

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

Where Seniors Stay *Young*

2019 SUMMER PROGRAMS & EVENTS



Courtesy of Stan Hohnholz



**BROCK
HOUSE**
Society

We aim to encourage and enable seniors to live fuller lives

REGISTER ONLINE

Socials, Tickets, and Tours available now.
Class Registration Begins on Thursday, June 6



To register for our 2019 Summer programs go to www.brockhousesociety.com, visit or phone the office at 604-228-1461

**BROCK
HOUSE**
Society

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

Telephone: 604-228-1461

Email: brockhouse@telus.net



Website: www.brockhousesociety.com

SUMMER FAIR

SATURDAY JULY 13, 2019

10:00AM - 3:00PM



EVERYONE WELCOME! Free Admission

**Free
shuttle bus**

Pick up on the north side of 4th between Alma and
Highbury (Closer to Highbury) to Brock House (every
1/2 hour starting at 9:30am)

3875 Point Grey Road - Jericho Beach

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

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

Brock House Society

Officers

Peter Phillips, *President*
Carl Jonsson, *1st Vice-President*
Jo Pleshakov, *2nd Vice-President*
Margot Magee, *Treasurer*
Stanley Hohnholz, *Secretary*

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Brenda Clark, *Performing Arts*
Melodie Corrigan, *Governance*
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Michael Le Bas, *Marketing*
BevAnn Lister Dean, *Past President*
Valerie Lynn, *Volunteer Services*
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Park Board Commissioner

Tricia Barker

Administration

Joanne Enns, *Administrator*

Staff

Yolanda Bonkowski,
Administrative Assistant
Lee Murray, *Maintenance*
Nebojsa Stajcic, *Maintenance*

Contact Us

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President's Message

As a 50's crooner used to sing: "roll out those lazy, hazy, crazy days of summer" which may be appropriate after a very busy spring but here at Brock House Society we do not endorse such a decadent invitation. Our Summer Program promotes a much more structured environment in order to enrich your enjoyment of those hazy days.

Let us start by enjoying the weather and venturing out to explore what our beautiful Province has in store. In order to do this, we are offering a variety of **tours:**

- Salt Spring Island's Best, which explores the island's choice locations
- The Pemberton Valley, which includes the Peak-2-Peak experience at Whistler
- The 37th Annual Sunshine Coast Festival of Written Arts.

If you prefer to stay closer to home over the summer, then you will find something to engage you from the following programs and events:

If you wish to focus on the **spoken word:**

- It's Bard on the Beach time again with a special guest appearance by Christopher Gaze. Join Mary Davison and other presenters in a 3-part FREE lecture series on Brush up on your Shakespeare. To top it off, we have tickets for "The Taming of the Shrew".

If you prefer the **written word:**

- Join Ruth Kozak and her literary team as they help you to reflect on and record, in essay form, your past summertime travel experiences in "Write from the Heart".

If **music** is more to your liking there is:

- Legendary Performers with Neil Ritchie
- The Esther Birney Series on opera is back for another 8 weeks
- Historic Melodies will also be presented
- An Afternoon with Edith Piaf, Marlene Dietrich, Peggy Lee & more!

If maintaining your **fitness** is more to your liking:

- Join a Yoga class and be introspective
- Join Summer Bird Walks with naturalist Graham Sunderland.

And finally, make sure you tell your friends to come to our popular **Summer Fair on Saturday, July 13th** which returns to its old familiar format.

So, "You'll wish that summer would always be here" (there goes that crooner's song again!)

Peter Phillips

In the spirit of reconciliation, Brock House Society acknowledges that we are located on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), skwxwú7mesh (Squamish), and sel̓ilwítulh (Tsleil-Waututh) nations.

