators 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.

Carpools. *All hikes leave at 9:00 a.m. sharp unless otherwise noted. The meeting place is on Larch Street between 10th & 12th Avenues. Please arrive 15 minutes early to arrange carpools.*

- Jan. 6 Everett Crowley & Fraser Foreshore,
Jane, 264-1250
- Jan. 13 La Farge Lake, Coquitlam, *Cathie, 683-1083*
- Jan. 20 Wreck Beach, *Chon, 263-2316*
- Jan. 27 Deer Lake, *John H., 421-4046*
- Feb. 3 Jug Island, *Jane, 264-1250*
- Feb. 10 Twin Canyons, *Margit, 224-6627*
- Feb. 17 Sasamat/Belcarra Crossover,
Charles, 224-6627
- Feb. 14 Madrona/Whytecliff, *Dorothy, 736-2327*
- Mar. 3 Hastings Lynn Loop, *Katie, 738-8189*
- Mar. 10 Pitt Lake Wildlife Area, *Joanne, 433-1044*
- Mar. 17 Colony Farm to Mundy Lake,
Margit, 224-6627
- Mar. 24 Old Buck Trail to Quarry Rock,
Jan H., 224-5145
- Mar. 31 Campbell Valley, *Dorothy, 736-2327*

FH108 Music Therapy **Mon. Jan. 15-Mar. 19**
Halpern Room **\$135/9 weeks**
Instructor: Megan Goudreau **8:30-10:00**

Music Therapy is the skillful use of musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health.

This course is funded by the Government of Canada New Horizons for Seniors Program

Jan. 15 Introduction to Music Therapy: This introduction to Music Therapy will provide the foundation for upcoming weeks and allow participants a better understanding of this fascinating practice. Group members will have a chance to share and get to know each other. The 9 weeks will be explained.

Jan. 22 & 29th Rhythm and Drums: Research has shown that drumming and the use of rhythm instruments can deliver numerous health benefits, including: pain reduction, anxiety and stress reduction, and an increase in the immune system. Over two weeks we will explore and play a variety of rhythm instruments and experience these benefits.

Feb. 5 Significant Lyrics: The music we listen to and enjoy touches us on many levels. This week we will discover some of this for ourselves. Some questions we will ask ourselves are: Why does a song speak to us and touch our hearts? How can we use music to help us through our own journey?

Feb. 19 Bells: Tone Chimes are a unique set of instruments that have a wide variety of capabilities. We will explore ways of playing them and the enjoyment they bring. Fitness and fun are two of the many benefits. You will be amazed at the group's ability to create beautiful music.

Feb. 26 Memory and Music: Music activates the limbic structures deep in the brain also responsible for emotion and memory. This week we will look at music's effect on us with regards to memory and emotional health. You will be surprised at how much is held in your memory even from moments long past.

Mar. 5 Sound Healing and Singing Bowls: The use of sound and vibration in therapy can have profound effects on the participant. This week we will use a variety of instruments and techniques to reduce anxiety and increase relaxation.

Mar. 12 Making Music: Group members will explore a variety of instruments and actively create songs together. Time will be given for discussion. Literature will be provided to support the experience.

Mar. 19 Members' Choice and wrap up: In this final session the group members are in charge. This will be a time for pure enjoyment and sharing on the past 9 weeks.

POLE WALKERS **Wed. Out of House**
Convenor: Mona Kriss

The group meets outside the front entrance of Brock House to walk for an hour. The walk begins at 10:00, and you should be back at Brock House by 11:00. For more information you may contact the convenor at mjkriss78@gmail.com.

TAI CHI All classes 8:45-9:45
Instructor: Kelly Maclean Conservatory

FH109 24 Form for Beginners \$100/10 weeks
Wed. Jan. 17-Mar. 21

Tai Chi is a gentle form of exercise, a martial art, and a moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, co-ordination and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes it an excellent exercise for the mind as well! New beginners are welcome to join this class - you will be able catch up to the group easily.

FH110 24 Form Part 2 \$100/10 weeks
Tues. Jan. 16-Mar. 20

In this course we will get into the second half of the form.

FH111 24 Form, Mirror Image \$90/9 weeks
& 48 Form Part 1 Mon. Jan. 15-Mar. 19

In this course, we will review both sides of the 24 Form, and will start from the beginning of the 48 Form. We will be able to progress through the first part of the form, as we get everyone onto the same page.

FH112 24 & 48 Form Review \$100/10 weeks
Thurs. Jan. 18-Mar. 22

In this class, we will continue to work on the last portion of the 48 Form. We will probably finish mapping out the choreography of the last section! 24 Form is still included as part of our warm-up. This course is not suitable for newcomers, unless they have prior experience with the 48 Form.

YOGA Begg Room

Instructor: Tai Whyte

This seniors' yoga program includes full modifications for almost any pose: gentle, basic-level instruction tailored to meet each person's needs. Props are used when necessary: chairs, wall, yoga straps, blocks, etc. The instructor does not provide any equipment - please bring your own yoga mat to participate in this program.

Tues. Jan. 16-Mar. 20

FH113 - \$135/10 weeks (90 minutes) 8:30-10:00

FH114 - \$95/10 weeks 10:15-11:15

Thurs. Jan. 18-Mar. 22

FH115 - \$95/10 weeks 9:30-10:30

Fri. Jan. 19-Mar. 23

FH116 - \$95/10 weeks 9:00-10:00

FH117 - \$95/10 weeks 10:15-11:15

ZUMBA for SENIORS Activity Room

Instructor: Shadia Serrano

Zumba Gold® is perfect for active older adults who are looking for a lower-intensity work-out. 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.

