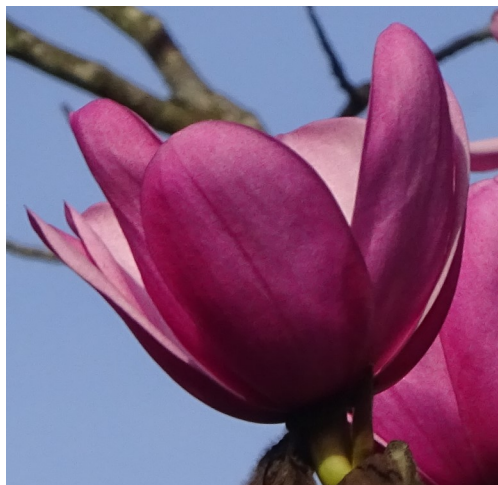


Being a member at Brock House Society makes it easy to stay active.

Where Seniors Stay *Young*

2019 SPRING PROGRAMS & EVENTS



Photos courtesy of Stan Hohnholz

**BROCK
HOUSE**
Society

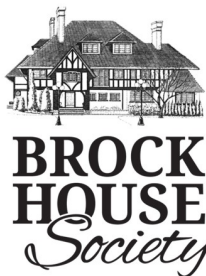
We aim to encourage and enable seniors to live fuller lives

REGISTER ONLINE



Sketch by Pip Brock, 1930s

To register for our 2019 Spring programs go to www.brockhousesociety.com, visit or phone the office



En Blanc Evening Event

Wednesday, June 5th, 2019

6pm Cocktails

7pm-10pm Dinner & Entertainment

in the Marquee



Come dressed in white and enjoy cocktails
and dinner **catered by the Brock House Restaurant.**

Entertainment by **Steve Elliott "A Tribute to Elvis"**

- A Night to Remember -

Early Bird Tickets \$75 by May 5th, 2019 | After May 5th \$85

Members & Non-Members | Ticket price includes dinner & entertainment | Cash Bar

Tickets are available online at **www.brockhousesociety.com** or through the
Brock House Society office in person or by phone at 604-228-1461

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

Brock House Society

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Tom Henry, *1st Vice-President*
Patricia Brady, *2nd Vice-President*
Margot Magee, *Treasurer*
Stanley Hohnholz, *Secretary*

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Tricia Barker

Administration

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Staff

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Assistant*
Lee Murray, *Maintenance*
Nebojsa Stajcic, *Maintenance*

Contact Us

Brock House Society
3875 Point Grey Road
Vancouver, BC V6R 1B3
Telephone: 604-228-1461
Email: brockhouse@telus.net
Website: www.brockhousesociety.com

President's Message

Hello again and welcome to the start of yet another new season and program. So, SPRING! Upon reflection, what immediately comes to mind for you if it has been a long, cold Winter? Well for me it is an awakening. This is self evident as you look around and see long dormant plants and bulbs starting to bloom, adding a colour and vibrancy to many a hedge and front lawn.

You may also feel a spring in your step, as you venture outdoors more often on daily walks around your neighbourhood. So why not include Brock House Society in these routines where the onset of Spring will be even more apparent as you admire the excellent job that the Park Board carries out on the grounds around the House.

This awareness and energy will also be maintained as you enter Brock House and experience the variety of new programs and events that the Directors and committee members have organised. These will engage you on many levels with topics that you will find stimulating and rejuvenating and help you to leave behind the Winter blahs. So why not sit down with a pen and paper and list the ones that fulfill the following criteria for you over the next 3 months.

Is the program:

- | | |
|--|---|
| 1. Thought provoking | 4. Offers a physical outlet |
| 2. Intellectually stimulating | 5. Socially engaging |
| 3. Connects me with others in
Community setting | 6. Offers me a weekly schedule and
routine |

So what programs and events may meet these requirements for you? Well let us start with the *FREE PROGRAMS* such as:

- | | |
|---|--|
| 1. The Esther Birney Series | 4. A Brave New World by Aldous
Huxley with Dr. James Sexton |
| 2. End of Life Planning | |
| 3. Woodworking Demonstration
with Bill Ramey | 5. Block Chain with Chris Roxwell
and Darra Holfman |

Then for our *FEE BASED PROGRAMS* if you want to be out and about:

1. Bird Watching is back
2. Lawn Bowling at West Point Grey Lawn Bowling Club
3. Japanese Cultural Program including a visit to a restaurant

For indoor *FEE BASED PROGRAMS* there are:

1. Spring Watercolour classes with a new teacher—Meghan Sharir
2. Successful Aging with Margaret Easton
3. Italian Wines — 3rd in the series

Please *pre-register* to guarantee yourself a seat or space.

Now that you have completed your list and registered, Spring into action and fill your dance card with these enriching programs and events. Oh and don't forget to be in the moment by looking around and start to smell the roses. Ah!

Peter Phillips

A WEEK AT A GLANCE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30 - 9:30	HW102 Balance, Posture & Strength	8:30 - 10:00	HW115 Yoga (90 min)	8:30 - 9:30	HW103 Balance, Posture & Strength	8:45 - 9:45	HW114 Tai Chi Level 4	9:00 - 10:00	HW118 Yoga (60 min)
8:45 - 9:45	HW111 Tai Chi Level 1	8:45 - 9:45	HW113 Tai Chi Level 3	8:45 - 9:45	HW112 Tai Chi Level 2	9:00 - 12:00	Woodworkers	9:00 - 12:00	Artists' Group
9:00 - 12:00	Woodworkers	9:30 - 10:30	HW120 Zumba	9:00 - 12:00	IS103 Magic of Spring Bird Watching (Out of House - Apr. 24, May 8, 29 & Jun. 5)	9:30 - 10:30	HW117 Yoga (60min)	9:30 - 10:30	HW 121 Zumba
9:30 - 11:00	LG101 French Beginners	9:50 - 10:50	HW110 Meditation Class	9:35 - 10:50	HW 107 Stretch & Strength	9:30 - 11:15	Book Club #2 (2nd Thursday of the month)	9:30 - 11:45	BH Big Band (Out of House)
9:30 - 11:30	AR101 Spring Watercolour Class	10:00 - 11:30	BH Big Band (Out of House)	10:00 - 12:00	WR101 Write From the Heart	10:00 - 12:00	Life Writing	10:45 - 12:45	Table Tennis
9:30 - 11:30	Yarns & Needle Crafts	10:00 - 12:00	BR102 Intermediate Bridge	10:00 - 11:00	Pole Walkers	10:00 - 12:30	IS103 Magic of Spring Bird Watching (Apr. 4)	10:00 - 12:00	Writers' Circle
9:30 - 12:00	Handbell Ringers (Out of House)	10:00 - 12:00	Brock House Players	10:00 - 11:30	Discussion Series	10:00 - 3:30	Billiards	10:00 - 12:00	IS108 Legendary Performers
9:35 - 10:50	HW106 Stretch & Strength	10:00 - 3:30	Billiards	10:00 - 12:00	Porcelain Painters	10:30 - 12:00	IS110 Successful Aging	10:00 - 3:30	Billiards
10:00 - 3:30	Billiards	10:15 - 11:15	HW116 Yoga (60 min)	10:00 - 12:00	Brock House Orchestra	11:15 - 12:15	HW105 Osteofit	10:15 - 11:15	HW119 Yoga (60 min)
10:30 - 12:00	Travel Series	10:30 - 11:30	Tuesday Lecture Series	10:00 - 3:30	Billiards	12:15 - 3:30	Duplicate Bridge	11:45 - 12:45	Esther Birney Opera Series
11:30 - 12:45	HW109 Line Dancing	11:00 - 12:00	Spanish Beginners	10:30 - 12:00	Cryptic Crossword Group	1:00 - 3:00	Brock House Jazz Band	12:30 - 3:30	Social Bridge
11:15 - 12:45	LG102 French Intermediate	11:15 - 12:15	HW104 Osteofit	12:15 - 3:30	Mah Jong	1:00 - 3:00	Chess	1:00 - 3:30	Friday Movies
12:00 - 2:00	Absolute Beginners Bridge	11:30 - 12:30	HW108 Chair Yoga	12:30 - 3:30	Table Tennis	1:00 - 3:00	Scrabble	1:00 - 2:15	IS105 Historic Melodies Series
12:30 - 3:00	IS102 Constitutional Democracy & Policing	12:00 - 1:00	Spanish Intermediate	1:00 - 2:00	HW101 Meet in Music	1:00 - 3:00	IS111 Understanding Music	1:15 - 3:15	Book Club #1 (last Friday of the month)
1:00 - 3:30	Table Tennis	12:30 - 2:30	BR101 Advanced Bridge	1:00 - 3:00	Brock House Chamber Players				
1:00 - 3:00	Play Reading	12:30 - 2:30	IS101 Art History	1:30 - 4:00	Handbell Ringers				
1:00 - 3:00	Computer Drop-In	1:00 - 3:00	Chess						
1:30 - 3:00	LG103 French Advanced	1:00 - 3:15	BH Choir (Out of House)						
1:30 - 3:15	IS106 Italian Wine	1:15 - 3:00	Philosophy Reading & Discussion						
1:30 - 3:00	Sing-A-Long	1:15 - 3:15	IS104 Genealogy Class						
2:05 - 3:35	Supervised Bridge Play	1:30 - 3:00	Mandarin Conversation						
		1:30 - 3:30	Canasta						

