

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

WHERE SENIORS STAY *Young.*

2018 SPRING PROGRAMS & EVENTS



Photo courtesy Stan Hohnholz

**BROCK
HOUSE**
Society

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

REGISTER ONLINE



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

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

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Sophie Djordjevic, Administrator

Staff

Vera Enshaw, Administrative Asst.
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"Spring is nature's way of saying, Let's party!"

(Robin Williams)

Brock House Society has been serving Vancouver seniors for over 40 years and that's something we can all be proud of because we're a community of seniors serving each other by doing, creating, helping, informing, entertaining and so on. I don't know what kind of party we'll have in 10 years' time for the 50th, but we're going to have enough fun on June 6 to tide us over until then (see back cover).

This is my last message to you in our seasonal program and, while I won't miss the deadlines, I will miss reaching out to everyone here because the programs are very special. As President, I've been able to step back and get a true overview of everything that goes into it. I can read about each program and imagine how many member/volunteers are involved in helping our marvelous staff to ensure it's the best that it can be.

One of the first things I remember our director responsible for Planning and Business Development, Tom Henry, saying as he learned about the Society is, "There are a lot of moving parts". Each of us, the members, is one of those moving parts, literally and figuratively. We engage and contribute. When I poured coffee and greeted our members as a volunteer on the Events (then Socials) Committee, I felt as engaged, involved and contributive as I do in my current role. It was fun working as part of a team that wanted to give our members a superb afternoon.

When I see the enthusiasm and joy on the faces of the Brock House/Kerrisdale Choir members as they sing, and then see that mirrored on the faces of the audience, well, wow! I know I'm part of a special place. It's similar to the conversations I hear around the House after a stimulating lecture or the laughter I hear from the Art Room as I arrive for a Porcelain Painting class. Laughter that mingles with the fabulous Brock House Orchestra rehearsals. Have you ever spent Thursday afternoon in the Conservatory or Foyer? You should. That's when the Jazz Band rehearses and it's something else. When was the last time you popped into the Library? Did you know we have a workshop? It's still one of my favourite places.

I'd love to acknowledge everyone here, I really would. Instead I suggest that you review this and every program with the delight and appreciation that I do – as so many of you already are. Thank you members, thank you to Glenys Acland and the Program Committee, thank you staff: Sophie, Lee, Vera and Nebojsa, thank you Kaz and Montel, thank you to the Park Board, thank you Brock House Restaurant, and thank you to the Coast Salish people of the Musqueam, Squamish and Tsleil-Waututh First Nations.

Take a bow everyone!

See you on June 6 and see you around the House!

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WEEK AT A GLANCE

MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30-9:30	Balance, Posture & Strength	8:30-10:00	Yoga	8:30-9:30	Balance, Posture & Strength	8:45-9:45	Tai Chi 24 & 48 Form	9:00-10:00	Yoga	
8:45-9:45	Tai Chi 24 Form Mirror Image & 48 Form Pt. 1	8:45-9:45	Tai Chi 24 Form Pt. 2	8:45-9:45	Tai Chi Beginners 24 Form	9:00-noon	Woodworkers	9:00-12:30	Artists' Group	
9:00-noon	Woodworkers	9:00-10:30	Democratic Reform Discussion Group	9:00-noon	Magic of Spring Birding Out of House May 2, 30 & June 6	9:30-10:30	Yoga	9:30-10:30	Zumba	
9:30-11:00	Beginner's French	9:15-10:15	Zumba	9:30-11:30	Hindu Philosophy Apr. 4	9:30-11:30	Mandarin by Ms. Gong	9:30-11:30	Hindu Philosophy Apr. 6	
9:30-11:30	Watercolour Class	10:00-11:30	BH Big Band	9:35-10:50	Stretch & Strengthen	9:30-11:30	Doodle Art	9:30-11:45	BH Big Band	
9:30-11:30	Yarns & Needlecrafts	10:00-12:00	Intermediate Bridge	9:45-11:45	Write from the Heart	9:30-11:30	Hindu Philosophy Apr. 5	9:45-12:45	Table Tennis	
9:30-noon	Handbell Ringers (Out of House)	10:00-12:00	Brock House Players	10:00-11:00	Pole Walkers	9:30-11:30	The Overcoat DVD Showing Apr. 12	10:00-11:30	Leslie Dala on The Overcoat pre-Opera Lecture Apr. 20	
9:35-10:50	Stretch & Strengthen	10:00-3:30	Billiards	10:00-noon	Porcelain Painting	10:00-noon	Life Writing	10:00-12:00	Legendary Performers	
10:00-3:30	Billiards	10:15-11:15	Yoga	10:00-11:30	Discussion Group	10:00-3:30	Billiards	10:00-12:00	Writers' Circle	
10:30-noon	Travel Series	10:30-11:30	Lecture Series	10:00-noon	Brock House Orchestra	12:15-3:30	Duplicate Bridge	10:00-3:30	Billiards	
11:15-12:45	Intermediate French	10:45-noon	Masterpieces of the Modern Short Story	10:00-noon	Magic of Spring Birding	12:30-2:30	Hindu Philosophy Apr. 5	10:15-11:15	Yoga	
12:00-2:00	Absolute Beginners Bridge	11:00-noon	Spanish Beginners	10:00-3:30	Billiards	1:00-3:00	Brock House Jazz Band	12:30-3:30	Social Bridge	
12:30-3:30	Table Tennis	11:30-12:30	Chair Yoga	10:30-noon	Cryptic Crosswords Group	1:00-3:00	Chess	1:00-3:30	Friday Movies	
12:30-3:30	Justice ?	12:00-1:00	Spanish Intermediate	12:15-3:30	Mah Jong	1:00-3:00	Scrabble	1:15-3:15	Book Club (last Friday of the month)	
1:00-3:00	Playreading	12:30-2:30	Advanced Bridge	12:30-3:30	Table Tennis			1:30-2:30	Osteofit	
1:00-3:00	Computer Drop-In	1:00-3:00	Musqueam Weaving & Storytelling	1:00-3:00	Brock House Chamber					
1:00-3:00	Art History-Dutch Masters	1:00-3:00	Chess	1:00-3:00	Jane Kokan Lectures					
1:30-3:30	Sing-a-Long	1:00-3:15	BH Choir (Out of House)	1:30-4:00	Handbell Ringers (Out of House)			9:30-3:30	Chicago Bridge & Lunch May 25	
1:30-3:30	Advanced French	1:15-3:00	Philosophy Reading & Discussion Group			2:00-3:00	E-COMM 9-1-1 Public Education Presentation May 3			
2:05-3:35	Supervised Bridge Play	1:30-2:30	Osteofit			1:30-3:00	Spring Awakening Social May 10			
		1:00-3:15	Helen Hansen in Concert April 17			9:30-11:30	Woodworking Demo May 31			
		1:45-3:45	HPA Event - Bernard Cuffling-A Theatre Life	1:30-3:30	Dr. Richard Stace-Smith Lecture May 16					
		1:00-3:00	Symposium on Electoral Reform May 8	1:00-3:00	Afternoon Trivia May 30					
		1:00-3:15	Barbara Ann Martindale Concert May 29							