Tues. Jan. 16-Mar. 20

FH118 - \$85/10 weeks 9:15-10:15

Fri. Jan. 19-Mar. 23

FH119 - \$85/10 weeks 9:30-10:30

INDOOR GAMES

BILLIARDS Mon.-Fri. 10:00-3:30
Key in office. Billiards Room

CHESSE Tues. & Thurs. 1:00-3:00
Convenors: Meyer Room

A. Ramirez, R. Wooldridge

All levels of play including beginners. We have some chess sets, but if you want you can bring one along. Come in and join us. Brock House ladies welcome.

MAH JONG Wed. 12:15-3:30
Convenor: Maribeth Ruckman Games Room
\$1/Session

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

SCRABBLE Thurs. 1:00-3:00
Drop In Conservatory

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 is a sign-up list in the office so that you can arrange a play date. There are several Scrabble sets in the office games cupboard - even one in French.

TABLE TENNIS Mon. & Wed. 12:30-3:30
Convenors: Fri. 9:45-12:45

Doug Smith, Keith Bramwell Activity Room

Come and join other members for a fun game of table tennis! Although it is generally thought of as a leisure activity, table tennis actually has many health and wellness benefits. Individuals who play table tennis regularly can expect improved reflexes and hand-eye coordination while strengthening the muscles of the arms, back and abdomen.

INTELLECTUAL PURSUITS

IS101 Albania Thurs. Feb. 8-Mar. 22
Instructor: Stan Markotich \$100/6 weeks
Halpern Room 12:30-2:30
(no class March 15)

Albania remains *terra incognita* to most people, evoking a state trapped in time and a totalitarian regime that keeps its population in ignorance. In reality, Albania is a diverse country with a dynamic history. The communist revolution that took root in 1944 did produce a socialist regime that withdrew from international affairs; however, fundamental change since then has nurtured a social evolution, and an inward-looking, largely rural population has given way to an urbane, cosmopolitan society. We will trace how the socialist revolution replaced the political power of Albania's northern elites with the authoritarianism of the south, and why Enver Hoxha (1908-1985) ultimately opted for isolationism. We'll also explore Albania's 1960s "economic miracle" and how, since that time, the country's artists and diaspora have impacted world culture.

Week 1: The Origins of the Post-War State: We explore the origins of Albanian nationalism and the rise of the communist movement, looking at Albania from the time of the Socialist Revolution to 1950.

Week 2: Hoxha Controls the State: We see how Enver Hoxha consolidated power, with the socialists eliminating all opposition and launching their first five-year plan in 1951. We also learn how Albania sought to protect its state interests within the community of socialist nations.

Week 3: Economics and Culture: We examine Albania's rapid economic development in the 1960s. This lessened the consequences of isolationism, and paved the way for revolutions in society, culture and the arts.

Week 4: The Decline and Disappearance of the Authoritarian State: Between 1970 and the time of Hoxha's death in 1985, the power and authority of the state slowly but surely declined. Hoxha passed away in 1985, before the authoritarian state's ultimate demise. We explore how, after Hoxha's departure, the forces of disintegration intensified.

Week 5: The 1990s and Albania in the Wild West: Over the past 25 years, freedom and democracy have brought opportunities and crises in abundance. In the 1990s, investment opportunities gave way to predatory capitalism, producing and triggering mass social violence that culminated in the Albanian Revolution of 1997. Since then, Albania has

produced one of the greatest (per capita) diaspora movements in the latter part of the 20th century. We learn about how political parties have attempted to forge a lasting political stability, but undercurrents of unrest and tension remain.

Week 6: Nationalism and Foreign Affairs: We see how Albania continues to wrestle with foreign relations and realities. Regional tensions and neighbouring states with large, or even dominant, ethnic Albanian populations put regional peace in question. We also examine the special status of Kosovo.

DISCUSSION SERIES

Convenor: Ingrid Hanslo

Wed. 10:00-11:30

Meyer Room

Come and join the Brock House Discussion Group. New members are welcome. Members suggest topics that are often first introduced by a presenter and then opened to all for discussion. The discussions are thought-provoking, stimulating, educational, challenging and fun! *No charge*

- Jan. 10 What can be done with the 8 billion tons of plastic in the landfills?
- Jan. 17 Can we link individual extreme weather events to climate change?
- Jan. 24 HOT TOPIC
- Jan. 31 What are the reasons for the economic and social success of the Scandinavian countries?
- Feb. 7 Does Canada owe anything to First Nations living in the Canadian North and Territories?
- Feb. 14 Is the world running out of fresh water?
- Feb. 21 Does longevity depend on genetics or the environment?
- Feb. 28 HOT TOPIC
- Mar. 7 What does Respecting Religious Freedom mean?
- Mar. 14 Can the UN be reformed, and made more relevant?
- Mar. 21 The most successful medical systems in Europe amalgamate public and private health systems. Should Canada do the same?
- Mar. 28 Is it reasonable to expect 100% renewable energy?