SPECIAL EVENTS or PRESENTATIONS

1:00 - 2:00	(May 13) Laughter is the Best Medicine	1:30 - 3:30	(Apr. 30) Social: Spring Awakening	1:00 - 3:15	(Apr. 3, 10) IS107 Japanese Cultural Program (Apr. 24) At restaurant	10:00 - 11:30	(Apr. 11 & 18) Senior Services: End of Life Planning	10:00 - 11:30	(May 3) Artist in Our Midst - A History
1:00 - 2:00	(May 27) Jericho Sailing Club Presentation	Tues. - Thurs.	(Apr. 23 - 25) Harrison Hot Springs Bridge Tour	11:30 - 3:00	(Jun. 5) VanDusen Gardens Walking Tour	1:45 - 3:15	(Apr. 4) Halpern Event: Shaw Letters	10:00 - 12:00	(Apr. 5) British Child Migration
1:00 - 2:30	(Apr. 15, 29) A Brave New World with James Sexton	1:45 - 3:15	(May 21) Halpern Event: James Danderfer Quartet	12:00 - 1:00	(May 1) Senior Services: NexGen Hearing Lecture	12:00 - 3:00	(Apr. 11) United Players Presentation	10:00 - 12:00	(Apr. 26) Woodworking Demonstration
1:00 - 3:00	(Jun. 10) Photography Lecture with Doug Johnson	1:45 - 3:15	(May 28) Halpern Event: Miss Manners on Music	1:00 - 2:30	(Apr. 17) Blockchain (Crypto Currency) Lecture			1:00 - 3:00	(May 10) IS109 Magic Workshop
		7:45 am - 5:45 pm	(Apr. 30) Westminster Abbey Tour	1:00 - 2:30	(Apr. 24) A Brave New World with James Sexton			9:30 am - 3:00 pm	(May 24) Chicago Bridge with Lunch
One Week	(Apr. 22, 24, 26, 30 & May 2) Introduction to Lawn Bowling			1:30 - 3:30	(May 29) Dr. Richard Stace-Smith Lecture			8:45 am - 4:45 pm	(May 17) Fraser Valley Wine Tour
				6:00 pm	(Jun. 5) En Blanc Dinner			8:45 am - 4:45 pm	(Apr. 19) Tulips Tour

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Registration Information

How to Register

There are 3 easy ways to register:

- **Online:** www.brockhousesociety.com
(Members must sign in first)
- **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 21**. Programs will be visible on the website at 9:00 a.m.
- Registration for TOURS and SOCIALS is available now.
- 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.**

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 in the office prior to attending.

2019 Closure Reminders

Brock House will be closed on these dates:

- **Fri., April 19**—Good Friday
- **Mon., April 22**—Easter Monday
- **Mon., May 20**—Victoria Day

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

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** after a class has started.
- There will be **no refunds** for cancellations made five business days prior to the date of any tours, unless otherwise noted.

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.

Refunds for **CANCELLED** 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.

Special Events at a Glance

- **Tues., April 23 - Thurs., April 25:**
Harrison Hot Springs Bridge Tour
- **Fri., May 24:**
Chicago Bridge Luncheon
- **Wed., May 29:**
Dr. Richard Stace-Smith Lecture
- **Sat., July 6:**
Summer Fair
- **Fri., July 26:**
Joan & Dick Stace-Smith Pancake Breakfast
- **Wed., August 14:**
Songs by Edith Piaf, Peggy Lee & more

ARTS & CRAFTS

Artists' Group ————— **FREE**

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

Convenor: Gillian Olson		
Day	Time	Location
Fri.	9:00 - 12:00	Art Room

Porcelain Painting ————— **FREE**

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		
Day	Time	Location
Wed.	10:00 - 12:00	Art Room

Yarns & Needle Crafts ————— **FREE**

Members of this group knit and crochet handcrafted projects to sell at the Brock House Summer and Christmas Fairs, using yarn which has been donated by Brock House members. Within the group, members share their expertise and enjoy the companionship of working together. We are always happy to welcome new members of all experience levels—including novices—who do any type of yarn or needle crafts, including sewing, embroidery, weaving, etc.

Convenor: Dorothy Simons, Carol Jackson		
Day	Time	Location
Mon.	9:30-11:30	Meyer Room

AR101 Spring Watercolour Class —————

Taking inspiration from spring's brighter colours, we will explore the magic and expressive beauty of watercolour through a series of subjects

ranging from floral and still life through vignettes of the natural world. We will explore attaining brilliant and dynamic colour through washes, colour mixing and glazing. Students will work from photographs, still life objects and the instructor's demo pieces. Those who prefer to adapt the techniques presented and work on their own subject are encouraged to do so and will receive guidance in class. All levels are welcome. A list of supplies will be given upon registration but bring whatever you have to the first class and come ready to paint!

Instructor: Meghan Sharir				
Day	Dates	Time	\$	Location
Mon.	Apr. 1- Jun. 10	9:30-11:30	\$100/ 9 weeks	Art Room
No Classes: Apr. 22 and May 20 (Holidays)				

BRAIN CHALLENGERS

Cryptic Crosswords Group ————— **FREE**

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: TBA		
Day	Time	Location
Wed.	10:30 - 12:00	Conservatory (West end)

BRIDGE

Absolute Beginners Bridge ————— **FREE**

This class is for people who have never played bridge before. We will cover opening and responding to bids of 1 no trump (including The Stayman Convention) and 1 of a suit, There will be practice hands for each lesson: Required for this class: "Bidding in the 21st Century" (ACBL series), available online at amazon.ca or chapters.ca. Pre-registration required. Limit of 12.

Instructor: Glenda Affleck				
Day	Dates	Time	Duration	Location
Mon.	Apr. 15- Jun. 3	12:00-2:00	6 weeks	Art Room

Duplicate Bridge

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.

Convenor: Sue Girling & Margaretta Shirkoff		
Day	Time	Location
Thurs.	12:00 - 3:30	Art/Begg/Games Room
\$1/session		

Social Bridge FREE

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

Convenor: Mary Bliss		
Day	Time	Location
Fri.	12:30-3:30	Art Room

Supervised Bridge Play FREE

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. Preregistration required. Limit of 16.

Instructor: Glenda Affleck				
Day	Dates	Time	Duration	Location
Mon.	Apr. 15 - Jun. 3	2:05 - 3:35	6 weeks	Art Room

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. Limit of 20.

Instructor: Barry Yamanouchi				
Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	12:30-2:30	\$90/ 9 weeks	Art Room
No Classes: Apr. 9 and Apr. 23 (Instructor away)				

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. Limit of 20.

Instructor: Barry Yamanouchi				
Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	10:00-noon	\$90/ 9 weeks	Art Room
No Classes: Apr. 9 and Apr. 23 (Instructor away)				

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. For competent and confident players. Limit of 40.

Convenor: Wendy Hannington			
Day	Date	Time	\$
Fri.	May 24	9:30-3:30	\$20 per person
Location: Begg Room/Conservatory			

Harrison Hot Springs Bridge Tour

Three days of bridge, food, prizes and fun! The price includes 2 dinners, 2 breakfasts, and 2 nights' accommodation, bus transport from and to Brock House. Please call the office for availability. Limit of 82.

Dates	\$
Tues. Apr. 23 - Thurs. Apr. 25	\$355 per person, double occupancy \$495 per person, single occupancy

COMPUTERS

Computer Drop-In FREE

These sessions are available for any member who wants assistance using computers, tablets or cell phones, or who needs help with certain programs. You must know how to use a computer or your device. Members can use the computers on their own or with help when needed. Volunteers will discuss problems and offer advice on comput-

er topics as required. The lab has laptop computers with Windows 10 operating system and high speed Internet access.