REGISTRATION INFORMATION & POLICIES**PLEASE NOTE the CANCELLATION POLICY:****How to Register**

There are 3 easy ways to register:

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

You may register for one other member only.

WHEN TO REGISTER

Registration FOR ALL CLASSES commences Thursday, March 15. Programs will be visible on the website at 9:00 a.m.

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.

2018 CLOSURE REMINDERS

Brock House will be closed on these dates:

Friday, March 30 - Good Friday
Monday, April 2 - Easter Monday
Monday, May 21 - Victoria Day

Please mark your calendars, especially if you are registered in a course or program that falls on one of these days.

ACTING**ACTING 101—BROCK HOUSE PLAYERS**

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.

Director: Eva Lister

Tues. 10:00-12:00
Meyer Room

ARTS & CRAFTS**ARTISTS' GROUP**

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

Convenor: Gillian Olson

Fri. 9:00-12:30
Art Room

DOODLE ART

In this continuation of the "Doodle Art" class we will incorporate mixed media including collage and journaling. Some materials will be provided and a supply list given upon registering for the class.

Pre-registration required.

Convenor: Joan Ellis
Art Room

Thurs. Apr. 26- May 31
9:30-11:30
No charge

AR101 SPRING WATERCOLOUR**Let the Returning Light Inspire!**

Capture the essence of Spring in watercolour. 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!

Instructor: Jennifer Fenske **Mon. Apr. 16-June 11**
Art Room **9:30-11:30**
\$100/8 weeks

PORCELAIN PAINTING

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!

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

YARNS & NEEDLECRAFTS

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

Convenors: **Mon. 9:30-11:30**
Dorothy Simons, Carol Jackson **Meyer Room**

BRAIN CHALLENGERS**CRYPTIC CROSSWORDS GROUP**

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).

Convenor: Maggie Sherlock **Wed. 10:30-noon**

BRIDGE**ABSOLUTE BEGINNERS**

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.**

Instructor: Glenda Affleck **Mon. Apr. 9-May 7**
Begg Room **12:00-2:00**
No Charge

BR101 ADVANCED BRIDGE

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.

Instructor: Barry Yamanouchi **Tues. Apr. 3-June 12**
Art Room **12:30-2:30**
(no class Apr. 10 or May 29) **\$90/9 weeks**

BR102 INTERMEDIATE BRIDGE

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.

Instructor: Barry Yamanouchi **Tues. Apr. 3-June 12**
Art Room **10:00-noon**
(no class Apr. 10 or May 29) **\$90/9 weeks**

CHICAGO BRIDGE WITH LUNCH

Come for a great day of bridge and prepare to have fun! There is a delicious lunch, prizes and great company. You must have a partner who is a member of Brock House Society. Limited enrolment. For competent and confident players.

Convenor: Wendy Hannington **Friday, May 25**
Begg Room & Conservatory **9:30-3:30**
\$20 per person

DUPLICATE

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.**

Convenors: **Thurs. 12:15-3:30**
Margaretta Shirkoff, Sue Girling
Begg, Art & Games Rooms **\$1/Session**

SOCIAL

"Unserious bridge" - singles welcome. On-going unless otherwise advised.

Convenor: Mary Bliss **Fri. 12:30-3:30**
Begg Room

SUPERVISED PLAY

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.**

Instructor: Glenda Affleck
Begg Room

Mon. Apr. 9-May 7
2:05-3:35
No Charge

COMPUTERS**COMPUTER DROP-IN**

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.

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

FITNESS & HEALTH**BALANCE, POSTURE & STRENGTH**

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. **Instructors provided by Love Your Age Fitness Inc.**

FH101 **Mon. Apr. 9-June 11**
Activity Room **8:30-9:30**
\$90/9 weeks

FH102 **Wed. Apr. 4-June 13**
Activity Room **8:30-9:30**
\$110/11 weeks

OSTEOFIT

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.

Instructors provided by *Love Your Age Fitness Inc.*

FH103 **Tues. Apr. 3-June 12**
Activity Room **1:30-2:30**

\$110/11 weeks

FH104 **Fri. Apr. 6-June 15**
Activity Room **1:30-2:30**

\$110/11 weeks

STRETCH & STRENGTHEN BODY & MIND

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 Moves' 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.

Instructors provided by *Love Your Age Fitness Inc*

FH105 **Mon. Apr. 9-June 11**
Activity Room **9:35-10:50**

\$112/9 weeks

FH106 **Wed. Apr. 4-June 13**
Activity Room **9:35-10:50**

\$137/11 weeks

FH107 CHAIR YOGA

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.

Instructor: **Annette Wertman** **Tues. Apr. 3-June 12**

Begg Room **11:30-12:30**
\$88/11 weeks

HIKERS

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 12th and Larch at 8:30 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.

Apr. 7 Whyte Lake, *Cathie*, 683-1083

Apr. 14 Buntzen Lake, Lower Trail, *Katie L.*, 738-8189

Apr. 14 Diez Vistas, *Mike D.*, 790-6853

Leave at 8:00 a.m.