ESTHER BIRNEY LITERATURE SERIES

"STORIES SO BIG THEY NEED TO BE SUNG"

Halpern Room

Thurs. 10:30-11:15

Convenor: Glenys Acland

Q&A 11:30

For more than 400 years, opera has been one of the most popular performing arts. Geniuses - Monteverdi, Mozart, Verdi, Wagner, and Puccini - produced some of the landmark artistic achievements of all time in this form. With Professor Robert

Greenberg to show you how, you can learn to understand, appreciate - even to love - opera in just 24 hours of lectures that are a pleasure to hear.

We are pleased to offer this continuation of the Great Courses Lectures "How to Listen to and Understand Opera" that was begun in the summer 2017 program. Each lecture is 45 minutes in length and will be followed by discussion.

Feb. 1: The rise of Opera Buffa: Mozart's 'The Marriage of Figaro' Part 1

Feb. 8: The rise of Opera Buffa: Mozart's 'The Marriage of Figaro' Part 2

Feb. 15: The rise of Opera Buffa: Mozart's 'The Marriage of Figaro' Part 3

Mar. 1: The rise of Opera Buffa: Mozart's 'The Marriage of Figaro' Part 4

Mar. 8: The Bel Canto style: Rossini's 'The Barber of Seville' Part 1

Mar. 15: The Bel Canto style: Rossini's 'The Barber of Seville' Part 2

IS102 HISTORIC MELODIES \$80/4 weeks

Instructors: Howard Meadows

Donna Cullis

Fri. Mar. 2-Mar. 23

Halpern Room

11:00-12:15

Memorable Musical Masterpieces of Popular Music: 1890-1929

Gems! Can you name songs from the 1890's? The 1900's etc.? Much popular music has surprisingly long histories and astonishing staying power. Donna Cullis (piano) and Howard Meadows (clarinet, woodwinds) present a four-performance series linking styles of lyrics, harmony and melody with the rich and often tumultuous times in which these selections were composed, embraced by millions. Share sad times and happy times through chats and enthusiastic performances. You are invited to engage, in fact, to re-engage!

Mar 2: 1890's

Mar 9: 1900's

Mar 16: 1910's

Mar 23: 1920's

Although classically trained, the Cullis-Meadows Duo is also decades-steeped in the unassailable charms of the popular melodies of 1890-1929, loved by millions. In short, gems.

BROCK HOUSE SOCIETY HISTORICAL TIDBIT

The Brock House Society Lecture Series is renowned for its diverse, informative topics and esteemed lecturers. The first lecture was given by Gordon Shrum in January, 1978. His topic? The energy crisis.

LECTURE SERIES

Tues. 10:30-11:30

Convenor: Allan Strain

Halpern Room

Knowledgeable specialists lecture on diverse topics.

Jan. 9 **The Historic Significance of Pacific West Fur Trading:** *Bruce Watson, Vancouver Historical Society*

Jan. 16 **Chinatowns:** *Dr. Henry Yu, Principal, St. John's College, Assoc. Prof. of History, UBC*

Jan. 23 **Unrest in the Middle East: Where Will It Go from Here?** *Dr. Andre Gerolymotos, History and also Criminology, SFU*

Jan. 30 **All about Gems and Minerals:** *Dr. Phillipe Belley, Green College resident, from Department of Earth, Oceans and Atmospheric Science, UBC. Intro by Jennifer Wade*

Feb. 6 **Child and Family Poverty in BC: Causes, Effects and Solutions:** *Adienne Montrani, Provincial Coordinator, First Call: BC Child and Youth Advocacy Coalition*

Feb. 13 **YVR Art Plan:** *Rita Beiks, Curator, Vancouver Airport Art Collection*

Feb. 20 **What is Happening in BC Forests:** *Dr. Gordon Weetman, Professor Emeritus, UBC Forestry*

Feb. 27 **Medieval Jews: What They Read and What They Wrote:** *Dr. Sheila Delany, Emerita Professor, English, SFU*

Mar 6 **Flooding in BC- Past, Recent: What to expect with Climate Change:** *Dr. John Clague, SFU, Earth Sciences*

Mar 13 **Twelfth Annual Cherry Blossom Festival:** *Linda Poole, Founder and Executive Director of the Vancouver Cherry Blossom Festival.*

Mar 20 **The Old Hastings Mill Store Museum, owned and operated by the Native Daughters of BC Post #1:** *Lisa Smith, Tour Guide and Historical Researcher*

IS103 LEGENDARY PERFORMERS \$90/6 weeks

Instructor: Neil Ritchie

Fri. Jan. 19-Feb. 23

Halpern Room

10:00-12:00

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, besides talent, their early lives, family, education, career choices, mentoring, integrity, musicality, direction, timing, and, of course, luck impacted their careers. Spend some time with each of them enjoying their music and learning about their often complicated personal lives.

Jan. 19 **Peggy Lee:** Less is more. She didn't have the range of Sarah or Ella but through her intelligence and musicality she became one of the greatest vocalists of the era.

- Jan. 26 **W.S. Gilbert:** The most admired lyricist of them all. A pioneer of political satire partnered with the music of Arthur Sullivan.
- Feb. 2 **George Shearing and Les Paul:** Jazz doesn't have to be tragic. The pianist and the guitarist had long and happy innovative careers.
- Feb. 9 **Antonio Carlos Jobim:** February is a good month to imagine life in Rio set to the soundtrack of Jobim's bossa novas.
- Feb. 16 **Cecilia Bartoli:** The Italian mezzo soprano took charge of her career from the beginning, rejecting the wisdom of London Record execs and exploring forgotten repertoire.
- Feb. 23 **Nino Rota:** One of our eras greatest composers, immortalized in film scores for Fellini, Zeffirelli and Coppola.