A WEEK AT A GLANCE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30 - 9:30	HW101 Balance, Posture & Strength	8:30 - 10:00	HW114 Yoga (90 min)	8:30 - 9:30	HW102 Balance, Posture & Strength	8:45 - 9:45	HW113 Tai Chi Level 4 - 24 & 48 Form	9:00 - 10:00	HW116 Yoga (60 min)
8:45 - 9:45	HW111 Tai Chi Level 2 - 24 Form Part 2	8:45 - 9:45	HW112 Tai Chi Level 3 - 24 Form & Mirror Image	8:45 - 9:45	HW110 Tai Chi Level 1 - 24 Form for Beginners	9:00 - 12:00	Woodworkers	9:00 - 12:00	Artists' Group
9:00 - 12:00	Woodworkers	9:00 - 3:45	Workshop	9:00 - 3:45	Workshop	9:30 - 10:30	HW117 Yoga—Restorative/Yin (60min)	9:00 - 3:45	Workshop
9:30 - 11:30	Yarns & Needle Crafts	9:50 - 10:50	HW109 Meditation	9:35 - 10:50	HW 106 Stretch & Strength	9:30-11:15	Book Club #2 (2nd Thursday of the month)	9:30 - 10:30	HW 119 Zumba
9:35 - 10:50	HW105 Stretch & Strength	10:00-12:00	IS104 Summer Birding (Out of House meetings start at 9:00am)	10:00-11:00	Pole Walkers (Out of House)	10:00 - 3:00	Cyclists (Out of House)	10:00 - 12:00	Writers' Circle
10:00-12:00	(Aug. 12) IS101 Art History & A Taste of Paris: Part 1	10:00-12:00	(Aug. 13) IS101 Art History & A Taste of Paris: Part 2	10:00-12:00	(Aug. 14) IS101 Art History & A Taste of Paris: Part 3	10:00 - 3:30	Billiards	10:00-12:00	IS103 Legendary Performers
10:00 - 3:30	Billiards	10:00 - 3:30	Billiards	10:00 - 12:00	WR101 Write From the Heart	11:00-12:00	Esther Birney Opera Series	10:00 - 3:30	Billiards
11:30 - 12:45	HW108 Line Dancing	10:15 - 11:15	HW115 Yoga (60 min)	10:00 - 11:30	Discussion Series	11:15 - 12:15	HW104 Osteofit	10:15-11:15	HW118 Yoga - Restorative/Yin (60min)
12:00-3:45	Workshop	10:30 - 12:00	Ask a Philosopher	10:00 - 12:00	Porcelain Painters	12:00 - 3:30	Duplicate Bridge	10:45 - 12:45	Table Tennis
1:00 - 3:00	Brush Up Your Shake-speare (Jun. 24 & Jul. 8)	11:15 - 12:15	HW103 Osteofit	10:00 - 12:00	Brock House Orchestra	12:00-3:45	Workshop	12:30-3:30	Social Bridge
1:00 - 3:30	Table Tennis	11:45 - 12:45	HW107 Chair Yoga	10:00 - 3:30	Billiards	1:00 - 3:00	Chess	1:00 - 3:30	Friday Movies
1:00 - 3:00	Computer Drop-In	12:30 - 3:00	Brush Up Your Shake-speare (Jul. 2) Film	10:30-12:00	Cryptic Crosswords Group	1:00 - 3:00	Scrabble	1:15 - 3:15	Book Club #1 (last Friday of the month)
		1:00 - 3:00	Death Café (last Tuesday of the month)	12:15 - 3:30	Mah Jong				
		1:00 - 3:00	Chess	12:30 - 3:30	Table Tennis			8:15am	(Saturdays) Hikers (Out of House)
		1:30 - 3:30	Canasta	1:00-2:15	IS102 Historic melodies				
SPECIAL EVENTS and TOURS									
TBD	(Date - TBD) Orpheum Theatre Tour			6:00pm - 10:00pm	(Jun. 5) En Blanc Evening Event	7:15am - 7:30pm	(Jun. 13) Salt Spring Island's Best Tour	8:30-10:00	(Jul. 26) Joan & Dick Stace -Smith Pancake Breakfast
				8:30am - 6:00pm	(Jul 24) Pemberton Valley + Peak-2-Peak Tour	7:30pm	(Jul. 18) <i>The Taming of the Shrew</i> at Bard on the Beach	10:00-3:00	(Saturday Jul. 13) Summer Fair
				1:30-3:00	(Aug. 14) An Afternoon with Edith Piaf, Marlene Dietrich, Peggy Lee & More!			8:30am - 7:15pm	(Saturday Aug. 17) 37th Annual Sunshine Coast Festival of Written Arts Tour
				7:00am Tuesday, Sept 17 to 8:00pm Thursday Sept 19 (3 Days)					
				South Okanagan Wine Escape Tour					

INDEX

AFTER HOURS SOCIAL GROUP

Adventures in Dining 14/15

ARTS & CRAFTS

Artists' Group **FREE** 7
 Porcelain Painting **FREE** 7
 Yarns & Needlecrafts **FREE** 7

BRIDGE

Duplicate 7
 Social **FREE** 7

COMPUTERS

Computer Drop-In **FREE** 7

EVENTS & SOCIALS

An Afternoon with Edith Piaf and more 17
 En Blanc Evening Event 17
 Joan & Dick Stace-Smith Pancake Breakfast 20
 Summer Fair 2

HEALTH & WELLNESS

Balance, Posture & Strength 8
 Cyclists **FREE** 8
 Chair Yoga 9
 Hikers **FREE** 8
 Line Dancing 9
 Meditation 9
 Osteofit 8/9
 Pole Walkers **FREE** 8
 Stretch & Strength 9
 Tai Chi 9/10
 Yoga 10
NEW Yoga - Restorative/Yin 10
 Zumba 10

INDOOR GAMES

Billiards **FREE** 11
 Canasta **FREE** 11
 Chess **FREE** 11
 Mah Jong 11
 Scrabble **FREE** 11
 Table Tennis **FREE** 11

INTELLECTUAL PURSUITS

Art History and A Taste of Paris:
 Savoury & Sweet 13
 Ask a Philosopher **FREE** 11
 Brush Up Your Shakespeare **FREE** 12
 Discussion Series **FREE** 12/13

Esther Birney Opera Series **FREE** 13
 Historic Melodies 13/14
 Legendary Performers 14
NEW Seniors' Services Series: Death Café **FREE** 12
 Summer Birding 14