Apr. 21 Darby Reach, Langley, *John W.*, 565-6294

Apr. 28 Minnehada, Coquitlam, *Don F.*, 868-2353

May 5 Brohm Lake, Squamish, *Jane*, 264-1250

May 12 Gold Creek Falls, Golden Ears Park - short loop, *Margit*, 224-6627

May 12 Gold Creek Falls, long loop, *Mike D.*, 790-6853

May 19 Simon Fraser via Nicole's Trail, *Charles*, 224-6627

May 26 Cheakamus Canyon, *Renate*, 739-7680

June 2 UBC Research Forest, *Mike D.*, 790-6853

June 9 Giant Fir, *Jane*, 264-1250

June 16 Shannon Basin loop trail, Sea to Sky Gondola, *Renate*, 739-7680

June 23 Spirea Trail & Mike Lake, short loop, *Margit*, 224-6627

June 23 Spirea Trail & Mike Lake, long loop, *Mike*, 790-6853

June 30 Nelson Creek, *Cathie*, 683-1083

Convenors:

Sat., Out of House

Margit Arthur, 604-224-6627

Jane McDonald, 604-264-1250

FH108 LAWN BOWLING LESSONS

Introduction to Lawn Bowling: This addictive sport, sometimes referred to as "curling on grass", is suitable for all ages! It combines both mental strategy and physical skill, yet you will be able to play in real club games after completing just two weeks of coaching! Your fee includes five lessons, use of all equipment and access to the clubhouse. If you decide to join the bowling club as a member, the \$25.00 will be deducted from your first year fee of \$100.00 – this is half-price for new members and entitles you to bowl seven days a week, to attend social events, and to use club equipment. Lessons are offered at the gorgeous **West Point Grey Lawn Bowling Club, 4376 W 6th Ave.**

Club Contacts: Cathleen Rowlette 604-263-4881, Ken Sherlock 604-731-4065, WPGlBC 604-224-6556

Mon. Apr. 16; Wed., Apr. 18; Fri. Apr. 20,

Tues. Apr. 24 and Thurs. Apr. 26 10:30-12:30
\$25.00/5 lessons

POLE WALKERS

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.

Convenor: Mona Kriss Wed. Out of House

TAI CHI CLASSES

FH109 24 Form for Beginners

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.

Instructor: Kelly Maclean Wed. Apr. 4-June 13
Conservatory 8:45-9:45
\$110/11 weeks

FH110 24 Form Part 2

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

Instructor: Kelly Maclean Tues. Apr. 3-June 12
Conservatory 8:45-9:45
\$110/11 weeks

FH111 24 Form, Mirror Image & 48 Form Part 1

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.

Instructor: Kelly Maclean Mon. Apr. 9-June 11
Conservatory 8:45-9:45
\$90/9 weeks

FH112 24 & 48 Form Review

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.

Instructor: Kelly Maclean Thurs. Apr. 5-June 14
Conservatory 8:45-9:45
\$110/11 weeks

YOGA CLASSES

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.

Instructor: Jasper Sircus

FH113 Tues. Apr. 3-June 12 (90 minutes) 8:30-10:00
Begg Room \$157/11 weeks

FH114 Tues. Apr. 3-June 12 10:15-11:15

Begg Room \$105/11 weeks

FH115 Thurs. Apr. 5-June 14 9:30-10:30

Begg Room \$105/11 weeks

FH116 Fri. Apr. 6-June 15 9:00-10:00

Begg Room \$105/11 weeks

FH117 Fri. Apr. 6-June 15 10:15-11:15

Begg Room \$105/11 weeks

ZUMBA for SENIORS

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.

Instructor: Shadia Serrano

FH118 - Tues. Apr. 3-June 12 9:15-10:15

Activity Room \$94/11 weeks

FH119 - Fri. Apr. 6-June 15 9:30-10:30

Activity Room \$94/11 weeks

INDOOR GAMES

AFTERNOON TRIVIA

Come and enjoy some friendly competition, as an individual or as a team of four. Exercise your brain, have fun and lots of laughter. Light snacks will be provided and there will be small prizes for the winning table of 4. Limit: 24 people. Register by May 21

Convenor: Callie Wong \$7/person

Wednesday, May 30 1:00-3:00

BILLIARDS

Key in office.

Billiards Room Mon.-Fri. 10:00-3:30

CHESS

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.

Convenors: A. Ramirez, R. Wooldridge

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

MAH JONG

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

Convenor: Maribeth Ruckman

**Games Room Wed. 12:15-3:30
\$1/Session**

SCRABBLE

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.

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

TABLE TENNIS

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.

Convenors: Doug Smith, Keith Bramwell

**Activity Room Mon. & Wed. 12:30-3:30
Fri. 9:45-12:45**

INTELLECTUAL PURSUITS

IS101 ART HISTORY - DUTCH MASTERS

This lecture series will explore one of the most phenomenal and explosive periods in European art --the 17th century Dutch Baroque period. It has been estimated that between five and ten million works of art had been produced during the century of the Golden Age of Dutch art. We will explore this rise of Dutch landscape, still life, portraiture and genre painting that flourished in the Netherlands and created an art market never before seen in Europe. Why the Netherlands, what factors there made this the right time for such art to prosper? Who were some of the key artists of this golden century? Learn more with us about the artists and times of this remarkable period in Western Art History.

Instructor: Jessa Alston-O'Conner 1:00-3:00

**Halpern Room Mon. Apr. 30-June 11
\$100.00/6 weeks**

DEMOCRATIC REFORM STUDY GROUP

In the fall, we read and discussed the ideas in the book, *Power Shift: From Party Elites to Informed Citizens*. Now, we are considering the different options for electoral reform in preparation for the B.C. referendum next fall. We will be researching the experience of other countries with Proportional Representation systems and places which are experimenting with various types of citizen assemblies. We are considering ways citizens can be more informed, involved and empowered. If you are interested in these issues, consider joining us and being part of the research and discussion. Look for notices for an Electoral Reform Symposium being organized for the spring.

**Facilitator: Nonie Lyon Tues. 9:00-10:30
Games Room**

DISCUSSION SERIES

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*

Apr. 4 HOT TOPIC

Apr. 11 If technology eliminates most jobs, what would be a fair way to distribute wealth?

Apr. 18 Multiculturalism versus the Canadian identity - which comes first?

Apr. 25 Should Canada engage more closely with China? Or at all?