LUNCH WITH TED - IDEAS WORTH SPREADING

Convenors: Halpern Room
Christine Chou, Lyz Sayer

Mon. 12:00-1:00

Pick up your lunch from the cafeteria and join Christine Chou and Lyz Sayer as they present a selection of **TED** videos followed by a short discussion on the topic of the day. Each session is from 50 to 60 minutes long. *Please allow sufficient time to get settled before the video starts.*

Jan. 22 **Happiness**

What makes a good life? Lessons from the Longest Study on Happiness, *Robert Waldinger*
The Happiness Advantage, *Shawn Achor*
The Hidden Power of Smiling, *Ron Gutman*

Jan. 29 **Food**

The Hunt for General Tso, *Jennifer 8 Lee*
Choice, Happiness & Spaghetti Sauce, *Malcolm Gladwell*
How Pig Parts Make the World Turn, *Christien Meindertsma*

Feb. 5 **Nature and Beauty**

Gratitude, *Louis Schwartzburg*
2016 Nature's Best Photography Awards, *Smithsonian*
11 Tips to Photograph Wild Animals Without Getting Killed
Funniest Wildlife Photography, 2016

Feb. 19 **Novels**

The Danger of the Single Story, *Chimamanda Adiche*
The Politics of Fiction, *Elif Shafak*

Feb. 26 **Trees**

How Trees Talk to Each Other, *Suzann e Simard*
The Mysterious Lives of Giant Trees, *Richard Preston*

Mar. 12 **Travel**

The Point of Travel, The School of Travel, The Value of Travel, *Rick Steves*
Deep Travel: Connecting on the Road and in Life, *Judith Fein*

Mar. 19 **Personality**

Who Are You Really, *Brian Little*
Are We in Control of Our Own Decisions? *Dan Ariely*

Mar. 26 **Creativity**

The Surprising Habits of Original Thinkers, *Adam Grant*
How to Build Your Creative Confidence, *David Kelly*
On Creativity, *John Cleese*

PHILOSOPHY

Tues. 1:15-3:00

READING and DISCUSSION GROUP Games Room

Convenor: Glenys Acland

Part 3: Beginnings of Modern philosophy:

The Seventeenth and Eighteenth Centuries

The material provided in this course is designed as an introduction to philosophy and will provide answers such as: How do we come to acquire knowledge? What is it possible to learn? Are there any limits to what we can know? We will also discover the influence of philosophy on morality and the theory of art. We will come to terms with bedeviling terms such as "metaphysics" and "epistemology". Members will be requested to come to the group prepared to participate in discussion on the agreed weekly text readings. We will also view the **Great courses DVD** lecture series during the sessions.

Text- **A History of Philosophy** by Jack Thomson is available from convenor at a cost of \$10.00. Group is limited to 12. Please contact the convenor through the office before attending for the first time.

IS104 THE ETHEREAL HARP

\$60/3 weeks

Instructor: Janelle Nadeau Tues. Jan. 16-Jan. 30
Halpern Room 1:00-2:15

This talented and popular Vancouver harpist takes you on tour through the ages and around the world, finishing up with the harp's significance today. At the end of every segment there will be an opportunity for questions.

Part 1: The Beginning of the Harp

A brief history of the harp and how the instrument came to be starting from the days of the bow and arrow, all the way through medieval times with the harpers and story-tellers to present day societies and where the harp can be found today. To help illustrate this, Janelle will play music from different parts of the world: Argentina, Ireland, Persia, China, France and more.

Part 2: Diversity of the Harp

Music preferences are very a personal thing but luckily the harp is such an incredibly diverse instrument that there really can be something for everyone. Today, we will examine the differences in style of music starting from the middle ages, all the way through the classical era to modern day compositions. Janelle will then focus on the difference between the pedal (Classical) harp and the lever (Celtic) harp and will have both harps to bring the stories to life.

Part 3: The Harp in Today's Society

We will examine how the harp has meaning and is cherished today through maintaining its relevance in some cultures (ex: South American, Irish and Scottish and through classical music) as well as its place in present-day North American society. We now know that the harp is one of the instruments that is the most therapeutic. It helps when people are truly suffering and with cognitive impairment. It can be very comforting to hear it or to play it which is why so many people come to the harp at every age. Today Janelle will play a selection of classical pieces, healing music and Celtic. She will also take any requests from attendees.

TRAVEL SERIES **Mon. 10:30-noon**
Convenor: Jo Pleshakov **Halpern Room**

Photographers share their travel experiences

- Jan. 8 **Hiking in Maui, Ian Cumming**
- Jan. 15 **Discovering the Balkans: Croatia, Bosnia & Herzegovina, Hilda Wiebe**
- Jan. 22 **Jordan-Desert to Dead Sea and Petra and Syria-Ancient Ruins before Destruction, Jan Howarth**
- Jan. 29 **BC & Alaska: Sailing Some of the Remotest Places on Earth, John Smith**
- Feb. 5 **Mexico: Exploring San Miguel de Allende and Environs, Don Forsyth & Elizabeth Barthel**
- Feb. 12 **Family Day, no talk**
- Feb. 19 **Spain: Walking (and Biking) the El Camino, Wendy Royal**
- Feb. 26 **India: The Golden Triangle, Larry Railton and Penny Pearson**
- Mar. 5 **UK: Churchill War Rooms and Historical Bath, Rose Taylor**
- Mar. 12 **Antarctica: Coldest, Driest, Windiest, Jane Hansell**
- Mar. 19 **Kazakhstan: A Personal View, Stan Hohnholz**

WICKED WOMEN:**Fri. Jan. 26-Mar. 9****Begg Room****2:00-3:30**

Women who step outside cultural expectations are frequently branded as wicked. But which of these women actually earned that title and which were simply the subject of misogynous hatred?