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

HEALTH & WELLNESS

Pole Walkers ————— **FREE**

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		
Day	Time	Location
Wed.	10:00-11:00	Out of House

Hikers ————— **FREE**

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 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.*

Convenors: Margit Arthur, 604-224-6627 Jane McDonald, 604-264-1250		
Day	Time	Location
Sat.	9:00 am	Out of House
Date	Hiking Trail & Contact	
Apr. 6	Minnekhada, <i>Elizabeth 604-683-3203*</i>	
Apr. 13	Sasamat Belcarra Loop, <i>Charles 604-224-6627</i>	
Apr. 20	5 Point Hill, <i>Josie 604-518-5763</i>	
Apr. 27	UBC Research Forest, <i>Mike 604-790-6853</i>	
May 4	Cheakamus Canyon, <i>Margit 604-224-6627</i>	
May 11	Strachan Meadows /Bowen Island Look-out / St. Mark's Summit, <i>Margit 604-224-6627</i>	

May 18	SFU from Barnet Marine Park, <i>Mike 604-790-6853</i>
May 25	Gold Creek Falls, <i>Mike 604-790-6853</i>
Jun. 1	Old Buck Trail to Quarry Rock, <i>Diane 604-714-1351</i>
Jun. 8	Brohm Lake, <i>Katie 604-738-8189</i>
Jun. 15	Shannon Falls Loop (Sea to Sky Gondola), <i>Renate 604-739-7680</i>
Jun. 22	Nelson Creek Lookout, <i>Cathie 604-683-1083</i>
Jun. 29	Giant Fir on Hollyburn, <i>Jane 604-264-1250</i>

**Please note correction of contact for this hike*

HW101 Meet in Music —————

This 5-class series led by Certified Music Therapist and Registered Clinical Counsellor, Gemma Isaac, will engage participants to sing and move with music in a group setting, with the knowledge of how and why music "strikes a chord" with emotions, memories, and cognition. Songs will range from genres across the past century, including songs from other cultures. Participants will gain both experiential and theoretical knowledge of how music is used in a therapeutic setting for all abilities and ages. No previous singing or dancing experience required. Curiosity, love and joy for music are encouraged! Limit of 20.

Instructor: Gemma Isaac				
Day	Dates	Time	\$	Location
Wed.	May 8 - Jun. 5	1:00-2:00	\$100/ 5 weeks	Halpern Room

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 ends with stretching. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more. **Limit of 12.**

HW102 Balance, Posture & Strength (Mon)

Instructor: Provided by Love Your Age Fitness Inc.

Day	Dates	Time	\$	Location
Mon.	Apr. 1 - Jun. 10	8:30-9:30	\$90/ 9 weeks	Activity/ Tent

No Classes: Apr. 22 and May 20 (Holidays)

Balance, Posture & Strength Cont'd				
HW103 Balance, Posture & Strength (Wed)				
Day	Dates	Time	\$	Location
Wed.	Apr. 3 - Jun. 12	8:30-9:30	\$100/ 11 weeks	Activity/ Tent

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. Limit of 12.

HW104 Osteofit Tuesdays				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	11:15-12:15	\$100/ 11 weeks	Activity/ Tent
HW105 Osteofit Thursdays				
Day	Dates	Time	\$	Location
Thurs.	Apr. 4 - Jun. 13	11:15-12:15	\$100/ 11 weeks	Activity/ Tent

Stretch & Strength

This 75 minute mostly moderate level class can be adapted to suit a variety of levels and physical limitations. The class begins with a short cardiovascular component that can be adapted for chair as needed. The last 2/3rds can be seated or standing, and includes 'Brain Muves' balance work, and exercises for strength, agility, stability, and stretching/mobility. The last part of the class is all seated and may include posture/body alignment, stretching, visualization, and deep relaxation. Activities feature a variety of apparatus such as balls, weights, tubing, bean bags and more. Limit of 12.

HW106 Stretch & Strength Mondays				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Mon.	Apr. 1 - Jun. 10	9:35 - 10:50	\$112/ 9 weeks	Activity/ Tent
No Classes: Apr. 22 and May 20 (Holidays)				
HW107 Stretch & Strength Wednesdays				
Day	Dates	Time	\$	Location
Wed.	Apr. 3 - Jun. 12	9:35-10:50	\$125/ 11 weeks	Activity/ Tent

HW108 Chair Yoga

"Stretch your body, relax your mind... bringing the practice of yoga from the mat to the chair!" Yoga, with a chair is for people of all ages and abilities who find traditional yoga inaccessible or/and uncomfortable. The chair replaces the mat. This allows for greater accessibility and stability. Chair Yoga can improve your strength, balance, concentration and flexibility. Chair Yoga also encompasses the physical, emotional, mental and spiritual realms of an individual. Come and explore the benefits of Chair Yoga in a safe and fun environment! Limit of 16.

Instructor: Annette Wertman <i>with Ageless Yoga</i>				
Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	11:30-12:30	\$80/ 11weeks	Begg Room

HW109 Line Dancing

Line Dancing is an easy way to exercise the body and mind. It's a wonderful way to lose weight and meet new friends. You'll dance to great music in the most popular styles of dance, e.g. Cha Cha, Rumba, Tango, Mambo, Jive, Waltz and Salsa. No partner required. All ages and levels welcome. Limit of 14.

Instructor: Lisa Dong				
Day	Dates	Time	\$	Location
Mon.	Apr. 1- Jun. 10	11:30 -12:45	\$65/ 9 weeks	Activity/ Tent
No Classes: Apr. 22 and May 20 (Holidays)				

HW110 Meditation

Through a series of guided meditations, we will practice methods from Buddhist and Daoist (Taoist) traditions. While the practice of meditation yields many fruits, the main purpose of the practice is to tame the mind and to recognize its nature. Limit of 10.

Instructor: Kelly Maclean				
Day	Dates	Time	\$	Location
Tues.	Apr. 2- Jun. 11	9:50-10:50	\$110/ 11 weeks	Games Room

Tai Chi Classes

HW111 Level 1 - 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, coordination 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! This course is suitable for beginners and those who are happy to continue to review the 24 Form from the beginning. **Limit of 12.**

Instructor: Kelly Maclean				
Day	Dates	Time	\$	Location
Mon.	Apr. 1 - Jun. 10	8:45-9:45	\$90/ 9 weeks	Conservatory
No Classes: Apr. 22 and May 20 (Holidays)				

HW112 Level 2 - 24 Form Part 2

In this course we will continue to work on the 24 Form. **Limit of 12.**

Day	Dates	Time	\$	Location
Wed.	Apr. 3 - Jun. 12	8:45-9:45	\$110/ 11 weeks	Conservatory

HW113 Level 3 - 24 Form & Mirror Image

In this course, we will continue to review the 24 Form and the mirror image. **Limit of 12.**

Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	8:45-9:45	\$110/ 11 weeks	Conservatory

HW114 Level 4 - 24 & 48 Form

In this class, we generally go through the 24 Form, plus the mirror image, and then review the entire 48 Form a couple of times. **Limit of 12.**

Day	Dates	Time	\$	Location
Thurs.	Apr. 4 - Jun. 13	8:45-9:45	\$110/ 11 weeks	Conservatory

Yoga Classes

Practicing yoga reduces stress and pain and is effective in maintaining good physical and mental health, including increased energy, strength and mobility to name a few. This seniors' yoga program 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. **Limit of 12.**

HW115 Yoga Tuesdays (90min)

Instructor: Alyshia				
Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	8:30-10:00	\$135/ 11 weeks	Begg Room

HW116 Yoga Tuesdays (60min)

Day	Dates	Time	\$	Location
Tues.	Apr. 2 - Jun. 11	10:15-11:15	\$105/ 11 weeks	Begg Room

HW117 Yoga Thursdays (60min)

Day	Dates	Time	\$	Location
Thurs.	Apr. 4 - Jun. 13	9:30-10:30	\$105/ 11 weeks	Begg Room

HW118 Yoga Fridays (60min)

Day	Dates	Time	\$	Location
Fri.	Apr. 5 - Jun. 14	9:00-10:00	\$90/ 9 weeks	Begg Room

No Classes on Fridays, Apr. 19 & May 24

HW119 Yoga Fridays (60min)

Day	Dates	Time	\$	Location
Fri.	Apr. 5 - Jun. 14	10:15-11:15	\$90/ 9 weeks	Begg Room

No Classes on Fridays, Apr. 19 & May 24

Zumba for Seniors

HW120 / HW121

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. Limit of 12 per class.

HW120 Zumba Tuesdays				
Instructor: Asal Nikoopour				
Day	Dates	Time	\$	Location
Tues.	Apr. 2- Jun. 11	9:30-10:30	\$95/ 11 weeks	Activity/ Tent
HW121 Zumba Fridays				
Instructor: Asal Nikoopour				
Day	Dates	Time	\$	Location
Fri.	Apr. 5- Jun. 14	9:30-10:30	\$85/ 10 weeks	Activity/ Tent
No Class on Friday Apr. 19 (Holiday)				

INDOOR GAMES

Billiards ————— **FREE**

Key in office.

Day	Time	Location
Mon.- Fri.	10:00 - 3:30	Billiard Room

Canasta ————— **FREE**

Do you remember hot times around the kitchen table playing canasta? More relaxed than bridge and more fun than cribbage, it was the most popular card game of the 50's and 60's. Join the group for a lively game once a week.

Day	Time	Location
Tues.	1:30-3:30	Conservatory

Chess ————— **FREE**

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.