May 2 If the Canadian military will no longer be peacekeepers, what will their role be?

May 9 HOT TOPIC

May 16 Is the growth in economic inequality a necessary outcome of capitalism?

May 23 Can the EU be reformed or is it doomed to dissolution?

May 30 Why isn't Canada concentrating on renewable energy?

June 6 Has the #MeToo movement gone too far?

June 13 HOT TOPIC

Convenor: Ingrid Hanslo **Wed. 10:00-11:30**
Meyer Room

E-COMM 9-1-1**PUBLIC EDUCATION PRESENTATION**

Do you know what constitutes a real 9-1-1 emergency? Do you know how often 9-1-1 dispatch is called erroneously, and how that impacts real emergencies? We will focus on some of the common issues with emergency/non-emergency calls and tips. Come to this information session to educate yourself - and then go out and educate friends and family with your new insights and information.

Presenter: E-Comm **2:00-3:30**
Halpern Room **Thurs. May 3**

IS102 Pat Smith**HINDU PHILOSOPHY**

"Abundance is scooped from abundance, yet abundance is not diminished."

Hindu Philosophy is a four part introductory lecture and discussion series on the ancient spiritual and metaphysical systems of India, from the *Vedas* and *Upanishads* to the *Mahabharata*. Traditional Hindu philosophy has identified three main paths to liberation from the endless round of rebirth—*karma yoga*, the way of action, sacrifice and magic; *jnana yoga*, the way of knowledge; and *bhakti yoga*, the way of devotion. The final lecture will discuss the importance of these ancient traditions in the achievement of *sva raj*, or self-rule, within the context of the traditional Hindu four stages of life and four goals of life.

Instructor:

Wed. Apr. 4 – 9:30-11:30

Thurs. Apr. 5 – 9:30-11:30, 12:30-2:30

Fri. Apr. 6 – 9:30-11:30

Halpern Room

\$40/4 lectures

IS103 JANE KOKAN LECTURE SERIES

Apr. 11 Arctic Series: Navigating Canada's Arctic Sovereignty issues

The Arctic comprises around 40 per cent of Canada's landmass. The monumental challenges ahead include: global warming, resource exploration on Inuit land and disruption of animal migration, Arctic border disputes and the future status of the Northwest Passage. Exclusive footage aboard the CCGS Louis S. St. Laurent (Canada's largest icebreaker), navigating the Northwest Passage, will be shown.

Apr. 18 Arctic Series: The Role of the Canadian Armed Forces in the Arctic

This lecture will show what the Canadian Armed Forces, and the Canadian Rangers, also known as the "eyes and ears of the North" are doing in the Arctic. Exclusive footage of the Canadian Armed Forces Arctic sovereignty exercises will be featured.

Apr. 25 Arctic Series: The High Arctic Exiles: A Dark Period in Canadian History

In August 1953, Canadian federal government officials took 87 Inuit from Port Harrison, now known as Inukjuak, in northern Quebec and put them on a coast guard ship, which then departed for the High Arctic. The distress caused by the relocations triggered major social problems in these Arctic communities.

May 2 Peacekeeping

What are the challenges of sustaining a global United Nation's peacekeeping force in today's world? How will Canada contribute? Vancouver hosted the 2017 UN Peacekeeping Defense Ministerial Conference. Conflict prevention and gender parity were a focus of the international gathering, as well as "capability gaps" that need to be filled, such as rapid deployment, helicopters and francophone units according to a UN report. South Sudan, Mali and Haiti are listed as missions currently dealing with critical gaps. Do you think Canadian men and women of the Armed Forces should be sent to keep the peace on at least one, or possibly several UN missions in Africa (the Congo, Central African Republic, South Sudan, and Mali)? These dangerous peace support missions will certainly test the training levels of our troops. And what if there is no peace to keep?

May 9 The Perils of Regime Change - Libya: A Nation Engulfed in Chaos:

Regime change - does it work? What do we think about Iraq after the fall of Saddam Hussein? What would happen if we had sudden regime change in Syria or North Korea? Are there lessons learned from Libya? Jane Kokan made a documentary film on Col. Muammar Gaddafi and his female bodyguards: For the Love of the Leader. She interviewed the late dictator on three occasions and will share her perceptions on Libya ruled by Gaddafi and the "new" country, which has emerged after his death.

May 16 Afghanistan: What Does the Future Hold for One of the World's Poorest, War-Ridden Countries, where hundreds of billions of dollars of aid money has been channeled and not exactly accounted for? Do we, the West stay invested in Afghanistan's nation-building challenges? Jane will present video footage she filmed in the country. She has been to Afghanistan 9 times where she reported on a variety of issues in one of the most impoverished locations on the globe, fractured by decades of conflict.

Please look on the website or contact the office for complete details on these lectures, and for Ms. Kokan's bio.

Instructor: Jane Kokan
Halpern Room

Wed. Apr. 11-May 16
1:00-3:00
\$115/6 weeks

MINI JUSTICE SERIES

Part 1 Freeing David McCallum

The last miracle of Rubin "Hurricane" Carter

Begins with an introduction/explanation on the causes of wrongful convictions, then focuses on the case of David McCallum of Brooklyn, who was falsely incarcerated for 29 years, and his friend, Willie Stuckey, David's co-convicted, who died in prison. Ken Klonsky tells the very positive story of helping to free McCallum in 2014. He will then show the film *David & Me*, a remarkable achievement by Ray Klonsky and Marc Lamy (both former Concordia students). It's a 70 minute documentary about David's ordeal and miraculous release. A powerfully emotional experience. Copies of Mr. Klonsky's recent book will be available for purchase after the lecture.

Lecturer: Ken Klonsky
Halpern Room

Mon. Apr. 9
12:30-3:30

Part 2 The Leonard Peltier Story

Introduction by Jennifer Wade followed by the Robert Redford film 'Incident at Oglala'

Jennifer Wade will give background details on this powerful example of what is widely accepted to be a wrongful conviction. Native American activist Leonard Peltier has been imprisoned in the USA for over 42 years despite concerns over the fairness of his trial. His story is thought worldwide to be a black mark on the American justice system.