MOVIES (FRIDAY) 16/17

MUSIC

Brock House Orchestra **FREE** 14

REGISTRATION INFORMATION

Registration information 6
 Cancellation Policy 6
 Drop-In Policy 6

SPECIAL EVENTS AT A GLANCE 6

SPECIAL OUT-OF-HOUSE EVENTS

Bard on the Beach: Tame of the Shrew 15
 Orpheum Theatre Tour 15/16

TOURS

Pemberton Valley + Peak-2-Peak 16
 Salt Spring Island 16
 South Okanagan Wine Escape Tour 16
 37th Annual Festival of Written Arts 16

WOODWORKING

Workshop **FREE** 15
 Woodworkers **FREE** 15

WRITTEN WORD

Book Club **FREE** 15
 Write from the Heart 15
 Writers' Circle **FREE** 15

ABOUT BROCK HOUSE SOCIETY

Donate to Brock House Society 5
 Management 3
 Members' Benefits 18
 Annual Membership Fee 18
 Cafeteria 18
 Fine Dining 18
 Hours of Operation 18
 Library 18
 Parking 18
 Staying in Touch 18
 Gallimaufry 18
 Weekly Email Updates 18
 WIFI & Computer Lab 18
 Woodworking Shop 18

Donate to Brock House Society

Brock House Society is a self-funded charitable organization, with revenue coming from membership fees and individual donors. The Society is also supported by all the members who donate their time as volunteers, which allows us to deliver the exciting variety of programs and social events you will find in this brochure.

The Society is responsible for maintaining our heritage building as a safe and healthy environment for our members and guests.

If you would like to donate to the ongoing success of Brock House, please visit or call our office. You can also go to www.brockhousesociety.com and donate online.

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, June 6**. 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.

All programs are for members only unless otherwise specified in this brochure.

2019 CLOSURE REMINDERS

Brock House will be closed on these dates:

- **Mon. July 1** —Canada Day
- **Mon. August 5** —Civic Holiday

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

- **Wed. June 5:**
En Blanc Evening Event
- **Wed. June 19:**
Mom's the Word - Nest 1/2 Full
- **Sat. July 13:**
Summer Fair
- **Fri. July 26:**
Joan & Dick Stace-Smith
Pancake Breakfast
- **Wed. August 14:**
An Afternoon with Edith Piaf, Marlene Dietrich, Peggy Lee and more.

ARTS & CRAFTS

Artists' Group ————— **FREE**

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

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.

Convenors: Dorothy Simons, Carol Jackson		
Day	Time	Location
Mon.	9:30-11:30	Meyer Room
No Meetings: July 1 and August 5 (Holidays)		

BRIDGE

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.

Convenors: 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	Begg Room

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 computer 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
No Sessions: July 1 and August 5 (Holidays)		

HEALTH & WELLNESS

Cyclists FREE

Join this group on Thursday mornings for a local ride, with a stop for lunch - pub/restaurant/picnic - before returning to Brock House. We are usually back between 2:00 and 3:00. Sometimes our rides are out of town, in which case we organize car pools. For more information and to get on the group mailing list, please contact Ian Cumming at brockcycle1@gmail.com.

Convenor: Ian Cumming		
Day	Time	Location
Thurs.	10:00	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 before participating. 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. **All Summer hikes meet at 8:15am at 12th Ave. and Larch (to arrange for carpools) and leave at 8:30am sharp unless otherwise noted.** Hikes are subject to change due to weather or trail condition. Please look for changes on the Friday email updates or visit the Brock House website.

Convenors: Margit Arthur, 604-224-6627 Jane McDonald, 604-264-1250		
Day	Time	Location
Sat.	8:15am	Out of House
Date	Hiking Trail & Contact	
Jul. 6	NO HIKES - Brock House Summer Fair!	
Jul. 13	A) Upper Shannon Falls, <i>Jane</i> 604-264-1250 B) Jack's Trail & Four Lakes, <i>Margit</i> 604-224-6627	
Jul. 20	A) The Chief, <i>Josie</i> 604-518-5763 B) Porteau Rd to Deeks Bluff, <i>Tomina</i> 604-736-1874	
Jul. 27	A) Norvan Falls, <i>Jane</i> 604-264-1250 B) Debris Chute, <i>Katie</i> 604-738-8189	
Aug. 3	Whyte Lake, <i>Cathie</i> 604-683-1083	
Aug. 10	Houston Loop + Derby Reach, <i>John W</i> 604-565-6294	
Aug. 17	A) Diez Vistas (departs at 7:30am) , <i>Mike D</i> 604-790-6853 B) Buntzen Lake, <i>Katie</i> 604-738-8189	

Date	Hiking Trail & Contact
Aug. 24	Bowen Island Ferry (departs at 7:45am) : A) Mt. Gardner to Keats Island Lookout, <i>Heather</i> 604-221-0080 B) Dorman Point + Killarney Lake, <i>Margit</i> 604-224-6627
Aug. 31	Goldie & Flower Lakes, Mt. Seymour, <i>Margit</i> 604-224-6627

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 *mjkriess78@gmail.com*.