Convenors: A. Ramirez and R. Wooldridge		
Day	Time	Location
Tues. & Thurs.	1:00 - 3:00	Meyer Room

Mah Jong —————

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

Convenor: Maribeth Ruckman

Day	Time	Location
Wed.	12:15-3:30	Art Room
\$1/ Session		

Scrabble ————— **FREE**

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

Day	Time	Location
Thurs.	1:00-3:00	Conservatory

Table Tennis ————— **FREE**

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. Please contact the office if you wish to speak to someone from the Table Tennis Group.

Day	Time	Location
Mon.	1:00-3:30	Activity Room
Wed.	12:30-3:30	Activity Room
Fri.	10:45-12:45	Activity Room

INTELLECTUAL PURSUITS

Artists in Our Midst—A History — **FREE**

Could anyone living in Vancouver now imagine our city without any Art Walks or artists offering visual feasts year after year, by opening their studios to public? This was the case 26 years ago; but all that changed with the very first annual Open Studio Walk initiated in West Point Grey by Artists in our Midst. Other artists have enthusiastically embraced this idea and Vancouver has never been the same.

In late 1993, Anne Adams and Pnina Granirer, two longstanding artist friends and neighbours, met for a cup of coffee and discussed what later became a yearly event called Artists in our Midst Open Studios.

Pnina Granirer will take you through the history of this event which made people in the community aware that there were, indeed, artists who lived and worked in their midst, thus opening the door to the pleasures of art and the direct contact with the artists.

Lecturer: Pnina Granirer			
Day	Date	Time	Location
Fri.	May 3	10:00-11:30	Halpern Room

Blockchain Lecture ————— **FREE**

Darra will present the foundations of blockchain technologies, and how they can provide ways for individuals to interact without the oversight of a third-party intermediary, even if they do not know or trust one another. She will provide some examples of how blockchains are being used in this way today.

Chris will then build on these examples, and describe what blockchain could mean for individuals, businesses, and society more broadly. In doing so, he will describe how the use of blockchain could create new markets and disrupt existing industries.

Darra and Chris can then answer any lingering questions you have about blockchain and related applications in an open, panel-type discussion.

Lecturer: Darra Holfman/Chris Rowell			
Day	Date	Time	Location
Wed.	Apr. 17	1:00-2:30	Halpern Room

A Brave New World ————— **FREE** *by Aldous Huxley*

Dr. James Sexton, a long-time lecturer in the BC College and University system, currently a visiting lecturer in English at UBC, is a curator of the Centre for Aldous Huxley Studies, University of Münster, an editor of its journal *The Aldous Huxley Annual*, and the author of numerous books and articles on Huxley, including an edition of his letters. His three illustrated talks on Aldous Huxley's great utopian satire *Brave New World* (1932) will clarify Huxley's use of Shakespeare, not just in the title of his novel, but in his characterization and plot details.

Each talk will cover 6 of the 18 chapters, and will situate the novel within a context of great utopian

works, including Plato's *Republic*, Thomas More's *Utopia*, Francis Bacon's *New Atlantis* and some modern utopias by H.G. Wells. Topics covered in this often funny, yet serious, book will include the origin of the utopian genre, intertextuality, critiques of global capitalism and Leninism, cloning, advertising, and above all, the folly of trying to dominate nature through technological innovation.

Lecturer: James Sexton			
Day	Date	Time	Location
Mon.	Apr. 15	1:00-2:30	Begg Room
Wed.	Apr. 24	1:00-2:30	Halpern Room
Mon.	Apr. 29	1:00-2:30	Begg Room

British Child Migration ————— **FREE**

Over 120,000 children were sent to Canada as indentured workers between 1833 and 1948. Marjorie Arnison was removed from her mother's care and deported to the colonies in September 1937. Ten-year-old Marjorie and her nine year old brother Kenny were sent to the *Prince of Wales Fairbridge Farm School* near Cowichan Station on Vancouver Island B.C. Marjorie was always at 'war' with being removed from her family, her community and her country. Patrica Skidmore's talk and slideshow gives an overview of this 350 year history and *Marjorie Too Afraid to Cry* covers Marjorie's journey to Canada and *Marjorie Her War Years* talks about her five years at the Fairbridge Farm School.

Lecturer: Patricia Skidmore			
Day	Date	Time	Location
Fri.	Apr. 5	10:00 - 12:00	Halpern Room

Discussion Series ————— **FREE**

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!

Convenor: Ingrid Hanslo		
Day	Time	Location
Wed.	10:00-11:30	Halpern Room
Date	Topic	
Apr. 3	HOT TOPIC	
Apr. 10	Can anything be done to level the playing field in society, economically and in respect of power?	
Apr. 17	How should Canada deal with China?	

May 1	Should the Government control rentals and house prices?
May 8	HOT TOPIC
May 15	Has Canada become obsessed by diversity and gender equality?
May 22	Artificial Intelligence - Should we fear or embrace it?
May 29	Is democracy the best form of government?
Jun. 5	Should "birth tourism" in Canada be outlawed?
Jun. 12	HOT TOPIC

Esther Birney Series: ————— FREE **Stories So Big They Need to be Sung**

This continuation of Esther Birney Series from the Winter Program focuses on an opera series featuring Professor Robert Greenberg. For more than 400 years, opera has been one of the most popular performing arts. His knowledge and insights will help you better understand, appreciate and love opera. The 8-week series (which begins Mar. 1st) showcases a 45-minute DVD presentation followed by 15 minutes for discussion.

Convenor: Glenys Acland			
Day	Date	Time	Location
Fri.	Mar. 1 -Apr. 26	11:45-12:45	Begg Room
No Session Apr. 19 (Good Friday)			

Jericho Sailing Center Presentation – FREE

The Jericho Sailing Centre was launched 45 years ago as Vancouver's ocean community centre for small, naturally powered craft: sailing dinghies, kayaks, canoes, rowboats, windsurfers and SUP's. The Centre was developed, in co-operation with the Vancouver Board of Parks and Recreation and the non-profit Jericho Sailing Centre Association as a user pay facility dedicated to providing low cost, highly accessible ocean recreation programs, facilities and services to the people of Vancouver. Come find out more about all of this and our 45 year history: we grew up with Jericho Beach Park.

Convenor: Mike Cotter			
Day	Date	Time	Location
Mon.	May 27	1:00-2:00	Begg Room

Laughter is the Best Medicine ————— FREE

Come Join us for a good laugh! We will explore how humour works and the science of humour. The presentation will feature videos and talks, as well as submissions from fellow Brock House

members. Paul Cech is a member of Brock House and is collecting funny videos/stories/jokes from BH members to share during his talks. If you have any funny videos/stories/jokes you would like to share, please email Paul at pcechis@gmail.com.

Convenor: Paul Cech			
Day	Date	Time	Location
Mon.	May 13	1:00-2:00	Halpern Room

Philosophy Reading & ————— FREE **Discussion Group**

Political Philosophy—From Plato to Modern Thought. The material for this discussion group is designed as an introduction to Political Philosophy. We will read and discuss Ancient Political thought, Medieval Politics, Rationality and Enlightenment to Post War Politics. The group is currently full, please contact the office if you are interested in being on the waiting list.

Convenor: Glenys Acland		
Day	Time	Location
Tues.	1:15-3:00	Begg Room

Photography Lecture ————— FREE **"Where should the eyes be looking?"**

Join Brock House member and professional photographer Doug Johnson. His lecture will cover almost 50 years in photography... fashion, advertising, sports, and some personal photos covering travel, and family. There will be time after the lecture for questions.

Instructor: Doug Johnson			
Day	Date	Time	Location
Mon.	Jun. 10	1:00-3:00	Halpern Room

Seniors Services Series ————— FREE

Two lectures that are geared towards the needs of seniors. The format allows plenty of time for questions from the audience.

Lecture 1: End of Life Planning

Am I All Ready to Go? Throughout this two-session workshop, you will learn important and helpful information regarding how you can prepare for the end of life well in advance. The two sessions will be a combination of mini-lectures, group discussion, questions and answers, and personal time to begin preparing your own "All Ready to Go Binder". This will ensure that you and your family are well aware of any and all end of life matters that concern your death. It will ensure that your wishes for a graceful, dignified, affordable, and meaningful end of life happen!

Come and join Reverend Stephen Garrett, the executive director of the Memorial Society of BC for two inspiring and informative sessions.

Convenor: Stephen Garrett			
Day	Date	Time	Location
Thurs.	Apr. 11 & 18	10:00-11:30	Halpern Rm

Lecture 2: NexGen Hearing

Curious about hearing aids? Dr. Katarina Vavrovicova (audiologist) returns to Brock House to answer all of your questions. In this interactive 1 hour presentation, Dr. Vavrovicova will discuss hearing aid benefits and limitations, what to look for when buying your first or next pair of hearing aids and what to expect from every step along the hearing aid journey from the hearing test to getting the most out of your hearing aids.