Halpern Room

1:00-3:30
Mon. Apr. 16

Part 3 A Whistleblower Speaks: How Sacred Are Our Sacred Spaces?

In ancient Egypt, it was said "Do not shoot the messenger". How true is it that the messenger always gets shot?

Halpern Room

1:00-3:30
Mon. Apr. 23

LECTURE SERIES

Knowledgeable specialists lecture on diverse topics.

April 3 The Important Role that Diet and Exercise Plays in Preventing Cancer:

Dr. Gerald Krystal, Senior Scientist, Terry Fox Laboratory, UBC.

April 10 My Life in the Foreign Service: Focus on the Middle East: Christopher Poole, Canadian Diplomat.

- April 17 **Europe's View of Brexit:** Dr. Kurt Huebner, *European Studies, UBC.*
- April 24 **Landscaping Ideas and Challenges in Vancouver:** Egan Davis, *Principal Instructor, Horticultural Training Program, UBC Botanical Garden including Nitobe Memorial Garden.*
- May 1 **The Housing Situation in Vancouver:** Dr. Joshua Gordon, *Assistant Professor, School of Public Policy, SFU.*
- May 8 **The Drug Crisis:** Dr. Evan Woods, *Addictions Physician, St. Paul's Hospital.*
- May 15 **Taiwan and Japan:** Julia Lin, *author of a recent book on Taiwan and Japan.*
- May 22 **The Science of Forest Fires:** Dr. Ken Bryne, *Forestry Research, UBC.*
- May 29 **Pranks and Protests: A Hundred Years of Student Life at UBC:** Sheldon Goldfarb, *Archivist, Clerk of Council and Privacy Officer, Alma Mater Society, UBC.*
- June 5 **Setting a New Course: The Vancouver Maritime Museum, 2018-2020:** Dr. Joost Schokkenbroek, *Executive Director, Vancouver Maritime Museum.*

Convenor: Allan Strain Tues. 10:30-11:30
Halpern Room

IS104 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, 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.

- May 11 **Big Band Singers:** Sinatra, Ella, Billie, Anita, Bing and others started as featured vocalists in the big bands.
- May 18 **Lieber and Stoller:** The team that wrote many rock and roll standards. (Too many to list, just Google!)
- May 25 **Trumpeter Miles Davis:** Love him or hate him, he was a force in the evolution of jazz.

- June 1 **Barbra Streisand:** One of the longest and most varied careers in entertainment.
- June 8 **South Pacific:** A look at an enduring classic - Rodgers & Hammerstein's "South Pacific".
- June 15 **Yves Montand:** French music hall and film star with an interest in politics and beautiful women.

Instructor: Neil Ritchie Fri. May 11-June 15
Halpern Room 10:00-12:00
\$90/6 weeks

PHILOSOPHY READING AND DISCUSSION GROUP 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 bewildering 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 the convenor at a cost of \$10.00.

Group is limited to 12 and is currently at capacity.

Convenor: Glenys Acland Tues. 1:15-3:00
Games Room

SPECIAL WOODWORKING DEMONSTRATION

The Shaping of Wood

An introduction to fundamental traits of wood leading to the texture and finish of natural and worked wood. The class will include examples and comparisons of the practical properties of common local wood such as grain, weight, hardness, colour and scent that can be useful for identification and for choosing particular pieces of wood for different woodworking projects.

The Woodshop Group Thurs. May 31
Halpern Room 9:30-11:30

SYMPOSIUM on ELECTORAL REFORM REFERENDUM

Do we want to keep our present "First Past The Post" electoral system? Or do we want to change to a "Proportional Representation" electoral system where the number of elected members from each party reflects the overall votes cast for that party? Presenters in this symposium will discuss the advantages and disadvantages of both our current system and Proportional Representation. They will provide information about the different types of Proportional Representation that are likely to be on the fall referendum. The important implications of the differences between them will be explained and discussed. This is an opportunity to become more informed about this significant possible change in our electoral system in preparation for the fall referendum.

Organized by the Study Group on Democratic Reform
Halpern Room Tues., May 8
1:00-3:00

IS105 THE MAGIC OF SPRING BIRDING

Spring draws migrant birds of many kinds and colors to our area. Join Naturalist Graham Sunderland on four fun and educational outings to encounter some of these feathered jewels and learn about their challenging lives. Emphasis will be on identification by sight and song as well as offering some behavioral insights and explanation of the various habitats of the different parks to be visited. An initial PowerPoint presentation at Brock on April 18 will introduce some of the anticipated species and prepare participants for the fun to come, as well as clarifying the meeting places at the birding locations.

Instructor: Graham Sunderland

Lecture: Wed. Apr 18
10:00-12:00
Halpern Room
Walks (Out of House): 9:00-12:00

Wed. April 25 - Stanley Park

Wed. May 2 - Iona Regional Park

Wed. May 30 - Jericho Park

Wed. June 6 - Reifel Bird Sanctuary

\$60/5 weeks

THE OVERCOAT - A Musical Tailoring

A much anticipated co-production with Toronto's Canadian Stage Company and Tapestry Opera. With a libretto from Morris Panych and music composed by Canadian Composer, James Rolfe, this production reunites the original creative team. Morris Panych is the director, with movement by Wendy Gorling, set design by Ken MacDonald, costume design by Nancy Bryant, and lighting design by Alan Brodie.

This extremely important work addresses the universal human need for compassion and our unfortunate tendency to deny it. *The Overcoat - a musical tailoring* is so much more than the story of an office worker whose life is turned upside down when he's robbed of his new overcoat.