All seven speakers are current faculty at Langara College, and are donating their time and talents to Brock House Society.

- Jan. 26 **Cleopatra: Bête Noire of Rome, Jennifer Knapp**
- Feb. 2 **Morgan Le Fay and Guinevere: Bad Girls of King Arthur's Court, Jessica Hemming**
- Feb. 9 **Shajar al-Durr: Scheming Sultana of Egypt, Niall Christie**
- Feb. 16 **Artemisia Gentileschi: Heroine of the Baroque, Alena Buis**
- Feb. 23 **Marianne: From the Bastille to the Burkini, Craig Keating**
- Mar. 2 **Margaret Thatcher: Milk Snatcher or Iron Lady? Stephen Phillips**
- Mar. 9 **Hillary Clinton: Sometimes it's Hard to be a Woman, Lealle Ruhl**

LANGUAGES**CONVERSATIONAL FRENCH**

The Sorbonne Ecole de Francais is a Canadian-owned French language school. The school prides itself on the high quality of the teaching. The classes are focused and instructive, energetic and fun.

Instructor: TBA**\$90/each 9-week class****Begg Room****Mon. Jan. 15-Mar. 19****LG101 BEGINNERS****9:30-11:00**

Learn our second official language in a class for complete beginners. The emphasis is on conversation in an informal class. We will work on grammar and vocabulary as you practice basic oral skills. We will also practice basic reading, writing and pronunciation. The class is dynamic and interactive!

LG102 INTERMEDIATE**11:15-12:45**

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.

LG103 ADVANCED

1:30-3:00

This course is for students who have completed the intermediate course or who have an excellent knowledge of intermediate French and who want to move to the advanced level. We shall study advanced level grammar and vocabulary points in an interactive way, allowing students to speak as much as possible. Students should be comfortable speaking in the present, past and future tenses but not fluently.

SPANISH CONVERSATION

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America. **Registration is required for these classes.**

Instructor: Carlos Rabago

Games Room

Tues. Jan. 23 to Feb. 27

Level 1-Beginners

11:00-Noon

Level 2-Intermediate

Noon-1:00

MUSIC PROGRAMS

BROCK HOUSE BIG BAND

Out of House

Director: Andrew Clark, 604-842-8581

Outreach: Brenda Clark, 604 842-8581

The Brock House Band meets for practice each week at W.P.G. Com. Centre (Aberthau):

Tues. 10:00-11:30

Kerrisdale Seniors' Centre:

Fri. 9:30-11:45

BROCK HOUSE CHAMBER PLAYERS

Wed. 12:30-3:00

Director: Jim Whittaker

Begg Room

We are always looking for talented members who play a stringed instrument! Come by to see us on Wednesday afternoon with your instrument and we will be glad to see you. Set-up at 12:30, music from 1:00-3:00.

BROCK HOUSE CHOIR

Out of House

Director: Elsie Stephen

Tues. 1:00-3:15

We are a four-voice choir. At present we cannot take any more members, but if you would like information please call our Choir President, Sharon Copeman at 604-263-9917 or our Membership Chair, Diana Bragg at 604-224-3897. Practices are held at the Seniors' Centre, Kerrisdale Community Centre.

HANDBELLS (Brock House/Kerrisdale)

Conductors:

Out of House

Grace Lau & Cheryl McHugh

Mon. 9:30-Noon

Jeong Hur

Wed. 1:30-4:00

Join this enjoyable and rewarding group activity. No handbell experience required but we do ask that you are 55 or older and able to read music. Please

contact President Jean Peggie, 604-732-3354 or Grace Lau, 604-323-8131 before registering. Monday morning conductors Grace Lau and Cheryl McHugh and Wednesday afternoon conductor Jeong Hur. Please come and listen any time in the South Room at the Kerrisdale Seniors' Centre, West 42nd Ave. & West Boulevard.

BROCK HOUSE ORCHESTRA

Wed. 10:00-noon

Director/Conductor: Jeffrey Tseng

Begg Room

Director Emeritus: Ernie Fiedler

Outreach: Ann Foster

The Orchestra meets every Wednesday at Brock House. Our conductor has chosen a varied repertoire of light classics and excerpts from Broadway musicals. Currently there are openings for musicians.

BROCK HOUSE JAZZ BAND

Thurs. 1:00-3:00

Leader: Rob Arseneau

Halpern/Activity Room

The Brock House Jazz Band is a small group of musicians who enjoy playing Old Style Jazz. At present there are no vacancies.

SING-A-LONG

Mon. 1:30-3:30

Pianist: Leora Williams

Conservatory

with Joane Sunahara on recorder

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 on Monday afternoon. 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.

SERVICES FOR SENIORS

Convenors:

Wed. 1:30 - 3:00

Carroll Coates, Henriette Orth

Halpern Room

A timely series of nine Wednesday afternoon presentations which highlight some of the issues seniors face as we transition through our retirement years. The format allows plenty of time for questions from the audience.