Lecturer: Dr. Katarina Vavrovicova			
Day	Date	Time	Location
Wed.	May 1	12:00-1:00	Halpern Room

Tuesday Lecture Series ————— **FREE**

Knowledgeable specialists lecture on diverse topics.

Convenor: Allan Strain		
Day	Time	Location
Tues.	10:30-11:30	Halpern Room
Date	Topic	
Apr. 2	The Vancouver Opioid Crisis: Working on the Frontline. Captain Jonathan Gormick, <i>Vancouver Fire and Rescue</i>	
Apr. 9	Medically Assisted Dying: Three Years Later. Dr. Will Johnston, <i>Vancouver Physician</i> . Dr. Johnston takes a contrary view.	
Apr. 16	Waiting Lists and Medicare Performance. Brian Day, MD, <i>Vancouver Physician</i> . Dr. Day will describe the current state of the Canadian health system, how it compares with other universal health systems, and discuss changes that will improve access and efficiency.	
Apr. 23	Changes in the Balance of Power between the American and the Chinese Empires. Dr. Paul Evans, <i>Professor, UBC, School of Public Policy and Global Affairs</i> .	
Apr. 30	Understanding the Socio-economic Collapse of Venezuela. Jose Pineda, PhD & Vanessa Alvarez, <i>Economics, UBC</i> .	
May 7	The Canadian Dairy Industry and International Trade. Paul Hargreaves, CPA, <i>General Manager, BC Dairy Association</i> .	

May 7 Cont'd	Paul along with Christine Terpsma, <i>Communications Manager</i> , represent this lobby group for the Dairy industry.
May 14	A Ray of Light in the Depths of Darkness: Chiune Sugihara and His Legacy. Dr. George Bluman, <i>UBC Professor Emeritus of Mathematics</i> . During WW2, this Japanese diplomat to Lithuania helped save many European Jewish families, including Dr. Bluman's parents.
May 21	Money Laundering in British Columbia. Hon. David Eby, <i>QC, Attorney General of BC</i> .
May 28	Addressing the Problems of Aboriginal Experience in the Justice System. Samantha Dawson, LLB, Associate Counsel, Turko and Company (a Vancouver based Criminal Defense Law Firm). Samantha is a member of the Selkirk First Nation, Yukon Territory.
Jun. 4	Making the Show. Diane Brown, award-winning artistic director and cofounder of Ruby Slippers Theatre, one of Canada's most successful independent live theatres.

Special Woodworking Demonstration

Artificial and Natural Wood ————— **FREE**

Historically wood was just a natural product cut from trees but in the modern world a lot of artificial wood is used in the construction of furniture and homes. This class is a basic introduction to the nature of artificial wood and the fundamental traits of natural and artificial wood that affect the way that they can be used. It will include examples of common natural and artificial wood and make comparisons of the basic properties that are helpful for choosing particular pieces of wood for different woodworking endeavours.

Convenor: Bill Ramey and Ron Nielson			
Day	Date	Time	Location
Fri.	Apr. 26	10:00-12:00	Halpern Room

Travel Series ————— **FREE**

Photographers share their travel experiences

Convenor: Jo Pleshakov & John Smith		
Day	Time	Location
Mon.	10:30-12:00	Halpern Room
Date	Topic	
Mar. 25	Spring Break—No Travel Presentation	
Apr. 1	Voyage on the CCGS Amundsen: Assessing the Health of Inuit Adults in the Arctic, <i>Helga Saudny</i>	

Travel Series Cont'd	
Date	Topic
Apr. 8	A Naturalist's Patagonia, Graham Sunderland
Apr. 15	The Outer Hebrides, John & Marilyn McVicar
Apr. 22	Easter Monday—Brock House Closed
Apr. 29	South Africa and Habitat for Humanity in Malawi, Nancy & David Young
May 6	Cycling from Copenhagen to Budapest, Murray & Marg Hendren
May 13	India: A Cultural and Spiritual Experience, Graham Baldwin
May 20	Victoria Day—Brock House Closed
May 27	Lower Danube: Budapest to Bucharest by Riverboat, Jo Pleshakov
Jun. 3	South Africa's Wild Coast, Wendy Royal
Jun. 10	Malta, Diane Reesor

United Players - *Chimerica* ————— **FREE**

United Player's latest production is *Chimerica* - a powerful filmic play that is at once Hollywood thriller, political drama, newspaper play, modern love story and a rich, mind-expanding quest. Set in New York and Beijing, *Chimerica* dissects the epic intricacies of the China/US relationship and presents them on a human scale. Join the stage Director of *Chimerica* in a presentation about the complexities involved in mounting a multi-faceted production like this at Jericho Arts Centre. (Note: a short scene may accompany the presentation if actors are available.) See **OUT OF HOUSE** section on page 24 to find information on tickets to the show. Note we must sell all 10 tickets by April 4th (before the presentation) or we forfeit the group price.

Convenor: John Harris & Andree Karas			
Day	Date	Time	Location
Thurs.	Apr. 11	12:00-3:00	Halpern Room

IS101 Art History: —————

Art From Here—Past, Present, & Emerging Art in British Columbia

Vancouver, and British Columbia, has been home to many great artists in Canadian art history and global art today. In this lecture series, we will explore key artists from here, many of whom we see often in art exhibitions like those at the Vancouver Art Gallery. We will learn about the rich diversity of artists, practices here, including indigenous and settler BC artists, whose visions have shaped the art scene in this province over the

past 200 years. Come learn about notable names from the past, present, and emerging artists of the next generation, making art from here. **Limit of 65.**

Instructor: Jessa Alston O'Connor				
Day	Dates	Time	\$	Location
Tues.	Apr. 16- May 14	12:30-2:30	\$100/ 5 weeks	Halpern Room

IS102 Constitutional Democracy & Policing —————

The police in democratic countries have powers that can result in serious injuries to citizens. The Constitution of Canada protects citizens from undue interference by government through the unnecessary application of force when police are called to a circumstance or disturbance. In this course we will explore the origins of the Canadian Constitution and apply the Charter principles of democratic freedoms to the concepts of police use of force. Physical force is authorized by law only in certain circumstances. These concepts will be explored and discussed to determine when use of force is appropriate. **Limit of 65.**

Instructor: Orville Nickel				
Day	Dates	Time	\$	Location
Mon.	May 27 & Jun 3	12:30-3:00	\$60/ 2 weeks	Halpern Room

IS103 Magic of Spring Bird Watching ———

As spring flushes away the drab winter landscape, so, too, our area is flooded with a colourful array of songbirds and waterfowl. Join Naturalist Graham Sunderland on four educational and entertaining birding tours to encounter some of these feathered jewels and learn something of their challenging lives. Emphasis will be on identification by sight and song as well as some behavioural insights and an introduction to the variety of habitats of the different parks to be visited. An initial PowerPoint presentation on April 4th will introduce some of the anticipated species and prepare participants for the fun to come. Clarification will be given as to the meeting places of each bird walk. **Limit of 65.**

Instructor: Graham Sunderland				
Day	Dates	Time	\$	Location
Thurs.	Apr. 4	10:00-12:00	\$60/ 5 weeks	Halpern Rm
Out of house bird watching locations on next page.				

Magic of Spring Bird Watching Cont'd				
Day	Dates	Time	Location	
Wed.	Apr 24	9:00-12:00	Stanley Park	
	May 8		Iona Reginal Park	
	May 29		Maplewood Conservation Area	
	Jun. 5		Reifel Bird Sanctuary	

IS104 Genealogy

Begin to build a family tree to 4 or 5 generations with evaluated sources. Choose appropriate Family Tree Software & Databases for your own purposes. Find and evaluate a variety of sources of information online. Develop a research plan for ongoing searches and for challenging individuals/families. This course is valuable for newcomers and for people who are already researching their history.