DVD presentation of the play Thurs. Apr. 12
9:30-11:30
Halpern Room

Pre-Opera lecture by Leslie Dala Fri. Apr. 20
10:00-11:30
Halpern Room

Go to the Opera at the Thurs. May 10
7:30 p.m.
Vancouver Playhouse

\$46.00 per person (theatre ticket only - you are responsible for transportation to & from the theatre)

TRAVEL SERIES

Photographers share their travel experiences

Apr. 02 **Easter Monday - No Talk**

Apr. 09 **Cycling in France, Marg and Murray Hendren**

Apr. 16 **A Dutch Canal House, A Museum of Bags, and A Danish Palace, Rose Taylor**

Apr. 23 **Kyuquot and Venezia: Kayaking on Two Continents, Peter Ballin**

Apr. 30 **Europe with a Sketchbook, Adrian Gatrill**
May 07 **Wondrous Ancient Egypt: A Brief Introduction, Blake Roberts**

May 14 **Central American Exploration: Mayan Culture, the Belizean Barrier Reef and the Volcano Trail, Graham Baldwin**

May 21 **Victoria Day - No Talk**

May 28 **Northern Spain, Anthony Keen**

June 04 **Sailing One of the Remotest Places on Earth, Part 2 - Alaska, John Smith**

June 11 **Lower Danube: Budapest to Bucharest by Riverboat, Jo Pleshakov**

Convenor: Jo Pleshakov
Halpern Room

Mon. 10:30-noon

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.

LG101 Beginners

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!

Instructor: TBA**Mon. Apr. 9-June 11****Begg Room****9:30-11:00****\$90/9 weeks****LG102 Intermediate**

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.

Instructor: TBA**Mon. Apr. 9-June 11****Begg Room****11:15-12:45****\$90/9 weeks****LG103 Advanced**

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.

Instructor: TBA**Mon. Apr. 9-June 11****Begg Room****1:30-3:00****\$90/9 weeks****LG104 MANDARIN by Ms. Gong**

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities/places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System. Please note: an additional \$10/per student will be collected by the instructor to pay for photocopies.

Instructor: Victoria Gong**Thurs. Apr. 5-June 7****Games Room****9:30-11:30****\$200/10 weeks****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.**

Level 1-Beginners**11:00-Noon****Level 2-Intermediate****Noon-1:00****Instructor: Carlos Rabago****Tues. Apr. 24 to May 29****Games Room****MUSIC PROGRAMS****BROCK HOUSE BIG BAND**

The Brock House Band meets for practice each week at: the following locations and times:

W.P.G. Com. Centre (Aberthau): **Tues. 10:00-11:30****Kerrisdale Seniors' Centre:** **Fri. 9:30-11:45****Director: Andrew Clark, 604-842-8581****Outreach: Brenda Clark, 604-842-8581****BROCK HOUSE CHAMBER PLAYERS**

We are always looking for new members who play strings, woodwinds or brass! Come by to see us on Wednesday afternoon with your instrument and we will be glad to see you. Set-up at 1:00, music from 1:00-3:00.

Director: TBA**Wed. 1:00-3:00****Begg Room**

BROCK HOUSE CHOIR

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.

Director: Elsie Stephen

Tues. 1:00-3:15
Out of House

HANDBELLS (Brock House/Kerrisdale)

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.

Conductors:

Grace Lau & Cheryl McHugh

Jeong Hur

Out of House

Mon. 9:30-Noon

Wed. 1:30-4:00

BROCK HOUSE JAZZ BAND

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

Leader: Rob Arseneau

Bookings: Doug Rogerson

Halpern/Activity Room

Thurs. 1:00-3:00

BROCK HOUSE ORCHESTRA

This is a full symphony orchestra giving regular concerts of classical and modern works at seniors' homes and community centres. We enjoy rehearsing with our professional conductor, Jeffrey Tseng, and perform most years at the Summer Fair.

If you play a symphonic instrument, come to the

Begg Room on Wednesday mornings. New members are welcome, especially string players.

Director/Conductor: Jeffrey Tseng

Director Emeritus: Ernie Fiedler

Outreach: Philip Neame

Begg Room

Wed. 10:00-noon

SING-A-LONG

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.

Pianist: Leora Williams

with Joane Sunahara on recorder

Conservatory

Mon. 1:30-3:30

SOCIAL GROUPS**AFTER HOURS**

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 in the evenings on weekdays. Members are responsible for their own transportation and expenses.

FINE DINING

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

Convenors: Christine Chou *and* Lesley Dawson-Burns

WORKSHOP**WORKSHOP**

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.

Convenor: Bill Ramey Mon. & Thurs. Noon-3:45
Tues., Wed. & Fri. 9:00-3:45

WOODWORKERS

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 Release' form and read and observe the Workshop Rules.

Convenor: Bill Ramey Mon. & Thurs. 9:00-Noon

WRITTEN WORD**BOOK CLUB**

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.

Convenor: Francine Panet-Raymond
Meyer Room Last Friday of month, 1:15-3:15

LIFE WRITING

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.

Convenor: Inge Andreen Thurs. Apr. 5-June 7
Meyer Room 10:00-Noon

MASTERPIECES OF THE MODERN SHORT STORY

(excluding stories from Commonwealth Countries)

In 2016 we studied masterpiece stories from the British Commonwealth. This term we will study masterpiece short stories written by authors from other countries such as: USA - Edgar Allan Poe, Hemingway, Mark Twain; Russia - Tolstoy, Chekov; France - Guy de Maupassant and more as time allows. Maximum of 8 participants.

Registration is required for this program.

Convenor: Glenys Acland Tues. May 29-June 19
Meyer Room 10:45-Noon
No charge

PLAY READING

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

Convenor: Penny Pearson Mon. 1:00-3:00
Meyer Room

WR101 WRITE FROM THE HEART

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.

Instructor: W. Ruth Kozak Wed. Apr. 4-May 23
Games Room 9:45-11:45
\$65/8 weeks

WRITERS' CIRCLE

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

Convenor: Pat Ajello Fri. Apr. 6-June 22
Meyer Room 10:00-Noon

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*

- Apr. 6** **Dunkirk:** Evacuation of Allied soldiers from the British Empire and France, who were cut off and surrounded by the German army, from the beaches and harbor of Dunkirk, France, between May 26-June 04, 1940, during the Battle of France in World War II.
- Apr. 13** **Jackie:** Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband's historic legacy.
- Apr. 20** **Victoria & Abdul:** Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.
- Apr. 27** **An Inconvenient Sequel-Truth to Power:** A decade after *An Inconvenient Truth* (2006) brought climate change to the heart of popular culture, the follow-up shows just how close we are to a real energy revolution.
- May 4** **The Painted Veil:** A British medical doctor fights a cholera epidemic in a small Chinese village, while being trapped at home in a loveless marriage to an unfaithful wife.
- May 11** **Land of Mine:** In post-World War II Denmark, a group of young German POWs are forced to clear a beach of thousands of land mines under the watch of a Danish Sergeant who slowly learns to appreciate their plight.
- May 18** **The Glass Castle:** A young girl comes of age in a dysfunctional family of nonconformist nomads with a mother who's an eccentric artist and an alcoholic father who would stir the children's imagination with hope as a distraction to their poverty.
- May 25** **The Big Sick:** Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings.