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

HW101 & HW102 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 15.

HW101 Balance, Posture & Strength (Mon)				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Mon.	Jun. 24 - Aug. 12	8:30-9:30	\$60/ 6 weeks	Tent
No Classes: July 1 and August 5 (Holidays)				
HW102 Balance, Posture & Strength (Wed)				
Day	Dates	Time	\$	Location
Wed.	Jun. 26 - Aug. 14	8:30-9:30	\$80/ 8 weeks	Tent

HW103 & HW104 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 15.

HW103 Osteofit Tuesdays				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Tues.	Jun. 25 - Aug. 13	11:15-12:15	\$80/ 8 weeks	Tent

HW104 Osteofit Thursdays				
Day	Dates	Time	\$	Location
Thurs.	Jun. 27 - Aug. 15	11:15-12:15	\$80/ 8 weeks	Tent

HW105 & 106 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 15.**

HW105 Stretch & Strength Mondays				
Instructor: Provided by Love Your Age Fitness Inc.				
Day	Dates	Time	\$	Location
Mon.	Jun. 24 - Aug. 12	9:35-10:50	\$75/ 6 weeks	Tent
No Classes: July 1 and August 5 (Holidays)				

HW106 Stretch & Strength Wednesdays				
Day	Dates	Time	\$	Location
Wed.	Jun. 26 - Aug. 14	9:35-10:50	\$100/ 8 weeks	Tent

HW107 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.	Jun. 25 - Aug. 20	11:45-12:45	\$80/ 9 weeks	Begg Room

HW108 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.	Jun. 24 - Aug. 19	11:30 -12:45	\$55/ 7 weeks	Activity Room/Tent
No Classes: July 1 and August 5 (Holidays)				

HW109 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.	Jul. 9 - Aug. 20	9:50-10:50	\$70/ 7 weeks	Tent

HW110, HW111, HW112 & HW113 Tai Chi Classes

HW110 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
Wed.	Jul. 10 - Aug. 21	8:45-9:45	\$70/ 7 weeks	Conservatory

HW111 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
Mon.	Jul. 15 - Aug. 19	8:45- 9:45	\$50/ 5 weeks	Conservatory
No Classes: July 1 and August 5 (Holidays)				

HW112 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.	Jul. 9 - Aug. 20	8:45- 9:45	\$70/ 7 weeks	Conservatory

HW113 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.	Jul. 11 - Aug. 22	8:45- 9:45	\$70/ 7 weeks	Conservatory

HW114, HW115, HW116 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 is basic-level hatha classes, including full modifications for almost every pose. All levels are welcome. Everyone can work at their level and pace. Props are provided and used when necessary: chairs, wall, yoga straps, blocks, etc. Please bring your own yoga mat to participate in this program. Limit of 12.

HW114 Yoga Tuesdays (90min)				
Instructor: Alyshia				
Day	Dates	Time	\$	Location
Tues.	Jun. 25 - Aug. 20	8:30-10:00	\$130/ 9 weeks	Begg Room
HW115 Yoga Tuesdays (60min)				
Day	Dates	Time	\$	Location
Tues.	Jun. 25 - Aug. 20	10:15-11:15	\$90/ 9 weeks	Begg Room

HW116 Yoga Fridays (60min)

Day	Dates	Time	\$	Location
Fri.	Jun. 28 -	9:00-10:00	\$90/	Begg

HW117 & 118

Restorative/Yin Yoga Classes **NEW**

Rejuvenate your body with a blended sequence of yin and restorative yoga. Begin with deep stretches designed to target the deep connective tissues, increase flexibility and open the meridians of the body. Then a relaxing restorative sequence will softly unfold your body with the support of props (provided) to ensure complete relaxation into the postures. Both forms of practice calm the mind and nervous system, enable you to turn inward, and focus on the breath. Come away feeling relaxed, rejuvenated and restored. Limit of 12.

HW117 Restorative/Yin Yoga Thursdays

Instructor: Alyshia

Day	Dates	Time	\$	Location
Thurs.	Jun. 27 - Aug. 22	9:30-10:30	\$90/ 9 weeks	Begg Room

HW118 Restorative/Yin Yoga Fridays

Day	Dates	Time	\$	Location
Fri.	Jun. 28 - Aug. 23	10:15-11:15	\$90/ 9 weeks	Begg Room

HW119 Zumba for Seniors

Zumba Gold® is perfect for active older adults who are looking for a lower-intensity workout. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Limit of 12 per class.

Instructor: Asal Nikoopour

Day	Dates	Time	\$	Location
Fri.	Jun. 28 - Aug. 23	9:30-10:30	\$80/ 9 weeks	Activity/ Tent

Substitute teacher on July 26 & August 2

INDOOR GAMES

Billiards FREE

Key in office.

Day	Time	Location
Mon.- Fri.	10:00 - 3:30	Billiard Room
Please note the Billiard Room will be CLOSED		

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 FREE

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
Please note the Activity Room will be CLOSED		

INTELLECTUAL PURSUITS

There are many Intellectual Pursuit lecture series that are free for members. There is no registration required for these series/groups unless specified.