Handouts each class: a variety including charts, forms, lists and internet links. If you have a laptop computer you are welcome to bring it to the class. **Limit of 12.**

Instructor: Celia Lewis, Lorraine Irving & Eunice Robinson				
Day	Dates	Time	\$	Location
Tues.	Apr. 2- Apr. 30	1:15-3:15	\$60/ 5 weeks	Games Room
Dates	Description			
Apr. 2	Introduction—The Basics of Genealogy Research			
Apr. 9	Family Tree Software & Database Companies			
Apr. 16	Online/Offline Resources for Beginners			
Apr. 23	Specific Additional Resources			
Apr. 30	Family Tree Specifics & Brick Walls			

IS105 Historic Melodies

Historic Melodies: Masterpieces of Popular Music (1930-1949)

Gems! Can you name songs from the 1930's? The 1940's? Much popular music has surprisingly long histories and astonishing staying power. Although classically trained, The Cullis-Meadows Duo is also decades-steeped in the unassailable charms of popular melodies of 1930-1949, loved by millions, in short, gems. 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 and embraced by millions. Share sad times and

happy times through chats and enthusiastic performances. You are invited to engage, in fact, to re-engage! **Limit of 55.**

Instructor: Donna Cullis and Howard Meadows				
Day	Dates	Time	\$	Location
Fri.	May 17- Jun. 14	1:00-2:15	\$60/ 4 weeks	Begg Room
No class on Fri. May 24				

IS106 Italian Wine

From the canals of Venice to the Sicilian shores, Italy is simply the epitome of romance. Italian wines continue to gather a huge following and in recent years it is not only the classics like Chianti that are getting all the attention. Prosecco, Amarone and a plethora of other wines are now gaining world wide recognition. We journey through the ages from Piedmont to the Colli of Tuscany, and central part of Italy of Umbria and beyond. Learn why Italian wines are so different and appealing. Grazie mille! **Limit of 36.**

Instructor: Dr. Clinton Lee				
Day	Dates	Time	\$	Location
Mon.	Apr. 1 - May 6	1:30-3:15	\$105/ 5 weeks	Halpern Room
No class on Mon. Apr. 22 (Easter Monday)				

IS107 Japanese Cultural Program **NEW**

The Japanese Cultural Program will showcase different aspects of the Japanese culture. **You will need to register for each event day.**

Part 1				
Instructor: Tea Master— Kazuko Ogura				
Day	Date	Time	\$	Location
Wed.	Apr. 3	1:00-3:15	\$15	Halpern Room
Tea ceremony presented by a master in the art of the Japanese tea. Kimono displays with a demonstration of how to tie the traditional Japanese kimono belt. Limit of 20.				
Part 2				
Day	Date	Time	\$	Location
Wed.	Apr. 10	1:00-3:15	\$5	Halpern Room
A performance by the Japanese choir called Cattleya Chorus and a cherry Blossom presentation. Limit of 40.				

Part 3 - Lunch at a restaurant

Convenor: Callie Wong

Day	Date	Time	\$
Wed.	Apr. 24	1:15 - 3:00	Pay at the restaurant

Location: Osaka Sushi at W. 25th & Oak St.
in King Edward Mall

Registration required by Apr. 19. Limit of 20.

IS108 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. **Limit 65.**

Instructor: Neil Ritchie

Day	Dates	Time	\$	Location
Fri.	May 10- Jun. 14	10:00- 12:00	\$90/ 6 weeks	Halpern Room
Date	Description			
May 10	Ennio Morricone: The Italian film composer known for his spaghetti westerns and the films of Sergio Leone.			
May 17	Renee Fleming: The American soprano who amazes with her long career fuelled by musical curiosity.			
May 24	Leonard Cohen: The Canadian poet who became an internationally popular singer/songwriter.			
May 31	Music of WW1: Timeless music of passion, patriotism, sorrow and longing.			
Jun. 7	Sting: The pop star who rejects nostalgia preferring constant new challenges.			
Jun. 14	Jazz trumpet stars: Miles, Dizzy, Louis and their devotees.			

IS109 Magic Workshop **NEW**

Learn 5-6 amazing magic tricks in one hour! This workshop is designed for absolute beginners using everyday objects like straw, dice, rubber bands, chopsticks etc. No motor skill needed as teacher Joji Yamashita (Magicjo) teaches systematically step by step. Have fun and show off your new-

ly acquired magic skills to your family and friends for birthday and Christmas parties. Limit 55.

Instructor: Joji Yamashita (Magicjo)

Day	Date	Time	\$	Location
Fri.	May 10	1:00-2:00	\$20	Begg Room

IS110 Successful Aging

NEW

What Do We Mean by "Successful Aging"?

Theories and suggestions about how to age well have a long history. However, with the United Nations projecting the world's population of the oldest-old (over 85) will triple by 2025, demands to age successfully, productively, optimally, actively, effectively and independently have accelerated. The most popular model of successful aging today suggests that maintaining full function to the end of life is possible and a matter of personal control, while other models insist that healthy and successful aging has age limits.

We will explore theories of successful aging and critically evaluate the philosophical, scientific, medical, political and economic issues informing each one. Our goal is to examine how each theory addresses important issues such as failed aging, ageism, disability, death and personal responsibility. **Limit of 65.**

Instructor: Margaret Easton

Day	Dates	Time	\$	Location
Thurs.	May 2 - Jun. 13	10:30-12:00	\$60/6 weeks	Halpern Room
Dates	Topics			
May 2	The History of Successful Aging			
May 9	Gerontology and Successful Aging			
May 16	Psychological and Sociological Perspectives on Successful Aging			
May 30	The Biology, Genetics and Epigenetics of Aging			
Jun. 6	The Politics, Ethics and Ageism of Successful Aging			
Jun. 13	Successful Aging in Societies of Longer Lives			
No class on May 23.				

IS111 Understanding Music

The purpose of this course is to answer two questions: How is music put together? How do we listen to it? We will consider some of the basic elements

of melody, harmony, and rhythm, and explore how composers use these elements to achieve a particular effect. Our discussions will emphasize the importance of concentration and memory in understanding music and, most importantly, the role of the listener's imagination. Our listening examples will come from a broad range of repertoire, from the Baroque to the early 20th century. *Nicolas Krusek* is a professional musician, conductor and speaker on music-related topics. He has performed with and directed numerous professional, amateur and youth orchestras throughout BC and Central Europe. **Limit of 65.**

Instructor: Nicolas Krusek				
Day	Dates	Time	\$	Location
Thurs.	Apr. 18 - May 23	1:00 - 3:00	\$90/6 weeks	Halpern Room

LANGUAGES

Mandarin Conversation Group — FREE

Basic conversation and pronunciation in an informal setting. Excellent practice for those with some knowledge of Mandarin who are planning to travel to China or Taiwan. *Dan Overmyer/Ou Danian*, retired UBC Professor of Chinese Studies, will lead the group. For more information, contact Dan at eodano@shaw.ca or 604-732-6719.

Pre-registration required. **Limit 14.**

Instructor: Dan Overmyer				
Day	Dates	Time	Weeks	Location
Tues.	May 7 - Jun. 11	1:30-3:00	6 weeks	Games Room

Spanish Conversation — FREE

Basic conversation and pronunciation in an informal setting. Excellent experience for those planning to travel to Mexico and South America. **Pre-registration required for these classes. Limit of 10 per class.**

Instructor: Carlos Rabago				
Level 1 - Beginners				
Day	Dates	Time	Weeks	Location
Tues.	Apr. 16 - May 21	11:00-12:00	6 weeks	Games Room
Level 2 - Intermediate				
Tues.	Apr. 16 - May 21	12:00-1:00	6 weeks	Games Room

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 French 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!. **Limit of 12.**

Instructor: Cecilia				
Day	Dates	Time	\$	Location
Mon.	Apr.1 - Jun. 10	9:30 - 11:00	\$105/9 weeks	Begg Room

LG102 French 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. **Limit of 14.**

Day	Dates	Time	\$	Location
Mon.	Apr.1 - Jun. 10	11:15-12:45	\$105/9 weeks	Begg Room

LG103 French 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 will 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. **Limit of 14.**

Day	Dates	Time	\$	Location
Mon.	Apr.1 - Jun. 10	1:30-3:00	\$105/9 weeks	Games Room

LEISURE

Introduction to Lawn Bowling

This addictive sport ("curling on grass") combines mental strategy and physical skill yet you will be able to play in real club draws after just four or five lessons. Lawn Bowling lessons are offered at the gorgeous West Point Grey Lawn Bowling Club, 4376 W 6th Ave. \$20 includes five lessons, use of all equipment and access to the club house. The club offers Croquet as well! Once you become a member of the club, \$20 will be deducted from your first year membership fee of \$100. Sign up at Brock House, come to the club a little before 10:30 and enjoy the fun!

Introduction to Lawn Bowling				
Contacts: Cathleen Rowlette 604-263-4881 WPGLBC 604-224-6556				
Day	Dates	Time	\$	Location
Mon.	Apr. 22	1:30-3:30*	\$20/ 5 Lessons	West Point Grey Lawn Bowling Club 4376 W 6th Ave
Wed.	Apr. 24			
Fri.	Apr. 26			
Tues.	Apr. 30			
Thurs.	May 2			

** Please note time correction from the printed version of the brochure (NOT 10:30-12:00)*

MUSIC

Brock House Big Band

The Brock House Big Band is an 18 piece band with a repertoire designed for swing dances. The band performs on average sixteen times a year, delivering big band music to community centres, hospitals and seniors' residences. The repertoire changes to match major public holidays such as St. Valentine's Day, Easter, Remembrance Day, and Christmas. The band meets for practice each Tuesday and Friday from September to June at the following locations and times.

Director: Andrew Clark, 604-842-8581 Outreach: Brenda Clark, 604-842-8581		
Day	Time	Location
Tues.	10:00-11:30	W.P.G. Comm. Centre (Aberthau)
Fri.	9:30-11:45	Kerrisdale Seniors' Centre

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. We play from 1:00 p.m. to 3:00 p.m. and music is provided. Our group is self-organized.