St John's Ambulance - Earthquake

Preparedness

January 17

Karen Konrad from St. John's Ambulance will talk to us about the necessity of preparedness in the event of an earthquake. She will also be able to walk you through what a kit should contain in order to survive in an earthquake.

Osteopathy and Good Health January 24

Osteopathy is a type of body treatment that emphasizes massage and other physical manipulation of muscle tissue and bones to create good health and mobility. *Melita Hatton BAppSc (Osteopathy)*

Mindfulness Based Dementia Care January 31

Mindfulness practices are proving to be very helpful in supporting well-being under stressful circumstances, whether that is physical illness, depression and anxiety, or supporting family members with health issues. Join us for an introduction to mindfulness practice - both information and a chance for some experiential learning.

Dr. Elizabeth Drance, Geriatric Psychiatrist

Why Lifelong Learning? February 7

Is it for me? Lifelong learning helps keep the mind, body, and spirit stimulated, challenged, and fully engaged. Whether you explore new territories or revisit familiar subjects, find your passion and discover new opportunities. Join communities of other lifelong learners or discover learning on your own. We will look at options available for all. *Rosalyn Kaplan, Director of SFU's Seniors Program*

Adult Day Programs: how do they support seniors and family caregivers in your community?

February 14

Are you a caregiver who could benefit from some respite? Do you know a senior who is living with health challenges that hinders them from joining activities in the community? An adult day program may be the answer for you! Join *Kara Turner, Executive Director* of the ASK Friendship Society, to learn more about what adult day programs are, how they provide support for seniors and their caregivers, what programs are available in your community, who is eligible to attend and how to access these services.

Reduce Stress and Gain Well-Being February 21

Learn practical, simple stress reduction tips to help you deal with everyday challenges in a calmer way. Reduced stress and anxiety makes room for more peace, joy and a sense of well-being. This interactive presentation offers a combination of mind and body practices; practical stress reduction techniques that can be used anywhere, anytime.

Nicolette Eus, Clinical Hypnotherapist, Certified Neuro-Linguistic Programming Practitioner and Certified Hatha Yoga teacher

Council of Senior Citizens' Organizations (COSCO) of BC February 28

This umbrella group of 80 diverse organizations and about 100,000 people advocates for health, transit,

housing and income security issues for seniors in B.C. Free health and safety promotion workshops have been developed to provide practical and usable information on 41 topics.

Barbara Mikulec, President COSCO

Diabetes Canada

March 7

Let's Talk Diabetes: What You Need to Know
Join Diabetes Canada and learn the basics about the types of diabetes, who's at risk, what the warning signs are, and how healthy eating choices and becoming more active can help prevent, delay or manage diabetes well.

SPCA - Pet Survivor Care Program

March 14

Pet Care Survival is the newest service offered by the SPCA. It is set up to care for animals whose owners are unable to care for them anymore.

SOCIAL GROUPS**AFTER HOURS****Out of House**

The following social group is intended for all Brock House members - couples and singles alike, or those that have partners who are either unable to join them, or who do not share the same interests. Activities are scheduled on weekday evenings. Members are responsible for their own transportation and expenses.

FINE DINING

Convenors: *Christine Chou and Lesley Dawson-Burns*

This is a wonderful opportunity to meet other Brock House members while enjoying dinner at one of Vancouver's many fine restaurants. Each month the convenor(s) selects a restaurant for its interesting menu and emails members with details, and a proposed date(s) for the event. Those interested reply by email to reserve a place, and await confirmation. Member input to the choice of cuisine and venue is welcomed. Groups are usually limited to 6 people to facilitate service and conversation, as socializing is a focus. Dinners are not scheduled in December, nor in the summer months unless specifically requested by members.

Contact Christine at 2muffychou@telus.net or Lesley at ldawsonburns@telus.net to join the mailing list.

WORKSHOP

WORKSHOP **Tues., Wed. & Fri., 9:00-3:45**
Convenor: Bill Ramey **Mon. & Thurs., Noon-3:45**
Members experienced with woodworking machinery are welcome. All participants must sign a 'Participation Release' form and read and observe the Workshop Rules. If you wish to use the Workshop, please contact the convenor for a safety and operational briefing on shop and equipment procedures.

WOODWORKERS **Mon. & Thurs.**
Convenor: Bill Ramey **9:00-Noon**
During these time periods, volunteer woodworkers produce items for sale at our fundraisers and fill orders between fairs. If you have woodworking experience and would like to contribute, please consider joining us. All participants must sign a 'Participation

WRITTEN WORD

BOOK CLUB **Last Friday of month, 1:15-3:15**
Convenor: Francine Panet-Raymond **Meyer Room**
To ensure free access to books from the public library, and to allow for full participation in the discussion, the group is limited in number. At this time there are no vacancies. Please contact Francine through the Brock House office for more information.

LIBRARY **Monday-Friday, 9:00-3:30**
We have three daily newspapers, periodicals and a wide variety of books - including large print - for members' enjoyment. We have an up-to-date selection that changes regularly. In addition there are binders with information on seniors' living. Minutes of the monthly Board of Directors' meetings are also available.

LIFEWITING **Thurs. 10:00-Noon**
Convenor: Inge Andreen **Jan. 11-Mar. 15**
Meyer Room

A well-organized writing group write on varying life experiences. We meet once a week to inspire and encourage creativity. Weekly assignments receive positive feedback and mutual support. Improving our work is our objective. Producing polished work to be printed in a once a year keepsake class book is our goal. This is not a drop-in class. Those interested in joining the class must contact Inge Andreen BEFORE the first class, as the class has limited enrollment.