Please note that the Halpern Room has a maximum capacity of 65 people and the Begg Room has a maximum capacity of 55 people due to fire code, so please come early to get a seat. You will NOT be seated if maximum number has been reached.

Ask a Philosopher FREE

Reach your own conclusions as you confront questions about Governance. Welcome to the Great Courses DVDs Series presented by Dr. David Kyle Johnson, Associate Professor of Philosophy at King's College in Wilkes-Barre, Pennsylvania.

Convenor: Glenys Acland			
Day	Date	Time	Location
Tues.	Jul. 16-30	10:30-12:00	Halpern Room
Date	Description		
Jul. 16	Should Government Exist? What Justifies a Government?		
Jul. 23	How Big Should Government Be? What Are the Limits of Liberty?		
Jul. 30	What Makes a Society Fair and Just? What is the Meaning of Life?		

Brush Up Your Shakespeare Series — FREE

This popular program returns for the 4th year! This four part series will entice you to further your Shakespearean experience through a lecture by Mary Davison, a showing of the film *The Taming of the Shrew* and a presentation by Christopher Gaze, Bard's Artistic Director. This will prepare you for a live performance of the show *The Taming of the Shrew* at Bard on the Beach on Thursday, July 18th.

Part 1:

Lecture by Mary Davison

He was not of an age but for all time! How Shakespeare became the pre-eminent playwright of his day.

Shakespeare transformed theatrical tradition, ensuring his plays appealed to everyone, poor and powerful alike. True to The Globe's motto, "Theatrum Mundi," they were boffo at the box-office. It was not just his matchless words that made him such a success. Rapt audiences felt the consequences of ill-considered actions and relished revelations of how bigger, broader problems play out, dependent on "what [we] will." The issues they faced confront us still.

Aside from comments on both live and filmed performances, the talk will also give attendees the opportunity to learn how Shakespeare cues actors playing his characters.

Lecturer: Mary Davison			
Day	Date	Time	Location
Mon.	Jun. 24	1:00-3:00	Halpern Room

Part 2:

Showing of the Film -

The Taming of the Shrew (1967 film)

The Taming of the Shrew is an American Italian romantic comedy film based on the play by William Shakespeare about a courtship between two strong willed people. The film was directed by Franco Zeffirelli and stars Elizabeth Taylor and Richard Burton as Shakespeare's Kate and Petruchio.

Day	Date	Time	Location
Tues.	Jul. 2	12:30-3:00	Halpern Room

Part 3:

You're Quoting Shakespeare -

A presentation by Christopher Gaze

Christopher Gaze is an accomplished actor, director, MC, and Artistic Director in one of the most

successful theatre ventures in Canada. His management of Bard on the Beach for a quarter of a century has been bold, innovative and insightful. We are extremely pleased and grateful to have Christopher regale us with his thoughts on this year's Bard on the Beach plays and thank him for his generosity.

Presenter: Christopher Gaze			
Day	Date	Time	Location
Mon.	Jul. 8	1:00-3:00	Halpern Room

Part 4:

Tickets to the show *The Taming of the Shrew* at Bard on the Beach

Brock House has reserved 10 Level A tickets to the live performance of *The Taming of the Shrew* at Bard on the Beach on Thursday, July 18th. For more information, please refer to the Special Out of House Events section of the brochure on page 15.

Seniors Services Series — FREE

Programs dedicated toward the needs of seniors. **NEW**

Death Café: Thinking and Planning Ahead

At a Death Cafe people gather in a comfortable and friendly environment to discuss death. The objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*.

A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are always offered in an accessible, respectful and confidential space, with no intention of leading people to any conclusion, product or course of action.

Grab a coffee or a snack from the cafeteria and join Rev. Stephen Garrett in this discussion group at Brock House.

Convenor: Rev. Stephen Garrett	
Time	Location
1:00-3:00	Halpern Room
Day: Last Tuesday of each month in the Summer: June 25, July 30, August 27	

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!

Discussion Series Cont'd		
Convenor: Ingrid Hanslo		
Day	Time	Location
Wed.	10:00-11:30	Halpern Room
Date	Topic	
Jun. 19	What influence does social media have on the general public?	
Jun. 26	Is there a biological difference between the brains of men and women?	
Jul. 3	Should Canada increase or decrease immigration?	
Jul. 10	What are the reasons for the economic and social success of the Scandinavian countries?	
Jul. 17	HOT TOPIC	
Jul. 24	What are the consequences for ever increasing automation?	
Jul. 31	When should the law protect whistle blowers and when should it punish them?	
Aug. 7	Does capitalism have a future?	
Aug. 14	How can scientists more effectively advise the public about risks?	
Aug. 21	HOT TOPIC	
Aug. 28	Can we find natural biodegradable products to replace oil-based plastics?	

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 Jun. 20) showcases a 45-minute DVD presentation followed by 15 minutes for discussion.