SOCIALS & EVENTS

HALPERN PERFORMING ARTS EVENT

BERNARD CUFFLING - A THEATRE LIFE

Bernard announces himself as a "Canadian actor with an English accent". This one-man production has funny stories of behind-the-scenes problems of productions going wrong, and of great moments in theatre he has seen or been part of. He will include a few Shakespearean speeches, poems and readings that he particularly cherishes, concluding with tales of some famous people he has had the privilege of working with, stars such as Ginger Rogers.

Bernard has been a part of the Vancouver theatre scene for over 40 years. He has appeared in all the leading theatres in the West and has performed at the National Arts Centre in Ottawa. He has been awarded a Sam Payne Award by UBCP/ACTRA, a Jessie Award for Lifetime Achievement in Theatre and he is a member of the B.C. Walk of Fame. Local theatre goers will perhaps remember him best as Clarence, the Angel seeking his wings, in the Arts Club production of "It's a Beautiful Life", a part he played for five years.

Sponsored by the George Halpern Fund

Tuesday, April 24

1:45-3:15

Conservatory

Members \$8/Guests \$10

HELEN HANSEN in CONCERT at BROCK HOUSE

Brock House members once again have the privilege of hearing this talented performer! Helen is always accompanied by talented musicians. Watch for the posters to find out who they are!

This is a fundraising event and is open to the public.

Light refreshments will be available during the intermission. This is always a sell-out event - make sure to get your tickets early!

Tuesday, April 17

1:00-3:15

Tickets \$20 per person

**SAVE THE DATE for the
SPRING AWAKENING AFTERNOON SOCIAL**

Come and enjoy a demonstration by Bob Tuckey from Hunters Garden Centre, who will once again demonstrate how to create beautiful planters with sun and shade plants. Watch for details in March - this will be another sold-out event!

Thursday, May 10 1:30 - 3:00
Ticket price: \$17/members, \$20/guests

**BARBARA ANN MARTINDALE performing an
ACCORDION CONCERT at BROCK HOUSE**

Brock House member Barbara Ann Martindale is a classically trained accordionist/singer. She will be performing a one hour concert as a fundraiser for Brock House Society. Her programme will include 7 semi-classical and classical selections arranged for the accordion. Two of these pieces are *Dance of the Hours* (from the Italian opera La Gioconda by A. Ponchielli) and *The Flight of the Bumblebee* (by Rinsky-Korsokov)

Tuesday, May 29 1:00-2:30
Tickets \$10 per person

WE ARE CELEBRATING 40 YEARS OF SUCCESS

Brock House Society officially opened its doors as a seniors' activity centre on December 3, 1977. Help celebrate 40 years of successful activities, programmes and continued service to our members by attending the party!

There will be a champagne reception, followed by a buffet supper catered by the Brock House Restaurant. Enjoy music, dancing and more!

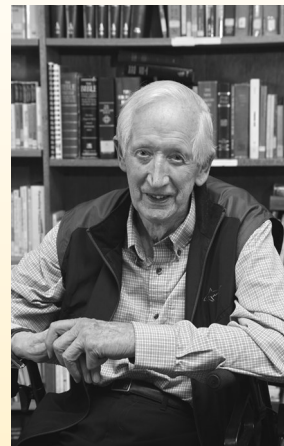
Wednesday, June 6 4:00-8:00 p.m.
Ticket price: \$75.00 single/\$135.00 couple
(A couple is any two people attending together)

Plan to attend the Fourth Annual
Dr. Richard Stace-Smith Lecture

Wednesday, May 16

1:30 p.m.

in the Brock House Marquee



**Keynote Address by
Maestro Bramwell Tovey**

Time to say 'Goodbye'

An afternoon of musical nostalgia as
Bramwell Tovey prepares for his farewell
concerts as music director of the
Vancouver Symphony Orchestra

*Light Refreshments will be served in the
Conservatory. following the lecture*

Tickets \$5.00 per person, members & guests

SPECIAL OUT-of-HOUSE EVENTS**BUDDHIST TEMPLE, RICHMOND**

Visit one of the most exquisite and authentic models of traditional Chinese architecture in North America, enjoy the beautiful gardens and have lunch in the temple vegetarian cafeteria. Estimated cost of meal around \$25/person. Meet at 11 a.m. at the Buddhist Temple (9160 Steveston Highway – between #3 and #4 Road, Richmond). There will likely be people burning joss sticks in some areas as part of the Chinese tradition. A guided tour will only be offered if we have a group of 15 or more people.

Register by April 27.

Convenor: Callie Wong

Saturday, May 5, 2018 11:00 a.m.–1:00 p.m.

THE OVERCOAT - A MUSICAL TAILORING

After seeing the DVD and hearing Leslie Dala's pre-opera lecture, go to the Opera! We have 10 seats reserved for the Thursday, May 10 performance of *The Overcoat* at the Vancouver Playhouse. **Tickets are \$46.00 per person**, transportation is not included. See page 14 for complete information.

Register by April 25

Thursday, May 10 7:30 p.m.

HASTINGS PARK HORSE RACING

Meet at Hastings Park (PNE gate 6 parking lot) and enjoy a delicious buffet luncheon at Silks Restaurant with a panoramic view of the Northshore Mountains. Watch the live horse racing. Cost of buffet is \$24.95/person to be paid individually at the restaurant. **Please register by May 25.**

Convenor: Callie Wong

Saturday, June 2 11:30 a.m. – 3:00 p.m.

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.

Cirque du Soleil Crystal

Crystal is the very first experience on ice from Cirque du Soleil! Watch world-class ice skaters and acrobats claim their new frozen playground with

speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics. This ticket includes: pick up/drop off at Brock House, Ticket Cirque du Soleil Crystal 4:00 p.m. show in Abbotsford, lunch at the NY Grill & Bistro.