Director: TBA		Contact: Christine Barker
Day	Time	Location
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		
Day	Time	Location
Tues.	1:00 - 3:00	Kerrisdale Community Centre

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 Peggi, 604-732-3354 or Grace Lau, 604-323-8131 before registering. Please come and listen any time in the South Room at the Kerrisdale Seniors' Centre, West 42nd Ave. & West Boulevard.

Mon. Morning Director: Grace Lau		
Day	Time	Location
Mon.	9:30 - 12:00	Kerrisdale Seniors' Centre
Wed. Morning Director: Jeong Hur		
Wed.	1:30 - 4:00	Kerrisdale Seniors' Centre

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		
Day	Time	Location
Thurs.	1:00 - 3:00	Halpern/Activity Room

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

Day	Time	Location
Wed.	10:00 - 12:00	Begg Room

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-a-longs at Brock House events and our monthly visits to Vancouver seniors' residences are popular with both our hosts and our members.

Pianist: Leora Williams
Recorder: Joane Sunahara

Day	Time	Location
Mon.	1:30 - 3:00	Conservatory/Begg Room

AFTER HOURS - SOCIAL GROUP

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.

Adventures in Dining

This is a wonderful opportunity to meet other Brock House members while enjoying dinner at one of Vancouver's many fine restaurants.

Dinners are scheduled approximately 6 - 8 times per year, with breaks during the summer months and Christmas/New Year season. 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 one of the convenors to join the mailing list.

Convenors:

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

Day	Time	Location
TBA	After hours	Out of House

WOODWORKING

Workshop ————— FREE

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 through the office for a safety and operational briefing on shop and equipment procedures.

Convenor: Bill Ramey

Day	Time	Location
Mon. & Thurs.	12:00 - 3:45	Workshop
Tues., Wed. & Fri.	9:00 - 3:45	Workshop

Woodworkers ————— FREE

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

Day	Time	Location
Mon. & Thurs.	9:00 - 12:00	Workshop

WRITTEN WORD

Book Club --- **FREE**

Currently, Brock House has two book clubs, one led by Francine Panet-Raymond and one newly formed group led by Peter Brock. At this time there are no vacancies for either group. If you are interested in being on a waiting list, please contact the office.

Book Club #1		
Convenor: Francine Panet-Raymond		
Day	Time	Location
Last Friday of the month	1:15-3:15	Meyer Room
Book Club #2		
Convenor: Peter Brock		
Day	Time	Location
2 nd Thursday of the month	9:30 - 11:15	Games Room

Life Writing --- **FREE**

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 is our goal. This is NOT a drop-in class. Those interested in joining the class must contact Inge Andreen through the office BEFORE the first class, as the class has limited enrollment. The class is currently full. Please contact the office if you are interested in being on a waiting list.

Convenor: Inge Andreen			
Day	Dates	Time	Location
Thurs.	Apr. 4 - Jun. 6	10:00-12:00	Meyer Room

Play Reading --- **FREE**

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		
Day	Time	Location
Mon.	1:00 - 3:00	Meyer Room

Writers' Circle --- **FREE**

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

Convenor: Pat Ajello		
Day	Time	Location
Fri.	10:00 - 12:00	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. **Limit of 14.**

Instructor: Ruth Kozak				
Day	Dates	Time	\$	Location
Wed.	Apr. 3 - May 22	10:00 - 12:00	\$65/8 weeks	Games Room

EVENTS & SOCIALS

HALPERN PERFORMING ARTS EVENTS

Sponsored by the George Halpern Fund

James Danderfer Quartet ---

Professor of jazz drums at the world-renowned *University of North Texas*, Quincy Davis returns to British Columbia with his long-time collaborator, Vancouver's own James Danderfer (clarinet, saxophone). Featuring *JUNO award winners* Oliver Gannon (guitar), Brad Turner (piano), and *Juilliard-Lincoln Center* graduate Karl Kohut on bass, this all-star band reunites to swing classic standards and exciting originals. **Limit of 80.**

Day	Date	Time	Location
Tues.	May 21	1:45 - 3:15	Conservatory
Tickets: \$8 Members, \$10 Non-members			

Miss Manners on Music ---

Imagine you are at a recital featuring your favourite classical pianist. She takes the stage and begins a soft soaring melody. You are transported to musical heaven! But then... your neighbor pulls out a couple of cough candies and begins ... very slowly... unwrapping them for himself and his coughing compadre. What do you do? Is it rude to shush them? Miss Manners on Music is a song cycle written for mezzo soprano and piano, in which these questions are answered. **Limit of 80.**

Day	Date	Time	Location
Tues.	May 28	1:45 - 3:15	Conservatory
Tickets: \$8 Members, \$10 Non-members			

Shaw Letters

Love Letters to Mrs. Patrick Campbell from correspondence between Shaw and Beatrice Stella Campbell, edited and arranged by Renée Bucciarelli. GB Shaw was a literary giant of astonishing range whose "rare sense and inspired nonsense" shocked and delighted Victorian sensibilities. A devoted partner in a sexless marriage, he famously carried on an entertainingly passionate love affair by letters with Mrs. Patrick Campbell. Selections from 40 years of correspondence tease and tantalize: did they or didn't they? Entertainment Vancouver: Simon Web and Renée Bucciarelli bring out all the wit and clever banter that is the best of Shaw. Humorous, insightful and great theatre! Limit of 80.

Day	Date	Time	Location
Thurs.	Apr. 4	1:45 - 3:15	Conservatory
Tickets: \$8 Members, \$10 Non-members			

SOCIAL & SPECIAL EVENTS

Spring Awakening Afternoon Social

Special guest Thomas Hobbs of Southlands Nursery will demonstrate how to create beautiful planters. (The finished planters will be auctioned off after the demonstration.) Refreshments will be served. Planters will be made by the Brock House Woodworkers and there will be some available for purchase. This event will sell out quickly so be sure to book early through the Brock House office! Limit of 80.

Day	Date	Time	Location
Tues.	Apr. 30	1:30-3:00	Marquee
Tickets: \$20 Members, \$25 Non-members			

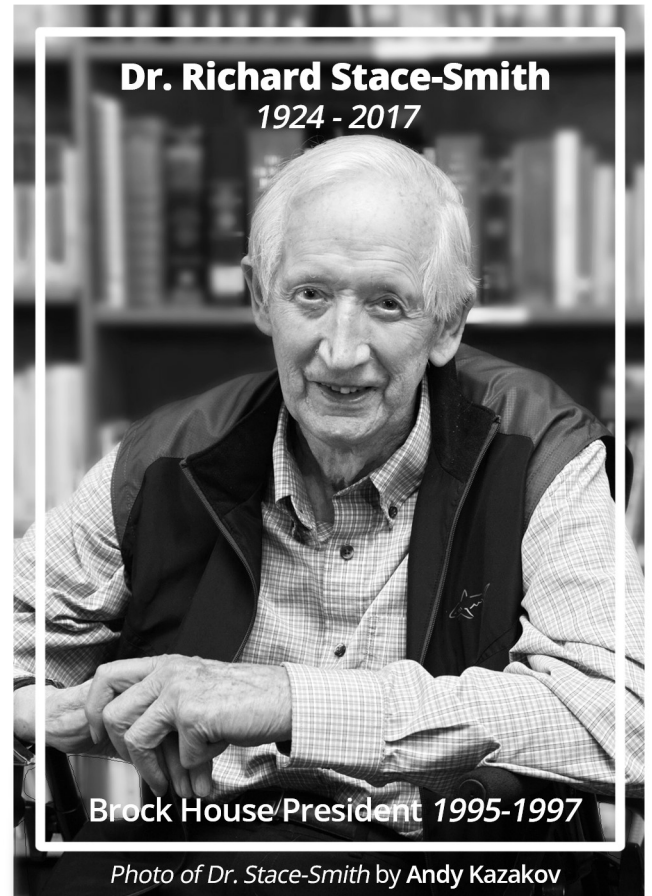
SPECIAL OUT OF HOUSE EVENTS

Saturday Night Live Opera Buffet At Pan Pacific Hotel

Meet at Pan Pacific Hotel and join other members to enjoy live opera while you indulge in a scrumptious buffet at the Ocean 999 Restaurant. Dress code: smart casual. Cost to be paid individually at the restaurant. Limit of 7. Please register by April 5.

Saturday Night Live Opera Buffet Cont'd			
Day	Date	Time	Location
Sat.	Apr. 13	6:15 - 9:30 pm	Pan Pacific Hotel
Cost: \$55		Convenor: Callie Wong	

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



Wednesday, May 29th, 2019

At 1:30pm in the Brock House Marquee.
Reception to follow in the Conservatory.

Tickets: \$5.00 (Members & Non-members)

**POWER: WHO HAS IT AND HOW
TOUGH DECISIONS ARE MADE**

Guest Speaker:

Anne Giardini OC, OBC, QC

Anne is a lawyer and author. She is the oldest daughter of the late Canadian novelist Carol Shields. She has worked as a journalist, was President of Weyerhaeuser Company Ltd., served on many prominent boards and is presently the Chancellor of Simon Fraser University.