PLAYREADING

Mon. 1:00-3:00
Meyer Room

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

READING JAM

Tues. 1:00-3:00
February 20

Convenor: Brenda McDonald

If you are interested in reading your work aloud to an audience, this is your chance! Having fun is the main goal of this event, both for the reader and for the audience. Storytellers are an important part of all cultures. Take this opportunity to be one! Each reader will have 5 minutes to read his/her poem or short story - including introduction, if any. Please email the convenor (bguymcd@shaw.ca) with your name and email address, and include your choice of poetry or short story. For those without email, there will be a mailbox located in the office for those interested in doing a reading. Please write your name and telephone number on a slip of paper, include your choice of poetry or short story, and then Brenda will contact you. Please have this information in Brenda's hands by February 13th.

WR101 WRITE FROM THE HEART **\$65/8 weeks**
Games Room **Wed. Jan. 17-Mar. 7**
Instructor: W. Ruth Kozak **9:45-11:45**

Memoirs are important because they have to do with our sense of identity, our roots, connecting us to our family's past and shaping the events that make up our lives. Write from the Heart will help you write those stories. It is also suitable for anyone interested in turning their personal adventures into travel memoirs.

WRITERS' CIRCLE
Convenor: Pat Ajello

Fri. 10:00-Noon
Jan. 12-Mar. 23
Meyer Room

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

FRIDAY MOVIES

Join us on Friday afternoons from 1:00 - 3:30 for the latest in Brock House entertainment!

Cost: One Toonie (\$2.00) - correct change, please!

Convenor: Chris Mewis

Jan. 12 **Lion:** A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family.

SOCIALS & EVENTS

- Jan. 19 **Born In China:** the film transports audiences to some of the most extreme environments on Earth to witness some of the most intimate moments ever captured in a nature film. Documentary, Commentary
- Jan. 26 **NO MOVIE** – Conflicting Activity
- Feb. 2 **Maudie:** An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.
- Feb. 9 **Manchester by the Sea:** A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.
- Feb. 16 **Going in Style:** Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.
- Feb. 23 **London Road:** When five prostitutes are found dead in their community, residents of London Road in Ipswich, Suffolk come together to process the events and revitalize the community.
- Mar. 2 **Gifted:** Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.
- Mar. 9 **A Quiet Passion:** The story of American poet Emily Dickinson from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist.
- Mar. 16 **The Happiest Day in the Life of Olli Mäki:** The true story of Olli Mäki, the famous Finnish boxer who had a shot at the 1962 World Featherweight title. B & W, Subtitles
- Mar. 23 **Sleepless in Seattle,** A recently widowed man's son calls a radio talk-show in an attempt to find his father a partner.

Note: *In the event of an availability problem, a substitute movie will be shown. Changes will be posted through the weekly e-mail and/or the notice board.*

Sneak Preview: TUESDAY, APRIL 17

HELEN HANSEN in CONCERT at BROCK HOUSE

Brock House members once again have the privilege of hearing this talented performer!

Tickets will be available to purchase online or through the office as soon as all details are finalized.

SATURDAY NIGHT LIVE OPERA BUFFET

January 20, 2018

6:00 PM - 9:30 PM

Callie Wong has organized this out-of-house social event for Society members. **You may register at www.brockhousesociety.com**

Enjoy live opera while you indulge in a delicious Italian buffet, from succulent seafood to hearty pastas, at the Pan Pacific Hotel's **Ocean 999 Restaurant**. Cost, to be paid individually at the restaurant, is \$53 (senior rate) + tax & gratuity. Dress code: Smart casual. This event is limited to 7 people.

Register by Friday, January 10, 2018.

ROBBIE BURNS CELEBRATION

Friday, January 26th, 1:30-3:00

One of Brock House Society's favorite events! Dr. Edward Mornin will once again entertain us with his reading and the bagpipes, Peter Scott will give the address to the haggis and Michael Viens from **BlackThorn Productions** will entertain.

Ticket price: \$17/members, \$20/guests.

Purchase online or through the Brock House Society office.

CHINESE NEW YEAR CELEBRATION

Friday, February 9

10:00 a.m. to noon

Convenor: Callie Wong

\$25-\$30 per person

Come celebrate Chinese New Year with other members/guests at Dynasty Restaurant, 777 West Broadway. Free underground parking - please let restaurant staff know your parking stall number. Reservation under: Brock House. **Pre-registration required.** Participants to pay individually on the day. Estimated cost around \$25 per person, depending on what we order.

Limit: 10 people. Register online or through the office by **February 5, 2018.**

Save the Date for the

ST. PATRICK'S DAY SOCIAL EVENT

Thursday, March 15, 1:30-3:00

The details are still being worked out - watch the Gallimaufry newsletter and the notice boards for more information!

Ticket price: \$17/members, \$20/guests.

Purchase online or through the Brock House Society office.