**Saturday, April 14 11:00 a.m. - 9:30 p.m.
\$159/members & guests**

Milner Gardens & Coombs

Canadian Geographic Travel calls Milner Gardens and Woodland "One of the Ten Best Public Gardens in Canada". This seaside garden is set in a natural coastal Douglas-fir woodland in Qualicum Beach. Enjoy a guided tour of the gardens and an afternoon tea lunch, then head over to Coombs, where goats romp on the rooftop and fun shopping awaits! Tour price includes bus transportation from Brock House and back, all ferry fees, Milner Gardens admission and guided tour, afternoon tea lunch at Milner Gardens, trip to Coombs. Please note that there is an additional \$10 ferry fee for those who are under 65.

**Monday, May 14 7:00 a.m.-7:30 p.m.
\$149/members & guests**

Mayne Island

Experience one of the most historic and beautiful Southern Gulf Islands, full of endless scenic vistas and a unique way of life. The trip includes a visit to the Georgina Point Park and lighthouse, Arbutus tree forest walk at Bennett Bay, Island galleries, Japanese memorial gardens, West Coast lunch at Groove Island Kitchen, and all ferry fees. Please note that there is an additional \$20 ferry fee for those who are under 65.

**Wednesday, June 27 8:30 a.m.-8:15 p.m.
\$149/members & guests**

Hell's Gate + Othello Tunnels

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate and the Othello Tunnels, offering some of British Columbia's most beautiful landscapes. The tour includes the Hell's Gate Tram Ride, Lunch at Hell's Gate and a guided walk through the Othello Tunnels.

**Monday, July 23 7:45 a.m.-6:00 p.m.
\$119/members & guests**

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.

HOURS OF OPERATION

The House is open Monday to Friday, 8:00 a.m. to 4:00 p.m.

The Office is open Monday to Friday, 9:00 a.m. to 3:45 p.m.

MEMBER BENEFITS

Besides the many free activities and fee-based courses and events listed in this program, members can drop by Brock House to play a game of billiards in the Billiard Room or croquet on the lawn, do a daily crossword or Sudoku, or read the newspaper, a novel or a book in our well-stocked library.

NEWSLETTER & WEEKLY EMAIL UPDATES

The Gallimaufry

The Gallimaufry is a monthly newsletter of news and information for and about Brock House people and events. You can receive the Gallimaufry by email (no charge), you can buy a copy at the Greeter's Desk or in the office (25 cents), or you can purchase an annual subscription (\$25) to be mailed to your home.

Weekly Email Updates

Weekly updates on coming events are sent to all members and some former members by email. If you do not already receive this popular and timely announcement, please email brockhouse@telus.net with "Email Updates" in the subject line.

PARKING

Members may park free, during business hours only, in on-site parking or at additional assigned parking on the east side of the Jericho Beach parking lot. You will need to get a parking decal from the office and display it prominently on your windshield to avoid ticketing and/or towing.

CAFETERIA

The Cafeteria is a warm and cheerful place where you can have lunch or coffee with friends. Menus are published monthly in the Gallimaufry newsletter, posted on the website, or you can pick them up in the cafeteria on your next visit. You can also take a break from cooking with a low-cost take-home meal. You can bring up to three guests to the cafeteria each day but remember to sign in your guests at the front desk first. The cafeteria is open for lunch Monday to Friday from 11:30 a.m. - 1:00 p.m. Coffee and snacks are available Monday to Thursday from 9:00 a.m. - 3:00 p.m., and on Fridays from 9:00 a.m. - 1:30 p.m.

COMPUTER LAB

The computer lab is equipped with eight PC laptop computers using the Windows 10 operating system. You can drop in on Monday afternoons for computer help. You can use the lab at any other time by signing out the key in the office. WIFI is available for members' use. Password available at Computer Drop-In on Mondays or from the office.

LIBRARY

Our well-stocked library is on the second floor, around the corner at the top of the stairs.

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.

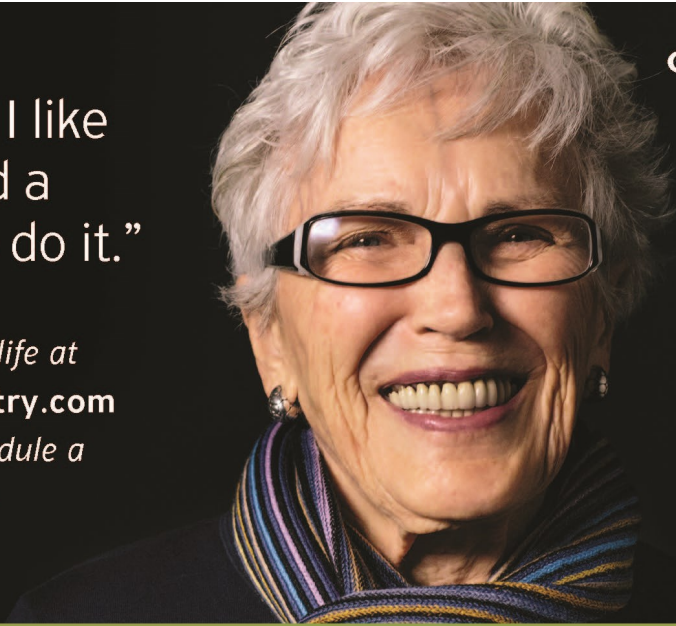
You are also welcome to call the office or to come in person.

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!

CONCERT

“I already know what I like
to do, and I’ve found a
place where I get to do it.”

To learn about Pat’s story and life at
Tapestry, visit **DiscoverTapestry.com**
or call 604.225.5000 to schedule a
complimentary lunch and tour.



www.DiscoverTapestry.com

Tapestry at Wesbrook Village
3338 Wesbrook Mall, Vancouver BC
604.225.5000

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Brock House Society Summer Fair Saturday, July 14, 2018





**BROCK
HOUSE**
Society

Celebrating 40 Years of Success

Wednesday, June 6, 4:00 - 8:00 p.m.

\$75.00 single/\$135.00 couple

(A couple being any two people attending together)

Champagne Reception

**Buffet Supper catered by the
Brock House Restaurant**

Music, dancing and more!



brockhousesociety.com