Van Dusen Gardens Walking Tour

Meet at Van Dusen Gardens (5151 Oak St.) at 11:30am and have a light lunch, to be paid individually, at Truffles Café. Then join the guided walking tour at 1:00pm, weather permitting. Please wear comfortable shoes. Limit 15 people. Please register by May 22.

Day	Date	Time	Location
Wed.	Jun. 5	11:30 - 3:00	Van Dusen Gardens
Cost: \$8.45		Convenor: Callie Wong	

Chimerica

United Player presents a powerful filmic play. In *Chimerica* playwright Lucy Kirkwood highlights the sharp differences and similarities between two superpowers in this thriller about an American photojournalist who is seeking the lone protester at Tiananmen Square and a Chinese dissident who pays a heavy price for inciting unrest. This is a play about the new China and our relationship to it. The issues feel new, local, international, and urgent. We have reserved 10 tickets to the show. Join stage director for a free presentation by *Chimerica's* stage director on Thursday, April 11th at Brock House before you see the show, however **all tickets MUST be purchased by April 3rd or we forfeit the discount price.** Transportation is NOT included.

Day	Date	Time	Location
Sun.	Apr. 14	2:00	Jericho Arts Centre
Tickets: \$20 Members and Non-members			

Mom's the Word—Nest 1/2 Full

From the world-renowned creative team behind the Mom's the Word series comes another chapter in their stories of family and fracas. The kids are grown, marriages have "evolved", and bodies are backfiring. Life doesn't get any prettier, but it never strays far from ludicrous or poignant as the moms continue to mine their personal history for every embarrassing detail. From a sold-out run and a hit tour, the moms are back again to share this nestful of insights and ribald humour. We have reserved 10 seats in the Zone-A premium section. Transportation is NOT included. **Please note that all tickets MUST be purchased by May 10th or we forfeit the discount price.**

Day	Date	Time	Location
Wed.	Jun. 19	1:30	Arts Club - Granville Island Stage
Tickets: \$62 Members and Non-members			

TOURS

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

Tulips of the Valley & Abbotsford Tulips

Tiptoe through 40 acres of tulip fields at Tulips of the Valley in Chilliwack and visit the on-site flower market, photo cut out boards and U-Pick Tulip Field at the Abbotsford Tulip Festival! The tour includes transportation, admissions to the Tulips of the Valley and the Abbotsford Tulip Festival and lunch at Bow & Stern Restaurant.

Day	Date	Time	Limit of
Fri.*	Apr. 19*	8:45am - 4:45pm*	24
Price: \$99 Members and Non-members			

**Please note date & time changes from the printed version*

Westminster Abbey

Westminster Abbey in Mission, BC is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks' unique way of life. The tour includes transportation, tour of Westminster Abbey, lunch at the Blackberry Kitchen, and an escorted walk at the Rolley Lake.

Day	Date	Time	Limit of
Tues.*	Apr. 30*	8:45am - 4:45pm*	15*
Price: \$99 Members and Non-members			

**Please note date & time changes from the printed version*

Fraser Valley Wine Tour

Enjoy wine tasting and tour to three of Fraser Valley's premier wineries and vineyards. The tour includes transportation, wine tasting at Backyard Vineyards, Township 7 Vineyards and the Fort Wine Co., and a three course winery lunch.

Day	Date	Time	Limit of
Fri.*	May 17*	8:45am - 4:45pm*	24
Price: \$109** Members and Non-members			

**Please note date & time changes from the printed version*

***Please note price correction from the printed version*

FRIDAY MOVIES

Join us on Friday afternoons for the latest in Brock House Entertainment! Come early, door closes at 1:00!

Convenor: Chris Mewis			
Day	Time	\$	Location
Fri.	1:00 - 3:30	\$2 Exact change please!	Halpern Room

Dates	Movie Title & Description
Apr. 5	RBG (Documentary): Born into an American Jewish family, the U.S. Supreme Court Justice, Ruth Bader Ginsburg builds an extraordinary legal legacy while becoming an unexpected pop culture icon.
Apr. 12	The Lady in the Van: The true story of an eccentric, homeless woman who gains permission to park her broken-down van in a friend's driveway for three weeks, but proceeds to live there for fifteen years. The film describes their strained but humorous relationship.
Apr. 19	Good Friday - BROCK HOUSE CLOSED
Apr. 26	The Wife: An intelligent and devoted wife begins to question her choices after she spends forty years sacrificing her own talents and dreams to support her husband who is about to receive the Nobel Prize for Literature.
May 3	Fahrenheit 11/9 (Documentary): On a cross-country tour Michael Moore gains a sense of the social, economic and political impact of the Donald Trump presidency, while highlighting the power of grassroots democratic movements.
May 10	Salmon Fishing in Yemen: A fisheries expert helps to realize a sheikh's vision of bringing fly fishing to the Yemen desert, initiating an attempt to prove the impossible, possible.
May 17	Testament of Youth: Based on a First World War memoir, a young woman leaves her studies at Oxford University and volunteers as a nurse to tend the wounded in England and France; a story of romance, the loss of friends and the futility of war.
May 24	The Gardener: This award-winning documentary describes the four seasons in Frank Cabot's extraordinary twenty-acre garden in Quebec, one of the world's
May 31	Mao's Last Dancer: The true story of a boy's journey from a poor upbringing in rural China to international stardom as a ballet dancer.
Jun. 7	Three Identical Strangers: Born in 1961, triplet brothers are separated and adopted by three families of different socio-economic levels as part of a 'nature versus nurture' study. The boys discover

Jun. 7 Cont'd	each other at the age nineteen and try to come to terms with the circumstances of their separation.
Jun. 14	Mrs. Doubtfire: Following a bitter divorce, an actor disguises himself as a female housekeeper in order to spend time with his children, now in the custody of his former wife.

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 would 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!

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.

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 2019 calendar year is \$60 (GST included).
- You can become a member 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!

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. Here are other highlights:

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.

Staying Connected with Brock House

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.

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.

WIFI

WiFi is available to members throughout the house. The password is available from the office.

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. The volunteers will also help you with your Apple devices. You can use the lab at any other time by signing out the key in the office.

Workshop

Members who take a safety briefing on shop and equipment procedures are welcome to use the Workshop.



THE PERFECT SPACE FOR YOUR **NEXT EVENT!**

*Family BBQ's, Celebration's of Life, Birthday Parties, Intimate Dinners
and Award-Winning Ocean Front Weddings*

WEDNESDAY - SUNDAY EVENINGS
FROM 5:30PM ONWARDS

SUNDAY BRUNCH FROM 11AM - 2PM

JOIN US FOR FINE DINING

EASTER BRUNCH BUFFET - SUNDAY, APRIL 21ST 2019
MOTHER'S DAY BRUNCH BUFFET - SUNDAY, MAY 12TH 2019

FOR RESERVATIONS AND INQUIRIES, PLEASE CALL 604.224.3317
WWW.BROCKHOUSERESTAURANT.COM | CATERING@BROCKHOUSERESTAURANT.COM



An **AFTERNOON** sure to please

EDIE DAPONTE ♪ **JOEY SMITH** ♪ **KAREL ROESSINGH**



Edie Daponte,
*Singer par
excellence*



Joey Smith,
*Former bass
player and
arranger for
the Glenn
Miller
Orchestra*



Karel Roessingh,
*A brilliant pianist
who studied at
Berklee*

Songs & Music by Edith Piaf, Marlene Dietrich, Peggy Lee and more!

"I recently heard this group perform at the Kay Meek Centre and I am sure you will
enjoy them as much as I did" - *Christine Samson*

Wednesday, August 14th at 1:30pm in the *Marquee*
Refreshments in the Conservatory during intermission.

Tickets: \$30
(Members & Non-members)

Tickets available online at www.brockhousesociety.com or through
the Brock House Society office in person or by phone at 604-228-1461



**BRING YOUR FAMILY, FRIENDS &
NEIGHBOURS FOR A DAY OF FUN!**

Photos courtesy of Stan Hohnholz

**BROCK
HOUSE**
Society

SUMMER FAIR

**Saturday, July 6th
10:00AM - 3:00PM**

Jericho Beach | 3875 Point Grey Road | (604) 228-1461 | www.brockhousesociety.com 

Shuttle bus from 4th & Alma to Brock House **FREE ADMISSION**

Featuring:

Gifts & Games | Delicious Home Baking
Art & Art Supplies | Gently Used Books | Treasures | White Elephant
Yarns & Needle Crafts | Jewellery | Porcelain Painting
Woodworking | Plants | Food & Beverages

Raffle Tickets: 1st Prize \$1,000

**Brock House Musicians including the Big Band, the Orchestra
and the Jazz band will entertain all day!**