HALPERN PERFORMING ARTS EVENTS*Sponsored by the George Halpern Fund***I DIVI****Tuesday, February 6, 1:45-3:15****Members \$8/Guests \$10****Conservatory**

"I Divi" - Paulina Harskamp, Eileen Deros and Tony Roper - will offer solos and duets from opera, operetta and Broadway. They have been working together for several years, the first occasion being a performance of "The Mikado" with Fraser Valley Stage in Abbotsford in 2003. The show was taken to the International Festival of Light Opera in Waterford, Ireland that same year - Pauline and Tony in the cast and Eileen in the orchestra. Since then, the three Divi have performed together and with others in various groups and locations. Paulina has written and staged several works, including Special Remembrance Day programmes and a full scale musical production based on stories from several Gilbert and Sullivan Operettas, with a cast of 45 players. Tony has sung with the Vancouver Bach Choir for many years and has served as its President. *Tickets may be purchased online or through the Brock House Society office*

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. All tours may be purchased online or through the Brock House Society office.

Seniors' Snowshoeing**\$119****Monday, January 29****9:00 a.m. - 4:30 p.m.**

If you can walk, you can snowshoe. Beginners are welcome on this winter wonderland adventure at Cypress Mountain. The Hollyburn Meadows Tour is a 2 hour snowshoe walk led by an experienced trail guide. We will make a one hour stop at the rustic Hollyburn Lodge to enjoy lunch and a warm drink. Take an hour of afternoon free time to sit on a peaceful bench and feed the Whiskey Jacks nuts and crumbs at First Lake or continue snowshoeing until you are escorted down the trail back to the Nordic Area for departure.

Activity Level: Moderate

PACKAGE INCLUDES: Snowshoe trail ticket, snowshoe rental and fitting, expert Cypress Mountain guide, Enjoy Tour host on mountain walk, lunch and warm drink at Hollyburn Lodge.

Northwest Flower & Garden Show**\$129****Wednesday, February 7 8:00 a.m. - 9:00 p.m.**

The Washington State Convention Centre in Seattle hosts the 2018 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features.

PACKAGE INCLUDES: admission to the show and dinner at the Outback Steakhouse in Burlington. **Valid passport or enhanced drivers license or Nexus pass or enhanced BCID required.**

Tour to Victoria for Pacific Opera Victoria's production of La Bohème**Sunday, February 25, 9:10 a.m. - 9:45 p.m. (est)****\$120 per person, members & guests.**

Group tickets and transportation package to see POV's production of *La Bohème* on Sunday, February 25 for the matinee performance are available through the Brock House Society office or online. Program Chair *Glenys Acland* will be on this tour. Bus leaves Brock House at 9:10 am, returns at 9:45 pm. Bus transportation from Brock House to Tsawwassen, walk on the ferry. The Opera Bus takes you from Schwartz Bay to the Opera House and back, walk on the ferry back to Tsawwassen, then board the bus for the ride back to Brock House. On the bus from the ferry to the VOP Opera House you will enjoy a DVD lecture on *La Bohème*.

Audain Art Museum, Whistler**\$119****Wednesday, March 28 8:00 a.m. - 9:00 p.m.**

The Audain Art Museum is Canada's newest Art Museum. The permanent collection of nearly 200 works of art is a visual journey through the history of art from coastal British Columbia. Spanning from the 18th century to present day, the collection contains one of the world's finest collections of Northwest Coast First Nations' masks. There is a large collection of works by Emily Carr, encompassing all periods of her artistic career, as well as art by important post-war modernists such as E.J. Hughes, Gordon Smith and Jack Shadbolt. The Museum is architecturally stunning, nestled in a grove of Englemann and Sitka Spruce hybrids. It was designed to integrate seamlessly into its surroundings.

PACKAGE INCLUDES: Audain Art Museum admission, Docent-led tour of current new exhibition, Museum permanent collection free time, Fairmont Chateau Whistler lunch, free time Whistler Village.

Donate to Brock House Society

Brock House Society is funded by its members and by donors. Many members donate their time as volunteers, which allows us to deliver a wonderful variety of programs at very low cost. However, we still have many more programs that could be developed and delivered if we had more money.

We also inhabit an old house, and we always have infrastructure needs. One example is the elevator upgrades.

If you'd like to donate to these infrastructure needs, please log on to our website: www.brockhousesociety.com. Click on the **Fundraising** menu tab and then on the **Donate** link. You will be guided through the rest of the steps.

Any donation to the Society, large or small, will help us to expand our programs to attract an increasing 55+ presence to our community. Your generosity helps to strengthen and ensure our future.

For any donation of \$15.00 or more you will receive a receipt for income tax purposes.

Members who have donated a cumulative amount over \$1,000 become Life Members of the Society.

If you would like to donate in person, please visit the Office.

Thank you!

OUR MISSION

Brock House Society is a seniors' activity centre serving Vancouver. We operate and preserve a heritage building at Jericho Beach.

We encourage and enable seniors to live fuller lives. We do this through reaching out to seniors, providing a supportive environment, and offering a variety of high-quality programs, events and activities intended to supplement those offered in the local community.

How to Become a Member of Brock House Society

If you like what you see in this program and you would like to participate in a group or a course, consider joining! We welcome everyone 55 years of age and over as a member of the Society. The annual membership fee for the 2018 calendar year is \$60 (GST included).

You can become a member of the Society by going to the Brock House website (www.brockhousesociety.com) and clicking on "Join" then following the prompts.

You are also welcome to call the office or to come in person.

Membership in Brock House Society can be a rich and rewarding experience. From classes and lectures to volunteering and making new friends, there is something for everyone!

BROCK HOUSE SOCIETY

ANNUAL GENERAL MEETING

Wednesday

March 21, 1:00 p.m.

In the Conservatory

Guest Speaker TBA