Convenor: Glenys Acland, Jane Dunlop, Henriette Orth		
Day	Time	Location
Thurs.	11:00-12:00	Halpern Room
Date	Topic	
Jun. 20	German Opera Comes of Age	
Jun. 27	NO SHOWING	
Jul. 4	Richard Wagner & Tristen und Isolde I	
Jul. 11	Richard Wagner & Tristen und Isolde II	
Jul. 18	Late Romantic German Opera - Richard Strauss and Salome	
Jul. 25	NO SHOWING	

Date	Topic
Aug. 1	Russian Opera I
Aug. 8	Russian Opera II
Aug. 15	Verismo, Puccini, and Tosca I
Aug. 22	NO SHOWING
Aug. 29	Verismo, Puccini, and Tosca II

IS101 Art History & ————— **A Taste of Paris: Savoury and Sweet**

Join Gertrude Stein and the artists of her Paris Salons. Stroll through the streets with Hemingway and the Fitzgeralds, as they saw the city in the 1920s. Over three consecutive days, we'll explore the leading modernists in literature and art history in Paris in the roaring 20s, including a free screening of *Midnight in Paris* where these famous figures all come back to life once more. Each lecture will be accompanied by a presentation and sampling of savouries and sweets from French Cuisine. **Limit of 55.**

Part 1: Lecture and Savoury Treats

Day	Date	Time	Location
Mon.	Aug. 12	10:00-12:00	Halpern Room

Part 2: Lecture and Sweets

Day	Date	Time	Location
Tues.	Aug. 13	10:00-12:00	Halpern Room

Instructor: Jessa Alston O'Connor

Cost: \$50 for the two lectures

Part 3: Screening of *Midnight in Paris*

Day	Date	Time	Location
Wed.	Aug. 14	10:00-12:00	Begg Room

Cost: FREE

Convenor: Marilyn Croslin

Midnight in Paris. A fantasy comedy directed by Woody Allen. While vacationing in Paris a young writer travels back in time at midnight. At various locations he is introduced to the notable writers and artists of 1920's Paris. Open to all members.

IS102 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 65.**

Instructor: Donna Cullis and Howard Meadows				
Day	Dates	Time	\$	Location
Wed.	Jun. 26 - Jul. 17	1:00-2:15	\$60/ 4 weeks	Halpern Room

IS103 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.	Jul. 26 - Aug. 16	10:00-12:00	\$60/ 4 weeks	Halpern Room
Date	Description			
Jul. 26	Dolly Parton: Actress, singer-songwriter, and successful entrepreneur, she jokingly refers to herself as a dumb blonde.			
Aug. 2	Irving Berlin: The life and music of Irvin Berlin sung by all the greats.			
Aug. 9	Michael Bublé: The singing superstar from Burnaby, BC.			
Aug. 16	Montserrat Caballe: Another recent loss to the classical music world. The Spanish soprano famous for her pianissimos and friendship with Freddie Mercury.			

IS104 Summer Birding

Join Naturalist Graham Sunderland for a series of bird walks that will take you from the tranquility of Crescent Beach to the shores of the Salish Sea at Point Roberts, a seldom visited bird watching gem. The goal is to showcase the rich variety of bird species that live in or visit our area in summer as well as offering identification tips and an insight into the birds' life styles. The PowerPoint presentation on July 9, free for all members, will introduce some of the birds you will likely encounter as well as clarify the meeting places for the

various outings. So bring your binoculars and be prepared for some feathered fun - and don't forget your passport for the Point Roberts border! **Limit of 65.**

Instructor: Graham Sunderland				
Day	Dates	Time	\$	Location
Tues.	Jul. 9* - Aug. 27	10:00-12:00	\$65/ 5 weeks	Halpern Room

* Lecture on Jul. 9 is free for all members.

Out of House Bird Watching Locations

Day	Date	Time	Location
Tues.	Jul. 16	9:00-12:00	Burnaby Lake
	Jul. 23		Reifel Bird Sanctuary
	Aug. 20		Crescent Beach
	Aug. 27		Point Roberts, Washington

MUSIC

Many of the on-going music groups at Brock House are taking a break over the Summer months. Check back in the Fall Program if you are interested.

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 will be performing at this year's Summer Fair. If you play a symphonic instrument, come to the Begg Room on Wednesday mornings. New members are welcome, especially string players. Last practice in the Summer on Wednesday, July 31st.

Director/Conductor: Jeffrey Tseng		
Director Emeritus: Ernie Fiedler		
Outreach: Philip Neame		
Day	Time	Location
Wed.	10:00 - 12:00	Begg Room

AFTER HOURS - SOCIAL GROUP

The social group is intended for all Brock House members. Events are scheduled on weekday evenings, 6 - 8 times per year. 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. Restaurants are selected for their interesting menus, and members are emailed with event details and dates. Those

interested reply by email to reserve a place and await confirmation. Member input as to the choice of cuisine and venue is welcomed. Groups may be limited to 6 - 8 people to facilitate service and conversation, as socializing is a focus. Contact one of the following conveners 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 convener through the office for a safety and operational briefing on shop and equipment procedures.

Convener: 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.

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

WRITTEN WORD

Book Club ————— **FREE**

Brock House has two book clubs. Both are full. If you are interested in being on a waiting list, please contact the office.

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

Writers' Circle ————— **FREE**

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

Convener: Pat Ajello		
Day	Time	Location
Fri.	10:00 - 12:00	Meyer Room

WR101 Write From the Heart —————

Everyone has an adventure story to tell. In this class we will explore basic travel writing, including travel memoirs, describing settings, and marketing what you have written. Ruth Kozak is a published author of historical fiction, a travel journalist and president of the BC Travel Writers' Association. Limit of 14.

Instructor: Ruth Kozak				
Day	Dates	Time	\$	Location
Wed.	Jun. 26 - Jul. 17	10:00 - 12:00	\$65/ 4 weeks	Games Room

SPECIAL OUT OF HOUSE EVENTS

Tickets to Bard on the Beach: —————

The Taming of the Shrew

The 2007 'spaghetti western' version of The Taming of the Shrew – one of Bard's most beloved productions – is the inspiration behind this hilarious Wild-West love story, where two fierce kindred spirits finally meet their match in each other. Brock House has reserved 10 Level A tickets to the show. **All 10 tickets MUST be purchased by June 21 or we forfeit the group price.** Own Transportation. Consider joining the free Brush Up Your Shakespeare Series on page 12 before attending this life performance of the show.

Day	Date	Time	Location
Thurs.	Jul. 18	7:30pm	Bard on the Beach at Vanier Park
Cost: \$54		Convener: Glenys Acland	

Orpheum Theatre Tour —————

Free guided tour of the Vancouver's historic Orpheum Theatre, a National Heritage site. See backstage, hear stories and learn about the theatre's history from guides of the B.C. Entertainment Hall of Fame.

The tour begins at 11:00 am and takes 1.5 hours. Please arrive at least 15 minutes ahead of time at the Granville street entrance. Please note that the tour involves climbing stairs.

Reservations for this tour cannot be made until mid-June, so watch the notice boards, the Gallimaufry and the email updates for the date. Reservations are required and we will reserve for 12 places as soon as we have a confirmed date. We will lunch at a local restaurant after the tour.

Convenor: Ivy O'Flynn		
Day/Date/Time	Location	Limit of
TBD	601 Smithe St.	12
Price: Pay for own lunch.		

TOURS

Enjoy The Journey serves local tourists looking to explore their own backyard. Enjoy the journey and the destination with exciting tours focused on unique experiences. Unless specified, all tours listed use a private 24 seating bus for Brock House members and their guests only.

Salt Spring Island's Best

Sightsee and taste the best Salt Spring has to offer with a mix of nature, creativity and fresh food on the island's best of the best! Additional \$20 ferry fee for 64 years and under.

Day	Date	Time	Limit of
Thurs.	Jun. 13	7:15am - 7:30pm	24
Price: \$129 Members and Guests			

Pemberton Valley + Peak-2-Peak

Travel to the scenic Pemberton Valley to North Arm Farms during blueberry peak season for a guided tour, pint of take home blueberries and field picnic lunch. Spend the afternoon riding Whistler's Peak-2-Peak Gondola!

Day	Date	Time	Limit of
Wed.	Jul. 24	8:30am - 6:00pm	24
Price: \$149 Members and Guests			

37th Annual Sunshine Coast Festival of Written Arts

Take part in Canada's longest running summer gathering of Canadian writers and readers featuring established literary stars and exciting new voices. Includes ticket to Meet the Writers' public reading performance and intimate Q & A.

Day	Date	Time	Limit of
Sat.	Aug. 17	8:30am - 7:15pm	24
Price: \$139 Members and Guests			

South Okanagan Wine Escape Tour

Experience the definitive South Okanagan Wine

Escape in Penticton, Oliver, and Osoyoos for the best wine tours, tastings and vineyard dining. Sightsee the natural desert environment of this premier wine-growing region of Canada including South Okanagan jewels Naramata Bench, Kettle Valley Trail, Ok Falls and Summerland. Six hand-picked wineries await you including Tinhorn Creek, Hillside Estate, See Ya Later Ranch, NK'IMP, Poplar Grove, Dirty Laundry, and the BC VQA Information Centre. This fully escorted tour includes two nights at the Penticton Lakeside Resort and dining at Hillside Winery Bistro and Tinhorn Creek Winery's Miradoro Restaurant.

Dates	Limit of
Tues. Sept. 17 - Thurs. Sept. 19 (3 days)	4
Price: \$699 Double/\$899 Single Members & Guests	
Please note: This tour will be joined by other customers - therefore will have a few extra stops along the way. Pick up time from Brock House is at 7:00am on Tues. Sept. 17 and drop off time at Brock House is at 8:00pm on Thurs. Sept 19.	

FRIDAY MOVIES

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

Convenors: Marilyn Croslin, Henriette Orth, Ivy O'Flynn			
Day	Time	\$	Location
Fri.	1:00 - 3:30	\$2 Exact change please!	Halpern Room
Members & Non-members are welcome to join.			
Dates	Movie Title & Description		
Jun. 28	Shakespeare in Love: An Oscar-winning tale about a fictional relationship between William Shakespeare and a young woman who poses as a man in order to star in one of the writer's plays.		
Jul. 5	A Midsummer Night's Dream: An enchanting version of one of Shakespeare's most beloved romantic comedies, featuring an all-star cast: Kevin Kline, Michelle Pfeiffer, Rupert Everett, Stanley Tucci, and Calista Flockhart.		
Jul. 12	Due to set-up for the Summer Fair, "Being Julia" originally scheduled is cancelled.		
Jul. 19	Breakfast at Tiffany's: Audrey Hepburn and George Peppard star in this delightful classic, based on a novel by Truman Capote, with an incredible score by Henry Mancini.		

Dates	Movie Title & Description
Jul. 26	<u>Under the Tuscan Sun</u> : When Frances learns that her husband is cheating on her, her life is turned upside down. On a trip to Italy, she impulsively purchases a villa and struggles to start her life anew
Aug. 2	<u>Gosford Park</u> : Director Robert Altman brings together a group of pretentious rich and famous guests for a weekend at a hunting lodge in 1930s England. When a murder occurs, everyone's a suspect.
Aug. 9	<u>Shipping News</u> : One man's extraordinary journey toward self-discovery when he returns to his ancestral home on the coast of Newfoundland and lands a job as a reporter for the local paper.



En Blanc Evening Event

Wednesday, June 5th, 2019

6pm **Cocktails**

7pm-10pm **Dinner & Entertainment**



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 -

Tickets \$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.

An Afternoon with music by

EDITH PIAF, MARLENE DIETRICH, PEGGY LEE and more!

Wednesday, August 14th @ 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 office in person or by phone at
604-228-1461.

*"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 Samsom



Karel Roessingh

A brilliant pianist who
studied at Berklee

Joey Smith

Former bass player and arranger for
the Glenn Miller Orchestra

Edie Daponte

Singer par excellence



MEMBER BENEFITS

Besides the many free activities, social events and fee-based courses listed in this brochure, members can drop by Brock House to work in our fully-equipped workshop, play a game of billiards, visit our well-stocked library, snooze by one of our fireplaces or sit outside admiring the best view of Jericho Beach, English Bay and the mountains beyond.

Membership in Brock House Society can be a rich and rewarding experience, from classes and lectures to volunteering and making new friends.

CAFETERIA

The Cafeteria is a warm and cheerful place where members can have lunch or coffee with friends and can also take a break from cooking with low-cost take-home meals. It is open for lunch Monday to Friday from 11:30 - 1:00. Coffee and snacks are available Monday to Thursday from 9:00 - 3:00 and on Fridays from 9:00 - 1:30. Please note the cafeteria will not be serving hot food from June 17 to September 3rd.

PARKING

Members may park free, during business hours, on-site or at additional assigned parking on the east side of the Jericho Beach parking lot.

LIBRARY

Members can complete a daily crossword puzzle or Sudoku, read the newspaper, a magazine or book in our well-stocked library. They can also borrow books and DVDs to read and watch at home.

FINE DINING

Brock House Restaurant, located onsite, offers members and up to 5 non-member guests a 30% discount. The discount is available for evening dinner reservations only from

5:30pm onward from Thursday to Sunday. The discount cannot be used for Sunday brunch or special event menus. Please call ahead to make reservations.

WOODWORKING SHOP

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

WIFI & COMPUTER LAB

Wi-fi is available throughout the house for members' use.

The computer lab is equipped with eight PC laptops. Members can drop in on Monday afternoons for computer help on any device they own.

STAYING IN TOUCH

The Gallimaufry

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

Weekly Email Updates

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

HOURS OF OPERATION

The House is open:

Monday to Friday, 8:00am - 4:00pm.

The Office is open:

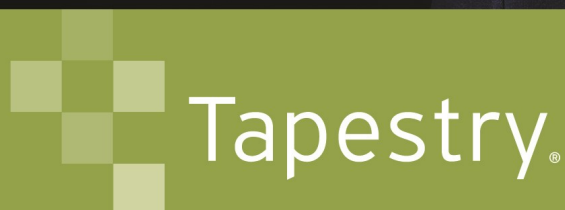
Monday to Friday, 9:00am - 3:45pm.

ANNUAL MEMBERSHIP FEE

We welcome everyone 55 years of age and over. The membership fee for the 2019 calendar year is \$60 (GST included). Join by going to the website www.brockhousesociety.com, visit or call the office at 604-228-1461.

“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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Restaurant Hours
Wednesday - Sunday from 5:30pm onwards



Brock House Society members receive
30% off dinner



Exceptional West Coast Cuisine, Breathtaking Seaside Views

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Where Seniors Stay *Young*

Joan & Dick Stace-Smith

A Fundraiser **Pancake Breakfast**

Friday, July 26th, 2019
8:30am - 10:00am



\$10.00 per Person | Children under 12 Half-Price

Tasty Home-Made Pancakes | Sausages | Fruit
Fruit Juice | Coffee | Tea
Special Home-Made Jams | Home-Made Sauces

EVERYONE WELCOME!
Bring a friend, tell a neighbour.

Tickets for adults are on sale
in the office or on-line at
www.brockhousesociety.com

Children's tickets
available at the door.

Official Sponsors:

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